

# **GAMMA**

## **GLOBAL ASSOCIATION OF MIXED MARTIAL ARTS**

# **Rules & Regulations**

## **GAMMA Striking MMA**

Junior, Seniors and Masters

Revised September 2022





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## 2

## PREFACE

# PREFACE

GAMMA's mission is to improve the stewardship of the sport while developing it in a healthy, safe and inclusive manner.

Mixed martial arts involve many techniques such as striking, submission and grappling. These techniques require a significant amount of time to master.

As such, the GAMMA Technical Committee decided to launch Striking MMA, a combat system based on traditional rules of MMA, to provide equal opportunities for all to participate regardless of the technical knowledge and background of the athletes.

The five key differences between GAMMA mixed martial arts and Striking MMA are summarised as follows:

- Minimum age participation - Striking MMA: 16 years / MMA: 8 years
- Ground and pound techniques are strictly prohibited in Striking MMA
- Striking MMA only allows submission attempts while standing. A submission from the ground is only allowed if the submission hold started from a standing position
- Maximum time limit of submission: 30 seconds
- Standing eight count or protection count is a judgement call that can always be made by the Referee during the bout.

These Rules & Regulations (for Striking MMA) have been duly passed by GAMMA and shall apply from August 1, 2021.

They are the standard for all international GAMMA mixed martial arts tournaments where there is a separate division for Striking MMA.

The Rules & Regulations (For Striking MMA) set forth herein must be known and accepted by all athletes, coaches, referees, and leaders.

Every GAMMA member can change part of the rules (if required) in their respective countries or mandated by their local government authorities. Member federations are allowed to either shorten the bout duration and/or disallow certain techniques.

Under no circumstance should a member federation change the following conditions without the prior approval of GAMMA.

GAMMA will continue to gather feedback and finetune its global set of rules for Striking MMA and is subject to further modification.

## **RULE 1**

# **GENERAL PROVISIONS**

**1.1 All competitions in mixed martial arts (hereafter MMA) are performed in accordance with the Regulations of Global Association of Mixed Martial Arts (hereafter GAMMA).**

**1.2 Application of these Rules to the Championships, and to all international competitions under the control of GAMMA is compulsory (all the tournaments registered on GAMMA calendar). Athletes shall approach competitions in accordance with mentioned regulations of the international federation (GAMMA) and are obliged to follow all applicable rules and regulations issued by GAMMA.**

**1.3 During international tournaments, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided permission has been granted by GAMMA and all participating countries.**

**1.4 GAMMA uses the international system of units "SI": "Système International d'Unités", for the weight of the kilograms (kg).**

## **RULE 2**

# **MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES**

**2.1 For Striking MMA, the minimum age to enter a competition is 16 years old and can be practiced by both genders. Athletes according to their age are classified as follows:**

- 2.1.1 Juniors: 16 - 17 years old**
- 2.1.2 Seniors: 18 – 40 years old**
- 2.1.7 Masters: 41 years old and older**

**2.2 Athletes in the junior age category are allowed to participate in the competitions for seniors if they reach 18 years old on the day the tournament starts.**

**2.3 Age will be verified at all Championships and tournaments during the accreditation.**

**2.4 Masters are allowed to compete in Seniors with prior approval from GAMMA.**

## RULE 3

# WEIGHT CATEGORIES

3.1 The weight categories for the various age groups and gender are as follows:

Juniors 16 - 17 years	
Male Weight Categories	Female Weight Categories
- 56,7 kg   - 125,0 lbs	- 45,4 kg   -69,9 lbs
- 63,5 kg   - 140,0 lbs	- 52,2 kg   - 115,1 lbs
- 72,6 kg   - 160,1 lbs	- 59,0 kg   -130,1 lbs
- 81,6 kg   -179,9 lbs	+ 59,0 kg   +130,1 lbs
+ 81,6 kg   +79,9 lbs	

Seniors (18 years and above) / Masters (41 and above)	
Male Weight Categories	Female Weight Categories
- 52,2 kg   - 115 lbs	- 47,6 kg   - 105 lbs
- 56,7 kg   - 125 lbs	- 52,2 kg   - 115 lbs
- 61,2 kg   - 135 lbs	- 56,7 kg   - 125 lbs
- 65,8 kg   - 145 lbs	- 61,2 kg   - 135 lbs
- 70,3 kg   - 155 lbs	- 65,2 kg   - 145 lbs
- 77,1 kg   - 170 lbs	- 72,6 kg   - 160 lbs
- 83,9 kg   - 185 lbs	+ 72,6 kg   + 160 lbs
- 93,0 kg   - 205 lbs	
-120,2 kg   -265 lbs	
+120,2kg   +265 lbs	

3.2 At the discretion of the organising committee of GAMMA, a deviation of up to 0.45kg (one pound) for each of the weight category is allowed.

3.3 No exceptions will be made for Semi-finals and Finals.

## RULE 4

# DURATION OF BOUTS

4.1 Each Striking MMA bout at GAMMA International level must be three (3) rounds of three (3) minutes. The exception being for the junior category where it will be two (2) rounds of two (2) minutes\*.

\*Exceptionally, in tournaments if the bout is scored a draw after two (2) rounds and a winner is needed to advance to a subsequent round, there can be an extra round of two (2) minutes.

