



(A) Class Novice division only

WEIGHT DIVISIONS:

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|---------------------|----------------|
| Light bantam weight | -under 55kg |
| Bantamweight | - under 61.2kg |
| Featherweight | - under 65.7kg |
| Lightweight | - under 70.3kg |
| Welterweight | - under 77.1kg |
| Middleweight | - under 83.9kg |
| Light Heavyweight | - under 93.0kg |
| Middle Heavyweight | - under 100kg |
| Heavyweight | - over 100kg |

Note: At the promoter's discretion an agreed catch weight can be implemented within an already existing weight division, weight may be matched as close to your weight

General rules, times & Classes: South coast m.m.a is a part of Mick Cutajar Wollongong judo training and education system. Our aim is to promote interest and safety of all current athletes and future athletes by offering development stepping stages to full M.M.A This is the reason for 3 classes of MMA (A B & C) please keep in mind the laws of the sport are to protect your health and wellbeing.

All novice players must be members of the International Budo Federation (IBF) must have your IBF green book on the night to be able to compete and have medical signed off inside.

All under 18yrs whom want to compete can only do C class. You can ask for a copy of all rules if you do not already have them. APAF is the only officially recognised Pangration body in Australia under International Budo federation and Australian mixed martial arts association.

(A) Class division only

1. **(A) Class: FULL FIGHTS GENERAL** – will consist of 3 x 5 minute rounds. Full Novice M.M.A rules may only apply taping / strappings of hands that do not protrude out over knuckles with thumb support. (this will be applied and signed off in front of an Official) Must have IBF registration book. Medicals will be signed off in the back. In all fights there will be a 1 minute rest break between each round.
2. **(A) Class under POOLED SYSTEM**- will consist of 1x4min round. Full Novice M.M.A rules may only apply taping / strappings of hands that do not protrude out over knuckles with thumb support. (this will be applied and signed off in front of an Official). Must have IBF registration book. Medicals will be signed off in the back. Example in a pool of 6 athletes you will be required to compete 5 times on the one event to claim the prize and advance up in the pool to claim the belt and title.

*A class amateur fighters cannot strike using their elbows unless both athletes agree due to medical rules
Note: Upon agreement between the promoter and fighters/trainers rules may be adjusted to cater for individual fighters experience levels. It is the responsibility of the fighter /coach / trainer to know the class and its rules.

LEGAL TECHNIQUES (A) class only

While standing - (No striking with the elbow while the forearm is vertical, downward 12 to 6) all legal striking including kicks, knees, punches and elbow strikes to the head and body are allowed. Clinching and standing submissions are legal.

While grounded (A) class only – Punches and legal elbow strikes to the head and body are allowed A fighter may knee to the body of a grounded opponent (kneeing the head of a grounded fighter is illegal). Submissions while either one or both fighters are grounded are legal.

Classification of a grounded fighter for (A) class only.

At all times the referee shall be the final decision maker regarding a fighter being in the grounded position. The fundamental definition of a grounded fighter is (3) three point contact with the mat. Generally speaking, this means both feet and another body part are on the mat and bearing weight, or both hands on the mat as well as another part of the body.

A fighter shall be deemed to be grounded when:

1. Any part of the body other than the soles of the feet is touching the mat and bearing a fair degree of body weight;
2. Kneeling on one or both knees;
3. On "all fours", or with 1 hand and knees on the mat;
4. On his / her back or belly, regardless of whether the feet are touching the mat.

A fighter who is standing but has a hand lightly on the mat in a way that does not bear weight and does not overly effect the balance (similar to defensive football player ready to sprint from the mark) shall be deemed to be still standing.

A fighter who has attempted a wrestling-style leg shot shall be deemed to be in the standing position for the duration of the technique. This means that a counter strike to the head with a knee or foot whilst the technique is being performed shall be regarded as legal even if there is momentary three point contact. Once the attempted shot is completed and there has been a transition to another technique or position, even momentarily, the shot shall be deemed to have been completed.

