



NEWCOMER GAMES

MIXED MARTIAL ARTS RULE BOOK

NEWCOMER GAMES IS A TOURNAMENT MADE FOR NOVICE MMA FIGHTERS

NEWCOMER GOALS

The Newcomer Games Tournament is a tournament aimed strictly for novices in the sport of MMA. It is intended as an introductory tournament, a notch below a normal MMA Tournament. Rules are slightly modified in order to make it the tournament safer.

THIS TOURNAMENT IS ONLY OPEN TO AMATEURS

NEWCOMER DEFINED:

- NEWCOMER I: 12 Months + of training, 0-2 fights (Light)
- NEWCOMER II: 24 months + of training, 3-5 Fights (Light or Full)
- NEWCOMER III: 24 Months + of training, 6+ (Full)

CATEGORIES:

- YOUTH (Boys and Girls 14 – 17 years old) (with Helmet and Light contact only)
- MEN AND WOMEN (18 – OLDER)

LIGHT STRIKING RULES

Without the intention of knocking out your opponent; If the referee deems that the strikes are intentional; the referee can immediately disqualify the athlete or deduct points from the judges.

FULL STRIKING RULES

All strikes intentional, however no elbows on Ground and Pound.

Mandatory Equipment: (Applicable to Light Striking and Full Striking)

- 8 oz. MMA Gloves
- Foot and Shin Protector
- Mouthpiece
- Groin Guard
- Chest Protector (Women)

BOUT DURATION (Light Striking Rule)

2 Rounds x 2 minutes

1 Minute break between round

BOUT DURATION (FULL Striking Rule)

3 Rounds x 3 minutes

1 Minute break between rounds

WAYS TO WIN

A victory is attained by one of the following methods:

- Verbal tapout
- Submission
- GnP – Referee stoppage
- Coaches request
- Judges Decision

DECISION WIN

In the event that a bout goes the distance, it will go to the judges' decision. The bout will be scored based on the following criteria:

- Superior Ground Control,
- Earned Takedowns
- Takedown Defense
- Good Striking Combinations
- Cage Control

TECHNIQUES

STANDING TECHNIQUES

Striking including kicks and punches to the head, body and legs are allowed, knees to the body or head allowed only when standing, No elbows allowed.

Clinching and standing submissions

Takedowns:

All takedowns are legal but must not result in spiking or pile driver to the head or neck. Any takedown that result in opponent landing on head will be immediately disqualified.

GROUNDING TECHNIQUES

A fighter is considered grounded when they have any part of their body other than the soles of their feet touching the ground.

- No Knees on Grounded opponent at anytime
- No elbows on Grounded opponent at anytime
- Submissions
- Upkicks

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.

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

MISSING WEIGHT (FIGHT DAY)

If the opponent misses weight on fight day, the MMAAS will forfeit the fight and hold the athlete financially liable.

MMAAS Match ups

The MMAAS will match fighters according to the applicable and allowable weight classes.

In the event that a weight category does not have enough to meet the minimum amount of fighters, (minimum 2) the MMAAS has the full right to match fighters and place fighters a Weight category UP or a weight category DOWN.

MMAAS Swiss Championships Qualifying: 2021/2022

Competing athletes will have the chance to earn points to qualify for the Swiss Championships that will be held in 2021. Maximum points needed to qualify is **6 points**.

Points:

- 1 Place : 6 Points
- 2 Place : 4 Points
- 3 Place : 3 Points
- 4 Place : 2 Points

Points Selection for the European Championships 2022: **12 Points**

2-3 Athletes from each weight categories (Bantamweight, Featherweight, Lightweight, Welterweight, Middleweight, Light heavyweight and heavyweight) will be selected to represent the MMAAS at the European Championships in 2021.

Swiss National Champion automatically qualifies

ANMELDEFORMULAR

MMA NEWCOMER GAMES

Name (Komplett): _____ **Alt:** _____

Geburtsdatum: _____ **Email:** _____

TEAM/GYM : _____ **Kampfsportstil :** _____

Erfahrungstufe: (Regeln siehe)

- **NOVICE 1 :** _____
- **NOVICE II:** _____
- **NOVICE III:** _____



Gewicht: _____

Gebuehren: 40.00 CHF

MMAAS FIGHTER Match Up

Das MMAAS wird Kämpfer gemäß den geltenden und zulässigen Gewichtsklassen zusammenbringen. Für den Fall, dass eine Gewichtsklasse nicht ausreicht, um die Mindestanzahl (2) an Kämpfern zu erreichen, der MMAAS das volle Recht hat, Kämpfer zu vergleichen und Kämpfern eine Gewichtsklasse nach oben oder eine Gewichtsklasse nach unten zuzuordnen.

VERSICHERUNG:

Die Versicherung ist Sache jedes Einzelnen. Bei Unfällen wird seitens der Veranstalter jede Haftung abgelehnt.

Ich habe den Vertrag gelesen und bin mit diesen Bestimmungen einverstanden. Ich bin mit diesen Bestimmungen einverstanden

Ort/Datum: _____ **Unterschrift:** _____