



UK MMA LEAGUE[©]

Amateur rules



Season 2010

Rules:

Amateur rules allow no headshots while standing or headshots to the head on the floor. Three points will be awarded for a win, and one point for a draw, if there is no clear winner at the end of the bout, the bout will be a draw, even if one fighter is more dominant in the stand up or floor.

Match duration: All Amateur matches will be one round of five minutes: each fighter will have two bouts on the day.

Match Area: Match will be, a matted floor, a ring or a cage.

Fight wear: Suitable rash guard, mma shorts, Chin pads, No T-shirts, Bare tops are permitted.

Compulsory safety equipment: Gum shield, Groin guard.

Gloves: MMA 4oz gloves for amateur rules.

Ways to win: By KO, TKO, forcing opponent to submit or to quit, or corner men throw towel in. Referee stoppage or disqualifying your opponent.

Standing: All strikes with hands, feet, elbows and knees, no elbows or knees to the head. All strikes to the body. All kicks and knees to the legs body allowed.

On the ground: As per amateur rules.

Restarts: As per amateur rules.

Illegal techniques: As per amateur rules. No upward (vertical) knee strikes, which could strike the head of an opponent, only horizontal knee strikes to the body.
No downward (North South direction) with elbows.

ILLEGAL TECHNIQUES:

No hair pulling, biting, eye gouging, head butting, ear pulling or fish hooking.

No downward elbow strikes permitted.

No closed guard strike to kidneys.

No manipulation of small joints (fingers, toes).

No directly strikes to knee joints.

No holding of gloves or other safety equipment.

No heel-hooking or any other technique twists the ankle or knee joint.

No pulling of clothing permitted except to opponent's belts or GI's.

No striking directly to spine.

No neck cranking attacks such as Can-opener, Crucifix etc.

No groin strikes permitted.

No striking a grounded opponent.

Any technique which results in your opponent being spiked

Throat strikes of any kind, including grabbing the trachea or clavicle.

Extra fights: If a fighter is asked to have a second or third fight to assist an other fighter first or second bout, then he/she will not lose/gain points from their league table. If a fighter is injured and cannot continue then the other fighter can take three points or a replacement fighter will be found. ** Only a senior member of the league can award a 3-point win for a pullout.

Disputes:

The league aspires to provide fighters with the experience with mixed martial arts competition. If any disputes or grievances arise, the league will assist you in finding a solution. If you are not satisfied with any outcome, explanation, results then a summit with league officials and senior coaches and an independents adjudicator to make a final assessment on the outcome.

Match Duration: All matches are 1 x 5 minute round.

Match Area: All matches will be held within a matted fighting area, a ring or Cage.

Ways to Win: Forcing your opponent to submit (tapout), or to quit, classed as T.K.O. The referee stopping the match or disqualifying you or your opponent.

Standing: All punching and kicking techniques to the body or legs. All knee strikes to the body or legs. All throws & takedowns.

On the ground: Punches and knees to the body only. All permitted submissions.

*UK MMA LEAGUE
MARCH 2010*