



# **ISKA AMATEUR MMA RULES**

## **ISKA AMATEUR MMA RULES PROMOTING SAFETY, INCLUSION, RESPECT, INTEGRITY, EXCELLENCE & FAIR PLAY IN THE COMBAT SPORTS INDUSTRY**

The Official International Sports Kickboxing Association – ISKA Rules V 1.0

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### **1. ARENA**

1:1 Fights are to be contested in a ring with a 4-rope configuration, cage or Tatami.

### **2. FIGHTERS**

2:1 Amateur MMA contests will fall into 3 categories, beginner, intermediate, and advanced. The criteria to register for these categories will be based on experience to ensure fair, competitive and enjoyable matches. Any fighters having previously contested A class MMA shall be deemed ineligible to participate in Amateur MMA competition.

- 2:2 Beginner criteria: less than 24 months grappling (BJJ, Judo, Wrestling, SAMBO, etc.). Up to 1 fight in any discipline (Combudo, C and B class MMA, Kickboxing, K1, Muay Thai, Boxing, etc.).
- 2:3 Intermediate criteria: less than 48 months grappling (BJJ, Judo, Wrestling, SAMBO etc.). No less than 2, no more than 5 fights in any discipline (Combudo, C and B class MMA, Kickboxing, K1, Muay Thai, Boxing, etc.).
- 2:4 Advanced criteria: more than 48 months grappling (BJJ, Judo, Wrestling, SAMBO, etc.). More than 5 fights in any discipline (Combudo, C and B class MMA, Kickboxing, K1, Muay Thai, Boxing, etc.).
- 2:5 Dishonesty with regard to competitors experience from either coach or competitor will be regarded as a disqualifiable offence, and may be retrospective.
- 2:6 All fighters must wear regulation foam shinpads in their respective corner colours (red or blue) provided by the fighter.
- 2:7 All fighters must wear 7oz hybrid MMA gloves provided by the promotor. Gloves are to be taped at the wrist with respective corner colour tape.
- 2:8 All fighters must wear a cup and mouthguard.
- 2:9 No excess Vaseline on the body or head, aside from the facial T.
- 2:10 No liniment of any description.
- 2:11 Sportsmanship is paramount and competitor safety is the responsibility of all people in the ring including fighters.
- 2:12 Juniors must be aged between 15 to 17 as of the date of the competition. Juniors must wear head gear in line with respective corner colours.
- 2:13 Adults must be aged 18 or over as of the date of the competition. No head gear allowed.

### **3. WEIGHT DIVISIONS**

3:1 All weight divisions will be within 5kg.

- 3:2
- <40kg
  - <45kg
  - <50kg
  - <55kg
  - <60kg
  - <65kg
  - <70kg
  - <75kg
  - <80kg
  - <85kg
  - <90kg
  - <95kg
  - >100kg

3:3 In a non-tournament setting fighters will be matched by the promoters matchmaker.

**\*SAME DAY WEIGH IN UNLESS OTHERWISE SPECIFIED\***

### **4. BOUT DURATION**

- 4:1 Junior fights are to be contested over 3x2 minute rounds.
- 4:2 Adult fights are to be contested over 3x3 minute rounds.

### **5. OFFICIALS**

- 5:1 All officials must be certified by ISKA Australia official's course.
- 5:2 All contests will be officiated by 1 referee, 3 judges and a time keeper.
- 5:3 It will be the referee's responsibility to ensure rules are strictly enforced and adhered to.
- 5:4 It will also be the referee's responsibility to ensure contestants safety and well-being throughout the contest.
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### **6. LEGAL TECHNIQUES**

#### **6:1 STRIKES**

- 6:1:1 Punches and knees to the body (below solar plexus line only) standing and grounded. \*See diagram.
- 6:1:2 Knees to legs standing and grounded.
- 6:1:3 Kicks to legs, body and head whilst standing (Juniors – no head kicks)

## **6:2 TAKEDOWNS**

6:2:1 All Wrestling and Judo type throws and trips

## **6:3 SUBMISSIONS**

6:3:1 All chokes

6:3:2 All armlocks

## **7. PROHIBITED TECHNIQUES**

7:1 Punches to the head, neck, chest or shoulders above the solar plexus line. \*See diagram.

7:2 All elbow strikes

7:3 Striking a grounded opponent from the standing position.

7:4 Up kicks

7:5 All leg locks or foot locks

7:6 All neck cranks

7:7 All spine locks

7:8 Any strike to a joint

7:9 Wrist locks

7:10 Headbutts

7:11 Small digit manipulation

7:12 Any spike or slam on the head from a throw.

7:13 Leg scissor takedown.

**Solar Plexus line**



## **8. WAYS TO WIN**

8:1 Knockout / TKO

8:2 Points decision

8:3 Submission by physical or verbal tapout

8:4 Three zone out escapes

8:5 Forfeit

8:6 Opponent DQ

## **9. ZONE OUTS**

9:1 A fighter at risk on the ground may take a Zone out escape by grabbing the bottom rope, in the case of a cage the nearest cage support post, or on Tatami the designated zone out area. The Referee will then restart the contest in the middle of the ring, cage or Tatami in the standing position. A fighter may Zone out 2 times in a match, losing a point each time. On the 3rd Zone out the fighter will forfeit the fight. The attacking fighter may negate the Zone out by blocking the defender's attempt.

## **10. POSITIONAL RESTART**

10:1 In the case of a ring contest one or both fighters extend past half the body's length or width under the bottom rope onto the apron, the Referee shall call Time, and bring both fighters back to the middle of the ring and restart the contest with both fighters in the same position as they were at stoppage. If one or both fighters fall through the ropes or over the ropes, the Referee shall call Time, and restart the contest in the standing position in the centre of the ring.

10:2 In the case of a Tatami contest the same procedure as above will apply when half the body of one or both contestants have extended past the zone out area.

## **11. PROTESTS**

11:1 The decision given in a contest by a Referee and/or Judge shall always be final.

11:2 A written protest may be lodged to the ISKA QLD Regional Director by hand or email no later than 7 days after the contest in question. If after a thorough investigation it is decided that due to some extraordinary circumstances and/or a disregard of the rules, a decision should be changed. The ISKA QLD may overturn a decision and document such. ISKA QLD will announce its decision publicly at the nearest available opportunity.

## **12. DRUGS**

12:1 Prohibited drugs are those defined by the (Australian Sports Anti-doping Authority ASADA).

It is the responsibility of the contestant and their trainer to check and ensure that the contestant is not taking any medication or mixture that is prohibited.

12:2 Any contestant testing positive for prohibited substances shall be dealt with by ISKA QLD at a special meeting. If a contestant is found guilty of taking a prohibited substance, ISKA QLD has the power to suspend the contestant. ISKA QLD can remove the contestant from ratings, declare any ISKA title held by the contestant vacant, or any other penalty it considers necessary, depending on the severity of the offence.

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