



MMA

MMA

Techniques permitted :

- punches to the head
- punches to body
- knees to the body and legs
- kicks to the head, body and legs
- throws and takedowns
- immobilizations, arm/leg locks, chokes

Techniques not-permitted :

- Pushing- Back slam throws
- Holding the rope while punching or kicking
- Kick or punch to unallowable points (back of body, back of head and joints)
- Kick or punch after order of stop by middle referee.
- Kicking a grounded opponent
- Elbows and forearms blows
- Heel hook
- Knees to the head
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- Spinning back fist, knee strike at head, strike by elbow, punch with palm and back hand
- Head Butt; biting, hair pulling, groin attacks, fingering, small joints manipulation, grabbing the clavicle, crucifix, locking opponent or using forbidden submission techniques
- Shooting and catching opponent feet, all techniques against joint, talking or shouting during the fighting,
- Disobeying referee's order, throwing saliva in Tatami, doing bad actions or making hubbub, biting, and unreasonable exit from Tatami, for defense of kick or punch's opponent.

Scores ;

- 10 points score system or judgement by points/techniques

Fighting time :

- 3 rounds x 3 minutes, break-1 minute

Fighting area for amateur tournaments:

- tatami or boxing ring

Weight categories:

- women (-52kg, -56kg, -61kg, -65kg, +65kg); men (-56kg, -62kg, -66kg, -71kg, -77kg, -84kg, -93kg, -100kg, +100kg)

Uniform:

- T-Shirt and Short, red/blue depending by the corner.

Protective equipment:

- MMA Gloves (4 oz. or 6 oz)
- headgear
- mouth guard
- shin Protection
- groin protection (men)
- breast protection (women)

MMA Light

Techniques permitted :

- punches to the body and to the head
- knees to the head , body and legs
- kicks to the head , body and legs (above the knee)
- throws and takedowns

Techniques not-permitted :

- Pushing
- Back slam throws
- Holding the rope while punching or kicking
- Kick or punch to unallowable points (back of body, back of head and joints)
- Kick or punch after order of stop by middle referee.
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- Spinning back fist, strike by elbow, punch with palm and back hand
- Head Butt; locking opponent or using forbidden submission techniques
- Shooting and catching opponent feet, all techniques against joint, talking or shouting during the fighting,
- Disobeying referee's order, throwing saliva in Tatami, doing bad actions or making hubbub, biting, and unreasonable exit from Tatami, for defense of kick or punch's opponent.

Scores ;

- punches to the body and head : 1 point
- knees to the head , body and legs : 1 point
- kicks to the head , body and legs (above the knee) : 1 point (legs and body) , 2 points (head)
- throws and takedowns : 1 point (small throw) , 2 points (large throw)

Fighting time :

- 3 rounds x 2 minutes

Uniform:

- T-Shirt and Short , red/blue depending by the corner , having inscribed Kempo MMA,MMA or O-Sport on it.

Protective equipment:

- Kempo Gloves
- headgear
- mouth guard
- shin Protection
- groin protection (men)
- breast protection (women)

MMA Full

Techniques permitted :

- punches to the head and to the body
- knees to the head , body and legs
- kicks to the head , body and legs (above the knee)
- throws and takedowns
- groundfighting with immobilizations .

Techniques not-permitted :

- Chokes , armlock , leglocks
- Pushing
- Back slam throws
- Holding the rope while punching or kicking
- Kick or punch to unallowable points (back of body, back of head and joints)
- Kick or punch after order of stop by middle referee.
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- Spinning back fist, strike by elbow, punch with palm and back hand
- Head Butt; locking opponent or using forbidden submission techniques
- Shooting and catching opponent feet, all techniques against joint, talking or shouting during the fighting,
- Disobeying referee's order, throwing saliva in Tatami, doing bad actions or making hubbub, biting, and unreasonable exit from Tatami, for defense of kick or punch's opponent.

Scores ;

- punches to the body and head : 1 point
- knees to the head , body and legs : 1 point
- kicks to the head , body and legs (above the knee) : 1 point (legs and body) , 2 points (head)
- throws and takedowns : 1 point (small throw) , 2 points (large throw)
- immobilization 10 sec : 2 points . For holding the immobilization 10 sec. more , 2 more points will come .

Fighting time :

- 3 rounds x 2 minutes

Uniform:

- T-Shirt and Short , red/blue depending by the corner , having inscribed Kempo MMA,MMA or O-Sport on it.

Protective equipment:

- Kempo Gloves
- headgear
- mouth guard
- shin Protection
- groin protection (men)
- breast protection (women)

MMA Elite

Techniques permitted :

- punches to the head and to the body
- knees to the head , body and legs
- kicks to the head , body and legs (above the knee)
- throws and takedowns
- groundfighting with immobilizations, chokes , arlocks , leglocks .
- punches in groundfighting to the head and body
- knees in groundfighting to the legs and body

Techniques not-permitted :

- Chokes , armlock , leglocks
- Pushing
- Back slam throws
- Holding the rope while punching or kicking
- Kick or punch to unallowable points (back of body, back of head and joints)
- Kick or punch after order of stop by middle referee.
- Refuse to fight, constant dropping of mouthpiece, or faking an injury
- Spinning back fist, strike by elbow, punch with palm and back hand
- Head Butt; locking opponent or using forbidden submission techniques
- Shooting and catching opponent feet, all techniques against joint, talking or shouting during the fighting,
- Disobeying referee's order, throwing saliva in Tatami, doing bad actions or making hubbub, biting, and unreasonable exit from Tatami, for defense of kick or punch's opponent.

Scores ;

- punches to the body and head : 1 point
- knees to the head , body and legs : 1 point
- kicks to the head , body and legs (above the knee) : 1 point (legs and body) , 2 points (head)
- throws and takedowns : 1 point (small throw) , 2 points (large throw)
- immobilization 10 sec : 2 points . For holding the immobilization 10 sec. more , 2 more points will come .

Fighting time :

- 3 rounds x 2 minutes

Uniform:

- T-Shirt and Short , red/blue depending by the corner , having inscribed Kempo MMA,MMA or O-Sport on it.

Protective equipment:

- Kempo Gloves
- headgear
- mouth guard
- shin Protection
- groin protection (men)
- breast protection (women)

Note: In some events the rules may be named also as O-Sport MMA (Ahmatan,Amaday ,Agmatano,Aksaya)