

GAMMA

GLOBAL ASSOCIATION OF

MIXED MARTIAL ARTS

International Competition Rules & Regulations

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INTRODUCTION

INTRODUCTION

These International Competition Rules & Regulations have been developed by GAMMA and are applicable from 1 December 2023.

They are the standard for all GAMMA international mixed martial arts (MMA) competitions and must be accepted and followed by all athletes, coaches, referees, and competition personnel involved with the organisation of GAMMA competitions.

GAMMA Member Federations may adapt parts of the rules (if required) in their respective countries or mandated by their local government authorities. Member Federations are allowed to shorten the bout duration and/or disallow certain techniques.

Amending these rules will create a national rule set referred to as the GAMMA-approved national ruleset which can be used in a country as their official rule set for GAMMA competitions in a country.

Under no circumstances should a Member Federation change the following conditions without the prior approval of GAMMA.

GAMMA advocates martial arts' traditions of excellence, discipline, and respect to all levels of its community while promoting athlete safety, fair play, and acceptance to all who wish to participate. To ensure the safety of athletes, the International Competition Rules & Regulations can be subject to further modification.

Modifications that have been made include:

- Shorter bout duration
- Masters and athletes in the U10 – U18 years old category are not allowed to use certain martial arts techniques such as head strikes on their opponents.

GAMMA will continue to gather feedback and finetune its global set of rules so that its athletes around the world can compete in world-class competitions in a safe and inclusive environment.

RULE 1: GENERAL PROVISIONS

- 1.1** All MMA competitions are carried out in accordance with the Regulations of GAMMA.
- 1.2** These rules apply to all international competitions under the control of GAMMA.
- 1.3** In exceptional circumstances, a competition procedure that differs from that set out in these Rules may exceptionally be used for international competitions, provided permission has been granted by GAMMA and all participating countries.
- 1.4** GAMMA uses the international system of units "SI": "Systeme International d'Unites", for the weight of the kilograms (kg).

RULE 2: MINIMUM & MAXIMUM AGE LIMITS FOR ATHLETES

2.1 MMA is a sport that can be practiced by both males and females in all age categories. Athletes according to their age are classified as follows:

2.1.1 **U10:** for athletes aged 8 and 9 years old

2.1.2 **U12:** for athletes aged 10 and 11 years old

2.1.3 **U14:** for athletes aged 12 and 13 years old

2.1.4 **U16:** for athletes aged 14 and 15 years old

2.1.5 **U18:** for athletes aged 16 and 17 years old

2.1.6 **Seniors:** for athletes aged 18 years and older

2.1.7 **Masters:** for athletes aged 40 years and older

2.2 Athletes are allowed to participate in competition for Seniors if they reach 18 years of age on the day of the first weigh in.

2.3 Ages will be verified at all GAMMA competitions during registration and accreditation.

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

RULE 3: WEIGHT CATEGORIES

3.1 The weight categories for the male and female age groups are as follows:

Male Weight Categories
U10 (8 and 9 years old)
-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg
U12 (10 and 11 years old)
-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg
U14 (12 and 13 years old)
-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg
U16 (14 and 15 years old)
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
+77.1 kg

Female Weight Categories
U10 (8 and 9 years old)
-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg
U12 (10 and 11 years old)
-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg
U14 (12 and 13 years old)
-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
+54.4 kg
U16 (14 and 15 years old)
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

Male Weight Categories**U18 (16 and 17 years old)**

-52.2 kg
-56.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg
+93.0 kg

Seniors (18 years and above)

-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg
-120.0kg
+120.0kg

Masters (40 years and above)

-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg
-120.0kg
+120.0kg

Female Weight Categories**U18 (16 and 17 years old)**

-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

Seniors (18 years and above)

-47.6 kg
-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-72.6 kg
+72.6 kg

Masters (40 years and above)

-47.6 kg
-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-72.6 kg
+72.6 kg

RULE 4: DURATION OF BOUTS

4.1 Bouts at GAMMA International Competitions must be three (3) rounds of three (3) minutes.

The bout duration for Seniors can be shortened to two (2) rounds of three (3) minutes for National competitions if the Local Organising Committee wishes to.

4.2 For all U18 categories, the maximum duration of the bouts is as follows:

U10 2 rounds of 2 minutes*

U12 2 rounds of 2 minutes*

U14 2 rounds of 2 minutes*

U16 2 rounds of 2 minutes*

U18 3 rounds of 2 minutes

If the bout is scored a draw after 2 rounds

and a winner is needed to advance to a subsequent round, there can be an extra round of 2 minutes.

4.3 Rest time between rounds is 60 seconds.

4.4 No athlete shall compete in more than four (4) bouts per day.

4.5 There should be a minimum of 90 minutes rest between bouts. If an athlete chooses to compete in MMA and Striking MMA during the same competition, a minimum rest period is not guaranteed.

RULE 5: REFEREE & JUDGES TEAM

5.1 Duties

5.1.1 The minimum personnel requirements for one competition area within the competition area at international competitions consists of:

- One (1) Referee
- Three (3) Judges
- One (1) Timekeeper
- One (1) Scorecard Keeper
- One (1) Doctor

5.1.2 For a more detailed description of the roles and responsibilities of the Referees & Judges team, refer to the GAMMA Referee & Judges Guidelines.