FOULS / ILLEGAL ISSUES (A) class only

1. No biting
2. No rotation of any kind.
3. No cranks of any kind.
4. No eye gouging of any kind
5. No orifice insertion (including fish hooking nose and mouth)
4. No head butting
5. No hair pulling
6. No striking the groin
7. No small joint manipulation (control of at least 3 fingers/toes required)
8. No strikes to the throat/neck
9. No grabbing the trachea
10. No grabbing the clavicle
11. No pinching, twisting or clawing the flesh.
12. No stretching of the spine via neck hold (whist legs are locked crossed around the body)
13. No striking to the back of head, neck or spine.
14. No striking with the elbow while the forearm is vertical.

15. No striking an opponent who is under the care of the referee
16. No striking an opponent between rounds or after the final bell
17. No kicking a grounded opponent anywhere other than the legs.
18. No kneeing a grounded opponent in the head.
19. No throwing an opponent out/over the fence/ring.
20. No throwing an opponent onto his neck or head.
21. No holding onto the opponents gloves or shorts
22. No holding onto the fence/ring (except with your feet)
23. No spitting
24. No swearing or abusive language
25. No blatantly disregarding the referees instructions
26. No deliberately avoiding contact (timidity/consistently dropping mouthguard)
27. No interference by the corner (distracting the referee)

NOTE : CLIMBING THE CAGE WILL INCUR A FINE or DISQUALIFIED.

Any inappropriate or unsportsmanlike behaviour as deemed by the referee.

FOULS / ILLEGAL ISSUES Continued

If a fighter is given a warning by the referee, the fight will not be stopped and no points will be deducted.

If a fighter is given a foul the referee will stop the fight, inform the fighter that is being penalised and the judges. That fouled fighter then receives a one point demerit for that foul.

If a fighter accidentally fouls his opponent in the first round and his opponent cannot continue due to the injury sustained by that foul. This fight will be deemed a NO CONTEST.

If a fighter accidentally fouls his opponent during the second or following rounds and his opponent cannot continue due to the injury sustained by that foul, a count back of the judges score sheets from the previous rounds will decide the winner.

If a fighter commits three fouls in a round or four fouls in a fight, he will be disqualified immediately.

The referee has the right to declare an immediate disqualification of a fighter when the fighter commits a malicious foul.

If a fighter deliberately fouls his opponent and due to the injury sustained by that foul his opponent cannot continue. The injured fighter (regardless of which round) will be declared the winner.

Fighter will be fined 10% of their agreed purse for each **foul if they are paid.**

When a fighter commits a foul the referee may give him penalties as below:

- Cancellation of advantageous position acquired by committing a foul
- Restarting from standing position when a fighter commits a foul in an advantageous position.
- Giving some recovery time to the fouled fighter. (Up to 2 minutes for recovery)

If a fighter is unable to adequately or intelligently defend himself the referee will stop the fight.

THERE IS NO STANDING 8 COUNT.

FIGHTS WON BY (A) class only

1. Knock out
2. Submission (tapping out physically/verbally)
3. Referee stoppage
4. Doctor / medic stoppage
5. Corner throwing in the towel
6. Judges decision

The judges will use a 10 point system (the dominant fighter receiving the higher score).eg.

10 points each - even round

10 points to 9 - advantage

10 points to 8 – dominate

To score a fight the judges will take into account: skilled striking, skilled grappling, ring control and the fighter's ability to push and control the pace of the fight. In the event that a Title Fight goes to a Judges decision and is declared a draw, the current Title holder retains the title and the belt

NEW POOLED SYSTEM (A) class only: may be used if we have 6 athletes wanting to contest this

If a player is unable to compete or move on to the next match due to injury / failing to compete they forfeit their position in that pool and will be placed back at the bottom of the division to restart at a later date.

This new system is designed to create experience and develop the skills needed to advance onto a Professional level in mma. The pooled system is designed to give novices the much needed experience via gaining several match ups before claiming any title. This is designed for athlete's weight divisions to compete for a cash prize at the end of the night. Example 6 players each player will compete against all others in the pool, with the winner claiming the prize on the night and advancing to the next pool to fight for a title / belt and cash.

NOTE: All athletes will be required to nominate their weight division at the start of each year that being 30th of January of each year starting. All pools will then be placed up mid February so you can see who you will be competing with for the entire year. For the pooled system you weight will be required to be maintained for the entire completion of the running of your pool.

NOTE: Any player that withdraws on the night or before the event will be disqualified from the event and will have to re-start from the bottom of the division.

