

# **GAMMA**

**GLOBAL ASSOCIATION OF**

## **MIXED MARTIAL ARTS**

### **Regulations & International Competition Rules**

The following detailed rules and fight times are primarily for GAMMA Adult A class International tournaments!

**These rules & regulations are the standard for all international GAMMA MMA tournaments.**

Fight times and rules for other classes like Juniors, Veterans or Adult C are different and can be checked at the separate rules overview data sheet.

For Kids, Pre-Cadets, Younger/ Older Cadets, Juniors and Veterans MMA is a SAFE mixed martial arts competition. It may be viewed as a semi contact version of MMA. Competitions in this age group are fights in which the athletes may apply the entire range of techniques and actions (strikes, transfers, body drops, throws, holds, painful and submission holds), permitted by the rules for age categories, with a limitation of strikes, techniques and technical actions in stand up and ground positions relating to this age category of athletes.

In competitions for the ages 8 to 15 and veterans it is not allowed to “Knock out” (KO) your opponent. The sanction on such action is disqualification.

Every GAMMA member can change parts of the rules if required in their respective country or mandated by their local government.

Please note: It is only allowed to shorten the fight time and to take away allowed techniques from the several classes! Under no circumstances GAMMA accepts and sanctions any rules changed to more fight time and/ or less restrictions!

## **1. General Provisions:**

- All competitions in mixed martial arts (hereafter MMA) are performed in accordance to the Regulations of Global Association of Mixed Martial Arts (hereafter GAMMA).
- 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.
- For each international competition, GAMMA will announce invitation within which it can publish amendments or additions to certain attribution points.
- GAMMA uses the international system of units "SI": "Systeme International dUnites", for the weight of the kilograms (kg).

## **2. Applying for competition**

All obligations for applying to international competition are prescribed by the GAMMA invitation for the relevant competition.

The invitation to the international competition has all rights and obligations defined: The contestants, the host of the competition and GAMMA as the main organizer.

## **3. Athletes according to gender and age**

MMA is a sport that can be practiced by both genders in all age categories.

Athletes according to their age are classified as follows:

- Kids: 8 to 9 years
- Pre-Cadets: 10 to 11 years
- Cadets: 12 to 13 years
- Juniors: 14 to 15 years
- Teenager: 16 to 17 years
- Adults: 18 years and older
- Veterans: 40 years and older

## **4. Duration of bouts:**

- a. Each fight at GAMMA A International level must be 3 rounds of 3 minutes.
- b. Rest time between rounds is 60 seconds
- c. No contestant shall exceed competing more than 9 rounds and/or 27 minutes of fighting in a 24-hour period.
- d. Between bouts should always be a minimum of 2 hours planned.
- e. In tournaments the fighting time can be shorten to 2 rounds of 3 minutes for GAMMA A International level if the Organizing Committee of GAMMA wishes to. Finals & Semifinals must always be 3 rounds of 3 minutes.

## **5. Referee / Judging Committee:**

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

The authority of a referee begins when he enters the combat area and does not end until the conclusion of the fight.

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

The referee committee (Officials) for one combat area on international tournaments consists of:

- 1 Referee inside the combat area
- 3 Judges scoring the fight, evenly distributed around the combat area
- 1 Technical assistant - Timekeeper
- 1 Technical assistant – Scorecardkeeper
- 1 Doctor

## **6. Instant Replay:**

Instant replay on site must not be used to review a “Fight Ending Sequence”. This shall not preclude a video or other review of a decision under the procedure of the applicable regulatory authority if a protest is filed claiming a clear rule violation.

## **7. Protective Gear:**

All fighters are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action.

All male fighters must wear a groin protection cup (plastic and metal material are legal). Female fighters may choose to wear a groin protector should they so wish.

Both fighters must wear the same model, open finger MMA-Gloves. The gloves shall have a weight from 6 to max. 8oz.

Both fighters must wear the same model, elastic (or neoprene) shin pads with attached foot padding. All paddings must be minimum 1 cm thick.

Gloves and shin pads should match to the fighters’ 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.

