

## Legal Strikes: Amateur MMA

### *Hand Strikes:*

- Closed fist, hammer fist, back of fist or an open hand/palm of their hand

### *Arm Strikes:*

- Forearm strikes, rounded and rising elbows to standing or grounded opponent
- Shoulder jabs to standing or grounded opponent

### *Legs:*

- Standing strikes with knees, shins, and feet
- Leg strikes to the head of a standing opponent

### *Takedowns and Throws:*

- All wrestling, judo and jiu jitsu throws and takedowns

### *Chokes:*

- All chokes with arms and legs

### *Locks:*

- Elbow, shoulder, wrist, knee, and ankle locks; spinal twists and locks

## Fouls: Amateur MMA

- Head butting
- **Strikes of any kind to any illegal target: throat, front of knee, groin, back of head, back of neck, spine**
- Finger strikes or rakes
- Spiking elbows sometimes called “12 to 6” elbows meaning those that drop straight down from ceiling to floor with no arch
- Kicks or knees to the head or neck of a grounded opponent
- Stomping a grounded opponent
- Heel strikes to the kidney of a grounded opponent
- Driving opponent's head directly down into the mat (spiking)
- Grabbing the cage
  - If done to avoid a submission or take-down and changes the outcome of the technique performed, immediate point deduction
- One or two-handed chokes applied directly to throat or windpipe
- Single digit manipulation/locks to fingers or toes
- Grabbing the clavicle
- Holding the shorts/clothing/gloves of an opponent
- Biting or spitting at an opponent

- Eye-gouging
- Knuckle gouging
- Clawing, pinching, or twisting of flesh
- Fish hooks (to eyes, nose, ear, or mouth)
- Putting a finger into any open orifice (cuts/lacerations)
- Hair pulling
- Flagrant disregard of referee's instructions
- Unsportsmanlike conduct that causes injury to an opponent
- Lifting, pushing, throwing or otherwise forcing an opponent out of the ring or cage
- Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out mouthpiece, faking an injury
- Attacking an opponent on or during a break
- Attacking an opponent who is under the care of an official
- Using abusive language in the ring or cage
- Interference by corner/trainer
- Applying any foreign substance to hair or body to gain an advantage
- \*\*New: Stepping on the face or neck from a standing position

## **Clothing and Equipment Guidelines: Amateur MMA**

### **REQUIRED:**

- Protective groin cup
- Protective mouthpiece properly fitted
- Chest protection/sports bra and pelvic girdle (females only)
- Handwraps
  - Tape permitted on wrists and hands, but not knuckles
  - Cloth or gauze handwraps secured by tape permitted
  - Handwraps must be signed off by GCA representative
  - Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the presence of GCA official.
- MMA Gloves (approved, taped & signed off by GCA representative)

- Mixed martial arts shorts, board shorts, bike-style shorts, vale tudo shorts (2 pair)

**PERMITTED:**

- Grease applied to face only of fighter cage-side with referee present and observing
- Shin, instep, elbow, and/or knee supports (as long as there is no padding or excessive tape securing them)
- Rash guard or tight fitting shirt (females only)

**\*FORBIDDEN:**

- Tape over knuckles
- Oil or grease on any part of the competitor's body
- Apparel or equipment which includes metallic and/or hard plastic and/or edge or surface
- Apparel with pockets
- No hair products
- No breathing strips (i.e. Breath-Right Strips)

## Consequences of Rule Infractions

1. Point deduction may occur from the offending fighter's score if referee deems infraction as intentional, flagrant (cage grabbing to avoid takedown/submission) or after warning has been issued
2. Disqualification may occur after multiple infractions or after an infraction deemed extremely severe or flagrant
3. If injury occurs to a fouled fighter, up to 5 minutes may be given for recovery time
4. Dominant position will not be given back to fouling fighter and likewise escape from inferior position will not be rewarded to fouling fighter
5. If accidental foul committed before the half-way point of the bout results in injury where opponent is unable to continue after the recovery time, the bout is ruled as no-contest
6. If accidental foul committed after the half-way point of the bout results in injury where opponent is unable to continue, the incomplete round will be scored by the judges and bout score will determine the winner.

## Corner-men and Trainer Guidelines: Amateur MMA

- Every fighter is required to have at minimum one corner man and a maximum of two
- Must stay **seated** in their fighter's corner during rounds
- Must stay off the ring floor
- May not lean on ring or cage
- Must obey the referee at all times

- Must conduct themselves with appropriate and proper sportsmanship
- May not consume alcohol during event
- During round breaks, only one corner-man is allowed in the ring/cage.
- Corner-men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts with referee observing: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner-men are responsible to dry the corner area before the next round continues.
- Corner-men may give fighter only water to drink in between rounds  
*NOTE: Violation of rules by corner personnel can result in warnings, point deductions, dismissal of corner-man and/or disqualification of that corner's fighter*

## **Bout Time Lengths: Amateur MMA**

### **Non-Title Amateur Bouts:**

Three (3) rounds, three (3) minutes each, with a one minute rest in between rounds.

### **Title Amateur Bouts:**

Three (3) rounds, five (5) minutes each, with one minute rest in between rounds.

## How to Win: Amateur MMA

- **Knockout:** Opponent is unable to intelligently defend himself following a strike.
- **TKO:** The physician or referee decides the opponent cannot continue due to a cut or other injury, or is taking excessive punishment, or fails to show a willingness to continue, or any other reason the referee believes is necessary to preserve the fighter's safety.
- **Submission:** Opponent submits by physically or verbally tapping as a result from a choke, lock, or any other reason.
- **Forfeit:** Opponent simply cannot or refuses to continue.
- **Decision:** When the bout has ended after the specified time without a winner, the decision shall be determined by three judges.
  - Unanimous: All three judges award same contestant
  - Split decision: Two judges score for one contestant, one judge scores for the opponent
  - Majority decision: Two judges score for one contestant, one judges scores a draw
- **Draw:**
  - Unanimous draw – All three judges score the contest a draw
  - Majority draw – Two judges score the contest a draw
  - Split draw – All three judges score differently
- **Disqualification:** Opponent is disqualified by the referee.

## Weight Classes: Amateur MMA

Weight Class	Weight in Pounds	Max weight difference
Flyweight	125.9 and under	5 lbs
Bantamweight	126 - 134.9	5 lbs
Featherweight	135 - 144.9	5 lbs
Lightweight	145 - 154.9	5 lbs
Welterweight	155 - 169.9	12 lbs
Middleweight	170 - 184.9	12 lbs
Light Heavyweight	185 - 204.9	12 lbs
Heavyweight	204 - 264.9	20 lbs
Super Heavyweight	265 and over	No limit

Contestants are allowed a 1lb allowance when weighing.

GCA may approve catch weight bouts subject to their review and discretion.