4.2 Rest time between rounds is 60 seconds.

4.3 No athlete shall compete for more than 9 rounds and/or 27 minutes of fighting within a 24-hour period.

4.4 There should always be a minimum of two (2) hours of rest between bouts.

4.5 The bout duration can be shortened to two (2) rounds of three (3) minutes for GAMMA International level tournament if the Organising Committee of GAMMA wishes to.

4.6 For Seniors and Masters tournaments, the Finals and Semifinals must always be a duration of three (3) rounds of three (3) minutes.

## **| RULE 5**

# **REFEREE & JUDGES COMMITTEE**

### **5.1 Duties**

**5.1.1** The referee committee (Officials) for one combat area at international tournaments consists of:

- One (1) Referee inside the combat area
- Three (3) Judges scoring the bout, evenly distributed around the combat area
- One (1) Technical assistant - Timekeeper
- One (1) Technical assistant – Scorecard keeper
- One (1) Doctor

### **5.2 Powers of The Referee**

**5.2.1** The referee is the sole arbiter of a bout and is the only individual authorised to stop a contest.

**5.2.2** The authority of a referee begins when he/she enters the combat area and does not end until the conclusion of the bout.

**5.2.3** The referee stationed inside the combat arena is the head referee-in-charge.

## **| RULE 6**

# **INSTANT REPLAY**

**6.1** Instant replay on site must not be used to review a “Fight Ending Sequence”.

## **| RULE 7**

# **ATHLETE EQUIPMENT & ATTIRE**

### **7.1 Mouthpiece**

**7.1.1** All athletes are required to wear a well-fitted mouthpiece during the bout.

**7.1.2** The bout cannot begin without the mouthpiece.

**7.1.3** If the mouthpiece is dislodged during the bout, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action.

### **7.2 Groin Guard**

**7.2.1** All male athletes must wear a groin protection cup (plastic and metal material are permitted).

**7.2.2** Female athletes may choose to wear a groin protector should they so wish.



### 7.3 Gloves

#### 7.3.1 Specification

Both athletes must wear a GAMMA approved model, open finger MMA-Gloves. The gloves shall have a weight from 6 to max. 8oz.

#### 7.3.2 Certification

Gloves and shin pads must be provided by the organiser of the World and Continental Championships. All equipment and/or brands must be licensed or accredited by GAMMA.

#### 7.3.3

For the junior category, gloves with thick front padding, thumb padding and loops for open fingers are mandatory.

### 7.4 Tapes and Hand Wraps

#### 7.4.1

A maximum of one roll (no more than 2" wide by 15 yards in length) of white, soft, cloth gauze is permitted per hand. The gauze may not exceed the wrist of the athlete's glove. The exposed thumb is an option to be protected.

#### 7.4.2

A maximum of one roll (no more than 1.25" wide by 10' in length) of white athletic tape is permitted (for both hands in total). The tape may not exceed the wrist of the athlete's gloves. Tape may be placed through the fingers but may not cover the knuckles. The exposed thumb is an option to be protected.

#### 7.4.3

Cotton or cotton-like training wraps are only allowed with max. length of 3.5m. The wraps must be made of non-elastic (non-stretch) material. The cotton wraps must be applied in such manner that the visible inner hand of the athlete is free of hand wrap. If cotton hand wrap is used, there is only 30 cm medical tape per hand allowed to wrap around and secure the velcro of the hand wraps. No additional gauze or tape is permitted.

#### 7.4.4

Any kind of build up or curls in between the knuckles are prohibited and will result in an instant disqualification of the athlete.

#### 7.4.5

Hand wrapping is prohibited for junior athletes.

#### 7.4.6

Other than the competitor's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to joint sleeves, padding, or any form of brace/body tape.

#### 7.4.7

A competitor may use a soft neoprene or elastic fabric type sleeve to cover only the knee and/or ankle joints. Approved sleeves are not allowed to have padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage.

Tape, gauze, or any materials other than the approved sleeves are not permitted.

## **7.5 Shin Guard**

- 7.5.1** Both athletes must wear a GAMMA approved model, elastic (or neoprene) shin pads with attached foot padding. All paddings must be a minimum of 1 cm in thickness.
- 7.5.2** Gloves and shin pads should match to the athletes' corner color (red or blue). If no such colored equipment is available, the wrist of the gloves and the top of the shin pads must be wrapped with either red or blue 50mm wide duct tape.
- 7.5.3** 7.5.3 For the junior category, combined shin and footpads made of elastic fabric or light neoprene are mandatory.
- 7.5.4** 7.5.4 Thai-Shinpads and/or Kickboxing-Shinpads made of leather (or PU) are illegal.

## **7.6 Clothing & Attire**

- 7.6.1** All athletes will be required to wear such protective gear as deemed necessary by the organising committee. Wearing a tight-fitting rashguard is mandatory for the junior category.
- 7.6.2** Male athletes can wear a short sleeve rash guard on their upper body if required by the federation or by the organising committee.
- 7.6.3** Female athletes shall wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra(s). No loose-fitting tops and/or breast protectors shall be allowed. Female athletes will follow the same requirements for bottom covering as the male athletes, minus the requirement for groin protection.
- 7.6.4** Male and female athletes shall wear the appropriate MMA shorts/tights, mouthpiece, and gloves. Male athletes shall also wear the appropriate groin protection.
- 7.6.5** The length of MMA shorts/tights is not allowed to extend over the knee.
- 7.6.6** MMA shorts/tights shall not have exposed Velcro, pockets, or zippers.
- 7.6.7** Athletes in the same bout must wear different color MMA shorts/tights or be designated by glove taping and/or glove coloring to the corner they are assigned.
- 7.6.8** Shoes are not allowed to be worn during the bout.
- 7.6.9** Athletes shall have their hair secured in a manner that does not interfere with the vision and safety of either athlete. No object can be worn to secure the athlete's hair which may cause injury to the opponent.
- 7.6.10** The wearing of jewelry (including tongue piercings) is strictly prohibited for all bouts.
- 7.6.11** No other object may be worn during the competition.