Gloves and shin pads must be provided by the organizer and certified by GAMMA.

Female competitors may for religious reasons have an additional head / hair cover approved by the contest invitation or the officials in charge at the tournament.

## **8. Combat Area:**

- The combat area for example can be a boxing style ring (with a minimum of 5 ropes), a boxing style ring with safety fence between lowest two ropes, a combat arena (round or multiple angles) surrounded with safety fence or a plain tatami (martial arts mat) covered fighting area.
- 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.
- Open combat areas with no ropes or safety fence must have minimum size 7m x 7m or 7m diagonal. Maximum size is 10m x 10m or 10m diagonal.
- Kids & Pre-Cadets from age 8 to age 11 are only allowed to fight on an open, Tatami or mat covered, combat area with no fence, barriers or ropes.
- Each combat area must have clearly marked RED and BLUE corner.
- The fighting area floor 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 a thick cloth (canvas, cotton). In case of an closed combat, arena boxing ring style or with safety fenced, the foam should always be covered.

## **9. Vaseline / other Gels and Cremes:**

The application of Vaseline or another similar substance before the fight is done ringside by officials from the organization. The reapplication of Vaseline or another similar substance, to the face, may be allowed between rounds and shall only be applied by approved officials. Any application of substances like cremes, Thai Oil or any other liquids will result in imminently disqualification!

## **10. No contest:**

In instances where the fight has to be concluded due to unforeseen, non-combat related issues, the fight may go to the scorecards if one-half the scheduled rounds, plus one second (1/2 +1) have been completed.

If the non-combat stoppage occurs prior to the ½ +1 mark, the fight is to be scored a "No Contest".

## **11. Hand Wraps:**

- a. 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 competitor's glove. The exposed thumb is an option to be protected.

- b. 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 competitor's gloves. Tape may be placed through the fingers but may not cover the knuckles. The exposed thumb is an option to be protected.
- c. 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 manor that the visible inner hand of the fighter 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!
- d. Any kind of build ups or curls on or between the knuckles are prohibited and will cause instant disqualification of the fighter.
- e. For athletes under 18 years of age hand wrapping is prohibited.

## **12. Joint/Body Coverings:**

- a. 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.
- b. A competitor may use a soft neoprene or elastic fabric type sleeve to cover only the knee and/or ankle joints. Approved sleeves may not 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.

## **13. Cage/Ring Attire:**

- a. All martial artists will be required to wear such protective gear as deemed necessary by the commission.
- b. Male contestants can wear a short sleeve rash guard on their upper body if required by the federation or by the tournament director.
- c. Male and female martial artists shall wear the appropriate (short) trunks, mouthpiece, and gloves. Male martial artists shall also wear the appropriate groin protection.
- d. Female martial artists 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 competitors will follow the same requirements for bottom covering as the male competitors, minus the requirement for groin protection.
- e. The hem of loose-fitting trunks or pants may not extend below the knee. Body tight fitting pants are also not allowed to extend over the knee.
- f. Fighting shorts/trunks/pants shall not have exposed Velcro, pockets, or zippers.
- g. Martial artists in the same match, contest, or exhibition may wear different color trunks or be designated by glove taping and/or glove coloring to the corner they are assigned.
- h. Martial artists shall not wear shoes during combat.
- i. When deemed necessary by the referee all martial artists shall have their hair secured in a manner that does not interfere with the vision and safety of either

contestant. No object can be worn to secure the contestant's hair which may cause injury to either contestant.

- j. The wearing of jewelry (including tongue piercings) will be strictly prohibited during all contests.
- k. Wearing body cosmetics shall be prohibited during all contests. Wearing facial cosmetics shall be at the discretion of the commission and/or referee.

