

RULES AND GUIDELINES FOR SHOOTBOXING



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 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 athletes 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 programs 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/INSTRUCTOR 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/instructors 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/instructors 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 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, USA Boxing, ISKA, etc. or by any athletic commission will not be permitted to compete in any AAMMA event for the duration of the 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. Any student athlete in the Master Division over the age of 40, must have a physician complete the 'AAMMA's Medical Exam' form.
7. All student athletes must be 18 years old or older. In states where Junior MMA is approved, student athletes must be 13 years of age or older with no more than a 24 month age difference between the competing student athletes.
8. No student athlete will be allowed to compete without a photo ID or other proof of age. Junior student athletes will need a copy of their birth certificate.
9. Any student athlete deemed ineligible to compete by the event physician will not be allowed to compete.
10. No student athlete is allowed to get paid for competing in an AAMMA event.
11. Any student athlete suspended by AAMMA will be reported to the State Athletic Commission will not be allowed to compete until his/her suspension period has passed.

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'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. Hosting school must put AAMMA as sanctioning body on all publications promoting the event.
6. The state athletic commission must be notified 30 days before the event.
7. State officials must have free admission and full access to aspects of the event.

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.
 - Referees
 - Judges
 - Ringside Doctors
 - Timekeepers
 - 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 a certified M.D. or D.O.
6. Anyone wanting to apply for a local, state or regional sanctioning officer position, must apply to and be approved by the AAMMA board.
7. All AAMMA officers and board members must be available to appear before the state athletic commission with in a reasonable time upon the request of the commission.

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 the eyes.
3. Student athletes shall not wear eyeglasses during the match; however, soft contact lenses are authorized.
4. The use of thin a 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 or tight MMA shorts with no pockets, buttons or zippers.
 - No items may be affixed to the trunks/shorts, such as but not limited to metal or plastic objects, sequins, etc.
 - Patches, cloth insignias and screen-printings are authorized.
8. No shirts, tank tops or rash guards are allowed.
9. No shoes of any kind are allowed in the arena.
- 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. Each 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. The purpose of the mouthpiece is:

- To reduce potential for jaw fractures.
- To reduce the possibility of cuts to the inside of the 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 the match (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.

- Purpose of gloves:
 - a) To diminish/reduce impact blow.
 - b) To protect the hands.
- Glove Specifications. The student athlete's gloves shall be 7 ounce amateur MMA gloves. 4, 4.5 or 5 ounce MMA gloves are not allowed in AAMMA events or tournaments

18. Hand And Foot/Ankle Wrappings

- The wrapping of hands is allowed according to the following specifications: Student Athletes who wish to wrap their hands 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 10 yards in length. Tape shall be of the soft adhesive type and shall not exceed 1 inch in width and 6 feet in length. 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, shall be allowed, nor shall any amounts exceeding those listed be allowed under any circumstances. Tape shall be present only to hold the gauze in place and no tape is allowed on the striking surface of the hand and 1 inch behind the knuckle. 1 strip of tape is allowed between the fingers not to exceed 1/4 inch in width and 4 feet in length.

- The wrapping of feet/ankles is not mandatory. Student athletes who wish to wrap their feet/ankles shall be responsible for their own gauze and tape or may use an approved neoprene ankle brace. The brace can not have any kind of ridged material in the brace. 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 1/2 inches in width. Up to 12 feet of tape may be used to wrap each foot and ankle. The AAMMA Chief Official or Referee must inspect all hand and foot/ankle wrappings.

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. All student athletes must weigh-in the day before or on the morning of the event.
2. The AAMMA Chief Official or event host will perform the weigh-in. If the event host performs the weigh-in, there must be an AAMMA representative present.
3. All 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.

TOURNAMENT WEIGHT CLASSES

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

THE COMPETITION AREA

1. The competition area shall be no smaller than 18'x18'. The ring/cage 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 5 rope ring or MMA type cage is allowed and is subject to AAMMA approval. If a standard boxing type 5 rope ring is used, the ring floor shall extend beyond the ropes not less than 24". Padding must extend over the edge of the platform. The event area must have a canvas or vinyl covering. If fencing is used, then all metal parts must be covered and padded in a manner approved by AAMMA.
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 tables 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 that acceptable sanitary standards are met, with respect to dressing rooms, 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 ,THEIR APPEARANCE & CONDUCT

1. Each student athlete may have up to two instructors of his 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.
2. The instructor 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 and/or the AAMMA Chief Official.
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 Chief Official may disqualify the student athlete for improper or unsportsmanlike conduct by the instructor. The instructor will be suspended for a time to be determined by the AAMMA Board.