## 7.7 Head & Hair Cover

- 7.7.1** Female competitors may for religious or cultural reasons have an additional head / hair cover approved by GAMMA or the officials in charge at the tournament.

## 7.8 Vaseline and other gels & creams

- 7.8.1** The application of Vaseline or another similar substance before the bout is done before entering the combat area by officials from the referee committee.
- 7.8.2** The reapplication of Vaseline or another similar substance, to the face, may be allowed between rounds and shall only be applied by approved officials.
- 7.8.3** Any application of substances like cremes, Thai Oil or any other products likely to be harmful or objectionable to an opponent is prohibited and will result in immediate disqualification.

# RULE 8

## COMBAT AREA

### 8.1 Combat Area Setup

- 8.1.1** The combat area can be:
- 8.1.1.1** a boxing style ring (with a minimum of 5 ropes),
  - 8.1.1.2** a boxing style ring with safety fence between lowest two ropes;
  - 8.1.1.3** a combat arena (round or multiple angles) surrounded with safety fence or;
  - 8.1.1.4** a plain tatami (martial arts mat) covered combat area.
- 8.1.2** The minimum size for enclosed combat areas is 6m x 6m or 6m diagonal. The maximum size for enclosed combat areas is 10m x 10m or 10m diagonal.
- 8.1.3** Open combat areas with no ropes or safety fence must have a minimum size 7m x 7m or 7m diagonal. Maximum size is 10m x 10m or 10m diagonal.
- 8.1.4** The RED and BLUE corner in each combat area must be clearly marked.
- 8.1.5** The floor of the combat area shall be padded by sports mats, tightly bonded to each other, with at least a 40mm layer of high-density foam padding and can be covered. The cover should be made of thick cloth (canvas, cotton).

For a closed combat area, the foam should always be covered.

**8.2** If a Striking MMA bout is held in a ring and an athlete is knocked out of the ring (which will be considered an accidental foul), the athlete must return to the ring unassisted by spectators or his/her escort team. If assisted by anyone, the athlete may lose points or be disqualified with such a decision being at the sole discretion of the referee. The athlete will have five (5) minutes to return to the ring and shall be examined by the ringside physician before returning to action.



## **RULE 9**

# **JUDGING & SCORING CRITERIA**

### **9.1 Legal Actions**

- 9.1.1** Martial arts style strikes (closed fist or hammer fist only), kicks, and knees to the legal areas of the head and body are allowed.
- 9.1.2** Martial arts style throws, and takedowns from standing position are allowed. After a successful takedown, the referee will pause the bout and reset the bout with the two athletes standing in the middle of the combat area.
- 9.1.3** No striking, submission holds and grappling actions are allowed on the ground.
- 9.1.4** Submission holds while standing are allowed.
  - 9.1.4.1** Any kind of submission hold should not last for more than 30 seconds. If the referee deems the submission attempt to no longer be effective or takes more than 30 seconds, the Referee shall stop the action and reset the two athletes in the middle of the combat area.
  - 9.1.4.2** If the submission is legal and successfully applied, the Referee shall indicate to the timekeeper through raising one hand in the air and pointing with the other hand towards the submission hold to start the 30 second countdown on the extra stopwatch. After 30 seconds, the timekeeper must use the whistle to signal to the Referee to stop the action and reset the athletes in the middle of the combat area.
  - 9.1.4.3** Should a legal submission hold be successful and results in either one or both athletes to hit the ground, the submission hold must be allowed to continue. If the athlete submits and taps out, the opponent will win the bout by "Technical Knockout (TKO) by Submission"
  - 9.1.4.4** Chaining submissions on the ground are not legal. Should an athlete escape the original submission hold, started from standing position, the Referee must stop the action and reset both athletes in the middle of the combat area.
- 9.1.5** Detailed description of illegal actions relating to 9.1.1 through 9.1.4 can be found in the Rule 12 - Fouls.
- 9.1.6** Clinching and wrestling is allowed. If both athletes clinch or wrestle for more than 10 seconds without any significant striking or takedown attempt, the Referee shall call them for action. If the athletes continue stalling for another five (5) seconds, the referee will stop the action and reset both athletes in the middle of the combat area.

## 9.2 Judging Criteria

**9.2.1** All bouts will be evaluated and scored by three (3) judges.

**9.2.2** The 10 Point Must System will be the standard of scoring a bout.

**9.2.3** Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).

### **9.2.4 Point Deduction**

**9.2.4.1** When an athlete receives a count from the Referee, the athlete will have one point deducted from him or her at the end of the round.

**9.2.4.2** An athlete will also have one point deducted should he or her fail to get out from a legal submission attempt within 30 seconds.

**9.2.5** Judges shall evaluate Martial Arts techniques with the most weightage in scoring awarded to effective striking/wrestling/grappling, effective aggressiveness, and control of the combat area.

