

RULES AND GUIDELINES FOR AMATEUR BOXING & AMATEUR KICKBOXING



AMERICAN AMATEUR MIXED MARTIAL ARTS

By Terry Haven, President, and Larry Downs Jr., Vice
President

AMERICAN AMATEUR MIXED MARTIAL ARTS, INC.
A 501c3 Non-Profit Sanctioning Body

Welcome to American Amateur Mixed Martial Arts. (Hereafter referred to as AAMMA.) I want to congratulate you for expressing an interest in becoming a student of amateur Boxin, Muay Thai Kickboxing, and martial arts or an AAMMA instructor or official. This publication was developed to educate and notify anyone of AAMMA's schools, instructors, officials, of AAMMA's rules and regulations.

The primary purpose of AAMMA is to educate amateur student athletes, instructors and officials in the martial arts. We believe the art of self defense and competition in all martial arts leads to greater self discipline, self confidence, education, structure, work ethic, character and friendships. We hope to provide AAMMA martial arts schools and boxing academies with an affordable and accessible all-in-one educational and instructional amateur sanctioning organization.

Our mission is to provide a competent sanctioning organization, where all amateur participants can compete in the martial arts in the same event on the same day, in hopes of reducing the cost associated with different amateur sanctioning bodies. We are certain this will increase the number of amateur student athletes and their education in the field of martial arts.

With character development and education as some of our goals, we offer a scholarship fund for all student athletes who compete with AAMMA.

If you chose to compete or serve as an instructor or an official for AAMMA, you must follow the enclosed rules, regulations and instructional programs. AAMMA has developed the following educational programs and rules to maximize competitor education and safety.

Sincerely,

Terry Haven

Larry Downs, Jr.

National Chief of Officials

American Amateur Mixed Martial Arts, Inc.

American Amateur Mixed Martial Arts will hereafter be known as AAMMA for this publication

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MANDATORY INSTRUCTORS & OFFICIALS CLINICS

The following guidelines to conduct a mandatory clinic for AAMMA instructors and officials prior to any amateur martial arts competition must be followed.

1. Minimum time length of 30 minutes.
2. Content must be related to rules, guidelines, regulations and sportsmanship with strong emphasis on safety and education.
3. Must be administered by the Chief Official and/or Education Coordinator.
4. Registered school representative as well as all instructors, judges and referees must be in attendance.

AAMMA STUDENT ATHLETE EDUCATIONAL CLINIC

The following guidelines to conduct a mandatory clinic for AAMMA student athletes prior to any amateur martial arts competition must be followed.

1. Minimum time length of 30 minutes.
2. Content must be related to any aspect of competition such as sportsmanship, rules, and safety. Also, we require at least 1/2 the clinic time to be devoted to the growth and development of the student athlete with topics such as drug use, anger management issues, behavior outside the ring, volunteerism, mentoring, nutrition, etc. Guest speakers and handouts are allowed and encouraged.
3. Must be administered by the Chief Official and/or Education Coordinator.
4. All student athletes registered for upcoming martial arts competition must be in attendance.

STUDENT ATHLETE ELIGIBILITY

1. All Student Athletes in an AAMMA sanctioned event must be registered with AAMMA.
2. All Student Athletes must sign the AAMMA liability waiver for each AAMMA sanctioned event.
3. To establish both physical and mental fitness for competition, all student athletes applying for eligibility to compete in an AAMMA event must be examined by a board certified MD or DO.

4. Any competitor who is currently under suspension by AAMMA, USA Boxing, ISKA or any athletic commission will not be allowed to compete in an AAMMA sanctioned event for the duration of his/her suspension.
5. No competitor may compete in an AAMMA event if the competitor has competed as a professional in any combat sport, without the express written approval of the AAMMA board.
6. Any competitor in the Master's Division (over the age of 40) must have a personal physician complete the Master Division's Medical Exam form.
7. No competitor will be allowed to compete without a photo ID or other proof of age.
8. Any competitor deemed ineligible to compete by the event physician, will not be allowed to compete.
9. No competitor is allowed to get paid for his/her performance in an AAMMA event.
10. Junior student athletes are not allowed to compete with anyone who is 24 months older or younger and/or over a 10 lb. weight difference.
11. Any competitor that turns 17 before August 31st must compete in the adult division from then on. Any competitor who turns 17 after August 31st must complete the year as a Junior Student Athlete. (Tournament Rules)

