



NEWCOMER GAMES

MIXED MARTIAL ARTS RULE BOOK

NEWCOMER GAMES IS A TOURNAMENT MADE FOR NOVICE AND ADVANCE AMATEUR MMA FIGHTERS

NEWCOMER GOALS

The Newcomer Games Tournament is a tournament aimed strictly for novices in the sport of MMA. It is intended as an introductory tournament, Rules are slightly modified in order to make it the tournament safer.

NEWCOMER DEFINED:

- NEWCOMER I: 6-12 Months of training, 0-2 fights (Light / Full)
- NEWCOMER II: 12+ months of training, 3-5 Fights (Light or Full)
- NEWCOMER III: 12+ Months + of training, 6+ Fights (Full)

CATEGORIES:

- YOUTH (Boys and Girls 14 - 17 years old) (with Helmet and Light contact only)
- MEN AND WOMEN (18 - OLDER)

LIGHT STRIKING RULES

Without the intention of knocking out your opponent; If the referee deems that the strikes are intentional; the referee can immediately disqualify the athlete or deduct points from the judges.

FULL STRIKING RULES

All strikes intentional, however **NO ELBOWS OR KNEES** on Ground and Pound

MANDATORY EQUIPMENT:

- 8 oz. MMA Gloves
- Foot and Shin Protector
- Mouthpiece
- Groin Guard
- Chest Protector (Women)
- YOUTH (Boys and Girls 14 - 17 years old) (with Helmet and Light contact only)
- **Rashguard Top and MMA Shorts (ALL FIGHTERS)**

BOUT DURATION (FULL and LIGHT)

3 Rounds x 3 minutes (FULL)

1 Minute break

MULTI-FIGHT (Light / Full)

2 Rounds x 2 Minutes

1 Minute break

WAYS TO WIN

A victory is attained by one of the following methods:

- Verbal tapout
- Submission
- GnP - Referee stoppage
- Coaches request
- Judges Decision

DECISION WIN

In the event that a bout goes the distance, it will go to the judges' decision. The bout will be scored based on the following criteria:

- Superior Ground Control,
- Earned Takedowns
- Takedown Defense
- Good Striking Combinations
- Cage Control

TECHNIQUES

STANDING TECHNIQUES

Striking including kicks and punches to the head, body and legs are allowed, knees to the body or head allowed only when standing, Clinching and standing submissions **No elbows allowed.**

TAKEDOWNS:

All takedowns are legal but must not result in spiking or pile driver to the head or neck. Any takedown that result in ***opponent landing on head will be immediately disqualified.***

FORBIDDEN TECHNIQUES

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

- 1) Elbow and forearm strikes of any kind 2) Heel Hook
- 2) Twister, neck crank, can opener, sit through crucifix and/or any submission deemed as applying pressure to the neck or spine
- 3) Knees to the head of an opponent**

ILLEGAL TECHNIQUES

- Knees and Elbows on a grounded opponent
- Elbows while standing
- Head Butting
- Hair Pulling
- Orifice Insertion
- Spitting
- Biting
- Grabbing the cage fence
- **Stomping/kicks/upkicks on a grounded opponent**
- strikes to the groin, throat, eyes, back of the head or spine and small joint manipulation.

WEIGHT CLASSES

In the event, that the athlete does not have an opponent at their designated weight division - the MMAAS has the right to match the athlete with an opponent regardless of gender and/or moved up to the next weight division.

Straw-weight under 115 pounds

Flyweight over 115 to 125 pounds

Bantamweight over 125 to 135 pounds

Featherweight over 135 to 145 pounds

Lightweight over 145 to 155 pounds

Welterweight over 155 to 170 pounds

Middleweight over 170 to 185 pounds

Light Heavyweight over 185 to 205 pounds

Heavyweight over 205 to 265 pounds

Super Heavyweight over 265 pounds

Weigh-ins for amateur contestants shall be on the day of competition, and each subsequent day of competition that an athlete progresses.