#### **9.2.5.1 Effective striking**

Effective striking is determined by the technical execution of legal strikes landed by an athlete. More precise, technical hits are valued higher than many blows with unprecise hits and lower technical execution.

#### **9.2.5.2 Effective wrestling**

Effective wrestling is assessed by the successful executions and effective results coming from technical and spectacular takedowns achieved.

#### **9.2.4.3 Effective grappling**

Effective grappling attempts are assessed by the successful executions and potential bout ending submission attempts.

#### **9.2.5.4 Effective aggressiveness**

Effective aggressiveness means aggressively making attempts to finish the bout.

#### **9.2.5.5 Control of the Combat Area**

Combat area control is assessed by determining who is dictating the pace, place and position of the bout.

**9.2.6** Evaluations shall be made on Martial Arts techniques, such as effective striking/wrestling/grappling (Criterion A), effective aggressiveness (Criterion B), and control of the combat area (Criterion C). Criteria B and C are not taken into consideration unless Criterion A is weighed as being even.

### 9.3 Scoring Criteria

- 9.3.1** A round is to be scored as a 10-10 Round when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either athlete. A 10-10 Round should be a very rare exemption.
- 9.3.2** A round is to be scored as a 10-9 Round when an athlete wins by a close margin; where the winning athlete lands the better strikes or utilises more effective wrestling and grappling during the round;
- 9.3.3** A round is to be scored as a 10-8 Round when a contestant wins the round by a large margin by dominance, impact, and duration of striking, wrestling or grappling in a round.
- 9.3.4** A round is to be scored as a 10-7 Round when an athlete is completely dominated by **technical dominance**, and **duration** of striking, wrestling or grappling in a round.

#### 9.3.4.1 Dominance

Striking MMA is an offensive based sport, dominance of a round can be seen in striking when the losing athlete is forced to continually defend, with no counters or reaction taken when openings present themselves. Dominance in the wrestling or grappling phase can be seen by athletes achieving powerful takedowns and/or achieving potentially bout ending submission attacks.

#### 9.3.4.2 Impact

A judge shall assess if an athlete impacts their opponent significantly in the round, even though they may not have dominated the action. Impact includes visible evidence such as swelling and lacerations. Impact shall also be assessed when an athlete's actions, using striking, wrestling and/or grappling, lead to diminishing of their opponent's energy, confidence, abilities, and spirit. All of these come as a direct result of impact. When an athlete is impacted by strikes, throws, by lack of control and/or ability, this can create defining moments in the round and shall be assessed with great value.

#### 9.3.4.3 Duration

Duration is defined by the time spent by one athlete effectively attacking, controlling, and impacting their opponent; while the opponent offers little to no offensive output. A judge shall assess duration by recognising the relative time in a round when one athlete takes and maintains full control of the effective offense. This can be assessed both in striking or wrestling.

- 9.3.5** Scoring of incomplete rounds. There should be scoring of incomplete rounds. If the Referee penalises either athlete, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

### 9.4 Scoring Transparency

- 9.4.1** For better transparency to the audience, athletes and coaches, the scorecard keeper will publicly show the actual score of every round electronically (monitor or similar device) or with flipcharts (manual scoreboard, etc.) after the end of every round.



# DECISIONS

## 10.1 Types of Decisions

### 10.1.1 Submission by Tap Out

When an athlete physically uses parts of their body to indicate that he or she no longer wishes to continue.

### 10.1.2 Verbal Tap Out

When an athlete verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue. Screaming while caught in a submission is automatically a verbal Tap Out.

### 10.1.3 Technical Submission

When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).

### 10.1.4 Technical Knockout (TKO)

#### 10.1.4.1 Referee Stoppage

- The referee stops the contest because the athlete is knocked down by a clean strike or kick to the head and is not intelligently defending himself/herself.
- Due to Strikes
- Laceration
- Corner Stoppage
- Did not answer the bell

#### 10.1.4.2 Medical Stoppage

- Laceration
- Doctor Stoppage
- Loss of control of bodily function (vomit, urine, faeces)

### 10.1.5 Knockout (KO)

#### 10.1.5.1 Referee Stoppage

- The referee stops the contest because the athlete cannot intelligently defend him/herself.
- Due to Strikes
- Due to impact from takedown or throw

### 10.1.6 Disqualification

When an injury sustained during the bout because of an intentional foul is severe enough to terminate the bout. Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.

#### **10.1.7 No Contest**

When a bout is prematurely stopped due to accidental injury and insufficient time has not been completed to render a decision via the score cards.

#### **10.1.8 Decisions**

Each of the three Referees must score the bout and determine their winner of the bout. No draws are allowed.

##### **10.1.8.1 Unanimous Decision**

When all three judges score the bout for the same athlete.

##### **10.1.8.2 Majority Decision**

When two judges score the bout for one athlete and one judge scores for the opponent.

##### **10.1.8.3 Technical Decision**

When a bout is prematurely stopped due to injury from an accidental foul and an athlete is leading on the score cards.

#### **10.1.9 Draws**

##### **10.1.9.1 Unanimous Draw**

When all three judges score the bout a draw.

##### **10.1.9.2 Majority Draw**

When two judges score the bout a draw.

