

# **AMMA Competition Rules**



**Asian Mixed Martial Arts Association Competition Rulebook**

**8<sup>th</sup> April 2024**

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## 1. Weight Categories

Traditional	
Male	Female
56KG (53KG $\leq \sim \leq$ 56KG)	49KG (46 KG $\leq \sim \leq$ 49KG)
60KG (56KG $< \sim \leq$ 60KG)	54KG (49 KG $< \sim \leq$ 54KG)
65KG (60KG $< \sim \leq$ 65KG)	60KG (54KG $< \sim \leq$ 60KG)
71KG (65KG $< \sim \leq$ 71KG)	69KG (60KG $< \sim \leq$ 69KG)
77KG (71KG $< \sim \leq$ 77KG)	
85KG (77KG $< \sim \leq$ 85KG)	
96KG (85KG $< \sim \leq$ 96KG)	
120KG (96KG $< \sim \leq$ 120KG)	

Modern	
Male	Female
56KG (53KG $\leq \sim \leq$ 56KG)	49KG (46KG $\leq \sim \leq$ 49KG)
60KG (56KG $< \sim \leq$ 60KG)	54KG (49KG $< \sim \leq$ 54KG)
65KG (60KG $< \sim \leq$ 65KG)	60KG (54KG $< \sim \leq$ 60KG)
71KG (65KG $< \sim \leq$ 71KG)	69KG (60KG $< \sim \leq$ 69KG)
77KG (71KG $< \sim \leq$ 77KG)	
85KG (77KG $< \sim \leq$ 85KG)	
96KG (85KG $< \sim \leq$ 96KG)	
120KG (96KG $< \sim \leq$ 120KG)	

During weigh-ins, the weight should be equal to or less than the registered weight category and more than the previous weight category.

## **2. Athlete Qualification Criteria**

- a) Only AMMA Members may submit athlete registrations. Individual registrations will not be accepted.
- b) Participating athletes must submit the required registration forms, medical certificates, and other necessary documents as specified in the registration procedure.
- c) For Adult Championships and similar multi-sporting events, participants must be 18 years or older, while Youth Championships and youth multi-sport events require participants to fall within the age groups of U14, U16 and U18.
- d) Participating athletes are subject to approval by the Qualification Review Committee, which is composed of the Chief Referee (or Deputy Chief Referee), Chief Medical Official, and members of the Referee Committee responsible for verifying whether the participant's application documents comply with the requirements outlined in these rules.
- e) The Referee Committee has the authority to request athletes to cooperate with the Anti-Doping Control Center for anti-doping tests. If an athlete refuses to undergo anti-doping tests, they will be disqualified from competing.

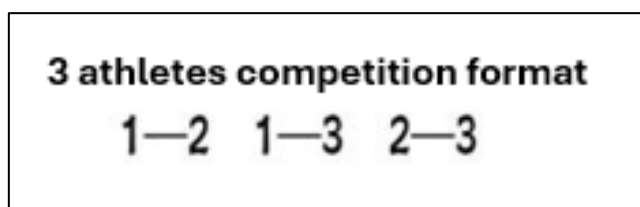
## **3. Weigh-In Rules**

- a) Pre-competition weigh-ins are conducted on each day of the competition. Depending on the competition schedule, athletes are required to weigh-in every morning two (2) hours before the first bout of the competition day.
- b) Pre-competition weigh-ins are conducted by multiple referees appointed by the Chief Referee.
- c) Within one (1) hour before the pre-competition weigh-in, athletes have the right to use the official scales for trial weigh-ins.
- d) Official pre-competition weigh-ins are only conducted once.

- e) During pre-competition weigh-ins, all athletes must wear the competition attire of the discipline that they are participating in. The requirements for competition attire are mentioned in Section 5. Competition Equipment.
- f) Athletes who exceed the weight limit are disqualified from the competition.
- g) Athletes who do not participate in the pre-competition weigh-ins at the specified time are disqualified from the competition.
- h) During pre-competition weigh-ins, athletes must bring two (2) mouthguards for inspection by the referee team.

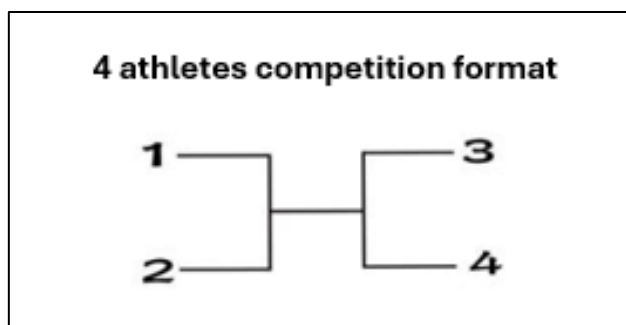
#### **4. Drawing of Lots**

- a) The drawing of lots takes place on the day before the first day of competition.
- b) The Chief Referee is responsible for organizing and conducting the draw.
- c) The drawing ceremony is conducted publicly, and it is mandatory for team leaders or coaches from each participating team to attend.
- d) The draw will be determined via random selection.
- e) After the draw is completed, the Chief Referee shall confirm the competition schedule and timings for each weight category and announce them promptly.
- f) Competition Format:
  - i. When there are 3 athletes, a round robin format will be adopted. Ranking of athletes will be determined by the total number of points earned. If athletes are tied on points, Section 21.C will be implemented to determine the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

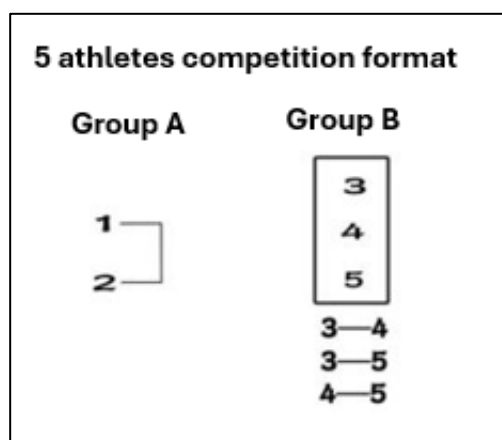


- ii. When there are 4 athletes, they are divided into two groups, with 2 athletes in each group. The winner of each group will face each other in the final to

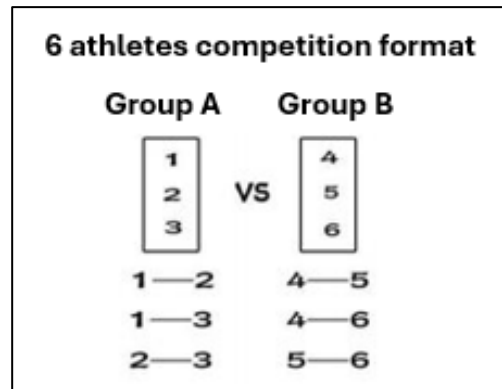
compete for 1<sup>st</sup> and 2<sup>nd</sup> place. No repechage bouts will occur and the runner-up from each group will share a joint 3<sup>rd</sup> place.



