

**RULES AND GUIDELINES FOR
AMATEUR BOXING & AMATEUR
KICKBOXING
(JUNIORS)**



**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 athlete of amateur Boxer, 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 student 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

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AAMMA STUDENT ATHLETE/INSTRUCTIONAL EDUCATIONAL CLINIC

The following guidelines to conduct a mandatory clinic for AAMMA student athletes/instructors prior to any amateur martial arts event 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 event must be in attendance.
5. The 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 Chief Official. Failure to do so will result in the student athlete not being allowed to compete.
6. Once a student athlete reports to the AAMMA Chief Official for the student athlete clinic and physical, he/she is not allowed to leave the facility.

STUDENT ATHLETE ELIGIBILITY

1. All student athletes in an AAMMA sanctioned event must be registered with AAMMA.
2. All student athletes' guardians 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 student athlete who is currently under suspension by AAMMA or by USA Boxing, ISKA, etc. or any athletic commission will not be permitted to compete in an AAMMA sanctioned event for the duration of his/her suspension.
5. No student athlete may compete in an AAMMA event if the student athlete has competed as a professional in any combat sport.

6. To participate in boxing, all student junior athletes must be between the ages of 8 and 17 years old. To participate in kickboxing, all student junior athletes must be between the ages of 13 and 17 years old.
7. No student athlete will be allowed to compete without a birth certificate or other proof of age.
8. Any student athlete deemed ineligible to compete by the event physician, will not be allowed to compete in the event.
9. No student athlete is allowed to get paid for competing 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 student junior athlete that turns 17 before August 31st may compete in any adult tournament division (with 10 or more matches). Any student junior athlete who turns 17 after August 31st must compete as a junior student athlete until he/she turns 17.

EVENT ELIGIBILITY

1. The hosting school must be registered and in good standing with AAMMA.
2. The hosting school must submit an AAMMA Event Application form to AAMMA with payment 30 days prior to the event.
3. AAMMA can pull it's sanctioning of an event at any time if AAMMA's rules, regulations and educational programs are not being followed or feels that a student athlete's safety is at risk.
4. If insurance is required by the state athletic commission, the hosting school may acquire the policy and must list AAMMA as additional insured. AAMMA can acquire the policy for the hosting school and add the cost to the sanctioning fee.
5. At any time a representative from the State Athletic Commission or the Association of Boxing Commissioners may attend/observe any AAMMA event free of charge.

OFFICER ELIGIBILITY

1. All officials at an AAMMA sanctioned event must be registered with AAMMA.
2. Persons filling the following officiating positions must be registered with AAMMA.
 - a. Chief Officials
 - b. Referees
 - c. Judges
 - d. Ringside Doctors (fee will be waived)
 - e. Timekeepers
 - f. 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 a match, 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 a match.
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. Tank/jersey's must be worn for boxing only. Kickboxing- athletic shorts only-no shirts.
 - No items may be affixed to the rash-guard.
 - Patches, cloth insignias and scree-printing are allowed.
10. No metal, straps, buckles, necklaces, jewelry or any other objects, which may cause injury to either student athlete, shall be worn.
11. No student athlete 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 school's sponsor except when AAMMA requires a specific uniform to be worn.i.e. Tournament
 - All school 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:

 - to reduce potential for jaw fractures
 - to reduce the possibility of cuts to the inside of mouth
 - 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 athlete must have a minimum of two mouthpieces during a event. 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.
- a. Purpose of gloves
 - to diminish/reduce impact of blow
 - to protect the hands
 - b. Gloves Specifications: The student athlete's gloves shall be a minimum of 10 to 12 ounce amateur boxing gloves. Anyone under 164 lbs may wear 10 or 12 ounce gloves and anyone 164 lbs and over must wear 12 ounce gloves. If one student athlete is 164 lbs and above and one student athlete is below, they will use 12 oz. gloves as may any weight class with the approval of the AAMMA Chief Official.
18. Hand Wraps Specifications
- a. 15 yards of 2" cotton gauze and 6 ft. of 1" adhesive tape per hand. The tape must be applied 1" behind the knuckles.
 - b. 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.
 - c. All hand wraps must be approved by an the AAMMA Chief Official.
19. AAMMA approved 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 4 hours before the event and may only weigh in 1 time. (2 hour rule does not apply; see Rule #4). During tournaments, student athletes **must** weigh in the day before or at least 8 hours prior to the start of the tournament.
2. The AAMMA 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 participate 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 AAMMA. 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 24". 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 student athletes. 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.
4. The event host will be responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, showers, water bottles, towels, or other equipment. The AAMMA Chief Official is to make an examination at every event for violations of these rules.
5. Student athlete's corners shall be designated red and blue; neutral corner shall be white.

NUMBER OF INSTRUCTORS AND THEIR APPEARANCE

Each student athlete may have up to two instructors of his/her choice. Each instructor must be registered with AAMMA. If an 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.