#### **14. Legal Actions:**

- a. Martial arts style strikes (closed fist or hammer fist only), kicks and knees to the legal areas of the head and body are allowed. For detailed descriptions of illegal targets and actions please refer to the fouls and illegal actions.
- b. Martial arts style throws and takedowns are allowed. For detailed descriptions of illegal actions please refer to the fouls and illegal notes.
- c. Martial arts style submission holds and grappling actions are allowed. For detailed descriptions of illegal actions please refer to the fouls and illegal notes.
- d. Clinching and wrestling is allowed. If both fighters clinch or wrestle for more than 15 seconds without any significant striking or takedown attempt, the Referee shall call them for action. If the fighters continue stalling for another 5 seconds, the referee will stop the fight and restart the bout standing in the middle of the fighting area.

#### **15. Fouls:**

- a. 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.
- b. Eye gouging of any kind; Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.
- c. Biting or spitting at an opponent; Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bit by an opponent.
- d. Fish Hooking; Any attempt by a fighter 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.
- e. Hair pulling; Pulling of the hair in any fashion is an illegal action. A fighter may not grab a hold of his opponent's hair to control their opponent in any way. If a fighter has long hair, they may not use their hair as a tool for holding or choking in any fashion.
- f. 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 a fighter is placed into a submission hold by their opponent, if that fighter 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.

- g. 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 a fighter is placed into a submission hold by their opponent, if that fighter 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.
- h. Jumping Guard or Flying Submissions; Guard jumping or flying submissions are illegal moves as long as the attacker has no control of the opponent's upper body. Control is given when at least one arm of the attacker is firmly wrapped around (or firmly connected) the upper body or neck of the opponent. Just grip and/or hold of one or two arms (wrists) is not considered as body control.
- i. Scissors Takedown; Scissors takedown is an illegal move as long as the attacker has no control of the opponent's upper body. Control is given when at least one arm of the attacker is firmly wrapped around (or firmly connected) the upper body of the opponent. Just grip and/or hold of one or two arms (wrists) is not considered as body control.
- j. 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 attacker must always have control over the movement and must always be able to release the submission hold when the defender is tapping or the referee steps in!
- k. 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 centerline, including the tailbone.
- l. Throat strikes of any kind and/or grabbing the trachea; No directed throat strikes are allowed. A directed attack would include a fighter pulling his opponents head in a way to open the neck area for a striking attack. A fighter 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 fighter, this shall be viewed as a clean and legal blow.
- m. Fingers outstretched toward an opponent's face/eyes; In the standing position, a fighter 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 behavior by communicating clearly to fighters. Fighters are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.
- n. Elbow strikes; All elbow strikes to any target in any position are strictly prohibited.
- o. 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 men and women.
- p. Kneeing and/or kicking a grounded opponent is illegal; A grounded fighter 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 fighter is considered grounded. At this time, all kicks or knees will not be allowed.
- q. Holding opponent's gloves or shorts; A fighter is not allowed to control their opponent's movement by holding onto their opponent's shorts or gloves. A



fighter 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.

- r. Holding or grabbing the safety fence or ropes with fingers or toes; A fighter may put their hands (feet) on the fence and push off of it at any time. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through the cage and use the fence to control either their body position or their opponent's body the position now becomes an illegal action. A fighter is not allowed to grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material, the referee may issue a one-point deduction from the offending fighter's scorecard if the foul has caused a substantial effect in the fight. If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be re-started by the Referee, standing in a neutral position.
- s. Small joint manipulation; Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are all large joints. Grabbing the majority of fingers/toes at once is allowed.
- t. Throwing an opponent out of the ring or enclosed area; A fighter is not allowed to throw their opponent out of the ring or enclosed area.
- u. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent; A fighter is not allowed to put their fingers into an open laceration in an attempt to enlarge the cut. A fighter is not allowed to place their fingers into an opponent's, nose, ears, mouth, or any body cavity.
- v. Straight forward or straight side kick to the knee of the opponent; All straight kicks to the knees are not allowed.
- w. Clawing, pinching, twisting the flesh; Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
- x. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury); Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the Referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight.
- y. Use of abusive language in the fighting 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 fighters 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).
- z. Flagrant disregard of the referee's instructions; A fighter must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification.
- aa. 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 emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor 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.
- bb. 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 actions initiated by the fighter shall be considered after the bell and illegal.