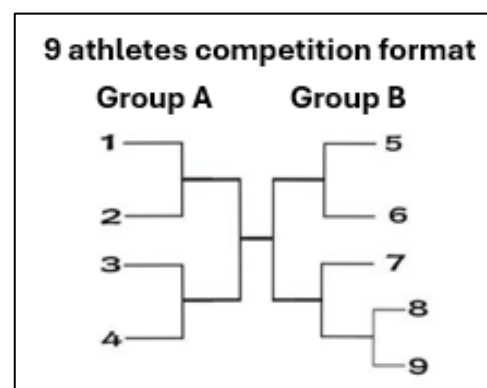
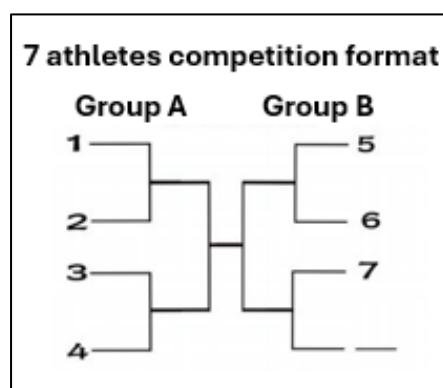
- iii. When there are 5 athletes, they are divided into two groups through a random draw. One group will have 2 athletes, whilst the other will have 3 athletes. The group of 3 athletes will compete in a round-robin format. The winner from each group will compete for 1<sup>st</sup> and 2<sup>nd</sup> place, whilst the runner-up athletes, 1 from each group, share a joint 3<sup>rd</sup> place.



- iv. When there are 6 athletes, they are divided into two groups, with 3 athletes in each group. Round-robins are held within each group. The winner of each group competes for 1<sup>st</sup> and 2<sup>nd</sup> place, whilst the runner-up athletes from each group, share a joint 3<sup>rd</sup> place.



- v. When there are 7 or more athletes, a single-elimination format is used. Initially, an ideal number (4, 8, 16, 32, etc.) is sought, and the athletes are divided into two groups. Ultimately, the winner from each side of the bracket competes for 1<sup>st</sup> and 2<sup>nd</sup> place. The 2 athletes who lose in the semifinals become joint 3<sup>rd</sup> place. The rankings for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> place are determined based on accumulated points (Section 21.C) from victories.



#### G) Process of Replacing a Disqualified Athlete(s) in a Finals Bout:

If one or both athlete(s) in a finals bout is found to be in violation of competition regulations, they will be disqualified and the process for replacing the disqualified athlete(s) are as follows:

- i. The athlete who lost against the disqualified athlete in the semi-finals bout will be given priority to act as a replacement. If the athlete is unable to act as a replacement, an athlete who has been eliminated on the other side of the semi-finals bracket of the competition will act as the replacement. If there are no athletes eliminated on the other side of the semi-finals bracket to act as a replacement, an athlete eliminated by the disqualified athlete in the previous round will act as the substitute.
- ii. If both athletes in the same finals bout are disqualified, referring to the above replacement method, continue to choose the substitutes from the eliminated athletes in previous rounds of the competition.

When MMA is featured in a multi-sport event, adjustments will be made to the Process of Replacing a Disqualified Athlete(s) in a Finals Bout according to the event requirements.

## **5. Competition Equipment**

#### a) Attire for Competing Participants:

- i. For Males: Traditional MMA Athletes must wear an AMMA approved Gi which is a sleeveless top made of thick knitted fabric alongside a belt and long pants. The attire (excluding gloves and shin guards) can be grabbed. Modern MMA Athletes must wear an AMMA approved, sleeveless rash guard and MMA shorts. The attire cannot be grabbed.
- ii. For Females: Traditional MMA Athletes must wear an AMMA approved Gi which is a short sleeve top made of thick knitted fabric alongside a belt and



long pants. The attire (excluding gloves and shin guards) can be grabbed. Modern MMA Athletes must wear an AMMA approved, long-sleeved rash guard and MMA shorts. The attire cannot be grabbed.

Note: Depending on ethnic customs and religious beliefs, athletes may wear appropriate long-sleeved compression shirts and headscarves that comply with the competition rules and their requirements.

- b) The attire of participating athletes (Gi, rash guard, shorts), gloves (4 ounces or above MMA gloves), shin guards (knit, full coverage), must all be certified by the AMMA or provided uniformly. Groin protectors and mouthguards shall be prepared by the athletes themselves. Each athlete shall prepare two (2) mouthguards, which shall not be red, and they shall not have logos.
- c) Bandages, tape, and other items used by athletes must be approved by the AMMA. Tape can only be used for fastening and not as padding. Bandages shall not be soaked in water. During the competition, athletes must be barefoot, as specified by the on-site inspection referee.
- d) Athletes are not allowed to wear extra protective gear. If there are specific requirements for protective gear, it must be advised by the event's medical personnel and approved by the chief referee. Headbands for tying hair and items with sharp or hard materials are not allowed within the hair.
- e) All athletes are prohibited from adding any other elements to the competition attire without explicit permission from AMMA.

## **6. Medical Examination**

- a) Medical examinations must be conducted during the specified time frame.
- b) During the medical examination, athletes must bring the required medical reports as mentioned in the registration procedures. The designated event physician will review these reports and conduct on-site physical examinations.
- c) During the medical examination, male athletes should wear boxer shorts, and female athletes should wear boxer shorts and sports bras. Athletes may make adjustments as needed according to their religious beliefs.
- d) Athletes who fail the medical examination will have their participation qualifications immediately revoked.

## **7. Rights and Responsibilities of Athletes**

- a) Rights of Athletes:
  - i. Raise appeals when there are objections to the competition results.
  - ii. Utilize medical assistance not exceeding 3 minutes in each bout.
- b) Responsibilities of Athletes:
  - i. Familiarize themselves with the competition rules and strictly adhere to them.
  - ii. Participate in various activities held by the organizer as required.
  - iii. Notify the organizer in advance if unable to participate due to unforeseen circumstances.
  - iv. Show respect for opponents, referees, and the audience.
  - v. Follow the commands of the referee during the competition.

