



# LIGHT CONTACT SPORT MIXED MARTIAL ARTS



## Competition Rules Effective 1 January 2010

### Requirements for Use

- A. The ISGA / Kick Competition Rules must be used at all sanctioned events.
- B. These rules may be used by non-ISGA / Kick organizations if desired. No liability for use of these rules is assumed by The International Sports Grappling Association (ISGA) or Kick International.
- C. The International Sports Grappling Association or Kick International shall not assume any responsibility or liability of any kind whatsoever for any unauthorized modification of any rules.

### Divisions/Event Definition

SMMA is a combination of continuous sparring and grappling. The striking in SMMA is done in a continuous sparring fashion. Opponents will start on their feet in a designated ring similar to point fighting. The object of the match is to score the most accumulated points against your opponent in a specified time limit. Competitors are required to wear specified gear for their division and must adhere to the general rules. There are no knockouts allowed. All striking must be legal (defined later) and cannot be blind, uncontrolled, or with an intent to injure as determined by the referee.

### Specified Gear:

1. All contestants are required to wear a mouthpiece during competition. Competitors with a medical mouth apparatus (eg. Braces, retainers, etc.) are required to remove the apparatus if removable, or wear a mouth guard that fully covers the apparatus.
  2. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.
  3. Each contestant shall wear mixed martial arts shorts, biking type shorts, or kick-boxing shorts.
  4. Gi, Kimono or shirt is prohibited during competition.
  5. Rash guard (long or short sleeve) must be worn, no skin only.
  6. Shoes are prohibited during competition.
- Note: Contestants may not attack using their own or the opponent's cloth.
7. All contestants shall wear either: four, five or six ounce gloves. (For example: Combat Sports International's Pro-Style Grappling Gloves)
- Note: Contestant's gloves suitability will be checked on the day of the competition.
8. Male mixed martial artists shall wear a groin protector of their own selection.
  9. All contestants shall wear specific MMA/grappling Shin Guards. (eg. Combat Sports International's MMA Amateur Grappling Shin-Instep Guards) Note: Contestant's Shin Guards suitability will be checked on the day of the competition.
  10. Optional Equipment: Knee Pads

**SMMA reserves the right to add or eliminate divisions.**

**All ranks- Separate male and female**

### Age

- 7 and under - beginner
- 8-9 year olds- beginner- intermediate- advanced
- 10-12 year olds- beginner- intermediate- advanced
- 13-15 year olds- beginner- intermediate- advanced
- 16-17 year olds- beginner- intermediate- advanced
- 18+ - beginner- intermediate- advanced

**Match Duration – All matches are 3 rounds with a 30 second break in between**

- Youth- (0-12 yrs) 3 minutes (1 min, 1 min, 1 min)
- Teen- (13-17 yrs) 4 minutes (2 min, 1 min, 1 min)
- Adult- (18+) 6 minutes (2 min, 2 min, 2 min)

## **Scoring: Striking**

All Hand Techniques (standing or midair) to Torso - 1 point

Kicks (standing or midair) to the Torso or Legs - 1 point

**NO KNEES OR ELBOWS ALLOWED**

**NO HEAD or FACE CONTACT OR STRIKING ON THE GROUND ALLOWED**

## **Scoring: Grappling** – All Grappling points are consistent with Kick/ISGA Grappling scoring.

Takedown 1 to 2 Points (explained later)

Sweep from the Guard 2 Points

Pass the Guard to Side or Mount 3 Points

Rear Mount 4 Points

Mount Position 4 Points

Simulated Submission (0-12 only) 4 Points

Knee on Stomach (Teen & Adults Only) 2 Points

Each position must be held for 3 seconds (excluding takedowns) in order to be awarded points

## **Fighting Area**

1. The mat area will be approximately 20 X 20 sqft. With a 3' warning area surrounding the fighting area.

2. If the fighters go out of this area the referee will restart the fight in the center of the mat, in the same position they were when they left the mat. If the fighters were in a standing position, they will restart facing each other in the middle of the mat.

## **Identifying The Competitors**

1. A colored ankle band is used to identify competitors during the match.

2. Since most referees wear their watch on the left hand, the colored band will always be on the referee's right hand.

3. When both competitors show up with different colored clothing, the referee should try to associate the darker clothing competitor with the wrist band.

4. When both competitors show up with the same colored clothing, the 1st name on the bracket should receive a colored band on their ankle matching the referee's right hand wrist band.

## **Legal Strike Target Areas**

1. Front body above the belt-line to below the collar bone

2. Side of the body from the front around the side to an imaginary line that runs from the middle of the shoulder blade down to the middle of the buttocks (above the waist) Area includes kidney and liver.