5.2 Powers of The Referee

5.2.1 The referee is in charge of a bout. The authority of a referee begins when he/she enters the competition area and does not end until the conclusion of the bout.

RULE 6: ATHLETE EQUIPMENT & ATTIRE

6.1 Mouthpiece

- 6.1.1** All athletes are required to wear a well-fitted mouthpiece during the bout.
- 6.1.2** The bout cannot begin without the mouthpiece.
- 6.1.3** 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.

6.2 Groin Guard

- 6.2.1** All male athletes must wear a groin protection cup (plastic and metal materials are permitted). For all age categories U18, only plastic guards are permitted.
- 6.2.2** Female athletes may choose to wear a groin protector should they so wish.

6.3 Gloves

6.3.1 Specification

Both athletes must wear the same model, open finger MMA-Gloves. The gloves shall have a weight between 6oz. (170g) to 8oz (226g) (maximum).

Gloves can be made of real leather or high-quality PU (or similar artificial leather) material.

6.3.2 Certification

Gloves and shin pads must be certified by GAMMA and may be provided by the local organiser.

- 6.3.3** For all U18 age categories, gloves with thick front padding, thumb padding and loops for open fingers are mandatory.

6.4 Shin Pads

- 6.4.1** Both athletes must wear the same model, elastic (or neoprene) shin pads with attached foot padding. All paddings must be a minimum of 1 centimetre in thickness.
- 6.4.2** Gloves and shin pads should match 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 40 - 50 millimeter wide duct tape.
- 6.4.3** For all U18 age categories, combined shin and footpads made of elastic fabric or light neoprene is mandatory.
- 6.4.4** Thai-Shinpads and/or Kickboxing-Shinpads made of leather (or PU) are illegal.

6.5 Tapes and Hand Wraps

- 6.5.1** A maximum of one roll (no more than 2 inches 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 gauze wrap must be applied in such a manner that the visible inner hand of the athlete is free of hand wrap. The exposed thumb basal joint is an option to be protected.
- 6.5.2** A maximum of one roll (no more than 1.25 inches wide by 10 inches 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 athletic tape must have a minimum distance of 0.5 inches to the knuckles. The exposed thumb basal joint is an option to be protected.
- 6.5.3** Cotton or cotton-like training wraps are only allowed with a maximum length of 3.5 metres. The wraps must be made of nonelastic (non-stretch) material. The cotton wraps must be applied in such a manner that the visible inner hand of the athlete is free of hand wrap. If cotton hand wrap is used, there is only 30 centimeters of medical tape per hand allowed to wrap around and secure the velcro of the hand wraps. No additional gauze or tape is permitted.

- 6.5.4** Any kind of buildup, stacking or curls in between the knuckles is prohibited. No foreign objects are allowed inside the wraps or gloves. Violations will result in an instant disqualification of the athlete.
- 6.5.5** Hand wrapping is prohibited for athletes under 18 years of age.
- 6.5.6** Other than the athlete'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.
- 6.5.7** An athlete 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 underneath the approved sleeves must be authorised by the ringside physician / doctor or the assigned ITO.

6.6 Clothing & Attire

- 6.6.1** All athletes will be required to wear such protective gear as deemed necessary by GAMMA. Wearing a tight-fitting rashguard is mandatory for all U18 age categories.
- 6.6.2** Male athletes can wear a short sleeve rash guard on their upper body if required. It is mandatory for both athletes to either both wear a rash guard or both refrain from wearing one.
- 6.6.3** Female athletes must either wear a short sleeved (above the elbow) rash guard or a sleeveless form fitting rash guard. Exceptions for religious and/or cultural reasons must be approved by GAMMA.

They also need to wear a sports bra. No loose-fitting tops or breast protectors shall be allowed.

Female athletes will follow the same requirements for bottom covering as the male competitors, with the exception of the requirement for a groin protection.

- 6.6.4** Male and female athletes shall wear the appropriate MMA shorts/tights, mouthpiece, and gloves. Male athletes shall also wear the appropriate groin protection.
- 6.6.5** The length of MMA shorts/tights must not extend over the knee. Exceptions for religious and/or cultural reasons must be approved by GAMMA.
- 6.6.6** MMA shorts/tights may not have exposed velcro, pockets, or zippers. During inspection at the competition area, athletes with the inappropriate attire will have a two-minute window to correct the issue. Failure to present themselves ready for the bout within the stipulated two (2) minutes will result in disqualification.
- 6.6.7** Athletes in the same bout can be differentiated by the corner to which they are assigned using glove taping and/or glove colouring, and/or attire colouring.
- 6.6.8** Shoes are not allowed to be worn during the bout.
- 6.6.9** 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. Hair or braids must be tied up above the shoulders.
- 6.6.10** The wearing of jewelry (including tongue piercings) is strictly prohibited for all bouts.
- 6.6.11** No other object may be worn during the competition.

6.7 Head & Hair Cover

- 6.7.1** For religious and/or cultural reasons, female athletes may wear an additional head / hair cover approved by GAMMA.

6.8 Vaseline and other gels & creams

- 6.8.1** Before entering the competition area, an official, appointed by the Ring Supervisor, applies Vaseline or a comparable substance to specific areas of the face.