##### **10.1.9.3 Spilt Draw**

When all three judges score differently and the score total results in a draw

##### **10.1.9.4 Technical Draw**

When an injury is sustained during competition as a result of an intentional foul and the bout was allowed to continue, subsequently requiring stoppage due to an injury from either a legal or illegal strike to the affected area after 1/2 of the scheduled rounds, plus one (1) second has been completed, if the injured athlete is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

##### **10.1.9.5 Scorecard Draw (during Tournaments)**

Where one athlete must be declared the winner to progress during a tournament, the following rules apply:

- (i) If either athlete has a point deducted from the overall scoring because of a foul, the opposing athlete will be declared the winner.
- (ii) If one athlete wins a round with a bigger margin, it is considered a more effective score and will result in victory (10-8 in one round vs 10-9 in two rounds)
- (iii) If a winner cannot be determined with the above rules applied, the ring supervisors will ask the judges to vote for the winner. The athlete with the most votes will be declared the winner and that decision will be final.

#### **10.1.10 No Contest due to Unforeseen, Non-Combat Circumstances**

- 10.1.10.1** In instances where the bout has to be concluded due to unforeseen, non-combat circumstances, the bout may go to the scorecards if one-half the scheduled rounds, plus one second (1/2 +1) have been completed.
- 10.1.10.2** If the non-combat stoppage occurs prior to the ½ +1 mark, the bout is to be scored a “No Contest”.
- 10.1.10.3** Depending of the unforeseen, non-combat circumstances the Organising Committee can decide to overdo the whole bout. This is always the preferred base as we stand that all participants should have a fair chance and we are promoting competition.

#### **10.1.11 Bout Stoppages (Only applicable to the junior category)**

- 10.1.11.1** The referee is the sole decision-maker during the competition. Their goal is to ensure the safety of all athletes. Referees can and will stop the bouts at any time if they feel any of the athletes are exhausted, helpless or in danger of being injured. In a submission attempt, the referee has no obligation to wait for the athlete to verbally or physically tap out.

## **RULE 11**

# **FOULS**

### **11.1 Definition**

#### **11.1.1 Butting with the head**

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head-to-head, head to body or otherwise is illegal.

#### **11.1.2 Eye gouging of any kind**

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the athlete's eye socket are not eye gouging and shall be considered legal attacks.

#### **11.1.3 Biting or spitting at an opponent**

Biting in any form is illegal. An athlete must recognise that a referee may not be able to physically observe some actions and must make the referee aware if they are being bitten by an opponent.

#### **11.1.4 Fish Hooking**

Any attempt by an athlete to use their fingers in a manner that attacks their opponent's mouth, nose, ears, or a cut and stretching the skin to that area will be considered “Fish hooking”. Fish hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.

#### **11.1.5 Hair pulling**

Pulling of the hair in any fashion is an illegal action. An athlete may not grab a hold of his opponent's hair to control their opponent in any way. If an athlete has long hair, they may not use their hair as a tool for holding or choking in any fashion.



#### **11.1.6 Spiking**

Spiking the opponent to the canvas straight onto the head or neck (pile-driving) is prohibited. Any throw with an arc to its motion is to be considered a legal throw. It does not matter if the opponents head hits the canvas. A pile driver is considered to be any throw where you control your opponent's body placing their feet up in the air with their head straight down and then forcibly drives the opponents head into the canvas or flooring material. It should be noted when an athlete is placed into a submission hold by their opponent, if that athlete is capable of elevating the opponent, they are also not allowed to slam or spike the head of the opponent into the ground in order to force the escape of the submission.

#### **11.1.7 Slamming**

Slamming the opponent to the canvas straight onto his back, side or stomach is prohibited. Any throw with a continuous and arched motion is to be considered a legal throw. A slam is considered to be any throw where you lift your opponent up and then forcibly drive the opponent straight down to the canvas or flooring material. It should be noted when an athlete is placed into a submission hold by their opponent, if that athlete is capable of elevating the opponent above knees height, they are also not allowed to slam the opponent into the ground in order to force the escape of the submission.

#### **11.1.8 Jumping Guard or Flying Submissions**

Guard jumping or flying submissions are illegal moves as long as the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athlete is firmly wrapped around (or firmly connected) the upper body or neck of the opponent. Just gripping and/or holding one or two arms (wrists) is not considered as body control.

#### **11.1.9 Scissor Takedown**

Scissor takedown is an illegal move as long as the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athlete is firmly wrapped around (or firmly connected) the upper body of the opponent. Just gripping and/or holding one or two arms (wrists) is not considered as body control.

#### **11.1.10 Submissions using the bodyweight while standing;**

Standing submissions using uncontrolled body movement (for example fast body turns or body droppings to the floor) are prohibited. The athlete must always have control over the movement and must always be able to release the submission hold when the opponent is tapping or the referee steps in.

#### **11.1.11 Strikes to the spine or the back of the head;**

The back of the head starts at the crown of the head with a one 1-inch (2,5 cm) variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one 1-inch (2,5 cm) variance from the spine's centreline, including the tailbone.

#### **11.1.12 Throat strikes of any kind and/or grabbing the trachea**

No directed throat strikes are allowed. A directed attack would include an athlete pulling his opponents head in a way to open the neck area for a striking attack. An athlete may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand-up action of a fight, a strike is thrown and the strike lands in the throat area of the athlete, this shall be viewed as a clean and legal blow.

#### **11.1.13 Fingers outstretched toward an opponent's face/eyes**

In the standing position, an athlete that moves his arm(s) toward his opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul. Referees are to prevent this dangerous behaviour by communicating clearly to athletes. Athletes are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.

**11.1.14 Elbow strikes**

All elbow strikes to any target in any position are strictly prohibited. Only the hand and lower part of the forearm which is covered by the glove can be used for punches.