- cc. A fighter 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 a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.
- dd. Interference from a martial artist's corner or seconds; Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to a corner's combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

For more details of every class and division, please refer to the GAMMA rules details at the end of the document.

#### **16. Procedure at intentional Fouls:**

- a. If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the fighter causing the injury shall lose by disqualification.
- b. 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 fighter who caused the foul. Point deductions for intentional fouls will be mandatory.
- c. If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the fight being stopped in any round after ½ of the scheduled rounds, plus one (1) second of the fight has been completed, by either another legal or illegal strike, the injured fighter 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 fighter is behind or even on the score cards.
- d. If the fighter injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favor, and this injury shall be the same as one produced by a fair blow.
- e. If the Referee feels that a fighter has conducted themselves in an unsportsmanlike manner, they may stop the action of the fight to deduct points or stop the bout to disqualify the fighter.

#### **17. Procedure at accidental Fouls:**

- a. 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 fight has been completed.
- b. 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 fight has been completed, the bout will result in a TECHNICAL DECISION awarded to the fighter who is ahead on the score cards at the time the bout is stopped.
- c. 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.
- d. If a fighter, during the course of a round, visibly loses control of bodily function (vomit, urine, feces), the fight shall be stopped by the Referee and the fighter shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.
- e. 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 combatant can continue. If the combatant is not cleared by the ringside physician to continue, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
- f. If facial matter becomes apparent at any time, the contest shall be halted by the Referee, and the offending combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

### **18. Foul Procedures:**

If a foul is committed, the Referee shall:

1. Call Time;
2. Check the fouled martial artist's condition and safety; and
3. Assess the foul for potential point(s) deductions and/or time considerations.
4. During all time out procedures, no coaching of a contestant is permitted.

### **19. Time Consideration:**

1. If a foul to the groin occurs and the competitor is able to continue, the fouled contestant may have up to 5 minutes to recover.
2. Fighters injured severely enough by a foul to require medical consultation may be given up to 2 minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.
4. At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

### **20. Knockdown:**

- a. When a fighter is knocked down to the ground, caused by a strike or kick to the head with strong and visible impact, the referee has to step in and immediately stop the fight. When a fighter is knocked down with a head strike, but right away shows intelligent action to control his fall and immediately shows deliberately defensive or offensive actions, the referee can allow the fight to continue. In any case it is up to the referee's discretion to consider a clear head strike as to strong and fight ending!
- b. If a fighter is thrown down to the floor and appears to be chipped or groggy by the impact, it is up to the referee to stop the fight on his discretion.

### **21. Judging Criteria**

- a. All bouts will be evaluated and scored by 3 judges.
- b. The 10 Point Must System will be the standard of scoring a bout.
- c. 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).
- d. Judges shall evaluate Martial Arts techniques, such as effective striking/wrestling/grappling (Plan A), effective aggressiveness (Plan B), and control of the fighting area (Plan C). Plans B and C are not taken into consideration unless Plan A is weighed as being even.
- e. Evaluations shall be made in the specific order in which the techniques appear in above, giving the most weight in scoring to effective striking/wrestling/grappling,

- and effective aggressiveness, and control of the fighting area.
- f. Effective striking is judged by determining the technical execution of legal strikes landed by a contestant solely based on the results of such legal strikes. More precise, technical hits are valued higher than many blows with unprecise hits and lower technical execution.
  - g. Effective wrestling is assessed by the successful executions and effective results coming from technical and spectacular takedowns achieved.
  - h. Effective grappling attempts are assessed by the successful executions and potential fight ending submission attempts.
  - i. Effective aggressiveness means aggressively making attempts to finish the fight.
  - j. Fighting area control is assessed by determining who is dictating the pace, place and position of the bout.

