



NEWCOMER GAMES

COMBAT JIUJITSU RULES MODIFIED RULE BOOK

NEWCOMER GOALS

The Newcomer Games Tournament is a tournament aimed strictly for Beginners and Intermediate and advance Grapplers and JiuJitsu and MMA competitors. It is intended as an introductory tournament, a notch below a normal Kickboxing Tournament. Rules are slightly modified in order to make it the tournament safer.

THIS TOURNAMENT IS ONLY OPEN TO AMATEURS

THE MATCH

- 2 X 6 MINUTE ROUND
- Tournament is held in either CAGE or OPEN MAT
- Strikes and slaps are only allowed once one competitor has been “downed”. No strikes can be exchanged with both parties are standing (Downed-on the Ground)

HOW THE MATCH IS WON:

- A match can be won by Submission, TKO or Decision Win by points through domination or fastest submission as a result of any overtime match.

SAFETY EQUIPMENT

- ALL COMPETITOR MUST WEAR A BLACK RASH GUARD AND RASH GUARD SHORTS
- NO MMA SHORTS, MUAYTHAI OR KICKBOXING
- ALL COMPETITORS MUST HAVE MOUTH GUARDS
- ALL COMPETITORS MUST MUST SHOW HAND NAILS AND TOE NAILS ARE TRIMMED
- NO OPEN WOUNDS ALLOWED
- LONG HAIR MUST BE BRAIDED OR TIED

LEGAL TECHNIQUES:

- ALL SUBMISSIONS are legal.
- Strikes to the face and body are allowed. -No closed fist strikes, only open palm.

REGELVERSTÖSSE

Folgendes ist in jedem MMAAS No-Gi Turnier **verboten und nicht verboten:**

- Angriffe jeglicher Art
- Beissen
- Spucken
- Angriffe auf Augen durch drücken, pressen etc.
- Angriffe auf die Leistenregion
- Haare ziehen
- „Fish-Hooking“ (Einfügen von Fingern in Mund, Nase bzw. andere Öffnungen)
- Griffe kleiner Gelenke
- Übermässiges Reden während des Kampfes

ILLEGAL TECHNIQUES

- Knees and Elbows on a grounded opponent
- Elbows while standing
- Head Butting
- Hair Pulling
- Orifice Insertion
- Spitting
- Biting
- Grabbing the cage fence
- Stomping/kicks/upkicks on a grounded opponent
- strikes to the groin, throat, eyes, back of the head or spine and small joint manipulation.

AUTOMATIC DISQUALIFICATION:

- **INTENTIONAL FIST STRIKING**
- **INTENTIONAL ELBOWS**
- **INTENTIONAL KNEE STRIKES**

Um die Sicherheit ALLER Athleten zu gewährleisten gilt:

- Finger- und Zehennägel kurz geschnitten
- Keine offenen Schnittwunden oder Verletzungen
- Langes Haar, geflochten oder zurückgebunden
- Kein Körperöl oder Lotionen an Armen und Beinen
- Keinen Schmuck irgendwelcher Art
- Keine Shorts mit Seitentaschen oder Gürtelschlaufen
- Keine Ringer-, Turnschuhe etc. oder Socken sind erlaubt
- Athleten ohne „Rashguard“ werden zum Kampf nicht zugelassen

STANDING GRAPPLING:

- Standing grappling will go on for 1 minute maximum after 1 minute of stand up a horn will sound indicating to the referee that the match needs to be grounded. The referee will stop the match and enforce the “Get Down” rule. Here they will flip a coin to decide position. The winner of the coin-toss can decide to be on top in butterfly guard with double underhooks or to be on the bottom.

OVERTIME:

- If there is no winner at the end of the match, the MMAAS official can declare it as a draw or has the option to extend it to an overtime. Each competitor will be given the opportunity to start at their favorite submission position. The competitor with the fastest submission will win.

WEIGHT

YOUTH, MEN AND WOMEN

In the event that there are not enough competitor at any particular weight class, there will be an applied 2.5 kg Weight Tolerance given. In order for the a competitor to be matched.

No-gi Weight List

(Maximum Weight)

WEIGHT CATEGORY	MALE- ADULT (kg)
ROOSTER (GALO)	55.5
LIGHT FEATHER (PLUMA)	61.5
FEATHER (PENA)	67.5
LIGHT (LEVE)	73.5
MIDDLE (MÉDIO)	79.5
MEDIUM HEAVY (MEIO-PESADO)	85.5
HEAVY (PESADO)	91.5
SUPER HEAVY (SUPER PESADO)	97.5
ULTRA HEAVY (PESADÍSSIMO)	No Maximum Weight
OPEN (ABSOLUTO)	Free