

## **AMERICAN OPEN SPORT MMA RULES**

### **GLOVES**

Will be 6 oz. gloves MMA style gloves used for striking and grabbing.

### **OPERATION OF MATCHES**

Weigh in will be conducted prior to competition.

All competitors and coaches must attend a rules briefing prior to competition.

Only the coach is allowed in the corner with competitor.

Any lack of sportsmanship from the competitor or his/her corner is grounds for disqualification.

Competitor's corner team must sit down while competition is on. No slapping of the ring or mat while match is going on

### **NOTE:**

Kids, Teens and will be matched up by age, weight and skill level. Our goal is to keep the match ups as close as we can. The match up can vary depending on the age, size, and skill level of the kids that are at the event to compete. We try to keep them matched up within:

Kids 2 Years and 10 Lbs

Teens 2-3 Years and 15 Lbs

MMA Level is determined by the sum of all your training; including styles like Wrestling, Boxing, Kickboxing, Karate, TKD, BJJ, and Submission Grappling. If you have been training for more than 18 total months or are belted in BJJ you **CAN NOT** enter into the beginner Division.

### **MMA Match Lengths:**

Each bout will consist of two (2), one (1) minute rounds with a 30 second break between rounds.

### **Ways to Win a Match:**

Competitors that demonstrate dominance in striking or grappling will be chosen as winner of the match. A tap out submission does NOT end the match. If a competitor taps his opponent out, the fight will restart from standing position.

For safety, if a submission is applied for longer than 8 seconds it will count as a submission.

- Majority votes will decide who wins the match.
- The referee has the authority to stop the match if he/she believes you are in danger.
- Judges Decision: If the Fight goes the full time it will be decided by a Judge's decision.
- Referee Stoppage / Injury Default: If a competitor cannot continue due to injury or if the referee determines the submission has caused unconsciousness or another serious injury.

### **Scoring Of Match:**

There will be a center referee and 2 outside referees. If match goes to a decision, then judges will decide who wins. In order for a competitor to win by a decision, two out of three judges must vote for them.

Judges will make final decision based on overall dominance of a competitor in the following areas take downs, positional control, striking superiority on ground and standing and submission attempts.

### **Kids & Teens Weight Classes**

Brackets for competitors ages 4-17 are made using the Madison Bracketing System. There are no preset weight classes for children and teens. At the end of weigh-ins, the Junior competitors will be sorted by weight. Brackets will then be made by grouping them into sets of even numbers whenever possible, (depending on turnout) In the event of an odd number of competitors the lightest weight competitor will be awarded a "By" . Juniors will be divided by weight, experience, and age (whenever possible). Using the Madison system means children and teens will no longer cut weight since they won't know the weight classes in advance.

See the Divisions Page on the Web Site.

## **MMA RULES**

### **Legal Weapons-**

Punches, and kicks with the instep, bottom of foot, blade of foot, ball of foot, shin and knee (to the body standing only). Competitors may strike with punches only to the chest when on the ground.

### **Legal Targets-**

Chest, stomach, ribs, outside **thighs**, and light touch to the head gear are legal.

### **Legal Submission Targets-**

Wrist, elbow, shoulder, vascular neck

### **Illegal Strikes-**

No strikes to the face. No strikes to inner thighs or against the knee joint. No knees to the face or on the ground. No elbows. No strikes to joints, back, spine, groin or other vital points are prohibited. No head butts, fish hooks or eye gouging.

### **Legal submissions-**

Only the following are allowed:

Rear Naked Choke

Triangle Choke (not allowed to bring head down)

Kimura

Americana

Arm Bar

\*All other submission techniques are illegal and disallowed.

### **NO SLAMMING ALLOWED:**

This is to avoid slamming to escape the guard and various submissions from the guard and to prevent any major injury.

**NOTE:** You must deliver your opponent safely to the mat; meaning, if you take your opponent down, you must come down with your opponent.

This prevents highly dangerous type of slams (I.e. Spiking). Anyone violating this rule will be immediately disqualified.