## **22. Scoring Criteria:**

- a. 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 fighter. A 10-10 Round should be a very rare exemption!
- b. A round is to be scored as a 10-9 Round when a contestant wins by a close margin; where the winning fighter lands the better strikes or utilizes more effective wrestling and grappling during the round;
- c. A round is to be scored as a 10-8 Round when a contestant wins the round by a large margin by technical dominance, and duration of striking, wrestling or grappling in a round.
- d. A round is to be scored as a 10-7 Round when a contestant is completely dominated by technical dominance, and duration of striking, wrestling or grappling in a round.
- e. Technical dominance, a judge shall assess if a fighter weakens his opponent significantly in the round, even though they may not have dominated the action. Technical dominance includes visible evidence such as swelling and lacerations. Technical dominance shall also be assessed when a fighter's actions, using striking, wrestling and/or grappling, lead to a diminishing of their opponent's energy, confidence, abilities and spirit. All of these come as a direct result of technical dominance. When a fighter is impressed 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.
- f. Dominance, as MMA is an offensive based sport, dominance of a round can be seen in striking when the losing fighter 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 fighters achieving powerful takedowns and/or achieving potentially fight ending submission attacks.
- g. Duration is defined by the time spent by one fighter effectively attacking, controlling, and impacting their opponent; while the opponent offers little to no offensive output. A judge shall assess duration by recognizing the relative time in a round when one fighter takes and maintains full control of the effective offense. This can be assessed both in striking or wrestling.
- h. Scoring of incomplete rounds. There should be scoring of incomplete rounds. If the Referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

### **23. Scoring Transparency**

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.

### **24. Types of Decisions**

- a. Submission by Tap Out;  
When a contestant physically uses parts of their body to indicate that he or she no longer wishes to continue.
- b. Verbal Tap Out;  
When a contestant 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.
- c. Technical Submission;  
When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).
- d. Technical Knockout (TKO) by;  
Referee Stoppage: The referee stops the contest because the combatant is knocked down by a clean strike or kick to the head and is not intelligently defending himself/herself.
  1. Strikes
  2. Laceration
  3. Corner stoppage
  4. Did not answer the bell
- e. TKO due to Medical Stoppage;
  1. Laceration
  2. Doctor stoppage
  3. Loss of control of bodily function
- f. Knockout (KO) by;  
Referee Stoppage: the referee stops the contest because the combatant cannot intelligently defend himself/herself.
  1. Due to Strikes
  2. Due to impact from takedown or throw
- g. Disqualification;  
When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest. Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.
- h. No Contest;  
When a contestant is prematurely stopped due to accidental injury and a sufficient amount of time has not been completed to render a decision via the score cards.
- i. Decisions;
  1. Unanimous Decision: When all three judges score the bout for the same contestant.
  2. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
  3. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.
  4. Technical Decision: When a bout is prematurely stopped due to injury from an accidental foul and a contestant is leading on the score cards.
- j. Draws:
  1. Unanimous Draw – When all three judges score the bout a draw.

2. Majority Draw – When two judges score the bout a draw.
3. Split Draw – When all three judges score differently and the score total results in a draw.
4. Technical Draw – When an injury is sustained during competition as a result of an intentional foul and the bout was allowed to continue, then later the injury requires stoppage from either a legal or illegal strike to the affected area after ½ of the scheduled rounds, plus 1 second has been completed, if the injured contestant is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

## **25. Weight Classes:**

### **Kids 8-9 years**

#### **BOYS & GIRLS WEIGHT CATEGORIES**

Seperate by gender

- 18,0 kg | - 39,7 lbs
- 21,0 kg | - 46,3 lbs
- 24,0 kg | - 52,9 lbs
- 27,0 kg | - 59,5 lbs
- 31,0 kg | - 68,3 lbs
- 34,0 kg | - 75,0 lbs
- 37,0 kg | - 81,6 lbs
- 41,0 kg | - 90,4 lbs
- 45,0 kg | - 99,2 lbs
- + 45,0 kg | + 99,2 lbs

**Weight in kg is the superior weight**

### **Pre-Cadets 10-11 years**

#### **BOYS & GIRLS WEIGHT CATEGORIES**

Seperate by gender

- 27,0 kg | - 59,5 lbs
- 31,0 kg | - 68,3 lbs
- 34,0 kg | - 75,0 lbs
- 37,0 kg | - 81,6 lbs
- 41,0 kg | - 90,4 lbs
- 45,0 kg | - 99,2 lbs
- 50,0 kg | - 110,2 lbs
- +50,0 kg | + 110,2 lbs