## **8. Rights and Responsibilities of Teams**

### **a) Rights of Team Representatives/Coaches/Assistants:**

- i. Attend pre-competition weigh-ins and draws.
- ii. Participate in rule meetings organized by the Referee Committee.
- iii. Receive all relevant information about participating in the competition and its results.
- iv. Submit appeals/protests to the Arbitration Committee or the Inspection Committee in the prescribed manner and form.
- v. Have a maximum of two assistants in an athletes' corner when they are competing.
- vi. Cornering athletes during the competition (only one assistant is allowed to give instructions).
- vii. Signal a match forfeit during the competition by throwing a white towel onto the competition area.

### **b) Responsibilities of Team Representatives/Coaches/Assistants**

- i. Understand the rules and relevant regulations of the competition.
- ii. Submit medical certificates and other relevant registration documents to the eligibility review team in a timely manner.
- iii. Be responsible for team members' discipline and management.
- iv. Ensure athletes participate in weigh-ins and matches on time.
- v. Accompany athletes when entering the venue, dressed in appropriate attire-formal or sportswear (shorts, slippers, and sleeveless shirts are prohibited), and carrying a white towel.

### **c) Prohibited Actions for Team Representatives/Coaches/Assistants:**

- i. Entering the competition area during the match.
- ii. Striking the competition mat while instructing athletes.

- iii. Pouring water on athletes during the match.
- iv. Interfering with the referees' officiating in any way throughout the competition.
- v. Bringing any beverages and food not provided by the event into the athletes' rest area and recording room.

## **9. Tolerance Statement**

All participating teams are strictly prohibited from having any items, including attire and equipment, with offensive texts and images promoting extremism, violence, racism, and discrimination. Violation will result in disqualification.

## **10. Gestures and Commands**

- a) Referee's Entrance: The referee stands with proper posture and walks briskly to the center of the Field of Play.
- b) Athlete Preparation: Referee raises one hand, pointing towards the blue side, and gives the command "Blue corner." Then raises the other hand, pointing towards the red side, and gives the command "Red corner." Afterward, placing both hands in front of his/her body. The referee shall shake hands with the athletes and signal them to shake hands with each other.
- c) Match Start: The referee should point towards the three side judges and the timekeeper while giving the command "Judge/Timekeeper." Instructing the athletes by pointing one hand towards the blue corner and the other towards the red corner, while giving the command "Blue corner + Red corner." Simultaneously, swinging right hand downwards and giving the command "Begin."
- d) Match Pause and Termination: The match is paused when the verbal command "Stop" is given by the referee and athletes are separated. To terminate the match (in case of KO/TKO/submission) the command "Stop" is given by the referee and he/she will immediately proceed to prevent the attacking athlete from

further actions while making two repeated crosses in front of his/her body to signal match termination.

- e) **Announcement of Deductions:** The referee will indicate point deductions by grabbing the wrist of the offending athlete's hand, whilst simultaneously raising their own index finger above his/her head and give the command "Deduct one point". Indicating this to the three side judges.
- f) **Imposing and Lifting Time Limits:** When athletes are engaged in a ground grapple, the referee will raise one arm to the side to signal the start of a twenty (20) second countdown. When the referee's arm is lowered the time limit is lifted. (More Details in Section 17.C)
- g) **Announcement of 'Out of Bounds':** When an athlete goes out of bounds, the referee will pause the match, bring the athlete back inside bounds, hold the wrist of the out-of-bounds athlete, point towards the boundary, and give the command "Red corner/Blue corner, out of bounds."
- h) **Stand-up Warning:** If one side is competing passively, the referee will point with one hand towards the passive side, give the command "Red corner/Blue corner, attack," and clap his/her hands once. In the event that both sides compete passively, the referee will give the command "Both sides, attack" and clap his/her hands twice.
- i) **Soliciting Opinions on Passivity Penalties:** The referee raises his/her palm upward, with his/her fingertips pointing towards the passive side, and gives the command "Blue corner/Red corner." If the side judges agree, they will raise their thumbs. If they disagree, they will cross their hands in front of them.
- j) **Medical Time-Out:** When an athlete is injured, the match is paused to assess the injured athlete's condition. If medical assistance is required, the referee will make a gesture to summon the medical official. Simultaneously, the referee will signal the timekeeper and give the command "Time" to initiate a medical time-out. The non-injured athlete is led to the neutral corner.
- k) **Verbal Reminder:** If an athlete performs actions that may potentially harm the opponent but do not result in substantial injury or commits technical fouls like

intentional time-wasting, the referee will give verbal commands like "Don't do that move" or "Watch your technique," accompanied by appropriate gestures to remind the infringing athlete.

- l) Verbal Warning: For the first occurrence of a foul that is not severe, a verbal "Warning" will be issued without points deducted. For the second occurrence of a foul, the match will be paused, and the referee will signal to the side judges to "Deduct 1 point" while issuing the verbal command. In cases of direct, severe fouls, the match will be paused, and the mat referee will signal to the side judges to "Deduct 1 point" while issuing the verbal command.
- m) Announcing the Winner: The referee will hold the wrists of both athletes, lifting the arm of the winning athlete, and point with the other hand towards the winner's chest.

## **11. Match Duration**

- a) Matches consist of two rounds.
- b) Preliminary matches: 3 minutes per round.
- c) Finals: 5 minutes per round.
- d) There is a 1-minute break between rounds.
- e) In the case of a draw, overtime is conducted.
- f) Overtime lasts for 1 minute.
- g) Each athlete is allowed a cumulative total of no more than 3 minutes of medical time throughout the entire match.

## 12. Match Procedure

- a) Entering the Field of Play:
  - i. Guide the athletes to the competition area, indicating their respective corners.
  - ii. After a signal from the referee, both athletes move to the center of the competition area.
  - iii. Athletes first shake hands with the referee, then with each other, and then return to their respective corners.
- b) The match begins when the referee issues the "start" command.
- c) The match stops or pauses when the referee issues the "stop" command.
- d) A match or round ends upon the sound signal from the timekeeper or the "stop" command from the referee.
- e) The match ends in the following situations:
  - i. The match duration expires.
  - ii. KO/TKO/submission occurs.
  - iii. Out of bounds by a single athlete occurs three (3) times in a single round.
  - iv. An assistant throws a white towel onto the competition area.
  - v. An athlete leaves the competition area without the referee's permission during the match.
  - vi. After disqualification of one or both athletes.
  - vii. An athlete refuses to continue the match.
  - viii. An athlete exhausts their allotted medical time.
  - ix. The medical official assesses the athlete's condition and determines they cannot continue. The medical official advises the referee, who then announces the athlete cannot continue the match.

