

ALTA NZ

MMA Competition Guidelines

Age, Weight Divisions, Rounds, Fouls, Judging, and Equipment Requirements

NZ TRAIN ALTA RULES OF MIXED MARTIAL ARTS AS APPROVED DECEMBER 2025.

NZ TRAIN ALTA RULES ARE WRITTEN ON THE BASIS OF THE ABC OFFICIAL UNIFIED RULES OF MMA, & NZMMAF AMATEUR RULES WITH APPROPRIATE INSERTIONS AND DELETIONS FOR NZ TRAIN ALTA ATHLETES TO COMPETE UNDER.

Note: These are the Official NZ TRAIN ALTA RULES. Any other form of these rules may not be called the “NZ TRAIN ALTA RULES” and shall be referred to by the name of the commission sanctioning the/an event.

Age Requirement

The minimum age for an Amateur MMA Competitor is strictly set at 18 years.

No competitor under the age of 18 is eligible to participate in Train ALTA mixed martial arts contests.

Weight Divisions

Except with specific approval from the Sanctioning Organisation or its Executive Directors, NZ Train ALTA mixed martial arts contests or exhibitions are divided into the following weight classes:

Weight Class	Minimum Weight	Upper Weight Limit
Atomweight		105lb (47.6 kg)
Strawweight	Over 105lb (47.63kg)	115lb (52.2 kg)
Flyweight	Over 115lb (52.2 kg)	125lb (56.7 kg)
Bantamweight	Over 125lb (56.7 kg)	135lb (61.2 kg)
Featherweight	Over 135lb (61.2 kg)	145lb (65.8 kg)
Lightweight	Over 145lb (65.8 kg)	155lb (70.3 kg)
Super Lightweight	Over 155lb (70.3 kg)	165lb (74.8 kg)
Welterweight	Over 165lb (74.8 kg)	170lb (77.1 kg)
Super Welterweight	Over 170lb (77.1 kg)	175 lb (79.4 kg)
Middleweight	Over 175lb (79.4 kg)	185lb (83.9 kg)
Super Middleweight	Over 185lb (83.9 kg)	195lb (88.5 kg)
Light Heavyweight	Over 195lb (88.5 kg)	205lb (93.0 kg)
Cruiserweight	Over 205lb (93.0kg)	225lb (102.1 kg)
Heavyweight	Over 225lb (102.1 kg)	265lb (120.2 kg)
Super Heavyweight	Over 265lb (120.2)	

There is a 500 gram allowance per weight division.

Weight Miss: If a competitor misses the contracted weight, they are given 2 hours from the start of the weigh-in to make weight.

Weight Miss Catch Weight: If competitors are in different weight classes due to a missed weight, the heavier opponent must not exceed a 3 kg difference. The Sanctioning Organisation may deny a fight if the weight differential is deemed unsafe.

Rounds & Duration

Standard contests consist of either:

- 3 rounds, each lasting no more than 2 minutes each round,
- 2 rounds of 3 minutes per round. (A single additional round of 3 minutes is to be utilised if the scheduled rounds conclude in a drawn bout.)

The type of rounds to be used at any event must be communicated to all fighters, and fight teams, prior to the event.

There is a 1-minute rest period between rounds.

Stopping the Contest

A contest may be stopped by the referee, ringside physician, the fighter's corner, or Combat Sports Inspector if it is determined that a competitor is taking unnecessary punishment or not intelligently defending themselves, or if they are not responding to referee instructions. The referee may take advice from medical and regulatory authorities in making this decision.

The referee will have complete discretion to stop fights early in the interest of fighter safety. This will apply in all phases of combat if the competitor is not showing adequate and intelligent defense in the eyes of the referee.

Judging

Bouts are scored by three judges positioned at different locations around the fighting area.

The referee does not serve as a judge.

Ten Point Must System

The 10-Point Must System is standard for scoring contests. Judges will note point deductions as instructed by the referee, but the scorekeeper is responsible for calculating the final score after factoring in deductions.

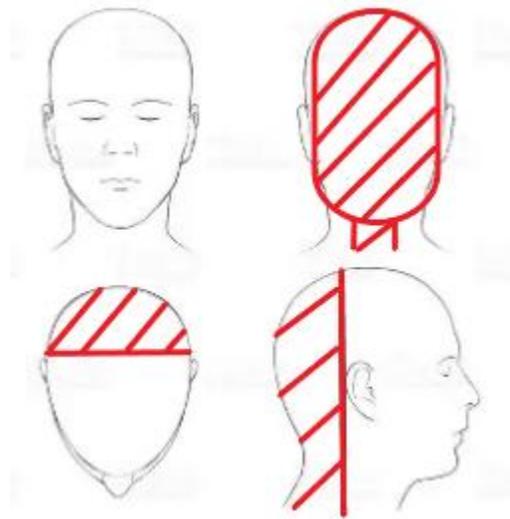
Fouls

The following acts are fouls and may result in penalties at the referee's discretion:

