

AGE REQUIREMENT

The age requirement for an Amateur MMA Competitor is restricted to a minimum of 18 years of age.

WEIGHT DIVISIONS

Except with the approval of the MMAFA, or its Executive Directors, the classes for mixed martial arts contests or exhibitions and the weights for each class shall be:

Weight Class	Minimum Weight	Upper Weight Limit
Atom weight	Up to and including	105lb (52.2 kg)
Straw weight	Over 105lb (47.63 kg)	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)
Welterweight	Over 155lb (70.3 kg)	170lb (77.1 kg)
Middleweight	Over 170lb (77.1 kg)	185lb (83.9 kg)
Light Heavyweight	Over 185lb (83.9 kg)	205lb (93.0 kg)
Heavyweight	Over 205lb (93.0 kg)	265lb (120.2 kg)
Super Heavyweight	Over 265lb (120.2 kg)	

There shall be an allowance of 500 grams per weight division.

Weight Miss: If a person misses the contracted weight they will have 2 hours from the start time of the weigh in to make weight.

Weight Miss Catch Weight: If a person misses the contracted weight and the two competitors are in different weight classes, the heavier opponent shall not exceed 3 kgs.

The Sanctioning Organisation may deny a fight if they see the weight differential as a large enough disparity to the safety of either fighter.

ROUNDS & DURATION

Each contest shall be 3 rounds. Each round no more than 2 minutes duration (unless previously agreed upon by both combatants and the Sanctioning Organisation), with a rest period of 1 minute between each round.

STOPPING THE CONTEST

The referee, ring side physician or Government/Combat Sports Inspector (depending on state regulations) may stop a contest if they consider one or both combatants are taking unnecessary punishment from their opponent with little or no attempt to intelligently defend themselves or if one or both combatants are not responding to the referees instructions.

The referee may also take advice from the ring side physician and/or the Government/Combat Sports Inspector with respect to the decision to stop a contest.

JUDGING

All bouts will be evaluated and scored by three judges who shall evaluate the contest from different locations around the fighting area. The referee may not be one of the three judges.

TEN POINT MUST SYSTEM

The 10-Point Must System will be the standard system of scoring a contest.

FOULS

The following acts constitute as fouls in a contest or exhibition of mixed martial arts. Fouls may result in penalties, at the discretion of the referee if committed:

- Butting with the head
- Eye gouging of any kind
- 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 (see illustration)
- 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

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 but will not calculate the deduction from the score.

The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point or points deduction.

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

- In all weight classes, the hand wrapping shall be restricted to soft gauze cloth of not more than 15 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.
- Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the back of the knuckles when the hand is clenched to make a fist but must not cover the front of the knuckles when the hand is clenched to make a fist. The Surgeon's adhesive tape may go between the knuckles to secure the gauze but must not cover the front of the knuckles.
- Gauze and tape shall be placed on the competitors hands in the dressing room and checked (signed off) 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 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.