CONDUCTING THE MATCH

1. Duration of Matches
 - Rounds may be scheduled for up to 3 minutes (adults) and 2 minutes (juniors).
 - Matches are to be scheduled for three rounds only.
 - Rest periods must be scheduled 1 minute between rounds.
 - The match continues until one student athlete submits, his/her instructor, referee, physician or AAMMA Chief Official stops the match, or the time limit of the round expires.
 - The time runs continuously and may be called or stopped only by the referee in special cases, such as equipment malfunction or commitment of a foul or injury to a student athlete.
2. Referee Instruction
 - Immediately before the match commences, the referee will call the student athlete 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".

- The student athletes will then go to their corners usually designated red or blue.
- The student athletes will prepare to start as the referee signals the timekeeper to start the clock. The match will commence.
- The referee may stop the match at any time to issue instructions, warnings, point deductions and/or to separate the student athletes.

3. AUTHORIZED OFFENSIVE TECHNIQUES

- All striking (punches, kicks, etc.) to the body only and grappling (take-downs, throws, submission holds, etc.) techniques are allowed with the exception of those specified as fouls in Rule 4.

4. FOULS

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.

- Any Strikes to the head while standing or while on the ground
- Strikes of any kind while on the ground
- Flagrant disregard of the referee's instructions
- Biting
- Eye gouging
- Clawing
- Groin attacks
- Striking to the throat
- Fish hooking
- Striking the spine
- Elbow strikes of any kind
- Knee strikes to the head
- Head butts
- Kicks to front of the knee
- Hair pulling
- Holding onto the fence or rope
- Spiking an opponent to the canvas on their head or back of neck
- Throwing opponent out of fenced/ring area
- 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
- Grabbing opposing student athlete's clothing or gloves
- Heel hooks
- Striking to the top or back of the head
- Striking with the forearm
- Small joint manipulation (fingers, toe)
- Neck cranks
- Linear kicks below the waist

- Linear kicks in junior division
 - Foot stomping
 - Contact during the break or after the bell has sounded
 - Not immediately letting go of an opposing student athlete when the referee calls “STOP” after a tap out (Offending student athlete may be disqualified and/or suspended.)
5. Disqualification occurs after any combination of three (3) fouls or after a flagrant foul.
 6. 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.
 - a) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.
 - b) A fouled student athlete has up to five minutes to recuperate.
 7. 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 instructor, judges and the AAMMA Chief Official.
 - e) If a bottom student athlete commits a foul, unless the top student athlete is injured, the match will continue and a verbal warning will be given to the offending student athlete by the referee. If the top student athlete is injured, the injured student athlete will have up to a maximum of 5 minutes to recover. If both student athletes can continue, the match will restart in the same position.

FOULING, STOPPING THE MATCH

1. If the referee determines that the fouled student athletes 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:
 - 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.

- If the referee determines that the injured student athlete was partly 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).
 - If the referee determines that there was no fault attributable to either student athlete, (that the injury was caused by both student athlete), 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”.
3. 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

- Either the student athlete, the instructor, the referee, the doctor or the AAMMA Chief Official may stop the match.
- 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.
- A student athlete’s instructor can stop the match by notifying the AAMMA Chief Official.

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 for any reason, the referee shall immediately call time out and stop the match. The student athletes will remain in the same position as when the mouthpiece fell out. The referee will take the mouthpiece to the closest instructor to be washed out. The mouthpiece shall be placed back in the student athlete's mouth and the match will continue.
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 penalize the offending student athlete by warning and/or 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 or RSM-H, PSM, PSM-H or unsportsmanlike conduct.
4. Where applicable all student athletes must have papers indicating a negative HIV and negative Hepatitis A,B, & C test attached to their student athlete's Logbook.
5. 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 Chief Official.

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

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 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. The use of two ringside physicians is strongly recommended.
2. The physician(s) must sit ringside while the matches are being conducted.
3. No match will be allowed to proceed unless the physician is in his/her 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 or emergency treatments for cuts or minor injuries sustained by the student athletes.
4. Under no circumstances are the student athlete's 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.
5. 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 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 ATHLETE KNOCKED UNCONSCIOUS (see pg. 22)

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 will be suspended for 30 days, or longer, if substantial head or body trauma was involved.
5. Any student athlete who loses a match by RSM-H or PSM-H will receive the 'AAMMA Head Injury Sheet'. This is issued for student athlete 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 an 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)
 - When possible, officials shall be dressed in similar clothing, preferably black AAMMA dress shirts, black dress slacks and black shoes.
 - Female officials shall dress in black dress shirt, black slacks/skirt and black shoes.
 - Officials working an AAMMA tournament may be provided uniforms from the organizer of the tournament.
3. Timekeeper's Equipment and Duties
 - 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.