**Weight in kg is the superior weight**

**Younger Cadets 12-13 years**

**BOYS & GIRLS WEIGHT CATEGORIES**

Seperate by gender

- 31,0 kg | - 68,3 lbs
- 34,0 kg | - 75,0 lbs
- 37,0 kg | - 81,6 lbs
- 40,0 kg | - 88,2 lbs
- 44,0 kg | - 97,0 lbs
- 48,0 kg | - 105,8 lbs
- 52,0 kg | - 114,6 lbs
- 57,0 kg | - 125,7 lbs
- +57,0 kg | + 125,7 lbs

**Weight in kg is the superior weight**

**Older Cadets 14-15 years**

**BOYS & GIRLS WEIGHT CATEGORIES**

Seperate by gender

- 40,0 kg | - 88,2 lbs
- 44,0 kg | - 97,0 lbs
- 48,0 kg | - 105,8 lbs
- 52,0 kg | - 114,6 lbs
- 57,0 kg | - 125,7 lbs
- 62,0 kg | - 136,7 lbs
- 67,0 kg | - 147,7 lbs
- 72,0 kg | - 158,7 lbs
- +72,0 kg | + 158,7 lbs

**Weight in kg is the superior weight**

**Juniors 16 - 17 years / Seniors 18 – 40 years / Veterans 41+**

**MALE WEIGHT CATEGORIES**

- 52,2 kg | - 115 lbs
- 56,7 kg | - 125 lbs
- 61,2 kg | - 135 lbs
- 65,8 kg | - 145 lbs
- 70,3 kg | - 155 lbs
- 77,1 kg | - 170 lbs
- 83,9 kg | - 185 lbs
- 93,0 kg | - 205 lbs
- + 93,0 kg | + 205 lbs

**Weight in kg is the superior weight**

**FEMALE WEIGHT CATEGORIES**

- 47,6 kg | - 105 lbs
- 52,2 kg | - 115 lbs
- 56,7 kg | - 125 lbs
- 61,2 kg | - 135 lbs
- 65,8 kg | - 145 lbs
- 72,6 kg | - 160 lbs
- + 72,6 kg | +160 lbs

**Weight in kg is the superior weight**

Tolerance: Regular fight max. 0,45 kg (1 Pound). Championship fight no tolerance!



## **26. Weight Cutting:**

To protect the health of the athletes, GAMMA is not accepting excessive weight cutting. All competitors must reach the weight on fight day.

On multi day tournaments, the athletes will be weight in every day of the tournament. Missing weight will result in imminently disqualification.

## **27. Protocol of the Combat**

Before the start of the combat, the competitors with their escort team (max.3 persons) will wait outside the combat area at a dedicadet spot.

The referee in the combat area / the main referee, after he has established that all officials are in their respective positions, allows the competitors to enter the combat area.

The first competitor to be called to combat area is BLUE, after which RED competitor is called.

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

After the main referee starts the fight with the verbal signal: „FIGHT“ the timekeeper will start the official fight time.

The referee by shouting „STOP“ will stop the fight in case of irregularity, end of the fight time or some technical problems.

At the end of a combat, the main referee in consultation with the scorecard keeper proclaims the winner by raising the hand.

## **28. Medical Requirement / Anti Doping**

1. All competitors must be healthy and in good physical condition.
2. Pre-fight physical tests according to the GAMMA medical rules are mandatory.
3. Female Fighters: Each female contestant, during the pre-fight physical, will be required to pass a pregnancy test administered under the direction of the examining physician, or such physician's authorized assistant. Female contestants submitting written documentation acceptable to the examining physician may be waived from the pre-fight physical pregnancy test.
4. Additional Requirements: Random drug and PED testing can be executed by the commission or the promotion 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.