- 6.8.2** The reapplication of Vaseline or a similar substance to the face may be allowed between rounds and must be administered by personnel approved by GAMMA.
- 6.8.3** Any application (before or during the bout) of substances like creams, sprays, oil or any other products likely to be harmful or objectionable to an opponent is prohibited and will result in immediate disqualification.

RULE 7: COMPETITION AREA

7.1 Competition Area Setup

7.1.1 The Competition Area can be:

- 7.1.1.1** A boxing style ring with a minimum of five (5) ropes,
- 7.1.1.2** A boxing style ring with a safety fence between the lowest two ropes where the lowest rope is on the canvas
- 7.1.1.3** A combat arena (round or multiple angles) surrounded with safety fence or
- 7.1.1.4** A plain tatami (martial arts mat)

7.1.2 The minimum size for a competition area is 6m x 6m or 6m diagonal and the maximum size is 10m x 10m or 10m diagonal.

7.1.3 For all U18 age categories, the competition area can be 5m x 5m.

7.1.4 The RED and BLUE corner in each competition area must be clearly marked. The red corner is consistently positioned on the left side, always next to the main officials' table.

7.1.5 The floor of the competition area shall be padded by sports mats, tightly bonded to each other, with at least a 40mm layer of high-density foam padding.

7.1.6 The competition area floor should always be covered except for puzzle mats and the cover should be made of canvas or PVC or any other material additionally approved by GAMMA.

7.1.7 The competition area requirements for all U18 age categories are as follows:

- 7.1.7.1** All U14 categories are only allowed to use a plain tatami.
- 7.1.7.2** Both the U16 and U18 categories are allowed to use a five-rope boxing ring (with or without a safety fence).
- 7.1.7.3** The U18 category can also use a fenced combat arena.

RULE 8: JUDGING & SCORING CRITERIA

8.1 Legal Actions

- 8.1.1** Martial arts style strikes (closed fist or hammer fist only), kicks and knees to the legal areas of the head and body are allowed.
- 8.1.2** Martial arts style throws, and takedowns are allowed.
- 8.1.3** Martial arts style submission holds, and grappling actions are allowed.
- 8.1.4** Detailed description of illegal actions relating to 8.1.1 through 8.1.3 can be found in Rule 10 - Fouls.
- 8.1.5** Clinching and wrestling is allowed. If both athletes clinch or wrestle for more than 15 seconds without any significant striking or takedown attempt, the Referee shall call them for action. If the athletes continue stalling for another 5 seconds, the referee will stop the bout and restart the bout standing in the middle of the combat area.

8.2 Judging Criteria

- 8.2.1** All bouts will be evaluated and scored by three (3) judges.
- 8.2.2** The 10 Point Must System will be used to score a bout.
- 8.2.3** Under the 10-Point Must Scoring System, 10 points will be awarded to the winner of the round and nine points or less will be awarded to the loser, except for a rare even round, which is scored (10-10).

8.2.4 Judges shall evaluate martial arts techniques with the most scoring weight given to **effective striking/ wrestling/grappling, effective aggressiveness, and control of the combat area.**

8.2.4.1 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.

8.2.4.2 Effective wrestling

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

8.2.4.3 Effective grappling

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

8.2.4.4 Effective aggressiveness

Effective aggressiveness means aggressively making attempts to finish the bout.

8.2.4.5 Control of the Bout

Control is assessed by determining who is dictating the pace and position.

8.2.5 Evaluations shall be made on martial arts techniques, such as effective striking/wrestling/grappling (Criterion A), effective aggressiveness (Criterion B), and control of the bout (Criterion C). Criteria B and C are not taken into consideration unless Criterion A is weighed as being even.

8.3 Scoring Criteria

8.3.1 A round is to be scored as a 10-10 Round when both athletes 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 an extremely rare exemption.

8.3.2 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.

8.3.3 A round is to be scored as a 10-8 Round when an athlete wins the round by a large margin by technical dominance, duration of striking, wrestling or grappling in a round.

8.3.4 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.

8.3.4.1 Technical Dominance

A judge shall assess if an athlete 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 an athlete'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 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.

8.3.4.2 Dominance

As 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 fight ending submission attacks.

8.3.4.3 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.

8.4 Scoring Transparency

8.4.1 For transparency 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.

RULE 9: DECISIONS

9.1 Types of Decisions

9.1.1 Submission by Tap Out

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

9.1.2 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.

9.1.3 Technical Submission

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

9.1.4 Technical Knockout (TKO)

9.1.4.1 Referee Stoppage

The referee stops the bout because the athlete is overwhelmed and receives multiple clean and hard strikes and therefore is no longer able to defend himself/herself.

- Due to Strike
- Laceration
- Corner Stoppage
- Did not answer the bell

9.1.4.2 Medical Stoppage

- Laceration
- Doctor Stoppage
- Loss of control of bodily functions (vomit, urine, faeces)
- Heavy bleeding

9.1.5 Knockout (KO)

9.1.5.1 Referee Stoppage

The referee stops the contest because the athlete is unconscious or is unable to defend himself/herself.

- Due to Strike
- Due to impact from takedown or throw

9.1.6 Disqualification

9.1.6.1 When an injury sustained during the bout because of an intentional foul is severe enough to terminate the bout.

9.1.6.2 Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.