- Butting with the head
- Eye gouging
- Biting
- Spitting at an opponent
- Hair pulling
- Fish hooking
- Groin attacks of any kind
- Spiking an opponent on to the head or neck
- Throwing opponent out of cage/fighting area
- Putting a finger or fingers into any orifice, cut or laceration of an opponent
- Small joint manipulation (fingers or toes)
- Striking using the point of the elbow (standing or grounded)
- Striking to the spine, neck or back of the head: The definition of 'back of the head' is different from at amateur and professional level. Train Alta rules deem back of the head to be any area starting from the crown of the head and running laterally to the rear of the curvature of the ear helix, covering the entirety of the nape of the neck, then continuing down the spine with a 2.5cm variance from the spine's centreline, including the tailbone. (see illustration 1 below)
- No direct throat strikes
- No shoulder strikes
- No up kicks to the head
- Clawing, pinching or twisting the flesh
- Kicking the head of a grounded fighter: A fighter is considered grounded when they have anything other than the soles of the feet or hands touching the mat of the fighting area
- Kneeing to the head of an opponent (standing or grounded)
- Stomping a grounded opponent
- Neck cranks including rotational neck or spinal locks
- Rotational ankle or knee locks
- Linear kicks to the knees while standing
- Fingers outstretched towards an opponent's face/eyes
- Spinning back fist
- Holding, grabbing and/or inserting your fingers or toes into the fence/cage
- Inserting fingers into the gloves or shin guards of an opponent
- Holding or grabbing the shorts or top (rash guard, sports bra) of an opponent
- Attacking an opponent on or during the break
- Attacking an opponent who is under the care of the referee
- Attacking an opponent after the end of the round or bout
- Disregarding the instructions of the referee
- Engaging in any unsportsmanlike conduct
- Using abusive language in the fighting area

- Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece
- Interference by the corner
- Applying any foreign substance to the hair, body or limbs

Illustration 1: Back of the Head pictogram



Fouls may result in an offending fighter receiving the following;

- If a fighter has been fouled it is up to the referee to assess the intention of the foul (accidental or intentional) and the severity of the foul.
Based on this assessment it is at the referee's discretion on how to penalise the offending fighter. The referee may issue a warning, deduct up to two points or disqualify the offending fighter, depending on intention and severity of the foul.

Judges will note the point deduction on the scorecards at the referee's instructions.

The responsibility for who calculates the true score after factoring in the point or points deduction will be clearly denoted by the Head Official or Sanctioning Organisation prior to the event commencing.

Competitors Apparel & Equipment

Apparel and equipment must meet the requirements and satisfaction of the Sanctioning Organisation. Failure to meet these requirements may result in a bout being terminated.

Specifications For Hand Wrapping

- A maximum of one roll (no more than 2" (5cm) wide by 15 yards (13.7m)) in length of white, soft, cloth gauze is permitted per hand. The gauze may not exceed the wrist of the competitor's glove. The exposed thumb is an option to be protected.
- A maximum of one roll (no more than 1.25" (3.2cm) wide by 10 feet (3m)) in length of white athletic tape is permitted per hand. The tape may not exceed the wrist of the competitor's gloves. Tape may be placed through the fingers but may not cover the knuckles. The exposed thumb is an option to be protected.
- A single layer of elastic or flex-type tape is allowed to be applied over the completed wrap.
- Approved tape/gauze of all brands may be allowed.
- As an additional option to above, Train ALTA athletes may choose to wear conventional training wraps, or quick, or gel wraps, in place of gauze and tape. In these instances, taping is not permitted beyond securing the Velcro attachments.
- For fighter safety, all competitors must have a form of hand wrapping in place before having gloves placed on the hands.
- Gauze and tape, or handwrap variants, shall be placed on the competitor's hands in the dressing room and checked by the Sanctioning Organisation's qualified Inspector.
- Under no circumstances are gloves to be placed on the hands of a competitor until the strapping has been checked and approved by the Sanctioning Organisation's qualified Inspector.

Gloves

- All competitors shall wear fingerless MMA gloves. The gloves shall be new or in good condition, or they must be replaced prior to the commencement of the bout.
- All competitors shall wear gloves with protective padding weighing a minimum of 7 ounces and no more than 8 ounces, supplied by the promotion. Competitors are not permitted to supply their own gloves.
- On approval of the strapping the gloves may be placed on the competitors hands and taped closed by the Sanctioning Organisation's qualified Inspector who will then sign the tape to ensure there can be no tampering.

Shin Guards

- The use of shin guards shall be a mandatory requirement for amateur mixed martial arts competitions. The type of shin guard used shall be able to facilitate the grappling aspects associated with competition.
- The preferred style shall be a tight fitting pull-on sock/neoprene type shin guard. The use of shin guards with strap fasteners or utilising any substance other than which the shin guard is made of shall be forbidden.

Competitors Apparel

Each competitor must wear apparel supplied by the promotion which meets the requirements of the Sanctioning Organisation;

- MMA shorts, compression shorts or leggings - no pockets, zips, fasteners or external lace up waistband on the outside of the shorts are permitted.
- Rash guards are to be short sleeve (no long sleeve rash guards are permitted) or crop tops shall be of tight fitting stretch material (Lycra, Spandex etc).
- Competitors may not wear shoes of any kind during competition.

Protective Equipment

- Mouth guards: All competitors are required to wear a mouth guard during competition, a round cannot begin without the mouth guard in place.
- Male competitors are required to wear a groin protector of their own selection, of a type approved by the Sanctioning Organisation.
- Female competitors may wear a groin protector of their own selection (but not required), of a type approved by the Sanctioning Organisation.
- No jewellery and/or piercings, including ear stretchers, dermals, or expanders are to be worn during the bout and must be removed
- Finger and toe nails must be clipped short.
- Long hair must be tied back as to not interfere with either fighter. Corn rows or braids are recommended provided they do not contain any solid material.