

YOUTH MMA RULES:

SAFETY EQUIPMENT ALLOWED/REQUIRED:

- Combined foot & shin protectors
- Open finger gloves at least 4oz in weight with no hold bar.
- Mouth guard and groin protector are mandatory.
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- MMA Shorts with draw string must be worn, (no pockets) no kickboxing pants. Competitors must wear a T-Shirt or rash guards when competing. Vale tudo shorts or wrestling singlets are permitted. Male competitors may compete without a shirt.
- No “grease,” (Vaseline) is allowed to be applied to any part of the fighter.
- No Jiu-Jitsu Gi, fighting/wrestling shoes are allowed.
- **HYGIENE RULE:** All competitors must wear a clean competition uniform (shorts, shirt, etc.). If a referee feels this criteria has not been met, he will not allow the competitor to compete. Please wear clean clothing.

STRIKES - HANDS:

- All punching techniques are allowed to the front and side of the body and legs. **NOT THE SPINE, KIDNEYS OR BACK OF THE HEAD REGION. NO HEAD CONTACT ALLOWED!**
- Ground and pound is allowed to the legs and body in teen divisions.

STRIKES – LEGS & FEET:

- All kicking techniques are allowed to the front and side of the body. Round kicks are allowed to the upper and lower legs. **NO LINEAR KICKS ARE ALLOWED TO THE LEGS. NO STRIKES TO THE KNEES, BACK, OR HEAD! NO LEG STRIKES TO A DOWNED OPPONENT.**
- Knee strikes to the body and legs are allowed in teen divisions.

TAKEDOWNS & THROWS:

- Any wrestling and judo style takedowns are permitted. All prevention necessary must be taken to not attempt to have your opponent fall on his/head or attempt to drop the opponent that their back of neck or head falls to the ground. Slamming out of a submission is not permitted.

SUBMISSIONS & LOCKS:

- All submissions and holds are allowed except the following: neck cranks, spine locks, finger locks, twisting leg locks.

FOULS:

- Any and all of the following will be considered a foul and may be grounds for immediate disqualification depending on severity; biting, spitting, hair pulling, grabbing an opponent's clothing, grabbing onto the cage or ropes, fish hooking, spitting, inserting a finger or toe into any orifice or open wound, eye gouging, or intentional groin strikes. Competitors cannot grab individual fingers or toes while grappling. At least four fingers/toes must be gripped when grabbing the opponents hand/foot.

BOUT DURATION:

- Kid's matches will consist of 3 rounds of 90 seconds each with a 1 minute rest between rounds.
- Teen's matches will consist of 3 rounds of 2 minutes each with a 1 minute rest between rounds.