EVENT ELIGIBILITY

1. The hosting school must be registered and in good standing with AAMMA.
2. The tournament must have a liability/casualty/medical/dental/accidental death policy covering the event in the amount mandated by the State's Athletic/Boxing Commission.
 - The hosting may acquire the policy, but must include AAMMA as additional insured.
 - AAMMA can the policy for the event, upon the request of the hosting club, and add it to the sanctioning fee.
3. The hosting school must submit 'AAMMA's Event Application' form to AAMMA with payment 30 days prior to the event.
4. AAMMA can pull it's sanctioning of an event at any time if AAMMA's rules and regulations are being followed or feels that a student athlete's safety is at risk.

OFFICER ELIGIBILITY

1. All officiating personnel at an AAMMA sanctioned event must be registered with the AAMMA.
2. Persons filling the following officiating positions must be registered with the AAMMA.
 - Chief Officials
 - Referees
 - Judges
 - Ringside Doctors (fee will be waived)
 - Time Keepers
 - Instructors
3. Each official's registration expires on December 31st of each year and must renew annually.
4. All Referees, Judges, and Timekeepers must complete the AAMMA training manual and successfully pass the written exam.
5. All ringside doctors must be board certified MD or DO.
6. Anyone wanting to apply for a local, state or regional sanctioning officer position, must apply to and be approved by the AAMMA board.

STUDENT ATHLETE'S ATTIRE AND EQUIPMENT

1. All student athletes must use AAMMA approved equipment.
2. All student athlete's hair shall be cut or arranged to be kept out of eyes.
3. Student Athletes shall not wear eyeglasses during competition, however, soft contacts are authorized.
4. The use of a thin coat of pure Vaseline on the face only is permitted.
5. All student athletes must be clean and present a tidy appearance.
 - Fingernails and toenails should be short.
 - No artificial nails allowed.
 - All body and tongue piercings must be removed prior to competing.
6. Student Athletes must compete in foul-proof gear.
 - Males must use a protective cup.

- Males may use a jock strap cup.
 - Females may use well-fitting breast protector.
 - Females may also use groin protectors.
7. Each student athlete shall wear a pair of athletic trunks that reaches no further than the knees.
 - No pockets, buttons or zippers.
 - No items may be affixed to the trunk/shorts, such as but no limited to metal or plastic objects, sequins, etc.
 - Patches, cloth insignias and screen-printings are authorized.
 8. Boxing boots or athletic shoes must be worn for boxing only.
 9. Rash-guard is allowed.
 - No items may be affixed to the rash-guard.
 - Patches, cloth insignias and screen-printing are allowed.
 10. No metal, straps, buckles, necklaces, jewelry or any other objects, which may cause injury to either fighter, shall be worn.
 11. No boxer is allowed to wear the emblem of any school or organization, which he/she is not eligible to represent in an AAMMA event.
 12. Student Athletes may appear in uniforms and/or accessories bearing an advertisement, brand name or logo of their school or their club's sponsor except when AAMMA requires a specific uniform to be worn .i.e. Tournament
 - All club names/sponsors/logos must be family friendly.
 - No profanity, nudity or sexually explicit material will be allowed on a student athlete's uniform.
 13. A student athlete shall be permitted to wear the insignia of the organization he/she represents.
 14. A student athlete must wear a custom-made or individually fitted mouthpiece during each round. An example of custom-made is "dentist molded" and an example of individually fitted is the commercial plastic.