### 13. Illegal and Legal Striking Areas/Actions/Behaviors

**Grounded Athlete:** An athlete is considered grounded when any part of their body, aside from one hand and both soles of the feet, contacts the competition area floor.

	<b>Illegal</b>	<b>Legal</b>
<b>Striking Areas</b>	Strikes to the back of the head, spine, crotch, groin, and throat are prohibited.	Strikes to the head, torso, hands, arms, and legs are legal.
<b>Actions</b>	<ol style="list-style-type: none"> <li>1. Elbow strikes to the head are prohibited.</li> <li>2. Headbutting the opponent anywhere on their body is prohibited.</li> <li>3. Eye gouging/ Finger poking to the eyes is prohibited.</li> <li>4. Kicking or striking the opponent's knee joint in a standing position is prohibited.</li> <li>5. Stomping or stepping on any part of a grounded opponent is prohibited.</li> <li>6. Intentionally bending the opponent's neck or spine at an angle by twisting, causing distortion or hyperextending is prohibited. E.g. Neck Crank</li> <li>7. Kicking or using knee strikes on a grounded opponent's head is prohibited.</li> <li>8. Slamming an opponent who is attempting a submission or is in bottom position from a height above the waist is prohibited.</li> </ol>	<ol style="list-style-type: none"> <li>1. Punching and kicking an opponent's head, torso, hands, arms, legs, and feet while both athletes are in a standing position is legal.</li> <li>2. Knee strikes to the opponent's torso, legs, and arms are legal.</li> <li>3. Knee strikes to the opponent's head while in a standing position is legal only in a Finals Match.</li> <li>4. Punching a grounded opponent's head, torso, legs, and arms is legal.</li> <li>5. Kicking and knee striking a grounded opponent's torso, legs and arms is legal.</li> <li>6. Throwing, sweeping, and tossing an opponent in both standing and ground positions is legal.</li> <li>7. Applying submissions in both standing and ground positions is legal.</li> </ol>



	<p>9. Slamming an opponent with their head positioned vertically to the ground is prohibited. (Techniques that lead to the opponent landing head or neck first, such as a waist-over-shoulder slam/suplex).</p> <p>10. Using any submission techniques that may harm the opponent's knees (heel hooks, knee bars, etc.) is prohibited.</p> <p>11. Clawing, twisting, or biting is prohibited.</p> <p>12. Grabbing or twisting three (3) or fewer fingers of an opponent is prohibited.</p> <p>13. Keeping fingers spread with fingertips directed towards the opponent's face is prohibited.</p> <p>14. Bending the elbow when performing a spinning backfist is prohibited.</p> <p>15. Pinching, grabbing or striking the opponent's throat under any circumstances is prohibited.</p> <p>16. Inserting fingers into the opponent's body orifices under any circumstances is prohibited.</p> <p>17. Stomping the opponent's feet in any way is prohibited.</p> <p>18. Using the belt in Traditional MMA to execute submission techniques is prohibited.</p>	<p>8. Elbow strikes travelling in a forward direction to an opponent's torso and limbs is legal.</p> <p>9. Applying choke submissions is legal (Rear Naked Choke, Guillotine, triangle).</p> <p>10. Applying joint submissions to the shoulder, elbow, waist, and ankle is legal.</p> <p>11. Applying submission techniques with the Gi in Traditionssal MMA is legal.</p>
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	<p>19. Striking any joint in a direction that opposes its natural range of motion is prohibited.</p> <p>20. Elbow strikes travelling in a downwards or backwards direction are prohibited.</p>	
<b>Behaviors</b>	<ol style="list-style-type: none"> <li>1. Grabbing and holding the clothing and shorts of the Modern MMA combat attire is prohibited.</li> <li>2. Match fixing or match throwing is prohibited.</li> <li>3. Intentionally spitting out mouthguards or spitting saliva is prohibited.</li> <li>4. Instigating or provoking opponents, referees, coaches, and spectators in any form is prohibited.</li> <li>5. Ignoring the referee's commands is prohibited.</li> <li>6. Intentionally loosening the belt of the Traditional MMA attire is prohibited.</li> <li>7. Attacking an opponent before the referee's start command or after the stop command.</li> <li>8. Leaving the competition area during the match is prohibited.</li> <li>9. Grabbing the opponent's gloves, shin guards, and hair is prohibited.</li> </ol>	<ol style="list-style-type: none"> <li>1. Grabbing and holding the clothing (Gi), pants, or belt of the Traditional MMA combat attire is legal.</li> </ol>

	<p>10. Pretending to be injured is prohibited.</p> <p>11. Applying any lubricating substances or irritants to the body is prohibited.</p> <p>12. Using any unauthorized items is prohibited.</p> <p>13. Wearing shoes during a bout is prohibited.</p> <p>14. Deliberately delaying the bout to extend rest periods is prohibited.</p> <p>15. Attacking an opponent outside the competition area and during non-match times is prohibited.</p> <p>16. Blocking an opponent's mouth and nose with hands is prohibited.</p> <p>17. Athletes raising their hands for no legitimate reason to induce a pause in the match by the referee is prohibited.</p>	
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## 14. Judging

### a) Scoring Each Round of a Match:

- i. If the difference between the technical points awarded to both sides on the judges' scorecards is less than or equal to 10, the round's overall result will be scored as 10:9.

- ii. If the difference between the technical points awarded to both sides on the judges' scorecards is greater than 10, but less than or equal to 20, the round's overall results will be scored as 10:8.
- iii. If the difference between the technical points awarded to both sides on the judges' scorecards is greater than 20, the round's overall result will be scored as 10:7.
- iv. Rounds with point deductions may have a greater difference in scores.

b) Matches Ending as a Draw:

- i. Unanimous Draw: All three (3) judges unanimously score the match as equal.
- ii. Split Draw: One (1) judge scores it as a draw, while the other two (2) judges score in favor of different athletes.
- iii. Majority Draw: Two (2) judges score the match as a draw, while one (1) judge scores in favor of one side.

c) Knockout (KO):

- i. When an athlete uses permitted techniques to knock down their opponent, causing a temporary loss of consciousness.

d) Technical Knockout (TKO):

- i. When an athlete loses the ability to defend themselves or remains in a completely passive defensive state, and after the referee's verbal command e.g. "Fight back" is still unable to launch effective counterattacks.

e) Submission:

- i. When an athlete uses permitted submission techniques (chokes, joint locks, etc.) to make the opponent voluntarily surrender (by tapping the mat or the opponent's body consecutively three (3) or more times, or making an audible signal for verbal submission) or lose consciousness.