**11.1.15 Groin attacks of any kind**

Any attack to the groin area including, striking, grabbing, pinching, or twisting is illegal. It should be clear that groin attacks are the same for male and female.

**11.1.16 Kneeing and/or kicking a grounded opponent**

A grounded athlete is defined when any other part of the body than the soles of the feet is touching the ground. When one hand (palm or fist, fingers only is not enough) is touching the ground, the athlete is considered grounded. At this time, all kicks or knees will not be allowed.

**11.1.17 Knee strikes to the head**

All knee strikes to the head while standing or in grounded position are illegal.

**11.1.18 Holding opponent's gloves or shorts**

An athlete is not allowed to control their opponent's movement by holding onto their opponent's shorts or gloves. An athlete may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.

**11.1.19 Holding or grabbing the safety fence or ropes with fingers or toes**

**11.1.19.1** An athlete may put their hands (feet) on the fence and push off of it at any time.

**11.1.19.2** An athlete may place their feet onto the ring and have their toes go through the fencing material at any time.

**11.1.19.3** When an athlete's fingers or toes go through the ring and use the fence to control either their body position or their opponent's body the position now becomes an illegal action.

**11.1.19.4** An athlete is not allowed to grab the ropes or wrap their arms over or under the ring or ropes at any time.

**11.1.19.5** The athlete may not purposely step through the ropes. If an athlete is caught holding the fence or ring rope material, the referee may issue a one-point deduction from the offending athlete's scorecard if the foul has caused a substantial effect in the bout.

**11.1.19.6** If a point deduction for holding the fence occurs, and because of the infraction, the athlete who committed the foul ends up in a superior position, the athletes should be re-started by the Referee, standing in a neutral position.

**11.1.20 Small joint manipulation**

Fingers and toes are small joints. Wrists, ankles, knees, shoulders, and elbows are all large joints. Grabbing the majority of fingers or toes at once is allowed.

**11.1.21 Throwing an opponent out of the ring or enclosed area**

An athlete is not allowed to throw their opponent out of the ring or enclosed area.

**11.1.22 Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent**

An athlete is not allowed to put their fingers into an open laceration in an attempt to enlarge the cut. An athlete is not allowed to place their fingers into an opponent's, nose, ears, mouth, or any body cavity.

**11.1.23 Straight forward or straight side kick to the knee of the opponent**

All straight kicks to the knees are not allowed.

**11.1.24 Clawing, pinching, twisting the flesh**

Any attack that targets the athlete's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.

**11.1.25 Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)**

Timidity is defined as any athlete who purposely avoids contact with his opponent or runs away from the action of the bout. Timidity can also be called by the Referee for any attempt by an athlete to stall time or delay the action of the bout by falsely claiming a foul, injury, purposely dropping or spitting out their mouthpiece and any other action deemed to be the intention.

**11.1.26 Use of abusive language in the combat area**

The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that athletes can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (racially motivated or derogatory language).

**11.1.27 Flagrant disregard of the referee's instructions;**

An athlete must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the disqualification of the athlete.

**11.1.28 Unsportsmanlike conduct that causes an injury to opponent**

Every athlete competing in the sport of MMA is expected to represent the sport in a positive light displaying sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on an opponent or who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.

**11.1.29 Attacking an opponent after the bell or break**

The end of a round is signified by the sound of the bell (or horn) and the call of time by the Referee. Once the Referee has made the call of time, any offensive action initiated by the athlete shall be considered illegal.

**11.1.30 An athlete shall not engage their opponent in any fashion during a time-out or break of action in competition.**

Once the Referee has called for a stop of the action to protect an athlete who has been incapacitated or is unable to continue to compete in the bout, athletes shall cease all offensive actions against their opponent.

#### **11.1.31 Interference from an athlete's corner**

Interference is defined as any action or activity aimed at disrupting the bout or causing an unfair advantage to be given to a corner's athlete.

Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

Should the athlete's corner use flagrant language, threaten officials or show unsportsmanlike behaviour, the referee has the authority to deduct points and/or disqualify the athlete.

#### **11.1.32 Strikes to the head**

Strikes to the head are forbidden for Juniors.

### **11.2 Foul Procedures**

#### **11.2.1 If a foul is committed, the Referee shall:**

**11.2.1.1** Call Time

**11.2.1.2** Check the condition and safety of the athlete who was fouled

**11.2.1.3** Assess the foul for potential point(s) deduction and/or time considerations

**11.2.1.4** No coaching of an athlete is allowed during time-outs

### **11.3 Intentional Fouls**

**11.3.1** If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the athlete causing the injury shall lose by disqualification.

**11.3.2** If an intentional foul causes an injury and the bout is allowed to continue, the Referee shall notify the authorities and deduct two (2) points from the athlete who caused the foul. Point deductions for intentional fouls will be mandatory.

**11.3.3** If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the bout being stopped in any round after ½ of the scheduled rounds, plus one (1) second of the bout has been completed, by either another legal or illegal strike, the injured athlete will win by TECHNICAL DECISION if they are ahead on the score cards; and the bout will result in a TECHNICAL DRAW if the injured athlete is behind or even on the score cards.

**11.3.4** If the athlete injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favour, and this injury shall be the same as one produced by a fair blow.

**11.3.5** If the Referee feels that an athlete has conducted themselves in an unsportsmanlike manner, they may stop the action of the athlete to deduct points or stop the bout to disqualify the athlete.

