



ISKA AMATEUR MMA RULES

1. Duration of Bouts

Each match is scheduled for three (3) – three (3) minute rounds.

Rest periods will be no shorter than one (1) minute between rounds.

2. LEGAL TECHNIQUES WHILE STANDING

- All closed hand strikes are allowed to the legs, body and head.
- All kicks are allowed to the legs, body and head.
- Knees are allowed only to the legs and body. NO Knees to head.
- Spinning backfist are allowed, but MUST hit with the padded part of the glove, not with the wrist/ forearm/ elbow.
- Throws/ Takes Downs/ Sweeps/ Slams
- All standing submissions – Chokes/ Arm Bars/ Locks
- Shouldering
- If a legal punch/ kick or knee knocks their opponent down, the action will NOT continue. The standing fighter will be sent to the neutral corner and the referee will begin the 10 count like in Boxing and Kickboxing. The fighter MUST be up and ready to continue by the count of 8 or the fighter is over.
- The referee can step in and give a standing 8 count if he/ she feels the fighter is hurt.

- **Once any part of the fighters body other than the bottoms of their feet touch the mat, then the standing fighter cannot strike them to the head, only to the body.**

3. LEGAL TECHNIQUES WHILE ON THE GROUND

- **All closed hand strikes to the legs and body. NO striking to the head.**
- **All Submissions, Chokes/ Arm Bars & Locks/ Leg Locks (Except Heel Hooks & Toe Holds)**
- **If one (1) fighter is on the ground and the other is standing, both fighters are allowed to throw kicks to the legs.**
- **Knees to the body and legs are allowed.**

4. ILLEGAL TECHNIQUES (FOULS)

- **Elbows**
- **Knees to the head**
- **Head Butting/Eye Gouging/ Hair Pulling**
- **Putting a finger into any orifice or into a cut**
- **Linear/ straight kicks to the knees**
- **NO Heel Hooks or Toe Holds (Twisting against the knee)**
- **Groin strikes**
- **Stomps on the feet**
- **Intentionally hitting the back of the head**
- **Striking the Spine or Kidneys**
- **Excessive Slamming (Moving forward to gain momentum)**
- **Throws onto the head or neck (spiking)**
- **Throws against a joint**
- **Throwing the opponent out of the ring/ cage**
- **Twisting neck cranks (Can opener is allowed)**
- **Holding the ropes/ cage**
- **Pinching/Biting/ Gouging/ Fish Hooking**
- **Grapping the opponents shorts/gloves or other protective equipment**
- **Choking with the hand on the throat or grabbing the trachea**
- **Smothering (hand over the mouth)**

- **Small joint manipulation**
- **Clawing , Twisting or pinching the flesh**
- **Grapping the clavicle**
- **Spitting**