Note: In order to ensure the safety of juvenile athletes, when a submission technique is applied and the passive party does not indicate surrender, the referee may stop the match based on the passive party's condition.

f) Out of Bounds:

- i. In a standing position, if any part of an athlete's body touches or goes beyond the boundary line of the competition area, the athlete will be deemed out of bounds.
- ii. In a ground position, if any two (2) points of an athlete's body including the: head, torso, arms, or legs touch or go beyond the boundary line of the competition area, the athlete will be deemed out of bounds.
- iii. Out of bounds by a single athlete occurs when one side is deemed out of bounds without any physical connection with his/her opponent.
- iv. Out of bounds by both athletes occurs when both sides are deemed out of bounds whilst physically connected.
- v. The number of out of bounds incurred by an athlete is calculated per round and does not accumulate for the next round.

- vi. When out of bounds occur:
  - a. An athlete will lose the bout if he/she incurs three (3) out of bounds by a single athlete in the same round.
  - b. After the referee announces Out of Bounds, athletes are reset in a standing position where neither side has a positional advantage in the competition area.
  - c. If out of bounds by both athletes occurs, and neither side is close to a TKO and/or submission, they are reset in a standing position in the where neither side has a positional advantage in the competition area by the referee.
  - d. If out of bounds by both athletes occurs, and one side is close to a TKO and/or a submission, the referee should continue to observe the situation and allow the action to continue. The referee should only stop the action and reset athletes in a standing position where neither side has a positional advantage in the competition area when a submission is escaped, continuous striking has stopped, or if the athlete(s) leave the protective zone of the Field of Play.
  - e. Disobeying the referee, intentionally delaying time, and similar behavior will be considered technical fouls.

g) Passivity:

- i. If one or both athletes avoids actively attacking, evades contact, or attempts to escape for an extended period, after the referee's palm strike reminder and verbal warning, if there are still no clear attacking actions, the referee will seek opinions from the three judges through gestures.
- ii. If two or more judges agree, the referee will pause the match, penalize the passive athlete, and signal to the judges to deduct one (1) point. If the athlete displays passivity again after being penalized, the referee will directly seek the opinion of the three judges. If they agree, the match will be paused, and

one (1) point will be deducted from the passive athlete, with the opponent declared the winner.

- iii. In case of one athlete's passivity during the match, when the referee initiates the opinion-seeking procedure with the side referees and receives their approval, if the athlete initiates a clear and effective attack, the punishment may be deferred, and the match continues. If the athlete displays passivity again, the referee will immediately pause the match, warn the passive athlete, and deduct one (1) point.

## **15. Fouls**

### **a) Technical Foul:**

- i. Athlete intentionally delays the match.
- ii. Athlete displays disrespectful behavior toward or disobeys the referee during the match.
- iii. Athlete enters the Field of Play without wearing or intentionally removes a mouthguard or protective gear.
- iv. Athlete does not adhere to prescribed match etiquette.
- v. Athlete does not follow the referee's instructions.
- vi. Athlete makes actions that could potentially harm the opponent but does not cause substantial injury, such as spreading fingers toward the opponent's face.

### **b) Personal Foul**

- i. Athlete attacks the opponent before the command "Begin" or after "Stop."
- ii. Athlete strikes the opponent's prohibited areas.
- iii. Athlete employs prohibited methods to attack the opponent.

c) Penalties

- i. For the first technical foul, a verbal warning is issued once. For a second technical foul, another warning is given, and one (1) point is deducted. For a third technical foul, disqualification from the match occurs directly.
- ii. For the first personal foul, a warning is issued once for non-serious offenses. For a second personal foul, another warning is given, and 1 point is deducted. For a third personal foul, disqualification from the match occurs directly.
- iii. If a serious offense is committed for an athlete's first personal foul, a direct warning is issued, and one (1) point is deducted. For a second personal foul, disqualification from the match occurs directly.
- iv. If an athlete cannot continue the match due to a personal foul by the opponent (confirmed by the medical official), the injured athlete is declared the winner, and their progress in the competition stops for that round.
- v. After a medical assessment by the medical official, if an injured athlete is determined to be capable of continuing the match but refuses, it is considered a voluntary forfeiture, and the result is a loss for that athlete, and all results attained previously will be invalidated.
- vi. When an athlete's coach requests for real-time appeals during the bout. The referee should stop the bout at an appropriate time, results before the referee stops the bout will be valid. Appeals may only be made to contest out of bounds/warnings given to an athlete. The bout will end if there are a total of three (3) out of bounds by a single athlete in the same round or if two (2) warnings are given to the same athlete for the duration of the bout.
- vii. In cases of egregiously foul behavior or serious consequences resulting from fouls, the chief referee submits the matter to the competition supervisory committee for further action against the athlete and delegation.
- viii. If an athlete intentionally delays the match, the referee may give a warning and deduct one (1) point.



- ix. If an athlete's corner misbehaves and shows unsportsmanlike conduct (cursing, entry to competition area without referee permission, interrupts the competition, etc,) the referee can stop the bout and give the athlete's corner a verbal command "Remind". If the athlete's corner continues to misbehave, the referee should stop the bout and deduct one (1) point from their athlete. After one (1) point deduction, if the athlete's corner still misbehaves, the referee can stop the bout and disqualify the athlete from the offending corner. Furthermore, all results obtained by the athlete from the offending corner during the competition will be nullified.
- x. If an athlete's corner commits serious misconduct as their first offense, the referee can stop the bout and issue the verbal "Warning" command and deduct one (1) point from their athlete. If the athlete's corner misbehaves again, the athlete will be disqualified from the competition.

## **16. Scoring Rubric**

### **a) Scoring Methods:**

- i. Clear and effective strikes using fists, legs, or knees to unprotected and allowable striking areas score one (1) point.
- ii. When both athletes are within bounds and the attacking athlete uses legal throwing techniques to bring the opponent to the ground, or when the opponent falls due to a technical mistake, or when the attacking athlete gains dominant position and control over the situation after the opponent voluntarily falls, around (3) seconds of ground control time is required to score one (1) point.
- iii. If a takedown occurs and the defending athlete lands out of bounds, the attacking athlete must be in contact with the competition area to be awarded one (1) point. Additionally, the defending athlete will incur an out of bounds

by a single athlete penalty if there is no physical contact with the attacking athlete when landing out of bounds.