1. The instructors must present a neat and tidy appearance, provide a pail, tape, water bottle and other equipment necessary to perform his/her function.
2. Instructors may not sit, stand on, lean on or touch the ring apron during the course of

the match.

6. The instructor is not allowed to interfere physically or verbally with the match or the duties of the officials.
7. The instructors must remain in designated areas assigned by the event host and/or the AAMMA Chief Official.
8. At no time is the instructor allowed into the ring except with the approval of the referee or during rest periods.
9. The AAMMA Chief Official may disqualify the student athlete for improper or unsportsmanlike conduct by the instructor. The instructor will be suspended for a period of time to be determined by the AAMMA Board.

CONDUCTING THE MATCH

1. Duration of Matches
 - a. Rounds may be scheduled from 1-2 minutes. (8-12 yrs; 1 min rounds, 13/14 yrs; 1.5 min rounds, 15/16 yrs; 2 min rounds).
 - b. Matches are to be scheduled for 3 rounds.
 - 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, physician or AAMMA Chief Official 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 instructions. To start the match, the referee will announce "BEGIN". To stop the match, the referee will announce "STOP".
 - b. The student athletes will go to their corners designated red or blue.
 - c. The student athletes will start as the referee signals the timekeeper to start the clock. The match will commence.
 - d. The referee may stop the match at any time to issue instructions, warnings, point deductions and/or to separate the student athletes.

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 punches obtained by each. Each punch 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. Punches landing as above described are scoring contacts. The value of punches scored in a rally shall be assessed at the end of such rally and shall be credited to the student athlete 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.

- Flagrant disregard of the referee's instructions
- Biting
- Groin attacks or contact below the belt
- Punching the back
- Elbow and forearms of any kind
- Holding onto the rope
- Intentionally delaying the match due to improper equipment, or by intentionally dropping or spitting out the mouthpiece
- Intentionally delaying the match by grossly avoiding his/her opposing student athlete.
- Holding
- Contact to the top or back of the head
- Kicking or stepping on an opposing student athlete's foot intentionally
- Punching with the back or the palm of the glove
- Head butts
- Unsportsmanlike conduct
- Contact during the break or after the bell has sounded

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 referee 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 Chief Official

FOULING, STOPPING THE MATCH

1. If the referee determines that the fouled student athlete needs time to recover, he/she may stop the match 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 opposing student athlete 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 (RSM).
 - 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.

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 Chief Official, 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 Chief Official, and then, only in the instance of a clear error of misapplication of the rules.

THE POWER TO STOP THE MATCH

1. Either the student athlete, the instructor, the referee, the doctor or the AAMMA Chief Official may stop the match.
2. The instructor, the referee, the doctor or the AAMMA Chief Official 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 by stepping up on the ring apron and motioning to the referee.

MOUTHPIECES

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

PHYSICAL EXAMINATION

1. A thorough physical will be given to each student athlete by the attending physician at the time specified by the sponsoring school, physician or AAMMA Chief Official.
2. The physician's portion of the student athlete's Logbook must be filled out by the attending physician and returned to the AAMMA Chief Official.
3. The student athlete's Logbook will be returned to the student athlete after the match except in the case of a RSM, RSM-H, PSM, PSM-H or unsportsmanlike conduct.

EXAMINATION ORDERED BY AAMMA

1. Any student athlete who participates in an AAMMA sanctioned event, may at the request of the AAMMA Chief Official, be required to submit to a pre-match or post-match urine and/or blood examination for foreign substances.
 - The urine/blood examination will test for prohibited performance enhancing substances as outlined by AAMMA's anti-doping program.
 - The urine/blood examination will also test for illegal and mind altering substances which is also outlined by 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.
 - The AAMMA Chief Official will retain the refusing student athlete's Logbook.
 - 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 the event host school.
4. If a student athlete refuses a post-match physical, AAMMA will not be held in any way responsible for his/her physical, mental or monetary losses and will be suspended for a period of time to be determined by the AAMMA Board.

REPORTS AND REJECTIONS

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

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 while the matches are being conducted.
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 instructors permitted to enter the ring or attend to a student athlete during the course of the match except during rest periods. If the student athlete is injured 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 AAMMA Chief Official and make a note of the injury in the student athlete's logbook.
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 Chief Official immediately.

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

1. Student athletes who have been knocked unconscious will be kept lying down until the ringside physician issues further instructions.
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 athlete 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 (RSM-H) will be suspended from competition in any AAMMA event for a minimum of 60 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 or PSM-H, will receive the 'AAMMA Head Injury Instructions Sheet'. This is issued for the student athlete's safety and should be followed carefully.

