



WEIGHT DIVISIONS:

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
Heavyweight	- over 93.0kg under 120.2kg
Super heavyweight	- over 120.2kg

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

TIME & Classes: 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. please keep in mind the laws of the sport are to protect your health and wellbeing. You can ask for pangration rules if you do not already have them. APAF is the only officially recognised Pangration body in Australia.

1. C: CLASS AMATEUR FIGHTS - will consist of 1 x 5 minute round. (*Under modified Pangration rules by Australian pangration Athilma federation rule no striking to the head at all, no rotations or cranks must wear shin insteps. These will be used to fill matched between mma matches only. Scoring will be 10pts system*)
2. B: CLASS AMATEUR FIGHTS - will consist of 2 x 5 minute rounds. (no elbows, knees standing or ground no rotations or cranks)
3. A: FULL FIGHTS – will consist of 3 x 5 minute rounds. (full m.m.a rules apply)

In all fights there will be a 1 minute rest break between each round.

*These rules apply to all fighters. In addition to these rules – B class amateur fighters cannot knee to the head of an opponent, strike an opponent using their elbows.

A class amateur fighters cannot, strike using their elbows unless both athletes agree.

Note: Upon agreement between the promoter and fighters/trainers rules may be adjusted to cater for individual fighters experience levels.

LEGAL TECHNIQUES

While standing - (*No striking with the elbow while the forearm is vertical*) 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 – 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.

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 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", with hands 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

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

NOTE : CLIMBING THE CAGE WILL INCUR A FINE.

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 5minutes 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

1. Knock out
2. Submission (tapping out physically/verbally)
3. Referee stoppage
4. Doctor 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.

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.

COMPULSORY :

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 corner's fighter will receive a foul.
- If a time out is called and the referee directs fighter to a neutral corner, the corner men are 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.