MISSING WEIGHT (FIGHT DAY)

If the opponent misses weight on fight day, the MMAAS will forfeit the fight and hold the athlete financially liable. All registration fees will be forfeited.

MMAAS MATCH UPS

The MMAAS will match fighters according to the applicable and allowable weight classes. In the event that a weight category does not have enough to meet the minimum amount of fighters, (minimum 2) the MMAAS has the full right to match fighters and place fighters a Weight category UP or a weight category DOWN.

CONTEST JUDGING:

BOUT RESULTS

1. Technical Knockout (TKO) a. When the referee orders the fight stopped because it is determined that one contestant is not fit to continue. b. When a contestant cannot answer the bell for the upcoming round or is so badly injured that it is dangerous to continue.
2. Submission (SUB) Amateur Mixed Martial Arts Rules
 - a. When one contestant notifies the referee that he/she no longer wishes to continue. This may be by tap out, a verbal surrender, or when the contestant makes audible sounds such as screams indicating pain or discomfort.
 - b. When a second assigned to a contestant throws in the towel.
 - c. Technical Submission: When a submission is executed to its completeness which causes the referee to intervene and stop the match. For example, a choke causes a contestant to go unconscious, or a joint lock causes a fracture or if a contestant is unable, or unwilling, to tap out and there is a likelihood of significant injury to the

contestant.

3. Unanimous Decision All three judges score in favor of one contestant.
4. Majority Decision Two judges score in favor of one contestant and one judge has it as a draw.
5. Split Decision Two judges score in favor of one contestant, while one judge scores in favor of the other.
6. Disqualification Due to an intentional foul(s), a referee may disqualify a contestant and award the win to the fouled contestant regardless of what round the match is in.
7. Technical Draw In the case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should stop the fight and give a technical draw; a. If the scores are equal; OR, b. If the fouled contestant is behind on the cards.
8. Technical Decision a. In the case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should declare a victory for the fouled contestant if he/she is leading on the score cards. b. If a fight cannot continue due to an unintentional foul but sufficient rounds have been completed, the referee shall declare a victory for the contestant leading on the score cards. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared
9. a 'No Contest'. Amateur Mixed Martial Arts Rules - No Contest In the case of an unintentional violation which causes injury so serious that the fight cannot be continued BUT the majority of rounds have not been completed.
10. Draw When the score cards result in a three way tie.
11. Majority Draw When two judges score the fight a draw AND one judge has declared a victor.
12. Split Draw Two judges score in favour of different contestants and one judge scores a draw.
13. Victory by Walkover If one contestant is present in the ring and ready to compete and his or her opponent fails to show after their name has been called over the loudspeaker, the referee shall signal the referee's table to begin the **running of two minutes**. If the opponent has not entered the ring within the two minute time limit,

the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the contestant who was first in the ring and declare him or her the winner by 'walkover'.

The judges shall note this on their scorecards, which shall then be collected. The referee shall then summon the contestant, who has won by walkover to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

14. Victory by Referee Stoppage The referee may stop a match if the referee believes that a contestant is clearly overmatched and will face unnecessary punishment in the ring.

JURISDICTION: The Referee shall remain the sole arbiter of a contest. All contests and exhibitions of mixed martial arts must be conducted under the supervision and authority of the commission/host regulatory body.

STOPPING THE CONTEST: The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition, and the referee is the sole arbiter of a contest and is the only individual authorized to stop a contest.

ROUNDS: Each contest (FULL MMA) under MMAAS regulation shall be 3 rounds each to be 3 minutes in duration, with a rest period of 1 minute between each round. Each contest (LIGHT MMA) shall be 2 rounds each to be 2 minutes in duration.

JUDGING: All contests will be evaluated and scored by three judges.

TEN (10) POINT MUST SYSTEM:

The 10-Point Must System will be the standard system of scoring a contest.

In this system the winner of each round receives 10 points and the opponent receives a proportionately smaller number. Under no circumstances shall a judge award the loser of

each round fewer than seven points. If a round is judged even, each contestant shall receive 10 points. No fraction of points may be given.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close but clear margin, landing the greater number of effective legal strikes and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant wins a round by a wide margin and damages his/her opponent.
4. A round is to be scored as a 10-7 Round when a contestant totally and completely dominates in a round and damages his/her opponent.