#### 11.4 Accidental Fouls

**11.4.1** If an accidental foul causes an injury severe enough for the referee to stop the bout, the bout will result in either a NO CONTEST or DISQUALIFICATION if stopped before ½ of the scheduled rounds, plus one (1) second of the bout has been completed.

**11.4.2** If an accidental foul causes an injury severe enough for the Referee to stop the bout after ½ of the scheduled rounds, plus one (1) second of the bout has been completed, the bout will result in a TECHNICAL DECISION awarded to the athlete who is ahead on the score cards at the time the bout is stopped.

**11.4.3** Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.

**11.4.4** If an athlete, during the course of a round, visibly loses control of bodily function (vomit, urine, faeces), the bout shall be stopped by the Referee and the athlete shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.

**11.4.5** In the event a loss of bodily function occurs in the rest period between rounds, the ringside physician shall be called in to evaluate if the athlete can continue.

If the athlete is not cleared by the ringside physician to continue, that athlete shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

**11.4.6** If faeces become apparent at any time, the contest shall be halted by the Referee, and the offending athlete shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

#### 11.5 Time Consideration

**11.5.1** If a foul to the groin occurs and the athlete is able to continue, the fouled athlete may have up to five (5) minutes to recover.

**11.5.2** Athletes who are injured severely enough by a foul and require medical consultation may be given up to two (2) minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.

**11.5.3** At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.



## RULE 12

# KNOCKDOWN

**12.1 The Two times Knockdown Rule:** If an athlete is knocked down to the mat twice in one round, the bout is automatically over. If an athlete is knocked down thrice for the duration of the bout, the bout is automatically over, and the opponent wins by Technical Knockout (TKO).

**12.2** For the junior category, a knockdown results in an immediate TKO.

**12.3** A survived submission attempt is not considered a knockdown.

**12.4** When an athlete is knocked down, the athlete must get up on their own strength.

**12.5** When an athlete is knocked down, the Referee will immediately start counting up to 10 and the athlete loses the bout by KO if the athlete is not ready to compete after the 10-second count.

**12.6** If an athlete is thrown to the floor and appears to be groggy by the impact, the Referee will immediately start counting up to 10 and the athlete loses the bout by KO if the athlete is not ready to compete after the 10-second count.

**12.7** Standing 8 count is always in effect: A judgement call made by the Referee. When invoked, the referee stops the action and counts to eight. During that time, the referee will determine if the athlete can continue. When the count reaches eight, and the athlete is unsteady or his feet or seems unable to focus on the referee, it is up to the referee's discretion to end the bout.

**12.8** When an athlete receives a count, the opponent must retreat to the furthest neutral corner. No drinking of water, coaching or treatment is permitted.

## RULE 13

# COMBAT PROTOCOL

**13.1** Before the start of the bout, the athletes with their escort team (maximum of three persons) will wait outside the combat area at a dedicated spot.

**13.2** The referee in the combat area (main referee) will allow the athletes to enter the combat area after he has established that all officials are in their respective positions.

**13.3** The first athlete to be called into the combat area is from the BLUE corner, after which the athlete in the RED corner will be called.

**13.4** The referee calls both athletes to the center of the combat area where they greet each other and on the referee's signal, assume the starting positions.

**13.5** After the referee starts with the verbal signal "FIGHT", the timekeeper will start the official bout time.

**13.6** The referee shouts "STOP" when there are irregularities, end of the round or when there are technical problems.

**13.7** At the end of a combat, the main referee in consultation with the scorecard keeper proclaims the winner by raising the winning athlete's hand.

**13.8 All judges must remain seated at their judges' tables until the winner is declared by the referee.**

## **RULE 14**

# **MEDICAL REQUIREMENT & ANTI-DOPING**

### **14.1 Health & Safety**

**14.1.1** All competitors must be healthy and in good physical condition.

**14.1.2** Athletes are required to complete the mandatory pre-bout physical tests by the Medical Committee.

**14.1.2** Every female athlete, during the pre-bout physical, will be required to pass a pregnancy test during the pre-bout physical test administered under the direction of the examining physician or an authorised physician's assistant.

Female athletes may be waived from the pre-bout physical pregnancy test if they submit written documentation that is acceptable to the examining physician.

### **14.2 In the Event of Bleeding Lesions**

**14.2.1** The medical team has to rely on the voluntary disclosure provided by the athletes on the medical questionnaire. To minimise the risk of infection, the ringside physician or referee has to protect the non-bleeding athlete from the blood of the injured opponent.

**14.2.1.1** Slight bleeding from nose: Bout can continue

**14.2.1.2** Strong bleeding from nose: Bout must be stopped

**14.2.1.3** Slight bleeding from scratch or abrasion: Bout can continue

**14.2.1.4** Slight bleeding from small (not deep) cut: Up to the discretion of referee and physician

**14.2.1.5** Strong bleeding from cut: Bout must be stopped

**14.2.2** If the bout must be stopped because of excessive bleeding (caused by legal actions), the injured athlete will lose the bout by TKO.

**14.2.3** For the junior category, if an athlete is visibly bleeding, the referee has the obligation to immediately stop the bout.

**14.2.3.1** If the bleeding is caused by an illegal technique, the athlete who caused the bleeding will be disqualified and lose the bout.