Purpose of mouth piece:

 - a. to reduce potential for jaw fractures
 - b. to reduce the possibility of cuts to the inside of mouth
 - c. to reduce the potential of harm/injury to teeth

15. The student athlete's mouthpiece must be examined by the referee during the pre-match check.
16. The student athletes must have a minimum of two mouthpieces during competition. (One mouthpiece to use and one reserve mouthpiece)
17. Authorized gloves. The student athlete shall wear AAMMA approved and provided gloves. Student Athletes are not allowed to wear their own gloves. All gloves must be approved by an AAMMA Chief official.
 - Purpose of gloves
 - I. to diminish/reduce impact of blow
 - II. to protect the hands
 - Gloves Specifications: The student athlete's gloves shall be a minimum of 10 to 12 ounce amateur boxing gloves. Anyone under 164 lbs must wear 10 ounce gloves and (any one) 164 lbs and over must wear 12 ounce gloves.
18. Hand Wraps Specifications
 - 15 yards of 2" cotton gauze and 6 ft. of 1" adhesive tape per hand. The tape must be applied 1" behind the knuckles.
 - Velpeau may be used, not to exceed 15 ft. in length with a strip of 1" adhesive tape by 12 inches in length per hand to secure the hand wrap around the wrist.
 - All hand wraps must be approved by an AAMMA official.
19. AAMMA approved head protectors or headgear is mandatory for all boxing/ kickboxing student athletes.

CUTTING WEIGHT

AAMMA does not encourage extreme weight cutting. This can be a very dangerous activity, which can result in a student athlete's death. All AAMMA student athletes must follow the following maximum allowable weight loss guidelines.

1. When possible, all student athletes must weigh-in the day before the event. If unable to weigh-in the day before, the student athlete must weigh-in no less than eight hours before the event.
2. The AAMMA representative or chief official will perform the weigh-in.
3. All the student athletes must use the same scale.
4. The maximum amount of weight a student athlete will be allowed to lose after the official weigh-in begins is 2 pounds and has 2 hours to make the desired weight.

5. If the maximum allowable weight loss fails to bring a student athlete within the permissible weight spread, that student athlete will be declared ineligible to compete in that weight division.

THE COMPETITION AREA

1. The competition area shall be no smaller than 18'X18'. The competition floor shall be padded in a manner as approved by the AAMMA. The AAMMA recommends a minimum of (1" EVA Foam padding), maximum 2" layer of closed cell foam floor padding. A standard boxing type 4/5 MMA rope ring is allowed and is subject to AAMMA approval. If a standard boxing type rope ring is used, the ring floor shall extend beyond the ropes not less than 18". Padding must extend over the edge of the vinyl covering.
2. The ring platform shall be at least 30" above the floor of the building and shall be provided with suitable steps or ramp for use by the fighters. Ringside table must be no higher than ring platform level.
3. The ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the competition.
4. The event host will be responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, water bottles, towels, or other equipment. AAMMA representatives are to make an examination at every event for violations of these rules.

INSTRUCTIONAL STUDENT ATHLETE CLINIC

All student athletes, and instructors, must attend the clinic held by the AAMMA representative.

1. This clinic will be following the weigh-in, or during the afternoon before the event. In addition, student athletes will be required to report for physicals and to their dressing rooms at the time specified by the event host and the AAMMA Representative. Failure to do so will result in the student athlete not being allowed to compete.
2. Once a student athlete reports to the AAMMA Representative for the student athlete and physical, he/she is not allowed to leave the facility.

NUMBER OF INSTRUCTORS AND THEIR APPEARANCE

1. Each student athlete may have up to two instructors of his/her choice. Each instructors must be registered with AAMMA. If a instructor is not registered with AAMMA, he/she may register on the day of the event. Instructors must be registered or the student athlete will be disqualified.
2. The Instructors must present a neat and tidy appearance, provide a pail, tape, water bottle and other equipment necessary to perform his/her function.
3. Instructors may not sit, stand on, lean on or touch the ring apron during the course of the match.
4. The Instructor is not allowed to interfere physically or verbally with the match or the duties of the officials.
5. The instructors must remain in designated areas assigned by the event host.
6. At no time is the instructor allowed into the ring except with the approval of the referee or during rest periods.
7. The AAMMA Representative may disqualify the student athlete for improper or unsportsmanlike conduct by the student athlete's instructors.

CONDUCT OF MATCHES

1. Duration of MatchEs
 - a. Rounds may be scheduled from 1-3 minutes.
 - b. Matches are to be scheduled for 3 rounds and open boxers 4 rounds (10 matchEs or more).
 - c. Rest periods shall be scheduled for 1 minute between rounds.
 - d. The match continues until one student athlete can not continue or his/her instructor, referee, or physician stops the match, or the time limit of the rounds expires.
 - e. The time runs continuously and may be called or stopped by only the referee in special cases, such as equipment malfunction, commitment of foul or injury to a student athlete.
2. Referee Instruction
 - a. Immediately before the match commences, the referee will call the student athletes to the center of the ring and give final conduct instruction and answer any last questions.
 - b. The student athletes then will go to their corners usually designated red or blue.