3. Inner and outer thighs.

## **Legal Techniques to legal body area in a non-dangerous manner**

1. Any kind of choke (except for eagle's claw type techniques attempting to close the wind pipe).

2. Any arm bar, shoulder lock, or wrist lock (wrist not allowed for youth)

3. Any leg lock or ankle lock. (Not permitted in beginner divisions or youth 0-12)

4. Punches and kicks to legal target areas.

## **Illegal Strike Target Areas**

1. Head including the face

2. Any part of the neck

3. Top of collar bone

4. From the belt line and down including groin, excluding the inner or outer thigh.

5. Between the Middle of the shoulder blades

6. From the knees down

## **Illegal Techniques**

1. Any technique applied in a dangerous or uncontrolled manner will lead to disqualification.

2. Any technique applied for the sole purpose of knocking out or otherwise attempting to injure your opponent.

3. Kicks to the knees (because of risk of damage).

4. Any strikes while either opponent is on the ground.

5. No knees or elbows.

6. Throwing by lock or strangle.

7. Uncontrolled wrenching of the neck or cranks.

8. Clawing, pinching, twisting the flesh or grabbing the clavicle.

9. Eye gouging.

10. Fish hooking.

11. Head butting.
12. Groin attacks or touching the groin area.
13. Blind striking techniques.
14. Grabbing the ears.
15. Hair pulling.
16. Small joint manipulation.
17. Thumbing.
18. Scratching and pinching.
19. Biting or spitting.
20. Spiking an opponent to the canvas on his or her head or neck.
21. Intentionally placing a finger in any opponent's orifice.
22. The use of abusive language in the fighting area.
23. Any unsportsmanlike conduct that causes an injury to opponent.
24. Attacking an opponent on or during the break.
25. Attacking an opponent who is under the referee's care.
26. Stalling (avoiding contact, or consistent dropping of mouthpiece, or faking an injury).
27. Interference from a competitor's corner.
28. Flagrant disregard of the referee's instructions.
29. No Slippery substances allowed.

### **What Constitutes a Point (Striking)**

1. Striking to legal target areas is worth 1 Point
2. Techniques must be executed correctly. Must be a legal technique to a legal target area
3. Techniques must have extension and retraction
4. Techniques must have purpose and be identifiable to the judges.
5. The attacker must be balanced while executing the technique.
6. Combination strikes will be considered on their own merit, as multiple points or a flurry, at judges' discretion.
7. A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded.

### **What constitutes a Point (grappling) – Note: Consistent with ISGA Grappling Rules**

#### **Takedown**

2 points are awarded for all complete, well executed, takedowns where the competitor's feet leave the ground. If the takedown demonstrates less than perfect technique or the feet of the competitor do not leave the ground than 1 point will be awarded. If the takedown is incomplete or the competitor executing the takedown has both knees on the mat, than an advantage will be awarded. In determining a takedown a referee will look for the competitor who initiates control of an opponent from a takedown attempt. A takedown will not be awarded for aggressively pulling guard.

#### **Sweep from the guard**

2 points are awarded for a sweep from the guard where a competitor, from the bottom position advances their position into any top position.

#### **Pass the Guard to Side or Top Position**

3 points are awarded for a guard pass where a competitor reverses a dominant position and places himself/herself into a dominant position.

#### **Rear Mount**

4 points are awarded for controlling a competitor's back from a rear mount position. A competitor can be awarded points for controlling in this position without the use of hooking the legs for youth 0-12. All teen and adult divisions must have proper hooks in.

#### **Mount Position**

4 points are awarded to a competitor for positioning into a dominant top mount position. A competitor can be awarded points for controlling in this position without the use of hooking the legs for youth 0-12. All teen and adult divisions must have proper hooks in.

#### **Simulated Submission (Youth = 0 to 12 years only)**

4 points are awarded for the competitor who attempts a submission. The referee will stop the match before possible injury, award 4 points and then restart both competitors on their feet.

#### **Legal Simulated Submissions:**

The legal submissions would include all variations of arm, shoulder locks, as well as chokes. (No wrist locks for youth).

### **Knee on Stomach Position**

2 Points are awarded for a competitor placing their rear knee to the chest or stomach of the opponent with the forward leg extended. This is not a legal position in youth's divisions.

### **Advantage**

Defined: The referee may determine **advantage** as a competitor who controls an opponent but does not receive points. Advantage only affects the outcome of a tie match.

**Example:** Controlling an opponent in side control but not receiving points from defending an attempted takedown.

### **15 Point Advantage**

When a competitor scores 15 points more than his/her opponent the match shall be stopped and that competitor declared the winner.