1. Under this new system all weight division will compete for a (cash prizes- title / Belt).
2. Each pool will have 6-8 players, pending on numbers in a weight division the pool will be split into 2 groups (A and B) winners from A will compete against B
3. With 1 x 4 min round, each athlete will be required to compete against all others in their pool with the winner claiming the top points.
4. The judges will use a 10 point system (the dominant fighter receiving the higher score).eg.
10 points each - even round
10 points to 9 – advantage
10 points to 8 – dominate,

SOLUTIONS FOR DEADLOCKS

1. The referee and or the head judge can decide if both fighters are in a deadlock in the arena. The head judge is able to tell his decision to the referee by raising his hand outside of the arena.

2. If one of the above decides the fighters are in a deadlock, the referee calls 'attract your audience' and the fighters must obey the request by trying some effective offence.
3. If the referee or head judge decides one or both fighter/s, show the will to perform aggressive action, the request is cancelled.
4. When the fighters are not able to solve the deadlock within five to ten seconds, the referee breaks fighters, ask them to stand (if applicable) and start fight again.

NOTE

If one fighter is grounded and the other standing and either reluctant to engage, the referee will stand the grounded fighter.

If both fighters are grounded at least one of the fighters is to keep active by attempting submissions, striking or gaining superior position. Failure by fighters to keep active while on the ground will result in the referee standing both fighters.

If the referee has to call a 'time out' for any reason and one or both fighters are grounded. Then when time is restarted the fighters have to assume the exact same position they were in before that time out was called.

FIGHTERS CLOTHING / EQUIPMENT

Lycra bike pants / Vale Tudo shorts, Muay Thai shorts, cotton shorts (no pockets). Tight fitting Lycra grappling or wrestling shirts are acceptable. Loose fitting singlets and t-shirts are not. Neoprene joint supports only (no metal). No body lotions, greases or gels are to be used. No taping of hands / knuckles only thumb support

COMPULSORY (A) class only:

1. Mouthguard
2. Groin cup protector
3. Grappling gloves (Provided by Promoter)
4. Bare Feet (No footwear is to be worn)

OFFICIAL WEIGH IN

Weigh-ins will be conducted by the time appointed by the promoter (as a basic rule, weigh-ins must be within 24 hours of the fight) at the appointed place. The weigh-in must be conducted under the supervision of the Rule Director. The attendance of the second is optional; however each fighter must be present for his opponent's weigh-in. If the fighter misses the weigh-in without valid reason, he may be disqualified. If the fighter has a valid reason, a new place and time for the weigh-in, will be decided and the fighter must be present at the new time and location for weigh-in.

If the fighter fails the weigh-in, he must be re-weighed within 4 hours. Within the 4 hours, the fighter may be re-weighed as many times as he wants. However, if the fighter has not passed the weigh-in within the 4 hours, the fight will not be recognized as a match. In the case that the fighter is the champion, he will be stripped of his title. However, if the opponent or his second gives approval, the fight can be held with the condition that if the fight goes to the decision, the fighter who failed weigh-in will automatically have points deducted from the judge's score.

CORNERMEN

- 2 corner men only for each fighter

- Fighters are to notify South Coast MMA caged fights by no later than Weigh In of their designated corner men.
- Corner men to wear assigned passes at all times. These passes will be given out at the Weigh In.
- Corner men to stay in assigned corner during fight.
- Corner men will be warned once only by referee or officials to stay in the assigned corner. In the event a second warning is given, the referee will call time out and that corners fighter will receive a foul.
- If a time out is called and the referee directs fighter to a neutral corner, the corner men is not to follow and to stay in the assigned corner.
- Corner men must squat down as not to obstruct spectators view.
- Corner men must not swear or be abusive.
- Corner men must listen to referee.
- Corner men must have towel ready and only climb scaffold ladder if their fighter is in danger and they feel they may need to throw in towel.
- 1 corner man from each fighter only allowed in Hexagon between rounds.
- Corner men are not to climb the Cage before, during or after a fight. This will incur a fine to the fighter.

FILMING & PHOTOS RIGHTS:

All filming / photos taken of any and all athletes competing or their coaches / corner men remain the property of south coast mma and copy right ownership to use for future promotion of the sport and you agree to comply with this ruling if you compete in any event under Mick Cutajar Wollongong Judo training and education or South Coast MMA (Pangration/MMA/Judo/Kosen).