- c. The student athletes will prepare to start as the referee signals the timekeeper to start the clock. The match will then commence.
3. Awarding of Points
- a. In awarding points, the following directives shall be observed. During each round, a judge shall assess the respective scores of each student athlete according to the number of blows obtained by each. Each blow to have scoring value must, without being blocked or guarded, land directly with the knuckle part of the closed glove of either hand on any part of the front or sides of the head or body above the belt. Blows landing as above described are scoring hits. The value of blows scored in a rally shall be assessed at the end of such rally and shall be credited to the boxer who has had the better of the exchanges according to the degree of said student athlete's superiority.
 - b. Fouls, at the discretion of the referee, based on the intent of the student athlete committing the foul and the result of the foul, may cause time to be stopped in the match and warnings, recuperation time and/or disqualification being issued.
 - I. Flagrant disregard of the referee's instructions
 - II. Biting
 - III. Groin attacks or strikes below the belt
 - IV. Striking the Back
 - V. Elbow strikes of any kind
 - VI. Holding onto the rope
 - VII. Intentionally delaying the match due to improper equipment, or by intentionally dropping or spitting out the mouthpiece
 - VIII. Intentionally delaying the match by grossly avoiding his/her opponent.
 - IX. No Holds
 - X. No striking to the top or back of the head
 - XI. No striking with the forearm
 - XII. No kicks
 - XIII. No back hand strikes
 - XIV. No intentional head butts
 - XV. No strikes with the inside palm
4. Disqualification occurs after any combination of three (3) fouls or after a flagrant foul.

- a. Fouls result in a point being deducted by the official scorekeeper from the offending student athlete's score. The judges should make notations of points deducted by the referee for each round.
 - b. Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.
 - c. A fouled student athlete has up to five minutes to recuperate.
5. If a foul is committed:
- a. The referee shall call time
 - b. The referee will direct the offending student athlete to a neutral corner
 - c. The referee will then assess the fouled student athlete's condition and safety
 - d. The referee shall then assess the foul to the offending student athlete, deduct points, and notify the judges and AAMMA Representative

FOULING, STOPPING THE MATCH

1. If the referee determines that the fouled student athlete needs time to recover, he/ she may stop the match (and time) and give the injured student athlete a reasonable amount of time to recover, up to a maximum of 5 minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring physician will determine if the fouled student athlete can continue the match. If he/ she can, the match will continue.
2. The results of the foul will be based on the following determination by the referee:
 - a. If the referee determines that the foul was obviously committed by one of the student athletes, and that the fouled student athlete did not contribute to the injury, the referee can disqualify the offending student athlete and declare the fouled student athlete the winner.
 - b. If the referee determines that the injured student athlete was responsible for his/ her own injury, the referee will not penalize the opponent in any manner. In this case, if the referee or ring physician determines that the injured student athlete is unable to continue, he will lose by referee stops match.
 - c. If the referee determines that there was no fault attributable to either student athlete, (that the injury was caused by both student athletes), the referee will allow the injured student athlete time to recover. If, at the end of the recovery

period, the referee or the ring physician determines that the fouled student athlete cannot continue, the match will be called a no decision.

- d. If an injury occurs due to a suspected foul that the referee was unable to see, a “blind foul”, the referee may, at his sole and final discretion, confide with the AAMMA Representative, to determine where the fault may be placed. He may consider any, all or none of the opinions expressed in making his determination. At his sole discretion, he may ask the judges for their opinion before rendering his decision. A referee’s decision on fouls may be overruled at ringside only by the AAMMA Representative, and then, only in the instance of a clear error of misapplication of the rules.

THE POWER TO STOP THE MATCH

1. Either the referee, student athlete’s instructor, doctor or the student athlete may stop the match.
2. The referee or the doctor shall have the power to stop a match at any stage, if he/she considers that either student athlete is in such condition that to continue may subject him/her to serious injury.
3. A student athlete’s instructor can stop the match.