- iv. If a takedown occurs within bounds and the defending athlete voluntarily goes out of bounds to induce a reset to standing position, the attacking athlete gains one (1) point.
- v. In instances where submissions or TKOs are close to being secured, in addition to the referee's oral reminder to the athlete (e.g. "fight back" "Are you okay?"), two (2) points will be awarded.
- vi. When the attacking athlete uses clear and effective striking actions that results in significant displacement of the opponent, or induces temporary loss of balance, and the opponent being in a state close to KO, two (2) points will be awarded.

b) Other Situations:

- i. If an athlete lifts the opponent from the ground position and then slams them back to the ground, no points will be awarded.
- ii. If an athlete does not display clear and effective strikes during a period of control on the ground, no points will be awarded.
- iii. No points will be awarded for takedowns landing beyond the safety area of the Field of Play.

## **17. Forfeiture & Pauses During the Bout**

a) Forfeiture

- i. During the bout, if an athlete cannot continue due to injury (confirmed by the medical official as unable to continue the match), the athlete themselves, along with their team leader or coach must immediately submit a forfeiture application approved by the medical official to the referee team. This must be done no later than two matches before the athlete's next scheduled match.

Failure to meet the deadline will be considered a voluntary forfeiture, and any achieved results will be invalidated.

- ii. If an athlete is injured and cannot participate in the next round of competition, the team delegate/head coach should notify the Referee team within 4 hours after the completion of the full day of competition. The athlete's injury will be reviewed by the medical team and after verification, the athlete will be allowed forfeiture by injury and all previously obtained results will be maintained.
- iii. If the medical team reviews an athlete's injuries and fails to verify or confirm the injuries, and the athlete insists on forfeiting, the athlete will be disqualified from the competition and all previously obtained results will be invalid.
- iv. If the team delegate/head coach notifies the Referee team but exceeds the 4-hour time allotted for injury reporting after the completion of the full day of competition, the athlete will be disqualified, and all previously obtained results will be invalid.
- v. During a match, if there is a significant disparity in the abilities of both athletes, to protect the safety of the athlete who is less experienced, the coach/assistant may throw a white towel to signal forfeiture. Alternatively, the athlete can also raise their hand or voluntarily leave the Field of Play to signal forfeiture. Achieved results in these cases remain valid.
- vi. Athletes who fail to meet the weigh-in requirements on time, or do not show up for the pre-match check-ins three (3) times, or leave after check-in and fail to appear on time for their match will be treated as voluntary forfeitures.
- vii. If an athlete voluntarily forfeits during the match without a valid reason, all previously attained results will be invalid.

#### b) Pauses During the Bout

- i. When an athlete goes out of bounds.

- ii. When an athlete is penalized for a foul.
- iii. When an athlete requires medical assistance.
- iv. When an athlete's combat equipment becomes loose or dislodged.
- v. When objective factors such as lighting, venue, or electronic scoring systems malfunction, affecting the match.

c) Timed Position Reset by Referee:

- i. During a standing grapple, if both athletes maintain in a hold for about 5 seconds without any attacking action, the referee separates them, and they resume from a standing position.
- ii. During ground grappling, the referee will start a twenty (20) second countdown by raising his/her arm to the side. If both athletes fail to advance into an advantageous position by the end of the twenty (20) seconds, the referee pauses the bout and resets both athletes at the competition area in a standing position.
- iii. During ground grappling, if an athlete successfully advances into an advantageous position, or is close to a submission or TKO, the referee will end the twenty (20) second countdown by lowering his/her arm and will continue observing the bout without resetting the position of either athlete. If the submission attempt fails and is released, or continuous attacks cease, or athletes return to non-advantageous positions, the referee will restart the twenty (20) second countdown by raising his/her arm to the side.
- iv. During ground grappling, if the twenty (20) second time limit is reached but a submission technique is applied, or a near TKO situation occurs, the referee will continue observing the bout without interfering. If the submission technique is released or continuous attacks cease, the referee immediately stops the match and resets both athletes in a standing position in the competition area.
- v. Note:
- vi. Advantageous Ground Positions: Full mount, full back control, full side control, north-south position, and head control in turtle guard.
- vii. Non-advantageous Ground Positions: Closed guard, half guard, butterfly guard, open guard and any guard position other than advantageous ground positions. When one athlete is on the ground and the other athlete is in a standing position, both are considered non-advantageous.

## **18. Winning Conditions**

### **a) Win by Judge's Decision**

- i. Unanimous Decision: All three judges score one athlete as the winner.
- ii. Split Decision: Two judges score one athlete as the winner, while the third judge scores in favor of the other athlete.
- iii. Majority Decision: One judge scores a draw, and two judges score one athlete as the winner.

### **b) Win by Finishes**

- i. KO (Knockout)
- ii. TKO (Technical Knockout)
- iii. Submission

### **c) Technical Victory**

- i. In the event of injury in a non-foul situation, if an athlete cannot continue due to medical reasons, as determined by the medical official, the match ends, and the opposing athlete is declared the winner.
- ii. If out of bounds by a single athlete occurs three (3) times in the same round by the same athlete, the opposing athlete is declared the winner.
- iii. If an athlete who has obtained the qualification to advance to the next round of competition and is unable to do so due to physical ailments, a medical certificate shall be issued to prove that the athlete's progress is limited to the current round, and their previous competition results will remain valid.

d) Forfeiture:

- i. When an athlete voluntarily raises their hand to signal forfeiture or when a coach/assistant throws a white towel into the Field of Play to signal forfeiture, the referee ends the match and declares the opposing athlete as the winner.

e) Passivity:

- i. If an athlete accumulates two passivity penalties throughout the entire match, the referee ends the match and declares the opposing athlete as the winner.

f) Disqualification:

- i. If a personal foul committed by an athlete renders his/her opponent to be unable to compete, the athlete that has committed the foul will be disqualified and all previously obtained results in the competition will be deemed invalid.
- ii. If an athlete commits serious violations, such as exceeding the weight limit, they will be disqualified from the competition and all previously obtained results in the competition will be deemed invalid.
- iii. Any athlete that forfeits without any appropriate reason will be disqualified and all previously obtained results will be deemed invalid.
- iv. If an athlete raises his/her hand and tries to induce the referee to pause the bout without a valid reason, the athlete will be disqualified from the competition and his/her opponent wins by TKO.
- v. If an athlete is disqualified, all results obtained in the current competition will be deemed invalid.