- 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. Submission by:
 - Tap Out
 - Verbal Tap Out
2. Match stoppages by:
 - Referee Stops Match (RSM)
 - Ringside Physician Stops Match (PSM)
 - Instructor Stops Match (ISM)
 - Failure to rise from the canvas (RSM-H or PSM-H)
 - Failure to defend him/herself (RSM)
3. Decision via score cards:
 - Unanimous: When all three judges score the match for the same student athlete
 - Split Decision: When two judges score the match for the same student athlete and one judge scores the match for the other student athlete.
5. Disqualification
 - A student athlete intentionally uses a foul.
 - A student athlete fails to follow the referee's instructions during a match
 - A student athlete exhibits ill-mannered behavior or a malicious attitude during a match (unsportsmanlike conduct)
 - The referee determines that a student athlete does not have the will to compete
 - When a student athlete receives a three point deduction within one round
 - An instructor has entered the ring or touches one of the student athletes during the match
 - A student athlete is found to have broken any of AAMMA's rules
6. Forfeit

SCORING TECHNIQUES

1. Using a 10 point scoring system, judges are required to determine a winner of a match that ends after the initial scheduled number of rounds have been completed. 10 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 aggressiveness/defensiveness, ring generalship and sportsmanship.
2. Judges must evaluate modified martial arts techniques, such as:
 - Effective Striking
 - Effective Grappling
 - Ring Control
 - Effective Aggressiveness/Defense

3. Evaluations shall be determined giving equal weight to all martial arts techniques as defined below:
 - Effective Striking: The total number of legal strikes landed while standing and while on the ground
 - Effective defense: avoiding strikes while standing and/or while on the ground
 - Effective Grappling: The successful execution of a legal takedown and/or reversal including the following maneuvers:
 - a) Takedowns from the standing position to mount position.
 - b) Passing the guard to the side mount or full mount position.
 - c) Bottom position student athlete is using an active and threatening guard.
 - d) Creating threatening submission attempts, mount, side mount and/or guard.
 - e) Taking down an opposing student athlete to force the ground game.

ANNOUNCING THE RESULTS

1. After the AAMMA Chief Official has completed verifying the scorecards, the Chief Official 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.

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 within 14 days and is approved by the AAMMA Board.

PROTESTS

1. All protests over the decision of a match shall be verbally registered 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 Official'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 in question. No protest will be considered unless accompanied by a fee:
 - Protest fee- \$100.00.
 - All decisions by the AAMMA board are final.
 - The standard for review is "clear" evidence which would justify a change of decision or "clear" circumstances which are in the best interest of the martial arts, would justify a change in decision.
 - Any questions on the rules of AAMMA should be directed to the AAMMA Chief Official.
2. All complaints will be shared with the state athletic commission.

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.

AAMMA ADVISORY BOARD

CHIEF MEDICAL ADVISOR

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)

CHIEF EDUCATIONAL PROGRAM DIRECTOR

Alice Downs.....(850)572-1378
(Escambia County School Teacher)

CHIEF REGISTRATION ADMINISTRATOR

Alice Downs.....(850)572-1378
(18 years experience as USA Boxing and AAMMA event coordinator)

CHIEF SAFETY ADMINISTRATOR RULES AND REGULATIONS ADVISOR

John Guessford.....(850)698-9400
(35 years experience in boxing and martial arts, state of Florida certified judge and referee)

CHIEF TRAINING AND CONDITIONING ADVISOR

Todd Leitermann.....(251)979-2093
(20 years Karate, Kickboxing and MMA experience competing and coaching)

CHIEF YOUTH PROGRAM ADVISORS

Aaron Austin.....(850)393-8910
(7 years Corrections Officer, Escambia County Road Prison,
4 years Volunteer USA Boxing Instructor)
Brian Smith.....(850)324-3806
(Escambia County Sheriffs Deputy & School Resource Officer)

WELCOME ALL AMATEUR STUDENT ATHLETES !!

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

American Amateur Mixed Martial Arts, Inc.

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Pensacola, FL 32506

www.aamma.info