MOUTHPIECES

1. No fighter will be allowed to begin any match without a mouthpiece.
2. If a student athlete’s mouthpiece is knocked out by fair blow or a foul tactic, the referee shall call time out immediately and stop the match in place. At that time the referee will replace the student athlete’s mouthpiece.
3. Willful dropping or spitting out of the mouthpiece by a student athletes shall be deemed as a ‘delay of match’ foul and the student athlete will be penalized accordingly by the referee.
 - a. The referee may penalize the offending student athlete by deducting points.
 - b. If the student athlete continues to delay the match by intentionally and chronically spitting out his/her mouth piece, he/she may be disqualified.

PHYSICAL EXAMINATION

1. A thorough physical and eye examination will be given to each fighter by the attending physician at the time specified by the event coordinator, physician or AAMMA Representative.
2. If the student athlete is 40 years of age or older 'the AAMMA Physical Form' must be filled out by the student athlete and the attending physician and returned to the AAMMA Representative.
3. The physician's portion of the Student Athlete's Logbook must be filled out by the attending physician and returned to the AAMMA Representative.
4. The Student Athlete's Logbook will be returned to the student athlete after the match except in the case of a referee stopping the match due to head injury.

EXAMINATION ORDERED BY AAMMA

1. Any student athlete who participates in an AAMMA sanctioned event, may at the request of the AAMMA Representative, be required to submit to a pre-fight or post-fight urine and/or blood examination for foreign substances.
 - a. The urine/blood examination will test for prohibited performance enhancing substances as outlined by the AAMMA's anti-doping program.
 - b. The urine/blood examination will also test for illegal and mind altering substances which is also outlined by the AAMMA's anti-doping program.
2. Any student athlete who refuses to submit to the blood/urine examination will be immediately suspended for a length of time as specified by the AAMMA board members.
 - a. The AAMMA Representative will retain the refusing student athlete's 'Logbook'.
 - b. The refusing student athlete's 'Logbook' will be returned once his/her suspension period has expired.
3. If a student athlete is positive for any mind-altering substances, any injury sustained by participating in an AAMMA event will not be covered by any services retained by AAMMA or event host.
4. If a student athlete refuses a post-fight physical, AAMMA will not be held in any way responsible for his/her physical, mental or monetary losses.

REPORTS AND REJECTIONS

1. Should any student athlete examined prove unfit by the attending physician, the student athlete must be rejected, and an immediate report of the fact made to the event coordinator and the AAMMA Representative.

PRESENCE OF PHYSICIAN AND EMS UNIT

1. At least one licensed physician, possessing an M.D. or D.O. must be onsite and ringside during all matches, and an emergency mobile unit must be available within a reasonable response time, at all AAMMA sanctioned events.
2. The use of two ringside physicians is strongly recommended.
3. The physician(s) must sit at immediate ringside throughout the duration of the matches.
4. No match will be allowed to proceed unless the physician is in his seat. The physician shall not leave until after the end of the final match. He/she shall be prepared to assist in any serious emergency and will render temporary emergency treatments for any cuts or minor injuries sustained by the student athletes.
5. Under no circumstances are the instructor permitted to enter the ring or attend to a student athlete during the course of the match. If the student athlete is cut and the match is stopped, his/her instructor can then enter the ring after the physician clears the student athlete.
6. The physician may enter the ring between rounds and during referee stoppage to assess the student athlete's injuries and determine if the student athlete can safely continue.

REPORT OF INJURY

1. All attending physicians must report all cases in which a student athlete has been injured during a match to the chief official and event coordinator.
2. The attending physician must fill out the 'AAMMA Injury Report' form for any injury the attending physician feels needs medical attention.
3. After the 'AAMMA Injury Report' form has been filled out, it must be delivered to the AAMMA Representative and event coordinator immediately.