WARNINGS:

A single warning will be issued for the following infractions only

- 1) Holding or grabbing fence
- 2) Holding onto opponent's shorts, gloves, shin-guards or rash-guard
- 3) Having the fingers outstretched, palm parallel to the floor toward opponent face

FOUL PROCEEDURE

Disqualification can occur after any combination of fouls or after a single flagrant foul.

Fouls resulting in a point[s] being deducted and as signaled by the referee must result in the deduction from the offending contestant's score and is to be notated by all three judges and official scorekeeper.

Only a referee can assess a foul, if the referee does not call the foul then judges must not

make that assessment on their own. A fouled contestant has up to 5 minutes to recuperate. This is not applicable to all fouls.

If a foul is committed the referee may call time should the fouled contestant show any visible sign of distraction or injury.

- 1) The referee shall call time.
- 2) The referee shall check the fouled contestant's condition and safety.
- 3) The referee shall then instruct the fouling contestant to a neutral corner, assess the foul to the fouled contestant, deduct points [if required] and notify the judges and official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue without referee intervention.

- 1) The referee will verbally notify the bottom contestant of the foul.
- 2) When the round is over, the referee will assess the foul and notify both corners, the judges and the official scorekeeper.

MEDICAL REQUIREMENTS FOR CONTESTANTS:

All athletes are required to complete all pre-competition medical examinations and tests.

All athlete are required to show proof of negative PCR COVID Test (All test must be valid 48 hours before contest)

All athletes must sign a Declaration of Health.

Declaration of Health: attesting and guaranteeing that the athlete doesn't have any communicable disease such as Hepatitis B and C / HIV, is not suffering from Chest infections, Has no Asthma or Cardiopulmonary disease. Athlete doesn't have any broken bones or installed metal steel in any part of their body. Have not suffered any knock out or concussion within the past 6 months. Did not receive any surgical procedures, including ophthalmic or laser surgery within the past year.

All Athletes must have their own medical insurance. MMAAS will not be liable for any injury sustained during this competition.

All Female Athletes must attest including the above mentioned that they are not pregnant. Have not given birth during the past 12 Months and not lactating.

CONSUMABLES

Only water in a sealed bottle approved by the Commissioner may be consumed during the match. The use of banned substances is grounds for disqualification and administrative disciplinary action. Energy drinks may not be consumed prior to, or during, a match nor may any additives or substances be added to the water.

RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

It is the duty of every contestant to show fair play in the ring.

Should a contestant not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

When a contestant receives a warning or a reprimand from the referee, he or she must put his/her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

At the conclusion of the match the contestants shall approach the referee, standing in the centre of the ring, and there, with one contestant on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner. Violation of rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a period of time, depending on the seriousness of the violation or infringement.

CONTESTANTS

- a. Contestants must be in good physical shape and have a good sportsmanlike attitude.
- b. Contestants must be well groomed and presentable.
- c. Contestants' nails, on hands and feet, must be cut short.
- d. Contestants' hair should be short, must be free of styling products and must be freshly washed. Hair of a length that could pose a problem during the match (i.e. shoulder length or more), must be tied back with a soft tie.
- e. All contestants shall be clean.

NOTE: It is the sole prerogative of the referee to decide whether hair on a contestant's head or face (moustaches, sideburns, beards or a combination of these) poses a safety hazard to the contestants, or an obstacle to the unhindered observation of the match.

f. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net or soft hair tie

g. Use of grease or similar substances is prohibited except for Vaseline.

Vaseline may only be applied to the face of an MMA contestant and then only in the area immediately surrounding the contestant's eyes.

h. Vaseline may only be applied at ringside in the presence of a referee. The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body.

i. Contestants or seconds may not apply excessive amounts of water to a contestant's body and could be penalized or subject to disqualification for doing so. Contestants are prohibited from wearing any type of jewelry or piercing accessories during competition.