9.1.7 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.

9.1.8 Decisions

9.1.8.1 Unanimous Decision

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

9.1.8.2 Spilt Decision

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

9.1.8.3 Technical Decision

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

9.1.9

Draws

9.1.9.1 Unanimous Draw

When all three judges score the bout a draw.

9.1.9.2 Majority Draw

When two judges score the bout a draw.

9.1.8.3 Spilt Draw

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

9.1.8.4 Technical Draw

When an injury is sustained during competition as a result of a foul and the bout was allowed to continue, subsequently requiring stoppage due to the injury from either a legal or illegal strike to the affected area after $\frac{1}{2}$ of the scheduled rounds, plus 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.

9.1.8.5 Scorecard Draw (during Competitions)

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

- a. If either athlete has a point deducted from the overall scoring because of a foul, the opposing athlete will be declared the winner.
- b. 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)
- c. If a winner cannot be determined with the above rules applied, the ring supervisor 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.

9.1.10 No Contest due to Unforeseen, Non-Combat Circumstances

9.1.10.1 In instances where the bout must be concluded due to unforeseen, non-combat circumstances, the bout may go to the scorecards if one-half of the scheduled rounds, plus one second (1/2 +1) has been completed.

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

9.1.11 Bout Stoppages (Only applicable to all U18 age categories)

The referee is the sole decision-maker during the bout. 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 fighter to verbally or physically tap out.

9.2 Instant Video Replay

9.2.1 There will be no instant video replay used during a bout. Video replay may be used as part of the appeals process. Refer to Rule 14 – Appeals.

RULE 10: FOULS

10.1 Definition

10.1.1 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.

10.1.2 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 considered as eye gouging and shall be deemed legal attacks.

10.1.3 Biting or spitting at an opponent

Biting of any form is illegal. Athletes must accept 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.

10.1.4 Fish Hooking

Any attempt by an athlete to use their fingers in a manner that targets their opponent's mouth, nose, ears, or a cut and stretching the skin to that area will be considered "Fish hooking". Fish hooking is defined as 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.

10.1.5 Hair Pulling

Pulling of the hair in any fashion is an illegal action. Athletes may not grab hold of their 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.

10.1.6 Spiking

Spiking the opponent to the canvas straight onto the head or neck (pile-driving) is prohibited. A pile driver is any throw where you control your opponent's body placing their feet up in the air with their head straight down and then forcibly drive the opponents head or neck 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 can elevate 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.

10.1.7 Slamming

Slamming the opponent to the canvas in a straight up and straight down movement onto his/her head, neck, back, side or stomach is prohibited. Any throw with a continuous and arched motion is to be considered a legal throw.

A slam is 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, they are also not allowed to slam the opponent into the ground to force the escape of the submission.

10.1.8 Guard Jumping or Flying Submissions

Guard jumping or flying submissions are illegal moves if the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athletes 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.

10.1.9 Scissors Takedown

Scissors takedown is an illegal move if the athlete has no control of the opponent's upper body. Control is given when at least one arm of the athletes 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.

10.1.10 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.

10.1.11 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) 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.

Any strikes to the spine or the back of the head is prohibited.

10.1.12 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 or claw their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. Pushing the opponent's trachea with an open hand, forearm or knee is considered legal in the adult category. 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.

10.1.13 Fingers outstretched toward an opponent's face/eyes

In the standing position, an athlete that moves his/her arm(s) toward their opponent with an open hand, fingers pointing at the opponent's face/eyes, is illegal and will be given a warning. 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's face. In case of an illegal eye poke, the injured athlete will be allowed up to five (5) minutes recovery time. During these five (5) minutes, the ringside physician/doctor is allowed to support the athlete with cool towels or ice packs to relieve the pain and avoid swelling.

10.1.14 Elbow Strikes

All elbow strikes 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.

10.1.15 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.

10.1.16 Kneeing and/or kicking a grounded opponent

A grounded athlete is defined when any part of the body other 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. Up-kicks from a grounded athlete towards his/her standing opponent are legal.

10.1.17 Knee strikes to the head

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

10.1.18 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 so long as they are not controlling the hand only by using the material of the glove, but gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.

10.1.19 Holding or grabbing the safety fence or ropes with fingers or toes

- 10.1.19.1** An athlete may put their hands (feet) on the fence, paddings or ropes and push off it at any time.
- 10.1.19.2** An athlete may place their feet onto the ring and have their toes go through the fencing material at any time.
- 10.1.19.3** 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 becomes an illegal action.
- 10.1.19.4** An athlete is not allowed to grab the ropes or wrap their arms over or under the ring or ropes at any time.
- 10.1.19.5** 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.
- 10.1.19.6** If holding the fence or ropes 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.

10.1.20 Small joint manipulation

Fingers and toes are small joints. Wrists, ankles, knees, shoulders, and elbows are all large joints. To grab or bend the fingers or toes a minimum of three (3) fingers or toes must be held.

10.1.21 Throwing an opponent out of the competition area

An athlete is not allowed to throw their opponent out of the competition area.

