

AUSTRALIAN ALL STYLES AMATEUR

M.M.A. Tournament COMPETITION FORMAT & RULES

Sat March 17th 2007

This event is designed for the future development of the sport, where we bring all different styles of "Martial Arts & Fighting Systems" together to compete. By showing respect and a high degree of etiquette for each other during and after competing, competitors develop networking for long-term friendships.

Knock out format applies after 1st round (1st round is not knock out), from then on it is a knock out. If we have an odd number of competitors, one will miss out the complimentary round.

There maybe a 2nd division for more experienced competitors. This will depend on MMA experience and the number of competitors.

You must always listen to the referee's instructions, he is in charge of proceedings and always puts the competitors safety as No. 1. His decision is final.

We will have two levels: **Level 1-** More then 12 months experience.

Level 2- 12 months or less experience. (No Leg Locks Allowed).

Match Ups - We will endeavour not to match team members in the 1st round.

- The second round onwards is a knock out.
- We will endeavour to separate fights, so that competitors aren't fighting one match after the other.
- All matches start from standing.

After The Drawer Is Made - The responsibility is on you to check that you have been correctly written in and listen for your call up (you will only be called 3 times) and have yourself ready or you maybe disqualified.

How A Match May Finish

1. From a tap out
2. If a competitor is not tapping or not wanting the match stopped and the Ref feels it is too dangerous a situation to continue, he will stop the match before a serious injury occurs.
3. A competitor declaring he's had enough
4. A trainer throwing the towel in
5. A competitor is not defending himself – judged by the Ref. eg continually turning his back
6. Injury
7. Accumulation of three fowls.

When A Competitor Is On The Outside Ring of Mats

- The match and the time will automatically be stopped and re-started again in the centre.
- If you are considered to be continually using the outside ring to re-start the match you receive one disqualification point.

MATCH FORMAT

- 1 X 4 Min. Rds** – The finals will be over 2 x 4min rounds with a 1 min. break between Rds (this will depend on the temp. on the day etc.)

Note: The match will be judged on the most superior positions throughout the contest and or the most active competitor, **judged by the referee and mat administration staff – this decision will be final.** In the case of where the judging team determines a draw there will be another 4min round required, then a decision will be made, each competitor has the option of forfeiting the match if they cannot continue.

- If competitors get tied up in a **dangerous or stalemate position** or one competitor is **stalling** in a position, they will be stood up, after a short period, at the **Ref' DESCRETION.**

COMPETITION DRESS CODE

- ❑ Judo type Gi is optional (If you do wear it, it can be used against you and you can use it against your opponent)
- ❑ Singlets, T – Shirts & Rashis are permitted
- ❑ Shorts / Bike Shorts, Gi Pants are permitted (opponent is allowed to grab onto the Gi pants).
- ❑ Competitors are to wear a mouth guard (optional – shin pads, groin protection, chest protection for the ladies)

ALL STYLES SAFETY REGULATIONS

Disqualifications (Accidental fouls are counted - judged by the Ref.)

At the start of the tournament each competitor will receive 3 points each in total for the day, each time you are given an official warning whether be in one match or over a few, you will lose a point time and will eventually be disqualified from the tournament.

The mat officials will count the point scoring against the person's name. The mat official will let the Ref. know when a competitor has received 3 points against them.

When a competitor loses a point the Ref. will call both trainers in to the middle and explain why and NO discussion will be entered into.

Tournament Rules

Level 1 – Adult Rules

NO NO'S

- Head strikes at all (must be below point of shoulder)
- Strikes to the back of the body
- Fingers in mouth or eyes
- Any rotational leg locks (e.g. heel hooks)
- Heel Hooks or Figure 4 ankle locks
- Finger locks or manipulation (three fingers or more can grab)
- No pressure point attacks (eg. Trying to jam fingers into pressure points)
- Neck Cranks
- No standing finishes allowed eg standing guillotine (a finish has to start when both competitors are grounded).

PERMITTED

- Gloves (fingerless) (**No** Huge amounts of taping of knuckles allowed.) and shin pads, but if worn can be grabbed onto etc
- Wrestling shoes or similar
- Knees to body & legs (not to front of knee)
- Kicks to body & legs (not to front of knee).
- Punches and palm strikes to body & legs.
- Strikes will cease as soon as one knee touches the ground or opponent is falling.
- You cannot purposefully be putting your knee on the ground to stop the strikes you must be attempting to make a take down.
- Arm locks, wrist locks, Achilles lock & leg bar
- Chokes (eg. lapel, lapel half nelson, front choke, back choke, guillotine choke etc.)
- Hand across chin & forehead permitted whilst trying to apply a choke.

Level 2 – Adult Rules

- 12 Months or less experience, **NO leg locks allowed**
- Shin Pads (with foam) optional.
- Rest of adult rules apply.

JUNIOR RULES (Senior Rules Apply but for the following)

Female

Sections **15yrs –16 yrs old** :- Strikes only allowed below the point of the shoulder and upper body finishes allowed. **No** leg locks permitted.

Male

Sections **15yrs – 16yrs**: – Strikes only allowed below the point of the shoulder and upper body finished allowed
– **No** leg locks permitted

MUSTS

- Have signed an enrolment form & declaration / waiver form.
- Follow the instructions & abide by the referee's decision (& show good sportsmanship).