

# No Gi Submission Grappling Rules



## American Amateur Mixed Martial Arts

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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 athlete of amateur Boxing, 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, and student athlete's 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 student athletes 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 athletes who compete with AAMMA and meet our educational criteria.

If you choose 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 program and rules to maximize student athlete 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*

# General Rules

1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.**

2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling.

3) **No slamming allowed.** Illegal slamming will be defined as slamming the opposing student athlete to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam the opposing student athlete. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver the opposing student athlete safely to the mat.

4) **Heel hooks, reaping the knee, figure-four toeholds, twisting knee locks, neck cranks, compression locks (AKA “slicers”, “crushers”) and “flying scissors” takedowns are ILLEGAL in Children, Teen, Novice, Beginner, Intermediate, and 30+ Divisions. All submissions are allowed in Advanced Men’s and Women’s divisions. Straight kneebars are ILLEGAL in all Children’s divisions. Straight ankle locks are legal in all divisions.**

5) No neck cranks. i.e. but not limited to, can opener, crucifix...

6) No grabbing of any clothing including your own, will be permitted.

7) Gis are not permitted for submission grappling divisions. Mouthpiece and groin protection are mandatory. Shirts must be tight fitting; rashguards are recommended.

8) Student athletes will be allowed to continue grappling anywhere on the matted area, provided they don’t interfere with another match. If the student athletes are

near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the student athletes will restart from a standing position.

9) If a student athlete flees the ring or mat when a submission is locked in and the student athlete is obviously fleeing to avoid submission, he or she will be automatically disqualified.

10) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Men over age 30 are eligible to compete in the 30+ divisions, but may also compete in the Men's divisions.

11) In Children's and Teens' matches, the referee has the discretion to call a match if the referee believes that a submission will cause immediate damage or injury. Children's beginner matches will end if one student athlete gains a 12 point lead.

12) Anyone who is a blue belt in Brazilian Jiu Jitsu MUST compete in intermediate or higher, and anyone who is a purple belt or higher in Brazilian Jiu Jitsu MUST compete in the advanced division. There will be no exceptions to this rule.

13) AAMMA reserves the right to expand or combine divisions to accommodate student athletes.

14) No infectious skin diseases (such as ringworm, staph and MRSA) or open wounds will be permitted. No lubricants, oils or lotions of any kind will be permitted on any part of the body or clothing.

## Match Lengths

### Men and Women No Gi Divisions

- Beginner: 3 minutes
- Intermediate: 4 minutes
- Advanced: 5 minutes

### Children and Teen No Gi Divisions

- Beginner: Children – 3 Minutes, Teen – 3 Minutes
- Intermediate: 4 Minutes
- Advanced: 4 Minutes

### 30+ Matches

- 5 Minutes

## Scoring

- Takedown or Throw = 2 points
- Sweep = 2 points
- Pass student athlete's guard = 2 points
- Mounted position = 2 points
- Back Mount with Hooks in = 3 points
- Knee on stomach = 2 points, no points gained by moving to full mount
- Escape from takedown = 1 point

**1) To gain points for a position, the student athlete must show clear control for 3 seconds (including takedowns and throws).**

2) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opposing student athlete's hips inside the guard, backing away from the opposing student athlete, out of bounds, etc). A 2nd offense will result in a 1 point deduction. A 3rd offense will result in a 2 point deduction. A 4th offense will result in a disqualification.

3) If a student athlete flees the ring or mat to avoid a takedown and it is obvious that the student athlete is going to be taken down, his or her opposing student athlete will be awarded two points.

4) There are no points for reversals. It is a person's obligation to escape a bad position (mount, rear mount, or side control). No points are awarded for these escapes.

**TOURNAMENT WEIGHT CLASSES (MEN'S)**

<b>WEIGHT CLASS</b>	<b>WEIGHT CLASS (LBS)</b>	<b>WEIGHT DIFFERENTIAL</b>
Featherweight	125 lbs	10 lbs
Lightweight	135 lbs	10 lbs
Light Welterweight	145 lbs	10 lbs
Welterweight	155 lbs	10 lbs
Middleweight	170 lbs	15 lbs
Super Middleweight	185 lbs	15 lbs
Light Heavyweight	200 lbs	15 lbs
Heavyweight	220 lbs	20 lbs
Super Heavyweight	220+ lbs	no limit

**TOURNAMENT WEIGHT CLASSES (WOMEN'S)**

<b>WEIGHT CLASS</b>	<b>WEIGHT CLASS (LBS)</b>	<b>WEIGHT DIFFERENTIAL</b>
Featherweight	115 lbs	10 lbs
Lightweight	130 lbs	15 lbs
Middleweight	145 lbs	15 lbs
Heavyweight	160 lbs	15 lbs
Super Heavyweight	160+ lbs	no limit

# Skill Levels

## **Children (ages 4-12)**

Beginners: Up to one year of training in any grappling art.

Intermediate: Up to three years of training in any grappling art.

Advanced: Over three years training in any grappling art.

## **Teen (ages 13-17)**

Beginners: Up to one year of training in grappling art.

Intermediate: Up to three years of training in grappling art.

Advanced: Over three years training in grappling art.

## **Adult and 30+ No Gi Skill Levels**

Skill levels are determined by time spent training in any comparable grappling art. Any wrestler with extensive experience (3 or more years in high school, or any collegiate experience) must enter at least intermediate no-gi. Judo and Sambo experience count the same as BJJ.

## **Adult Divisions (Men and Women)**

Novice: Up to 9 months (white belts only).

Beginner: Up to 2 years (white belts only).

Intermediate: 2 – 5 years, or blue belt.

Advanced: Over 5 years, or purple belt and above.

## **30+ Men**

Beginner: Up to 2 years (white belts only).

Intermediate: 2 – 5 years, or blue belt.

Advanced: Over 5 years, or purple belt and above.