- 10.1.22 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.
- 10.1.23 Straight forward or straight side kick to the knee of the opponent**
All straight kicks to the knees are not allowed.
- 10.1.24 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.
- 10.1.25 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.
- 10.1.26 Use of abusive language in the Field of Play**
The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language is considered abusive. It should be clear that athletes can talk during a bout. The use of auditory language is not a violation of this rule. Examples of abusive language include, but is not limited to, racially motivated or derogatory).
- 10.1.27 Flagrant disregard of the referee's instructions**
An athlete must always follow the instructions of the referee. Any deviation or non-compliance may result in the disqualification of the athlete.
- 10.1.28 Unsportsmanlike conduct that causes an injury to the opponent**
Every athlete competing in the sport of MMA is expected to uphold its values, displaying sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on an opponent who has tapped out or been taken out of the competition by the referee, shall be viewed as being unsportsmanlike.

10.1.29 **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.

10.1.30 **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.

10.1.31 **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 abusive language, threaten officials or show unsportsmanlike behaviour, the referee has the authority to deduct points and/or disqualify the athlete.

10.1.32 For the list of illegal techniques for U18 age groups, please refer to Appendix 2: KEY SUMMARY OF GAMMA MMA RULES FOR ATHLETES UNDER 18 YEARS OF AGE

Generally illegal techniques for all U18 categories	Additional illegal techniques for U14 and U16 categories	Additional illegal techniques for U10 and U12 categories
Punches or kicks to the head or face in stand-up fight	All lower body (leg or foot) submission holds incl. Straight Ankle Lock	Omoplata shoulder attack
Punches to the head or face in ground fighting		Connected scissor takedowns
Up-kick to the head from a grounded position		Connected guard jump
Takedowns by only using a neck grip (arms only wrapped around the neck)		Connected jumping submission attack
Lower body (leg or foot) submission holds. However, "Straight Ankle Lock" for the U18 age category is allowed.		
Reaping the knee		
Rib or neck compressions		
Electric chair submission		
Ezekiel chokes		
Gogoplata from top position		
Knee on throat from top position		
Standing Guillotine-Choke (legal when applied and finished while grounded). All "Arm In Guillotine Chokes" are allowed.		
Wrist Locks		

10.2 Foul Procedures

10.2.1 If a foul is committed, the Referee shall:

10.2.1.1 Call time and send the athlete who committed the foul to a neutral corner.

10.2.1.2 Check the condition and safety of the athlete who was fouled

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

10.2.1.4 No coaching of an athlete is allowed during time-outs

10.3 Intentional Fouls

10.3.1 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.

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

10.3.3 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 $\frac{1}{2}$ 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.

10.3.5 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 treated in the same way as one produced by a fair blow.

10.4 Accidental Fouls

10.4.1 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 $\frac{1}{2}$ of the scheduled rounds plus one (1) second of the bout has been completed.

10.4.2 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.

10.4.3 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.

10.4.4 If an athlete, during the course of a round, visibly loses control of bodily functions (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.

10.4.5 In the event a loss of bodily functions 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.

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

10.5 Time Consideration

10.5.1 If a foul to the groin or an eye poke occurs and the athlete can continue, the fouled athlete may have up to five (5) minutes to recover.

10.5.2 Athletes who are injured severely enough by a foul and require medical consultation may be given up to five (5) minutes to recover, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.

10.5.3 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 11: KNOCKOUT

- 11.1** When an athlete is knocked down to the ground by a strike or kick to the head with strong and visible impact, the referee must step in and immediately stop the fight (K.O.).
An athlete who received a loss by KO to the head is no longer allowed to compete in the competition in any other category or division.
- 11.2** When an athlete is knocked down with a head strike, but right away shows an action to break his /her fall or shows positional awareness and immediately shows defensive or offensive actions, the referee can allow the bout to continue.
- 11.3** It is the referee's discretion to consider a clear head strike as a knockdown causing a knockout decision.
- 11.4** If an athlete is thrown to the floor and appears dazed by the impact, it is the referee's discretion to end the bout.

RULE 12: COMPETITION AREA PROTOCOL

- 12.1** Before the start of the bout, the athletes with their escort team (maximum of two people) will wait outside the competition area at a dedicated spot.
- 12.2** The referee in the competition area will allow the athletes to enter the Field of Play after he/she has established that all officials are in their respective positions.
- 12.3** The first athlete to be called into the competition area is from the **RED** corner, after which the athlete in the **BLUE** corner will be called.
- 12.4** The referee calls both athletes to the center of the competition area where they greet each other and on the referee's signal, assume the starting positions.
- 12.5** After the referee starts with the verbal signal “FIGHT”, the timekeeper will start the official bout time.
- 12.6** The referee shouts “STOP“ when there are irregularities, end of the round, or when there are technical problems.
- 12.7** During breaks, the escort team (coaches) of the athletes is permitted to enter the competition area in the following manner:
- Tatami:** Both coaches can attend to the athlete from the outside line of their designated corner colour mark.
- Ring with ropes:** One coach is allowed to enter the ring, while the second coach can assist the athlete from outside the ring.
- Fenced combat area:** Both coaches are allowed to enter the combat area during breaks to support their athlete.
- Coaches are limited to bringing the following items to the competition area:**
- Two (2) towels, one (1) is mandatory
 - 1 bucket
 - 1 water bottle (maximum 0.75 litres)
 - 1 ice pack (maximum 2 litres in volumes)

- **1 spare mouthguard**

12.8 At the end of a bout, the main referee in consultation with the scorecard keeper declares the winner by raising the winning athlete's hand.