**14.2.3.2** If the bleeding is caused by normal combat, the athlete who is bleeding will lose the bout by TKO.

**14.2.3.3** If the bleeding is caused by accident, the result will be decided by the judges' scorecards if the bout has exceeded at least half of the scheduled bout time. If the bout is stopped before the halfway point of the bout time, it is declared a No Contest. During a tournament where a winner is needed to advance, the un-injured athlete will proceed to the next round.

### 14.3 Weight Cutting

- 14.3.1** To protect the health of the athletes, GAMMA is not accepting excessive weight cutting. All competitors must reach the weight on the day of the bout.
- 14.3.2** On multi-day tournaments, athletes will be weighed every day of the tournament. Missing weigh-ins will result in immediate disqualification.

### 14.4 Doping-Free Tournament

- 14.4.1** Random drug and PED testing can be executed by the Organising Committee any time prior and after the bout. Failed drug and/or PED testing will result in disqualification from the tournament. All drug and PED testing procedures will be held according to the guidelines of WADA.

## **RULE 15**

# **APPEALS**

**15.1** An appeal must be lodged by the Manager of a team within sixty (60) minutes after the decision has been announced, or within 15 minutes if the contest is a gold medal match.

**15.2** If there is an intention to appeal after the decision by the Referee is announced, an appeal shall be made within 60 minutes of the Referee's decision. The appeal shall be made in writing, stating the reason, and handed to the Chairman of the Referee & Judges Committee along with an appeal fee of € 150 (or the equivalent in USD). Due to the subjective nature, videos will not be considered as proof of evidence.

**15.3** The Chairman of the Organising Committee will form a team together with the local Judges and Referee Committee to review the appeal and necessary action will be taken on the matter. Technical Committee members can also be included in this process.

**15.4** Video footage may be used by the Referee & Judges Committee to assist in decisions. However, video footage alone will not be the sole determining factor due to its subjective nature.

**15.5** If the appeal is successful, the money will be refunded. If the appeal is unsuccessful, the appeal fee will not be returned and will remain with GAMMA.

## **RULE 16**

# **OTHERS**

**16.1** At the World and Continental Championships, no national flag is allowed at the award ceremony.

**16.2** No advertising can be done before or after the bouts in all GAMMA tournaments. Sponsor logos are only allowed on the sportswear of the athletes.

**16.3** An overview of the detailed rules can be found on the next page.

# RULES AND BOUT TIMES

## GAMMA Striking MMA Rules

Rules & Bout Times	Juniors	Seniors / Masters
<b>1 Extra round possible</b>	<b>Bout Time 2 x 2 Min.</b>	<b>Bout Time 3 x 3 Min.</b>
Strikes to the Head Standing	Illegal	Legal
Strikes to the Body Standing	Legal	Legal
Lowkick	Legal	Legal
Elbow Strikes	Illegal	Illegal
Straight Kick to the Knee	Illegal	Illegal
Kick / Knee Grounded Opponent	Illegal	Illegal
Punching Head grounded	Illegal	Illegal
Punching Body grounded	Illegal	Illegal
Knee to Head standing	Illegal	Illegal
Up Kick to the body & head	Illegal	Illegal
Foot Stomps	Illegal	Illegal
Submissions use of uncontrolled body standing	Illegal	Illegal
Takedowns using neck grip only	Illegal	Legal
Straight Foot Locks	Legal	Legal
Knee Bars	Illegal	Legal
Toe Holds	Illegal	Legal
Heel Hooks	Illegal	Illegal
Reaping the Knee	Illegal	Legal
Calf & Biceps Crunches	Illegal	Illegal
Rib/ Neck Compressions	Illegal	Legal
Neck Cranks	Illegal	Illegal
Triangle Chokes	Legal	Legal
Rear Naked Chokes	Legal	Legal
Arm In Chokes	Legal	Legal
Twisters ( all pure Spinal Locks)	Illegal	Illegal
Electric Chair	Illegal	Legal
No Gi Ezekiel Choke	Illegal	Legal
Arm Bars / Arm Locks	Legal	Legal
Wrist Locks	Illegal	Legal
Scissor Takedowns	Illegal	Illegal
Guillotines	Legal	Legal
Omo-plata	Legal	Legal
Gogo-plata	Legal	Legal
Knee on Throat from Top	Not relevant	Not relevant
Slamming / Spiking Head	Illegal	Illegal
Squeezing the Windpipe	Not relevant	Not relevant
Smothering with hand	Not relevant	Not relevant
Flying Guard & Submission	Illegal	Illegal
Bear Crawl Guard Pass	Not relevant	Not relevant
Boston Crab Guard Pass	Not relevant	Not relevant

# PROTECTIVE AND CLOTHING EQUIPMENT

## GAMMA Striking MMA Rules

Protective / Clothing Equipment	Juniors	Seniors / Masters
Head Protection	Prohibited	Prohibited
6 - 8 oz Open Finger Gloves	Mandatory	Mandatory
Shinguard with Footpadding	Mandatory	Mandatory
Groin Protection	Mandatory (male)	Mandatory (male)
Mouthguard	Mandatory	Mandatory
Handwraps	Prohibited	Optional
MMA shorts/tights (above knees)	Mandatory	Mandatory
Male: Short sleeved rash guard	Optional	Optional
Female: Short-sleeved rash guard or top	Mandatory	Mandatory
Chest protection	Prohibited	Prohibited





# **GAMMA**

**GLOBAL ASSOCIATION OF  
MIXED MARTIAL ARTS**