STUDENT ATHLETES KNOCKED UNCONSCIOUS (RSM-H)see pg. 17

1. Student Athletes who have been knocked unconscious will be kept lying down until they have recovered.
2. When a student athlete is knocked unconscious, no one is to touch him/her except the referee, until the ringside physician enters the ring and personally attends to the needs of the student athletes and issues such instructions he/she sees fit to the student athlete's instructor and/or EMTs.
3. A student athlete who loses a match by being knocked unconscious will be suspended from competition in any AAMMA event for a minimum of 90 days.
4. A student athlete who loses a match by RSM, PSM, ISM (see pg. 17) will be suspended for 30 days or longer if substantial head/body trauma was involved.
5. Any instructor who's student athlete loses his/her match by RSM-H, PSM-H, or RSM, PSM, ISM will receive the 'AAMMA Head Injury Instructions Sheet'. This is issued for the student athlete safety and should be followed carefully.

SUSPENSION FOR DISABILITY

1. Any student athlete rejected by an examining physician will be suspended until it is shown that he/she is fit for further competition.
2. Any student athlete suspended for 30-90 days for RSM-H, PSM-H or RSM, PSM, ISM will take the same examination as required for the eligibility physical except as directed by AAMMA.
3. The physician may require any other procedure, including a EEG, MRI, and/or CT, if indicated.

RINGSIDE OFFICIALS

1. A referee, (1) timekeeper, an AAMMA Representative, a physician, a minimum of (3) judges, all approved by the AAMMA, will be present ringside at all AAMMA sanctioned events. All officials must be registered with the AAMMA. The officials can register with the AAMMA on the day of the event.
2. Officials (Dress Code)
 - a. When possible, officials shall be dressed in similar clothing, preferably black AAMMA dress shirts, black dress slacks and black shoes.

- b. Female officials shall dress in black dress shirt, black slacks and black shoes or black shoes or black AAMMA blouse and black skirt.
 - c. Officials working an AAMMA tournament may be provided uniforms from the organizer of the tournament.
4. Timekeeper's Equipment and Duties
- a. All necessary equipment will be provided to the timekeeper by the event coordinator. AAMMA requires (2) stop clocks. One stop clock for the round time and one stop clock for fouled student athlete's recovery period.
 - b. The timekeeper will keep the time during each match, starting and stopping the official clock for time-outs designated to him by the referee.

TYPES OF MATCH RESULTS

1. RSM- Referee Stops Match
2. PSM- Physician Stops Match
3. ISM- Instructor Stops Match
4. RSM-H- Referee Stops Match due to head injury (i.e. loss of consciousness)
5. PSM-H- Physician Stops Match due to head injury (i.e. loss of consciousness)
6. Unanimous: When all three judges score the match for the same student athlete.
7. Split Decision: When two judges score the match for the same student athlete and one judge scores for the other student athlete.

SCORING TECHNIQUES

1. Using 10 point must scoring system, judges are required to determine a winner of a match that ends after the initial scheduled number of rounds have been completed. Ten points must be awarded to the winner of the round, unless points have been deducted for fouls, and nine points or less must be awarded to the loser. No match will be scored a draw. A winner must be declared.
2. Judges must evaluate offense/defense techniques, such as:
 - a. Effective Striking
 - b. Ring Control
 - c. Effective Aggressiveness/Defense

ANNOUNCING THE RESULTS

1. After the AAMMA Representative has completed verifying the score card, the Representative will give the ring announcer the results. The announcer shall then inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name.
2. In the event of a RSM-H, a RSM, disqualification or forfeit, the announcer or the referee will officially designate the winner and give the time at which the match was stopped.

CHANGE OF DECISION

1. A decision rendered at the termination of any match is final and cannot be changed unless a grievance is filed by the student athlete/instructor and is approved by the board.

PROTEST

1. All protests over the decision of a match shall be verbally registered only by the protesting student athlete and/or his/her chief instructor to the AAMMA Representative prior to the end of the event, who will note the nature of the protest in his Representative's report. All protests must be received at the appropriate AAMMA office, in writing and accompanied by all pertinent evidence (videotapes, affidavits, etc.), no later than 14 days following the match and accompanied by the appropriate fee: Protest Fee \$100.00
2. The standard for review is "clear" evidence which would justify a change of decision, or "clear" circumstances which in the best interest of the sport would justify a change in decision.
3. All decisions by the AAMMA Board are final.
4. Any questions on the rules of AAMMA should be directed to the AAMMA Board.

RULE CHANGES

Any and all rules are subject to change without notice. The AAMMA will take reasonable efforts to notify it's members of any rule changes by publications, email, website and/or at event rules meetings.