## **29. Procedural manner in case of bleeding lesions**

At GAMMA Amateur events will be no on-site blood testing! Therefore, the medical team has to rely on the voluntary disclosure provided by the athletes on the medical questionnaire. To minimize the risk of infection the amount of open blood has to be restricted! As priority, the ringside physician or referee has to protect the non-bleeding athlete from the blood of the injured opponent! Differently to Pro-MMA fights, it doesn't matter if the bleeding fighter can continue the fight!

Slightly bleeding from nose: Fight can continue

Stronger bleeding from nose: Fight must be stopped

Slightly bleeding from scratch or abrasion: Fight can continue

Slightly bleeding from small (not deep) cut: Up to Doctors & Referees discretion

Stronger bleeding from cut: Fight must be stopped

If the fight must be stopped because of excessive bleeding (caused by legal actions), the injured fighter will lose the fight by TKO.

## **30. Remark**

1. At the World, Continental or Official Games no national flag is allowed at the award ceremony.
2. Before or after the bouts no advertising can be done in all GAMMA tournaments. Sponsors are only able to shown on sportswear of the athletes.

## **31. Detailed Rules Overview**

For quick and easy check, please see the detailed rules overview sheet on the next page.

Rules & Fight Times	Kids 8 - 9 years	Pre-Cadets 10-11 years	Cadets 12-13 years	Juniors 14-15 years	Teens 16-17 years	Adult C (max. 23 years)	Adult A (international)	Adult A Contender
1 Extra round possible	Fight Time 1 x 2 Min.	Fight Time 1 x 2 Min.	Fight Time 1 x 3 Min.	Fight Time 2 x 2 Min.	Fight Time 3 x 2 Min.	Fight Time 2 x 3 Min.	Fight Time 3 x 3 Min.	Fight Time 2 x 5 Min.
Punch / Kick to Face Standing	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Punch / Kick to Body Standing	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Lowkick	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Elbow Strikes	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Straight Kick to the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Kick / Knee Grounded Opponent	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Punching Head grounded	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Punching Body grounded	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal
Knee to Head standing	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Up Kick to the body & head	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Foot Stomps	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Submissions use of uncontrolled body standing	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Takedowns using neck grip only	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Straight Foot Locks	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal
Knee Bars	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Toe Holds	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Heel Hooks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Reaping the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Calf & Biceps Crunches	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Rib/ Neck Compressions	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Neck Cranks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Triangle Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Rear Naked Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Arm In Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Twisters ( all pure Spinal Locks)	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Electric Chair	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
No Gi Ezekiel Choke	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Arm Bars / Arm Locks	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Wrist Locks	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Scissor Takedowns	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Guillotines	Not Standing!	Not Standing!	Not Standing!	Legal	Legal	Legal	Legal	Legal
Omoiplata	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal	Legal
Gogoplata	Not from Top	Not from Top	Not from Top	Not from Top	Legal	Legal	Legal	Legal
Knee on Throat from Top	Illegal	Illegal	Illegal	Illegal	Illegal	Legal	Legal	Legal
Slamming / Spiking Head	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Squeezing the Windpipe	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Smothering with hand	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Jumping Guard & Submission	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Legal
Bear Crawl Guard Pass	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal
Boston Crab Guard Pass	Illegal	Illegal	Illegal	Legal	Legal	Legal	Legal	Legal

Protective / Clothing Equipment	Kids E 8 - 9 years	Kids D 10-11 years	Kids C 12-13 years	Kids B 14-15 years	Teens 16-17 years	Adult C (max. 23 years)	Adult A (international)	Adult A Contender
Head Protection	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
6 - 8 oz Open Finger Gloves	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Shinguard with Footpadding	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Optional
Groin Protection	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)
Mouthguard	Optional	Optional	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Handwraps	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Optional	Optional	Optional
Shorts / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Rashguard male / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Optional	Prohibited
Shirt or Top female / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Chest protection	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited

Explanation of Divisions:
All Youth Divisions are official rules used for international tournaments
Adult C Division rules can be used for national newcomer tournaments or single fights
Adult A is official rules set used for national qualifier and international tournaments
Adult A Contender rules should be used for newcomer and amateur fights within Pro Events
Adult B rules can be developed by every country to comply with individual national requirements