**The following are strictly forbidden:**

Evading or stalling  
Executing any illegal strike, throw or submission  
Bending or twisting of fingers  
Biting, pulling hair or pinching/ pulling of skin  
Speaking during bout  
Arguing with any official  
Refusing to obey the direction of any official  
Showing disregard for one's or opponent's safety  
Continuing the bout outside competition area  
Any other condition for which the referee believes a penalty should be imposed

**Warnings:**

**1ST WARNING, 2ND 2 POINT DEDUCTION AND 3RD AUTOMATIC DISQUALIFICATION.**

**PENALTIES:** (resulting in the warnings and point deductions listed below):

- a.) NO Stalling– The referee will issue warnings for the following: I.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown
- b.) No Clothing Grabbing in Pankration, and No-Gi Submission Grappling Divisions  
Note: No points or positional changes will be allowed if illegally grabbed
- c.) No covering of the mouth or “muffler” techniques to smother your opponent
- d.) No smashing the face, eyes or nose with any part of your body allowed

**Illegal Techniques in all divisions:**

No strikes, Biting, Eye gouging (includes chin to eye), Head butting,

Small joint manipulation (finger and toe crank locks), Hair pulling, or Ear pulling.

**DISQUALIFICATIONS** for any of the following techniques that cause submission or injury:

Intentionally throwing a competitor on his head or neck or slamming out of any submission.

If a competitor breaks any of the rules after officially being warned or blatantly attempts to hurt their opponent, Bad Sportsmanship or harassment of referees, coaches or attendees will not be tolerated and result in DQ after warning.

Fleeing the Ring to Avoid Submission (Leg Lock rollout escapes will be at the referees full discretion)

#### **ANTI-SANDBAGGING RULES: WRESTLERS:**

**All wrestlers with (2+ years in high school or any collegiate experience) must enter at least as intermediate or higher in Submission Grappling Divisions. Wrestlers entering Beginner divisions will be disqualified. Sambo or Judo training experience will count the same as BJJ or any other ground fighting art training time to determine skill level.**

#### **Competitors Safety Equipment and Hygiene**

Competitors may compete in traditional martial arts/wrestling attire or T-shirt and shorts. Competitors are encouraged to wear a rash guard and grappling style shorts. Wrestling/Martial Arts shoes are not allowed. All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition. All competitors must compete with a mouthpiece and approved MMA headgear. Male competitors must wear a cup. Other protective gear such as knee pads, elbow pads, chest protector, shin and instep pads are optional equipment.

#### **No Infectious Diseases Allowed:**

Competitors with any of the following infectious diseases will NOT be allowed to compete including: Herpes (active cold sores), Fungal Infections (Ringworm), and any form of Staph or Viral (Chicken Pox, etc.)

**General Cleanliness:**

Come to the event clean with trimmed toe and fingernails. Competitors with Offensive odors before the event starts will be refunded and kindly asked to leave the tournament. We are looking to create a safe, clean and friendly environment.

**HEALTH ADVISORY:**

**DO NOT GO INTO THE BATHROOM OR STEP OFF THE MATS BAREFOOT.**

**Injury Time:**

If either competitor is bleeding, the match will be stopped immediately. The mat will be cleaned to ensure cleanliness. Competitor is entitled to a total of 3 minutes to stop any bleeding. If the same competitor begins to bleed again, the match will be stopped immediately and their opponent will win by "Injury Default". All other injuries, including cramps, muscle pulls, crying (in Kid's Divisions), screaming or yelping will signify as a verbal submission and end the match.

**NO DISRESPECTING REFEREES & TABLE WORKERS:**

We also will be enforcing fully, the zero tolerance rule of disrespecting, threatening with physical or verbally abuse of our staff. If any coach, parent, or competitor threatens or abuses the referee in any shape or form, their competitor will be disqualified and they will be escorted out of the building by security.

**All Referee Decisions are 100% FINAL:**

All of the referees are professionals and have many hours of training in **martial arts**. They are to be respected at ALL TIMES will have a threat-free and pressure-free environment.