



Executive Summary

Amateur Mixed Martial Arts (AMMA) Disciplines



This document is provided to members of the *Council of Amateur Sport Kickboxing*.

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This edition replaces all past editions and all of their contents.

EXECUTIVE SUMMARY

Amateur Mixed Martial Arts (AMMA) Disciplines

This summary outlines key concepts central to the CASK mandate. It is not a comprehensive document. Refer to the complete CASK rules and regulations document for AMMA for further details of each area.

CASK Objective

The Council of Amateur Sport Kickboxing aims to be the premiere Canadian national organization for the promotion of excellence in amateur mixed martial arts sports. Its primary goal is to ensure the health and safety of participating athletes. Fundamental to this goal is the establishment and promotion of standardized rules and regulations, dedicated to ensuring consistency amongst all stakeholders.

Definition of AMMA

An amateur sport in which one player seeks to gain a tactical advantage by using positioning, submissions and submission attempts, and striking to legal target areas to outpoint the opposing player.

Athlete/Coach Requirements

All athletes and coaches are required to be members of a CASK registered club that have completed all registration requirements.

All coaches must also register annually and are required to complete a Level I Coaching Course (one time course); a vulnerability sector police screen (every three years); a first aid course (every three years).

All athletes must be registered with CASK prior to competing. Registration is done annually and requires the completion of a CASK medical exam conducted by a physician.

Athletes are matched in competition through CASK regulations for age, weight, and combat sport experience.

AMMA Disciplines

There are two sport disciplines of AMMA. Please see the chart below for the basic information of each.

	Tatami (Light Contact –Low Kick)	Ring Sport (K1 Rules)
Competition Area	Tatami Floor (matted surface area)	Regulation Kickboxing Ring
Outfitting	Rash Guard & Shorts (Male/Female)	Shorts (Male), Rash Guard & Shorts (Female)
Equipment	Head Gear – AMMA Gloves – AMMA Shin/Instep Guards – Mouth Guard – Athletic Support	AMMA Gloves – AMMA Shin/Instep Guards – Mouth Guard – Athletic Support
Striking Rules - Standing	Light Contact Low Kick Rules	Ring Sport K1 Rules
Striking Rules - Ground	No Striking permitted	Striking to legs and body only
Take Downs	AMMA rules	AMMA rules
Grappling	AMMA rules	AMMA rules
Submissions	AMMA rules	AMMA rules
Full Submission	Round won by athlete that submits	Bout won by athlete that submits

AMMA Point Scoring Chart

All bouts are scored according to an athlete's ability to initiate and defend against various kickboxing techniques. In particular, all athletes are assessed on their ability to manage four main offensive strategies, namely: (1) striking; (2) take downs; (3) grappling, and; (4) submissions.

All bouts are scored by three judges according to the following point system:

Punch to head (standing) or body	1 pt
Kick to body	1 pt
Kick to head	2 pt
Jump kick to body	2 pt
Jump kick to head	3 pt
Kick to leg	1 pt
Knee to body/leg (Ring only)	1 pt
All takedowns - torso or 3 points	2 pt
Passing the Guard	3 pt
Knee on the Belly	2 pt
The Mount	4 pt
The Back Grab	4 pt
The Back Mount	4 pt
The Sweep	2 pt
Attempted Submission	1 pt

All regulation bouts are comprised of three, 3 minute rounds (i.e. 3 x 3). There is a one (1) minute rest between each round. Title bouts are four (4), 3 minutes rounds (i.e. 4 x 3).

Basic Information - Striking – Stand Up/Ground

Definition	A legal technique that lands on a legal target area with impact
Legal Techniques	Jab – Cross – Hook – Uppercut – Round Kick – Front Kick – Side Kick – Back Kick – Axe Kick – Crescent Kick – Spinning Kicks – Knee (Ring AMMA to body and legs only)
Legal Target Areas	Front/Side of Head – Front/Side of Body – Upper Leg – Lower Leg (Ring AMMA)
Illegal Techniques	Spinning backfist – Hammer Strikes – Elbows – Biting – Spitting – scratching – holding the ropes while striking – blind techniques
Illegal Target Areas	Knees to head – Strikes to throat/groin/joints

Basic Information - Take Downs

Definition	Any controlled technique initiated while standing, in which one athlete brings the opposing athlete's back, back side, or side to the ground. Sweeps, reaping throws and trips are also classified as a takedown.
Legal Techniques	If the initiating athlete brings down the opposing athlete to their back, or their side, or their techniques results in the opposing athlete to have three points of their body touching the mat they will be awarded the points for the takedown. IE; Double leg, Single Leg, high crotch, hip toss, and any judo throw.
Illegal Techniques	An Illegal Takedown is defined as any takedown in which the initiating athlete compromises the opposing athlete through the following criteria: a. The takedown places the athlete in a dangerous position. b. There is a perceived intent to harm the athlete c. The initiating athlete does not display care for the safety of the opposing athlete during the takedown d. Utilizing the initiating athlete's body weight to potentially harm the athlete through the takedown (accelerating the opposing athlete's descent). Including Spiking, in which the athlete is accelerated during a takedown f. Full body Suplex and Slamming the opposing athlete g. During a takedown any strikes to the groin are illegal

Basic Information – Grappling

Definition	Any controlled technique whereby dominance is established according to the relative body position of two athletes. Grounded Position – When three points of the body are touching the surface of the floor Neutral – when neither athlete has an advantage of favourable body positioning Dominant – when athlete has a definite advantage due to favorable body positioning Inferior – when one athlete has a relative disadvantage due to unfavorable positioning
Legal Techniques	Passing the Guard – Knee on Belly – The Mount – Back Grab – Sweep
Illegal Techniques	a. No striking on the ground is permitted in this discipline b. No leg locks no knee bars with the except of a straight Achilles lock c. Achilles locks in which finishing is on the opposite side of the lock is not allowed. d. No neck cranking e. No cervical locks f. No twisting spinal locks g. No finger locks – but you can use fingers to get out of a submission. h. No biceps or calf crushes i. No spiking of the other player j. No slamming of the other player k. No direct pressure to the trachea

Basic Information – Submissions

Definition	<p>A grappling hold that is applied by one athlete onto an opposing athlete, with the primary intention of forcing the opposing athlete to concede due to; insurmountable positioning or an anatomical joint being brought to its end range of motion.</p> <p>Submission Holds are categorized as vascular neck restraints, compression locks, or joint locks that can occur from both a standing or grounded position.</p>
Legal Techniques Joint Manipulations	<ul style="list-style-type: none">• Straight Arm Lock• Double Straight Arm Lock• Kimura and Omoplata• Americana• Ankle Lock• Ankle Lock from back control
Legal Techniques Neck Restraints	<ul style="list-style-type: none">• Rear Naked• Guillotine• Triangle• Reverse Triangle• Darce/Anaconda/Arm Triangle• Eziquel (Front Naked Choke)• Cross Arm• North/South Neck Restraint• Peruvian Neck Tie•
Illegal Techniques	<ul style="list-style-type: none">• Neck Cranks• Leg Submissions• Hand Chokes• Small Joint Manipulations• Spinal Submissions• Toe Hold• Gogoplata