### **Playing For Points**

If a competitor simply transitions between various dominant positions with no earnest attempt at submission, but rather adding points by repeating prior positions, no additional points will be awarded

*NOTE: No points will be awarded to a competitor who is attaining a position while in a submission. Points will be awarded after the submission attempt has been defended.*

*ALSO, If a competitor is about to get POINTS for a position and the referee starts to count the 3 seconds for control and the match time runs out, the referee will give the competitor an ADVANTAGE only.*

**Clarification of details:** No points will be awarded to a competitor who is attaining a position while in a submission. Points will be awarded after the submission attempt has been defended. **ALSO,** If a competitor is about to get POINTS for a position and the referee starts to count the 3 seconds for control and the match time runs out, the referee will give the competitor an ADVANTAGE only.

### **Submission: Only in Teen and Adult divisions can a match end in submission**

A submission is defined as when a competitor admits loss to an opponent by physically tapping hand or foot. "Tapping out" can include verbally admitting loss.

### **Legal Submissions**

The legal submissions would include all variations of arm, shoulder and wrist-locks, as well as chokes. Leg locks are restricted by division and further discussed in next section.

### **Attacks Below the Waist**

White Belt / Beginner- No attacks below the waist (i.e. toe holds, knee bars, ankle locks)

Blue Belt / Intermediate- Only straight knee bars and straight ankle locks are allowed (no twisting).

Purple Belt and Above / Advanced Divisions- see table below.

### **Grappling Illegal Techniques**      ←-----      **Teens and Adults** -----→

<b>Youth 12 &amp; under</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
Neck Cranks	Neck Cranks	Neck Cranks	Neck Cranks
Wrist locks			
Knee on Stomach			
Bicep locks	Bicep Locks		
Attack below Waist	Attack below Waist		
		Any lower body twisting techniques	
		Heel Hooks	Heel Hooks

### **Neck Cranks**

Necks Cranks are Not allowed in any division. In addition, placing the opponent in a headlock and twisting the neck to force a takedown or submission may cause spinal damage and is not allowed. Also, excessive squeezing or pressure on the back of the neck or base of the head is Not allowed. Applying a Neck Crank or a Squeezing technique is "grounds" for Immediate Disqualification.

## **Coaching**

Coaches must remain in the chairs provided beside the scoring table. They are not permitted to enter the mat area unless asked to do so by the referee. Only the designated coach should be directing the competitor. Excessive shouting from multiple spectators only serves to confuse the competitors. No calling out of points. This only serves to confuse the judges. A Coach can stop the match by indicating to the referee that he does not want his competitor to continue. This will be considered a disqualification. Coaches must have credentials and be wearing a coaches shirt. No Negative Coaching as defined (Section 9C)

## **Warnings**

1. Contact Warning: Attacking illegal targets or excessive contact to a legal target area.
2. Stepping out of bounds with both feet (unless pushed by the opponent). One foot in is allowed, but only for 2 seconds
3. Falling down, intentionally or as a result of a technique.
4. Holding, grabbing with intention of causing delay.
5. Boundary Warning: Fleeing from your opponent to avoid sparring.
6. Important Point: An athlete cannot score a point if he/she committed a warning or foul during the technique.

## **Fouls**

Loss of 1 point will be enforced in the case of any of these offenses.

1. Performing any illegal technique listed above (striking or grappling techniques)
2. Loss of temper and/or show of anger
3. Bad sportsmanship or taunting
4. Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.
4. A fouled contestant has up to five minutes to recuperate.
5. If a foul is committed, the referee shall:
  - call time;
  - check the fouled competitor's condition and safety;
  - assess the foul to the offending contestant, deduct points, and notify each corner's seconds and judges.
6. If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.
7. The referee shall verbally notify the bottom contestant of the foul.
8. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges.
9. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

## **Disqualification – Referee can escalate directly to disqualification if blatant issues occur.**

1. Excessive contact to ANY area of the opponent.
2. The drawing of blood to an illegal target area.
3. Ignoring the referees, or any officials.
4. Contact with intent to injure.
5. Committing 3 Fouls.

## **Injuries**

During an injury, the center referee will stop time and a doctor can be brought in to diagnose the athlete.

1. If the athlete cannot continue because of the injury, he/she is the winner if the opponent is responsible.
2. If the athlete cannot continue because of the injury, he/she is the loser if the opponent is not responsible.
3. If you cannot continue during your event, due to injury, you must not compete anymore that day.

## **How to win**

The winner will be decided according to:

1. If a contestant gives up or submits (Tap out or verbal tap out). Youth 0-12 follow simulated submission rule.
2. Technical Stoppage:
  - Referee stops bout;
  - When an injury as a result of a legal maneuver is severe enough to terminate a bout;
3. Decision via Rounds:
  - Unanimous: When both judges score the bout for the same contestant;
  - Split Decision: When one judge scores the bout for one contestant and one judge scores for the opponent.
4. There are no Draws. If after all 3 rounds it is a draw, the judges and center referee will determine the winner.
5. If a competitor is unable to defend himself or the referee feels contestant's well being is in danger, the Referee will declare the winner.