g) Exhaustion of Medical Time:

- i. If an athlete's medical treatment time exceeds the three (3) minutes allotted for medical timeouts during the match, the referee ends the match and declares the opposing athlete the winner.

h) Draw in Overtime

- i. The athlete who has not received any warnings is declared the winner.
- ii. If both athletes have not received any warnings or have received an equal number of warnings, the athlete with the lighter body weight based on their pre-competition weigh-in for the day will be declared the winner.
- iii. If both athletes have the same pre-competition weigh-in weight, the lighter athlete based on their post-match weight is declared the winner..
- iv. If both athletes have the same post-match weight, the winner is determined by a flag-raising decision by the three judges, with the athlete receiving the same flag from at least two judges declare the winner.

## **19. Real-time Appeals & Post-competition Arbitration**

a) Real-time Appeals

i. Scope of Appeals

- Appeals can be made in real-time for the following reasons:  
Off-field interference by opponent's corner or spectators, fouls committed, out of bounds, passivity, warnings, penalties.
- Only the official registered as the team delegate and/or the coach can appeal for real-time appeals.

ii. Real-time Appeals Process

- When an action occurs and the need for appeal arises, the team delegate and/or the coach must raise the appeals card within 10 seconds of the action occurring, to successfully appeal.



- After seeing the request for appeal, the referee should pause the bout at an appropriate time.
- After the bout is paused, the referee will communicate with the applicant of the appeal, and the applicant must explain the exact reason for the appeal immediately. Failure to give a valid reason for appeal or providing an unreasonable or irrelevant reason will result in the appeal being rejected, and the applicant's right to appeal revoked.
- If the real-time appeal is accepted for review, the arbitration referee and the jury table will review the action.
- Both corners will have one (1) chance for real-time appeals per bout. If the appeals request is ruled in-favour of the requester, the corner will keep their right to appeal for the bout. If the appeal fails after review by the arbitration referee and the jury table, the corner initiating the appeal will have their arbitration rights revoked for the bout.
- Real-time appeals will not be accepted after the bout has ended.

## b) Post-Competition Arbitration

### i. Scope of Arbitration

- Post-competition arbitration can be made to contest the score of a bout.
- Only the official registered as the team delegate and/or the coach can submit the arbitration application to the arbitration committee.

### ii. Arbitration Process

- Team delegate and/or the coach submits the arbitration application and pays an arbitration fee of USD 1000.
- The arbitration committee will cross-check the scorecards of the judges to confirm if there are any errors or incorrect penalties. If there are mistakes, the arbitration committee will address them, and

no counter-arbitration will be accepted. If there are no errors by the judges, the arbitration process continues.

- If the match score remains unchanged, the arbitration applicant draws lots to randomly select three (3) judges. The arbitration committee will organize the judges to rescore the bout. Rescoring will occur independently based on video footage of the bout and no communication between the three (3) judges will be allowed.
- If rescoring does not change the results of the bout, the post-competition arbitration is deemed to have failed, and any further requests for arbitration of the bout will not be accepted.
- If rescoring changes the results of the bout, the athlete's opponent can apply for counter-arbitration without needing to pay the arbitration fee.
- If counter-arbitration is accepted, the counter-applicant will select three (3) judges randomly by draw. The arbitration committee will organize the judges to rescore the bout. Rescoring will occur independently based on video footage of the bout and no communication between the three (3) judges will be allowed.
- The final result of the counter-arbitration process will be determined based on the summary of the three (3) judgement results from: the original score of the bout, the arbitration score, and the counter-arbitration score, i.e. the total score of nine (9) judges.
- The result after counter-arbitration is final and will no longer allowed to be contested.
- When post-competition arbitration succeeds, the arbitration fee will be returned to the applicant. If the arbitration fails, the arbitration fee will not be returned to the applicant.

### iii. Conditions for Post-Competition Arbitration

- Post-competition arbitration is only applicable to the results of the match within regular time or after overtime. Arbitration cannot be made regarding the results of regular time once overtime has started.
- The team delegate and/or coach must apply for post-competition arbitration immediately after the announcement of the result of the bout, or before the overtime round occurs, or before the next scheduled bout.
- If a tie occurs in regular time rounds and an applicant wishes to make a post-competition arbitration request to contest the tie, they must do so before the overtime round begins. When the overtime round begins, arbitration cannot be applied to contest regular time scoring.
- Post-competition arbitration requests made after the overtime round begins will only rescore the overtime round.
- If the post-competition arbitration request pertains to the last bout of the competition day, it must be submitted within five (5) minutes after the bout has ended.
- The decision of the arbitration committee is final. If the post-competition arbitration request is submitted outside the specified time limit, it will be rejected. All applications related to arbitration must be submitted to the Arbitration committee.
- Bouts won by finish (KO, TKO, Submission) are not allowed to be contested.
- The Arbitration Committee has the right to reject and recall any arbitration application that does not conform to the time limitation, personnel requirement, scope, and payment requirement.

## **20. Supervision Committee**

### Scope

- i. When coaches, athletes, referees, officials or AMMA staff exhibit inappropriate behaviour, such as showing unsportsmanlike conduct, or public misconduct, the Supervision committee has the right to make a ruling and issue punishment.
- ii. Procedure of Report Submission
  - Only registered Team delegates, coaches, officials and AMMA staff are allowed to submit reports to the Supervision committee.
  - When the submission is accepted, the Supervision committee will convene the related personnel for investigation.
  - The Supervision committee will publish the results of the investigation to the public.
- iii. Penalty

Depending on the severity of the misconduct, the Supervision committee can give the following penalties:

- Disqualification of an offending athlete(s).
  - Request the related personnel apologize to the victim.
  - Ban the offender from entering the competition venue.
  - Suspend the offender for the day or ban them from the whole event.
  - Invalidate competition results and related scoring of an offending athlete(s).
  - Ban the offender from participating in referee/judge related duties.
  - Ban the offender from coaching for the day or for the whole event.
  - Ban the offender from working for the day or for the whole event.
- iv. Any matter not covered by the regulations above shall be handled by the Supervision Committee based on the severity of circumstances.