WELCOME ALL AMATEUR STUDENT ATHLETES !!

CREED

Take pride and dedication in your sport.

Always remember the importance of good sportsmanship.

Keep all your competitions fair and honorable.

Prove your skills in the ring, not on the street.

We wish you well in you future endeavors in and out of the ring.

AAMMA

TOURNAMENT WEIGHT CLASSES

WEIGHT CLASS	WEIGHT CLASS (LBS)	WEIGHT DIFFERENTIAL
Light Flyweights	106 lbs	8 lbs
Flyweights	112 lbs	8 lbs
Bantamweights	119 lbs	8 lbs
Featherweights	125 lbs	8 lbs
Lightweights	132 lbs	10 lbs
Light Welterweights	141 lbs	10 lbs
Welterweights	152 lbs	10 lbs
Middleweights	165 lbs	10 lbs
Light Heavyweights	178 lbs	15 lbs
Heavyweights	201 lbs	15 lbs
Super Heavyweights	> 215 lbs	no limit

AMATEUR KICKBOXING RULES

Please note: The basic principles set forth in the Amateur Boxing Guidelines (pages 4-19) are to be enforced along with the following Amateur Kickboxing Rules.

UNIFORM: A uniform approved by AAMMA must be worn by all student athletes upon entering the ring. Student Athletes will wear approved Kickboxing shorts or athletic shorts-no pockets, buttons, or zippers. Shirts are not permitted to be worn.

HEARD GEAR, GROIN PROTECTORS, BREAST PROTECTORS AND MOUTHPIECES: All student athletes must wear AAMMA approved head gear. All male student athletes must wear an approved groin protector. A plastic cup with an athletic supporter is adequate, but an abdominal guard is preferable. All female student athletes must wear foul-proof breast protection approved by the AAMMA official. All student athletes must wear a fitted mouthpiece. Student athletes must furnish their groin protectors (or breast protectors for women), and mouthpieces. Student athletes who do not present themselves properly equipped at the start time of their match shall be subject to disqualification unless such issue can be resolved within 5 minutes. No rings, jewelry, or items other than those authorized may be worn.

GLOVES/SHIN PADS - STANDARD SPECIFICATION: All amateur student athletes must wear properly fitted and AAMMA approved shin pads with in-step. All weight categories of 163 lb./74.1 kg and lighter will use AAMMA approved 10 oz. gloves. If one competitor is 164 lb./74.5 kg and above and/or one competitor is below, will use AAMMA approved 12 oz. gloves. All weight categories heavier than 164 lb./74.5 kg will use AAMMA approved 12 oz. gloves, as may any weight class with the approval of the AAMMA Representative.

HAND AND FOOT WRAPPING: Student Athletes shall wrap their hands. Student Athletes shall be responsible for their own gauze and tape. Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten yard roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand. No other material, including pre-made hand wraps (except as approved in amateur competition) shall be allowed; nor shall any amounts exceeding those listed be allowed under any circumstances. Gauze shall be for the protection of the hand only, and the amount shall be at the discretion of AAMMA

Representative. Tape shall be present only to hold the gauze in place, and no tape is allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 inch width and 8 inches in length. Up to twelve feet of tape may be used to wrap each foot and ankle.

NUMBER OF INSTRUCTORS AND THEIR APPEARANCE: Each competitor may have two instructors of his choice, and each instructor while assisting in the competitor's corner, must present a neat and tidy appearance, provide a pail, tape, water bottle, and other equipment necessary to perform his function, and fix a place for the student athlete to wait during the rest periods. Instructors may not sit on, stand on, lean on, or touch the ring apron during the course of a round, nor otherwise interfere physically or verbally with the match or the duties of the officials. During the rest periods, only one of the instructors may be in the ring at any time. The referee may, at his discretion, levy penalty points for improper and unprofessional conduct by the instructors.

THROWING WATER PROHIBITED: Any excessive or undue spraying of water on any competitor between rounds is prohibited. Seconds will wipe dry the ring canvas in their corner before the start of each round. Student Athletes will spit only in the pails and not on the ring.

INSTRUCTOR STOPPING THE MATCH: An instructor may stop the match at any time by stepping on the apron of the ring and motioning the referee.