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

RULE 13: MEDICAL REQUIREMENT & ANTI-DOPING

13.1 Health & Safety

13.1.1 All competitors must be healthy and in good physical condition.

13.1.2 Athletes are required to complete the GAMMA mandatory pre-bout questionnaire and medical examination.

13.2 In the Event of Bleeding Lesions

13.2.1 There will not be on-site blood testing at GAMMA Amateur competitions. The medical team must rely on the voluntary disclosure provided by the athletes on the medical questionnaire. To minimize the risk of infection, the ringside physician or referee must protect the non-bleeding athlete from the blood of the injured opponent.

13.2.1.1 Slight bleeding from nose: Bout can continue

13.2.1.2 Heavy bleeding from nose: Bout must be stopped

13.2.1.3 Slight bleeding from scratch or abrasion: Bout can continue

13.2.1.4 Slight bleeding from small (not deep) cut: Up to the discretion of referee and physician if the Bout can continue

13.2.1.5 Heavy bleeding from cut: Bout must be stopped.

Exception: In the final 30 seconds of the last round, the referee has the discretion to allow the bout to continue even if one or both athletes are experiencing more pronounced bleeding.

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

13.2.3 For all U18 age categories, if an athlete is visibly bleeding, the referee has the obligation to immediately stop the bout.

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

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

13.2.3.3 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 competition where a winner is needed to advance, the un-injured athlete will proceed to the next round.

13.3 Weight Cutting

13.3.1 To protect the health of the athletes, GAMMA prohibits the use of weight cutting. All competitors must reach the weight on the day of the bout.

13.3.2 During multi-day competitions, athletes will be weighed every day of the competition. Missing weigh-ins will result in immediate disqualification.

13.4 Anti-Doping

13.4.1 **Anti-doping procedures will be in place at all GAMMA International Competitions.**

Random testing can be carried out at any time by the relevant National Anti-Doping Agency (NADO) or other certified organisation under the supervision of the International Testing Agency (ITA) according to the guideline of the World Anti-Doping Agency (WADA).

Any adverse analytical findings (AAVs) will be referred to the relevant agencies and may result in suspension, disqualification and / or a period of ineligibility to compete.

13.5 Hydrated Weight Testing

13.5.1 **Hydrated Weight Testing Procedures will be in place at all GAMMA International Competitions.**

Random testing can be carried out at any time and detailed information can be found on GAMMA's website.

RULE 14: APPEALS

- 14.1** An appeal must be lodged by an authorised representative of a team within thirty (30) minutes after the decision has been announced.
- 14.2** After the decision is announced, the appeal must be made in writing (in English language) by using the official GAMMA appeal form, stating the reason, and handed to the Chairperson of the appeals jury along with an appeal fee of € 150 (or the equivalent in USD).
- 14.3** The impacted athletes or an authorised team representative of any bouts subject to any appeal must be informed that an appeal has been lodged.
- 14.4** The Chairperson of the jury will gather the remaining jury members (two additional people which will have been appointed before the start of the competition) to review and to handle the appeal in a fair manner.
- 14.5** Video footage may be used by the jury to assist in decisions. However, only official footage recorded by the organiser and / or GAMMA may be used and such footage alone will not be the sole determining factor of any decision.
- 14.6** Once a decision has been made, the Chairperson of the jury will provide a written decision accordingly and inform those affected by the appeal.
- 14.7** If the appeal is successful, the deposit money will be refunded. If the appeal is unsuccessful, the appeal fee will not be returned and will remain with GAMMA. The athletes and / or teams involved in the appeal will be informed about the result of the appeal minimum 60 minutes prior to a bout affected by the outcome of the appeal.
- 14.8** Any decision made is final and cannot be counter appealed.

RULE 15: OTHERS

- 15.1** At all GAMMA international competitions, no national flags are allowed at the award ceremony. Only officially recognised national flags may be used in and around the competition area to celebrate a bout victory. No politically motivated flags or attire may be displayed.
- 15.2** Personal advertising of any sort is prohibited at all GAMMA international competitions. Sponsor logos are only allowed on the non-competition sportswear of the athletes. Inside the competition area, athletes are only allowed to wear the official GAMMA gear.
- Coaches are only permitted to wear national team sportswear inside the competition area.
- 15.3** An overview of the detailed rules can be found on the next page.