## 21. Team Scoring Method

### a) Team Rankings

Team Rankings in AMMA Championships are determined based on the points earned by the top eight (8) athletes from each respective delegation.

Placement	Total Score	Placement	Total Score
1 <sup>st</sup> Place	25	6 <sup>th</sup> Place	9
2 <sup>nd</sup> Place	20	7 <sup>th</sup> Place	8
3 <sup>rd</sup> Place (2 winners)	15	8 <sup>th</sup> Place	6
5 <sup>th</sup> Place	10		

Regardless of the number of participants at each level, the points determined in the table above remain unchanged.

In cases where there are insufficient participants in a certain level, the table values remain the same for a round-robin format.

When team rankings result in a tie, the team with more individual champions takes precedence. If the number of champions is the same, the team with more runners-up takes precedence, and so on.

If a team has more than one athlete scoring in the same weight class, only the score of the highest-scoring athlete is counted in the team score. Team rankings remain unchanged. For example:

1st Place, Team A: 25 points

2nd Place, Team A: 20 points

3rd Place, Team B: 15 points

In this scenario, only the 25 points earned by Team A's first-place athlete count toward the Team Ranking, while the 20 points from their second-place athlete are

not included. However, Team B's third-place athlete is accordingly awarded 15 points and is not granted any extra points.

#### b) Medal Rankings in Multi-sport Events

National and regional representative teams are ranked based on the number of gold, silver, bronze medals, and the number of athletes who finish 5th or lower. Priority is given to the quantity of gold medals. If the number of gold medals is the same, the ranking is determined by the quantity of silver medals. If the gold and silver medal counts are equal, the ranking is then decided by the number of bronze medals. Finally, if the gold, silver, and bronze counts are all the same, the ranking is based on the number of athletes who finish in 5th place or lower.

#### c) Individual Ranking:

Victory by KO, TKO, or Submission: Winner receives 5 points, opponent receives 0 points.

If the match ends due to the opponent stepping out of bounds three times in a single round, being passive twice, being disqualified due to a foul, or the fight is stopped by the medical official: Winner receives 4 points, opponent receives 0 points.

Victory within two rounds without overtime: Winner receives 3 points; opponent receives 0 points.

If the match goes to overtime due to a draw in two rounds, or if the winner is determined by weigh-in: Winner receives 3 points, opponent receives 1 point.

If athletes have an equal number of points, the competitor with fewer matches ranks higher.

If athletes have an equal number of points and equal number of matches, individual ranking is determined by comparing the opponents of both athletes' most recently

lost bout. E.g. If Athlete A's most recent loss was against the eventual Champion of the division, they would rank higher than Athlete B who's most recent loss was against the eventual Runner-Up of the division.

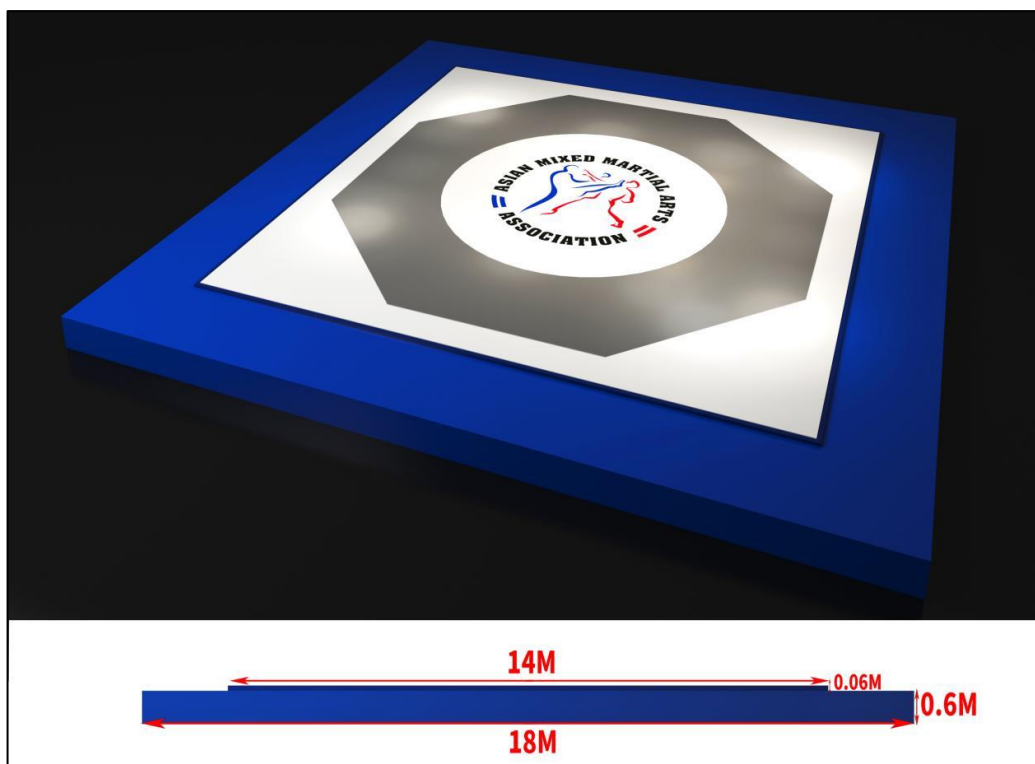
If still tied, the result of the final weigh-in is considered— the lighter competitor ranks higher.

In a 3-person round-robin or 3-person group round-robin:

- Ranking is determined primarily by points.
- If all three competitors have the same points, the one who finishes opponents in the shortest total time ranks higher.
- If no finishes occur, ranking is based on body weight.
- If the group's 1st or 3rd place can be determined using the above methods, the remaining two competitors are ranked based on head-to-head result.
- If all three competitors are tied in points and body weight, the ranking is determined based on post-fight weigh-in, with the lighter competitor ranking higher.

## 22. Appendix

### a) Competition Field of Play (FoP)



The Field of Play is a square arena with a stage height of 0.6 meters and sides measuring 18 meters. On top of it, there is a square-shaped mat with sides measuring 14 meters and a thickness of 0.06 meters. The effective competition area is a regular octagon with a diameter of 10 meters. Beyond the octagon, there is a 2-meter-wide protective zone.

The size of the stage can be adjusted depending on the venue. Mat size is mandatory, and any adjustments will not be accepted.



b) Competition Equipment

i. Male Traditional Attire



ii. Female Traditional Attire



iii. Male Modern Attire



iv. Female Modern Attire



v. Gloves



vi. Shin Guards



vii. Mouth Guard and Groin Guard