DURATION OF MATCHES: A match may be 3 rounds for Novice student athletes or may be 4 rounds for Open student athletes (with over 10 matches).

DURATION OF ROUNDS: Each round will be two or three minutes in duration. The time runs continuously and may be called or stopped only by the referee, the AAMMA Representative, the ringside physician or in special cases, such as equipment or uniform adjustment, harmful injury or commitment or a foul.

REST PERIODS: Rest periods between rounds will be one minute in duration.

AUTHORIZED OFFENSIVE TECHNIQUES:

1. All offensive Kickboxing punching, kicking and striking techniques are authorized, with the exception of those techniques specified as “Fouls” in the following section.
2. Muay Thai Clinch with the purpose of knee strikes to the front or side of the torso and thighs

FOULS: All fouls are 1 point. Fouls include:

1. Head butting
2. Striking with the elbow
3. Striking or kicking to the groin
4. Intentional striking to the back of the head or throat
5. Linear kicking below the belt
6. Any kick to the leg other than a round house or hooking motion
7. Spinning back fist where any part other than the padded knuckle section of the glove makes contact with the competitor (forearm or elbow)
8. Any striking of the spine
9. Punching or kicking a competitor when he/she is down. (When any part of his/her body other than his/her feet touches the ground)
10. Sweeps, intentionally pushing or shoving an opponent to the canvas or out of the ring
11. Attacking on the break or after the bell has sounded to end the round
12. Holding the head with one hand while hitting with the other
13. Grabbing or holding onto an opponent’s foot or leg and taking more than one step forward without striking or kicking the opponent.
14. Holding the ropes with one hand while striking or defending with the other hand or leg
15. Purposely going down without being hit
16. The use of abusive language in the ring
17. Intentionally evading contact, clinching, holding an opponent’s arms to prohibit him from punching him, intentionally delaying the match

Note: A competitor who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a match of this nature) may be subject to bearing the medical, as well as related recovery and

recuperation expenses of the competitor who is injured as a result of such a fouling technique. If a competitor is injured from a fouling technique and the competitor is allowed to continue, and if the fight is stopped later on in the match due to further damage to the injury, the scorecards will be consulted. If the competitor who did the fouling is ahead, a technical draw is awarded. If the competitor who is fouled is ahead, he wins the match by a technical decision.

FOULING, STOPPING THE MATCH: If the referee determines that the fouled competitor needs time to recover, he may stop the match (and the time) and give the injured competitor a reasonable amount of time to recover, up to a maximum of five minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring physician will determine if the fouled competitor can continue the match. If he can, time in that round will be resumed and the match will continue. The scoring of the foul will be based on the following determination by the referee: (A) The referee determines that the foul was obviously committed by one of the student athletes, (B) The referee determines that the injured competitor was responsible for his own injury, (C) Blind fouls - if an injury occurs due to a suspected foul, that the referee was unable to see (blind foul), the referee may, at his sole and final discretion, confide with any or all of the three judges and the AAMMA Representative, to determine where the fault may be placed, or (D) The referee determines that there was no fault attributable to either competitor (that the injury was caused by both student athletes), the referee will allow the injured competitor time to recover as in (A) above, but will not penalize either competitor. If, at the end of the recovery period, the referee or the ring physician determine that the fouled competitor cannot continue, the match will be ruled "No Contest".

THREE KNOCKDOWN RULES: There will be no "three knockdown rule" in effect in any match. The referee will in all circumstances have the authority to stop a match or allow it to continue, regardless of the number of knock downs or standing eight-counts.

SAVED BY THE BELL: You can not be saved by the bell in any round, including the final round.

AAMMA ADVISORY BOARD

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Dr. William Shanahan.....(850)478-7595

(ER Surgeon with Sacred Heart Hospital)

CHIEF REFEREE ADVISOR

Thomas Kimmons.....(850)455-2526

(35+ years boxing/referee experience)

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Alice Downs.....(850)572-1378

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CHIEF REGISTRATION ADMINISTRATOR

Alice Downs.....(251)609-3905

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4 years Volunteer USA Boxing Instructor)

Brian Smith.....(850)324-3806

(Escambia County Sheriffs Deputy & School Resource Officer)

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