APPENDIX 1

Key Overview of GAMMA International Competition Rules & Regulation

Rules & Bout Duration	U10 (8 - 9 years)		U12 (10-11 years)		U14 (12-13 years)		U16 (14-15 years)		U18 (16-17 years)		U24 (max. 23 years)		Seniors (International)		Seniors (Contender)	
	Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Duration 3 x 2 Min.		Bout Duration 2 x 3 Min.		Bout Duration 3 x 3 Min.		Bout Duration 2 x 5 Min.	
1 Extra round possible	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Punch / Kick to Head Standing	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Punch / Kick to Body Standing	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Lowkick	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Elbow Strikes	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Straight Kick to the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Kick / Knee Grounded Opponent	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Punching Head grounded	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Punching Body grounded	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Knee to Head standing	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Up Kick to the body	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Up Kick to the head	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Foot Stomps	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Submissions use of uncontrolled body standing	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Take downs using neck grip only	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Straight Ankle Lock	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Knee Bars	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Toe Holds	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Heel Hooks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Reaping the Knee	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Calf & Biceps Crunches	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Ribs/ Neck Compressions	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Neck Cranks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Triangle Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Rear Naked Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Arm in Chokes	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Twisters (all pure Spinal Locks)	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Electric Chair	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
No GI Ezekiel Choke	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Arm Bars / Arm Locks	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal	Legal
Wrist Locks	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Unconnected Scissor Take downs	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Connected Scissor Take downs	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!	Not Standing!
Gaillithes	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Omoiplata	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top	Not from Top
Geoplata	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Knee on Throat from Top	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Stomping / Spiking Head	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Squeezing the Windpipe	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Smothering with hand	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Unconnected Jumping Guard & Submission	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal
Connected Jumping Guard & Submission	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal	Illegal

Protective / Clothing Equipment	U10 (8 - 9 years)		U12 (10-11 years)		U14 (12-13 years)		U16 (14-15 years)		U18 (16-17 years)		U24 (max. 23 years)		Seniors (International)		Seniors (Contender)	
	Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Time 2 x 2 Min.		Bout Duration 3 x 2 Min.		Bout Duration 2 x 3 Min.		Bout Duration 3 x 3 Min.		Bout Duration 2 x 5 Min.	
Head Protection	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Front padded gloves with finger loops	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Shinguard with Footpadding (soft material)	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Optional	Mandatory
Groin Protection	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)	Mandatory (male)
Mouthguard	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Handwraps	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Optional	Optional	Optional	Optional	Optional	Optional
Shorts / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Rashguard male / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Shirt or Top female / short sleeve	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
Chest protection	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited

Explanation of Divisions:
 All U18 Divisions are official rules used for international competitions
 The U24 (max. 23 years) ruleset can be used for national tournaments or single bouts
 The Seniors (International) is the official ruleset used for national, qualifiers and international competitions
 The Seniors (Contender) ruleset should be used for newcomer and amateur events within the Professional Circuit

APPENDIX 2

In addition to the **GAMMA International Competitions Rules & Regulations**, the following rules apply to all **U18** competitions.

Age categories

The ages that apply to the category of competition are as follows. Athletes must be the relevant age on the first weigh in day(s) of the competition.

- U10** for athletes aged 8 and 9 years old
- U12** for athletes aged 10 and 11 years old
- U14** for athletes aged 12 and 13 years old
- U16** for athletes aged 14 and 15 years old
- U18** for athletes aged 16 and 17 years old

Duration of Bouts:

For each category, the maximum duration of the bouts is as follows:

- U10** 2 rounds of 2 minutes*
- U12** 2 rounds of 2 minutes*
- U14** 2 rounds of 2 minutes*
- U16** 2 rounds x 2 minutes*
- U18** 3 rounds x 2 minutes

*Exceptionally, in competitions 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.

Acceptable Techniques

In addition to the banned techniques and actions that are listed in the **GAMMA International Competitions Rules & Regulations** in place for seniors, there are additional restrictions that apply for certain age categories to ensure safe competition:

Banned techniques for ALL competitors under 18 years of age:

- Punches or kicks to the head or face in stand-up fight
- Punches to the head or face in ground-fighting
- Up-kick to the head from grounded position
- Takedowns with both arms wrapped around the neck only
- Lower body (leg or foot) submission holds. However, "Straight Ankle Lock" is allowed for the U18 age category.
- Reaping the knee
- Rib or neck compressions
- Electric chair submission

- Ezekiel chokes
- Gogoplata from top position
- Knee on throat from top position
- Standing Guillotine-Choke. However, it is allowed when the Guillotine-Choke is applied and finished grounded. All “Arm In Guillotine Chokes” are allowed.
- Wrist Locks

Additionally banned techniques for U14 (12 & 13 years old) and U16 (14 & 15 years old):

- All lower body (leg or foot) submission holds including Straight Ankle Lock.

Additionally banned techniques for U10 (8 & 9 years old) and U12 (10 & 11 years old):

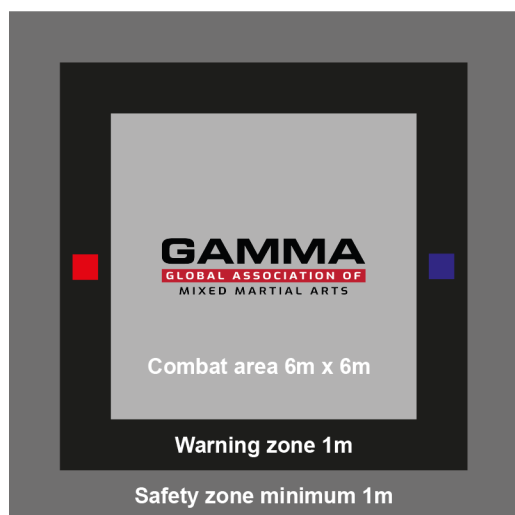
- Omoplata shoulder attack
- Connected scissor takedowns
- Connected guard jump
- Connected jumping submission attack

