



# **NEWCOMER GAMES**

## **CAGE COMBAT KARATE MODIFIED RULE BOOK**

### **NEWCOMER GOALS**

The Newcomer Games Tournament is a tournament aimed strictly for Beginners and Intermediate in Full Contact Cage Karate. It is intended as an introductory tournament. Rules are slightly modified in order to make it the tournament safer.

**THIS TOURNAMENT IS ONLY OPEN TO AMATEURS**

### **THE MATCH**

**1.5 MINUTES X 2 ROUNDS WITH 1 MINUTE BREAK.**

### **COMPETITION IS HELD IN A RING OR MMA CAGE**

Head shots are only allowed for 18 yrs+

The match can end by Knockout, Technical Knockout, Decision, Disqualification, Draw or No Contest. In bouts consisting of children a level of control is expected NO intentional knockouts ALLOWED

### **CHILDREN AND YOUTH 7 - 15 YEARS**

ANY EXCESSIVE TECHNIQUE USED WITHOUT THE LEVEL OF CONTROL AGREED AND EXPECTED. CAN AND WILL RESULT IN DISQUALIFICATION AT THE REFEREE'S DISCRETION- REFEREE'S DECISION IS FINAL.

**REFEREE ATTIRE: MMAAS LOGOED SHIRT WITH LATEX GLOVE**

## SAFETY EQUIPMENT

The following equipment is mandatory:

- **KARATE PANTS WITH RED AND BLUE BELTS AND SHORT ARM BLACK RASH GUARD SHIRT**
- GUM-SHIELDS are required at all levels.
- HEADGUARDS are required for all Juniors under the age of 18 yrs.
- BODY-SHIELDS are required for all juniors under the age of 18 yrs.
- BREAST PROTECTORS are MANDATORY for all women
- GLOVES: 8 Ounce MMA Gloves for Adults and Youth / 4oz for Children
- WRAPS: Hands may only be wrapped with bandage or cotton handwraps. Use of GAFFA style tapes is NOT ALLOWED.
- GROIN-GUARD for males is mandatory. Females is optional
- ANKLE-SUPPORTS are optional

## LEGAL TECHNIQUES

- **ALL PUNCHES:** JAB, CROSS, UPPERCUT, HOOK, OVERHAND, BACKFIST, SPINNING BACKFIST, SUPERMAN PUNCH AND HAMMER PUNCH
- **ALL KICKS:** FRONT, SIDE, ROUNDHOUSE, BACK, AXE, CRESCENT, ALL JUMPING AND SPINNING KICKS, AND KNEES TO THE BODY ONLY
- **ALL SWEEPS, THROWS AND TAKE DOWNS:** Exception: **SCISSOR TAKEDOWNS NOT ALLOWED**

## GROUND AND POUND

ALLOWED only after a Takedown – Maximum 5 seconds.

**FOULS:** (Point deduction or Disqualification )

## ILLEGAL TECHNIQUES

- SPINNING ELBOWS
- KNEES TO THE HEAD
- KICK TO THE GROIN
- KICK TO KNEES
- FINGER STRIKES TO THE EYES
- BITING
- ELBOWS TO THE HEAD
- STRIKES TO THE THROAT
- HEADBUTT
- ANY JOINT LOCKING TECHNIQUES
- UPKICKS

## ILLEGAL TAKEDOWNS:

- SCISSOR TAKEDOWNS

## Additional Fouls

## ILLEGAL / NOT ALLOWED

1. Using the head to deliver a blow.
2. Using the elbow to deliver a blow.
3. Attacking the opponent in the groin (knee kicking or punching the opponent in the area under the navel shall be considered as low-blows and will be ruled as fouls).
4. Delivering wrestling OR submission techniques.
5. Thumbing the opponent
6. Choking and punching the throat of the opponent.
7. Biting the opponent.
8. Attacking the opponent while he is down or in the process of getting up.
9. Attacking the opponent after the referee calling a break.
10. Holding the ropes to whether offensively or defensively.
11. **Using offensive or insulting language to the referee. (automatic disqualification)**
12. Attacking the back of the head with a punch (the side of the head and the area around the ears are not considered as the back of the head and are valid target areas).
13. Attempting to cause the opponent to fall out of the ring.

14. Voluntarily exiting the ring during the course of a match.

15. Attacking the opponent who turned around and showed his back. However, the referee may give a caution, warning or point reduction to the fighter who showed his back as losing his will to fight.

## **HOLDING AND PUSHING**

- MAXIMUM OF 3 SECOND HOLD
- NO PUSHING ALLOWED

## **SCORING DECISION**

Judges decision based on: ROUND DOMINANCE:

- Striking, (Clean hits),
- Takedowns and Ring Control
- Minimal or No Fouls

## **FLASH KNOCKDOWNS**

- The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match.
- A fighter can be saved by the bell only in the last round.

## **WEIGHT CLASSES**

In the event, that the athlete does not have an opponent at their designated weight division – the MMAAS has the right to match the athlete with an opponent regardless of gender and/or moved up to the next weight division.

Atomweight	48 kg	Welterweight	77.1 kg
Strawweight	52.2 kg	Super Welterweight	79.4 kg
Flyweight	56.7 kg	Middleweight	83.9 kg
Bantamweight	61.2 kg	Super Middleweight	88.5 kg
Featherweight	65.8 kg	Light Heavyweight	93.0 kg
Lightweight	70.3 kg	Cruiserweight	102.1 kg
Super Lightweight	74.8 kg	Heavyweight	120.2 kg
		Super Heavyweight	+ 120.2 kg