INELIGIBILITY TO COMPETE (MEDICAL)

1. Any student athlete rejected by an examining physician will be suspended until it is shown that he/she is fit for competition. The student athlete is encouraged to attend any educational clinics that take place during his/her suspension time period.
2. 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 Chief Official, a physician, a minimum of (3) judges, all approved by AAMMA, will be present ringside at all AAMMA sanctioned events. All officials must be registered with AAMMA. The officials can register with 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/skirt and black shoes.
 - 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 the 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/her 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 a 10 point 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 must be awarded to the loser unless points have been deducted for fouls. No match will be scored a draw. A winner must be declared by each judge based on ring generalship, sportsmanship, and aggressiveness.
2. Judges must evaluate offense/defense techniques, such as:
 - Effective punching
 - Ring control
 - Effective aggressiveness/defensiveness

ANNOUNCING THE RESULTS

1. After the AAMMA Chief Official has completed verifying the scorecards, he/she 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 and the referee will officially designate the winner.

CHANGE OF DECISION

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 AAMMA Board.

PROTESTS

1. All protests over the decision of a match shall be verbally registered only by the protesting student athlete and/or his/her instructor to the AAMMA Chief Official prior to the end of the event, who will note the nature of the protest in his Officials'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 martial arts 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 Chief Official.

RULE CHANGES

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

WELCOME ALL AMATEUR STUDENT ATHLETE !!

CREED

Take pride and dedication in your quest for knowledge and skill in your martial art.

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 your future endeavors in and out of the ring.

AAMMA

TOURNAMENT WEIGHT CLASSES

JUNIORS

WEIGHT CLASS	WEIGHT CLASS (LBS)	WEIGHT DIFFERENTIAL
Bantamweight	106 lbs	9 lbs
Flyweight	115 lbs	10 lbs
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	201+ lbs	no limit

*** Any junior student athlete that is 100 lbs or less will compete in 5 lb increments.

AMATEUR KICKBOXING RULES (JUNIORS)

Please note: The basic principles set forth in the Amateur Boxing Guidelines (pages 4-21) 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 with no pockets, buttons, or zippers. Shirts are not permitted to be worn.

HEADGEAR, GROIN PROTECTORS, BREAST PROTECTORS AND MOUTHPIECES: All student athletes must wear AAMMA approved headgear. 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 are encouraged to wear foul-proof breast protection. 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 or 12 oz. gloves. If one student athlete is 164 lb./74.5 kg and above and/or one student athlete 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 and 15 yards in length. Tape shall be of the soft adhesive type and shall not exceed 1 inch in width. One 15 yard roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand. VAlpeau may be used not to exceed 15 feet in length with 1 inch adhesive tape by 12 inches in length to secure the hand wrap around the wrist. No amounts exceeding those listed be allowed under any circumstances. Tape shall be present only to hold the gauze in place and shall not exceed

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6 feet in length and 1 inch in width. No tape is allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 inch in 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 student athlete may have two instructors of his choice, and each instructor while assisting in the student athlete's corner, must present a neat and tidy appearance, provide a pail, tape, water bottle, and other equipment necessary to perform his/her 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 conduct by the instructors.

THROWING WATER PROHIBITED: Any excessive or undue spraying of water on any student athlete between rounds is prohibited. Instructors 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.

INSTRUCTORS 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.

DURATION OF ROUNDS: Each round will be a maximum of 2 minutes in duration (13/14 yrs, 1.5 mins; 15/16 yrs, 2 mins). The time runs continuously and may be called or stopped by the student athlete, the instructor, the referee, the Chief Official, and 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.

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AUTHORIZED OFFENSIVE TECHNIQUES:

1. All offensive striking techniques are authorized (punching, kicking, knees), 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. (warning, point deduction, or immediate disqualification depending on severity/intention of the foul.

Fouls include:

- Head butting
- Striking with the elbow
- Striking or kicking to the groin
- Intentional striking to the back of the head or throat
- Linear kicking
- Any kick to the leg other than a round house or hooking motion
- Spinning back fist where any part other than the padded knuckle section of the glove makes contact with the student athlete (forearm or elbow)
- Any striking of the spine or back
- Punching or kicking a student athlete when he/she is down. (When any part of his/her body other than his/her feet touches the ground)
- Sweeps, intentionally pushing or shoving an opposing student athlete to the canvas or out of the ring
- Holding the head with one hand while hitting with the other
- Grabbing or holding onto an opposing student athlete’s foot or leg and taking more than one step forward without striking or kicking the opposing student athlete.
- Holding the ropes with one hand while striking or defending with the other hand or leg
- Purposely going down without contact

- Clinching, holding the opposing student athlete’s arms to prohibit him/her from punching, intentionally delaying the match

- Unsportsmanlike conduct
- Contact during the break or after the bell has sounded.

Note: A student athlete 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 student athlete who is injured as a result of such a fouling technique. If a student athlete is injured from a fouling technique and the student athlete is allowed to continue, and if the match is stopped later due to further damage to the injury, the match will be ruled a no decision.

FOULING, STOPPING THE MATCH

1. If the referee determines that the fouled student athlete needs time to recover, he/she may stop the match 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 opposing student athlete 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 (RSM).
 - 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.

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 discretion, confide with the AAMMA Chief Official, 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 Chief Official.

AAMMA ADVISORY BOARD

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