Competition Area:

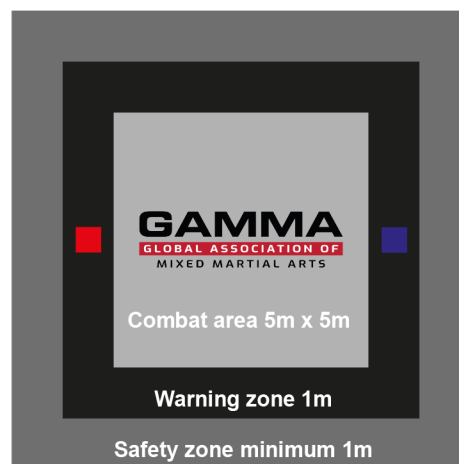
All U18 age categories:

A plain tatami (4cm thickness / competition area size and dimensions are a minimum of 5m x 5m & maximum 10m x 10m)

Minimum mat size and dimensions
(warning & safety zone) for adults



Minimum mat size and dimensions
(warning & safety zone) for U18



When the competition takes place on a plain Tatami, both athletes and the referee (applicable to all U18 categories and seniors) must adhere to the following procedures:

Fleeing the mat: If an athlete intentionally or repeatedly moves outside the warning area, the referee is required to issue warnings. At their discretion, the referee can deduct points, escalating up to disqualification.

Pushing opponent outside warning area: If an athlete intentionally or repeatedly pushes their opponent beyond the warning area without attempting a takedown, the referee must issue warnings. Points can be deducted, up to disqualification, at the referee's discretion.

Submission hold and fleeing:

- If an athlete is trapped in a submission hold and is actively fleeing the competition area with the sole purpose of getting the bout stopped to escape the submission, the athlete will be disqualified.

- If an athlete is trapped in a locked submission hold and the athletes are going outside the warning area because of mutual combat or natural defensive movements, the referee will stop the bout to ensure the athletes safety. The athlete who was locked in the submission hold will get 1 point deducted and the bout will be started in the middle of the competition area in standing neutral position.
- Under no circumstances is the Referee is allowed to restart the bout in a locked in submission hold position.

Additional competition areas for U16 and U18 categories:

Boxing Style Ring (with a minimum of 5 ropes) or Boxing Style Ring with a safety fence between the lowest two ropes where the lowest rope is on the canvas (4cm mat thickness / minimum 6m x 6m / maximum 10m x 10m)

Additional competition area for U18 category:

Combat Arena either round or multiple angles and surrounded with safety fence (4cm mat thickness / minimum 6m x 6m / maximum 10m x 10m)

Bout Stoppages:

The referee is in charge of the bout. 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 fighter to verbally or physically tap out.

Blood Rules:

If an athlete is visibly bleeding, the referee has the obligation to immediately stop the contest.

- If the bleeding is caused by an illegal technique, the athlete who caused the bleeding will be disqualified and lose the contest.
- If the bleeding is caused by normal combat the athlete who is bleeding will lose the contest by TKO.
- If the bleeding is caused by accident, the result will be decided by the judges' scorecards if the contest has exceeded at least half of the scheduled bout time. If the contest is stopped before the halfway point of the bout time, it is

declared a No Contest. During a competition where a winner is needed to advance, the uninjured athlete will proceed to the next round.

Athlete Protection:

1. Hand wrapping is illegal for all U18 age categories.
2. Wearing a tight fitting rashguard is mandatory for all age categories U18.
3. Gloves with thick front padding, thumb padding and loops for open fingers are mandatory.
4. Combined shin and footpads made of elastic fabric or light neoprene are mandatory.
5. Shin and foot padding must have a minimum of 1cm thick padding. Thai-Shinpads and/or Kickboxing Shinpads made of leather (or PU) are illegal.
6. All athletes must wear a well fitted mouth guard.
7. All male athletes must wear a groin guard. Metal cup groin guards are not legal.

U18 Weight Categories

Male Weight Categories

U10 (8 and 9 years old)

-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg

U12 (10 and 11 years old)

-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg

U14 (12 and 13 years old)

-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

U16 (14 and 15 years old)

-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
+77.1 kg

U18 (16 and 17 years old)

-52.2 kg
-56.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg | -205 lbs
+93.0 kg | -205 lbs

Female Weight Categories

U10 (8 and 9 years old)

-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg

U12 (10 and 11 years old)

-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg

U14 (12 and 13 years old)

-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
+54.4 kg

U16 (14 and 15 years old)

-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

U18 (16 and 17 years old)

-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

APPENDIX 3: WEIGHT CONVERSION TABLE

Kilograms (KG)	Pounds (LB)
27.2 kg	60 lbs
31.7 kg	70 lbs
36.3 kg	80 lbs
40.8 kg	90 lbs
45.4 kg	100 lbs
49.9 kg	110 lbs
52.2 kg	115 lbs
54.4 kg	120 lbs
56.7 kg	125 lbs
58.7 kg	130 lbs
61.2 kg	135 lbs
63.5 kg	140 lbs
65.8 kg	145 lbs
70.3 kg	155 lbs
72.6 kg	160 lbs
77.1 kg	170 lbs
83.9 kg	185 lbs
93.0 kg	205 lbs
120.0kg	265 lbs

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