6. In case of accidental injury or blood spillage where it is not the fault of the opponent, the contestant has one minute to completely stop the bleeding or recover else the referee will require that he/she loses.
7. Referees decision is final.

### **Officials**

1. Medical personnel shall be available at all times and easily recognizable.
2. Each contest must have: One referee, two judges, and one timekeeper.
3. All officials should be identifiable by wearing appropriate clothing.
4. The corner judges track all scoring.
5. The corner judges will completely fill out the fight forms and turn them into the center referee at the completion of the match.

### **Duties of the Center Referee**

1. The referee does not keep score.
2. The referee is charged with supervision of the contest.
3. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play.
4. To this end, he/she starts and stops the fight, calls and enforces all penalties.
5. The referee shall communicate clearly with the judges and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.
6. Center referee is the only person who can call for and administer a penalty.
7. The center referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or, stay in bounds, etc."
8. Only the center referee may call time out. He/she must do so for the following reasons:
  - A. To allow equipment adjustments.
  - B. To assess penalties, administer warnings.
  - C. To attend to an injured competitor.
  - D. To hear a legal protest.
9. The center referee will occasionally confer with the judges when in his/her opinion the scores are not consistent, this will help to ascertain the competence of the judges.

### **Duties of the Judges**

1. Two corner Judges keep score on SMMA Scoring Sheets.
2. The Judges will count all striking that are to a legal target area, using a legal technique, while standing.
3. While on the ground, the center referee will indicate grappling points for each competitor. The judges will score each competitor as indicated by the center referee.
4. Judges shall keep count of all penalties awarded to competitors, as instructed by the center referee.
5. At the end of each round, each judge shall determine the winner of that round based on:
  1. striking points
  2. grappling points
  3. aggressiveness
  4. dominant control of the round
  5. A total assessment of the round combined with the indications of points should determine the winner
6. At the end of each round, record the winner of that round, and be ready to score the next round.
7. At the end of the match, each judge will confer with the center referee to indicate their outcome of the match.

### **Duties of the Timekeeper**

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. The center referee must call time out with the referee's signal, and restart when fighting resumes. Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the center of the fighting area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the center referee calls the signal to stop.

### **Legal Protest / Arbitration**

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a designated coach, the tournament director, or his designate. A legal protest to be acted upon during a match must be lodged with the timekeeper, who will immediately notify the center referee. The center referee will then call a time out to deal with the protest. Process:

1. Coach must raise hand. The center referee will acknowledge, stop time, confer with the coach.
2. Coach must state arbitration issue in a respectful manner.
3. Once resolved, match will continue.
4. If not in a respectful manner, coach may be asked to leave the ring, or the event, and possible disqualification of his competitor.

## Divisions

### On the day of the event

In the event there is nobody within the division weight limits to match a Competitor, then;

1. that person will be asked to move up (1) age division,
2. the weight difference not to exceed 15 lbs max.
3. In the event there is still no other competitor, then ISGA/KICK reserves the right to match the competitor with someone deemed to be at a similar weight (within 15 lbs) and skill level, regardless of age."
4. For the youngest age group (7 yrs and under), and under 50 lbs. the weight difference should be no more than 10 lbs. For fairness and safety considerations.

### Experience defined

Beginner: 1 year or less continuous training

Intermediate- up to 2 years of training

Advanced- over 2 years of continuous training

### Age Groups:

Youth Divisions

7 and under – All levels

8 to 9 year olds- beginner- intermediate- advanced

10 to 12 year olds- beginner- intermediate- advanced

Teen

13 to 15 year olds- beginner- intermediate- advanced

16 to 17 year olds- beginner- intermediate- advanced

### Weight

7 & Under		8 to 9		10 to 12		13 to 15		16 to 17	
LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG
- 48	- 22	- 62	- 28	- 79	- 36	- 90	- 41	- 125	- 57
- 55	- 25	- 70	- 32	- 90	- 41	- 105	- 48	- 140	- 64
- 62	- 28	- 79	- 36	- 101	- 46	- 120	- 55	- 155	- 70
- 70	- 32	- 88	- 40	- 112	- 51	- 135	- 61	- 170	- 77
70 +	32 +	- 97	- 44	- 123	- 56	- 150	- 68	170 +	77 +
		97 +	44 +	123 +	56 +	150 +	68 +		

### Adult Divisions – White, Blue / Beginner, Intermediate

LBS	KG
- 130	- 59
- 145	- 66
- 160	- 73
- 175	- 80
- 190	- 86
- 205	- 93
- 220	- 100
220 +	100 +

### Adult Divisions – Purple to Black Belts / Advanced

Male	Male	Female	Female
LBS	KG	LBS	KG
- 150	- 68	- 125	- 57
- 175	- 79	- 140	- 64
- 200	- 91	- 155	- 71
200 +	91 +	155 +	71 +