

AMMA Competition Rules



Asian Mixed Martial Arts Association Competition Rulebook

8th April 2024

Table of Contents

Contents

1.	Weight Classes	1
2.	Qualifications	1
3.	Weigh-In Rules	2
4.	Drawing of Lots	2
5.	Competition Equipment	3
6.	Medical Examination	4
7.	Rights and Responsibilities of Athletes	4
8.	Rights and Responsibilities of Teams	5
9.	Tolerance Statement	6
10.	Gestures and Commands	6
11.	Match Duration	7
12.	Match Procedure	7
13.	Illegal and Legal Striking Areas/Actions/Behaviors	8
14.	Judging	10
15.	Fouls	12
16.	Scoring Rubric	13
17.	Forfeiture / Suspension	13
18.	Winning Conditions	15
19.	Arbitration	16
20.	Team Scoring Method	18
21.	Additional	20

1. Weight Classes

Traditional	
Men	Women
56KG (53KG < ~ ≤ 56KG)	49KG (46KG < ~ ≤ 49KG)
60KG (56KG < ~ ≤ 60KG)	54KG (49KG < ~ ≤ 54KG)
65KG (60KG < ~ ≤ 65KG)	60KG (54KG < ~ ≤ 60KG)
71KG (65KG < ~ ≤ 71KG)	69KG (60KG < ~ ≤ 69KG)
77KG (71KG < ~ ≤ 77KG)	
85KG (77KG < ~ ≤ 85KG)	
96KG (85KG < ~ ≤ 96KG)	
120KG (96KG < ~ ≤ 120KG)	

Modern	
Men	Women
56KG (53KG < ~ ≤ 56KG)	49KG (46KG < ~ ≤ 49KG)
60KG (56KG < ~ ≤ 60KG)	54KG (49KG < ~ ≤ 54KG)
65KG (60KG < ~ ≤ 65KG)	60KG (54KG < ~ ≤ 60KG)
71KG (65KG < ~ ≤ 71KG)	69KG (60KG < ~ ≤ 69KG)
77KG (71KG < ~ ≤ 77KG)	
85KG (77KG < ~ ≤ 85KG)	
96KG (85KG < ~ ≤ 96KG)	
120KG (96KG < ~ ≤ 120KG)	

During weigh-in, the weight should be equal to or less than the registered weight category and greater than the previous weight category.

2. Qualifications

- a) Individual registrations for the competition are not accepted; only registrations on behalf of member countries are accepted.
- b) Participating athletes must possess the required registration forms, medical certificates, and other necessary documents as specified in the registration procedures.

- c) For adult championships, such as the Asian Games, and similar comprehensive sporting events, participants must be 18 years or older, while youth championships require participants to be in the age groups of U14, U16 and U18.
- d) Participating athletes are subject to approval by the Qualification Review Committee, which is composed of the Chief Referee (or Deputy Chief Referee), Chief Medical official, and members of the Referee Committee who verify whether the applicants' documents comply with the requirements outlined in these rules.
- e) The Referee Committee has the authority to request athletes to cooperate with the Anti-Doping Testing Center for doping checks. If an athlete refuses to undergo a doping check, they will be disqualified from competing.

3. Weigh-In Rules

- a) Pre-competition weigh-ins are conducted on the day of the competition. Depending on the competition schedule, athletes are required to weigh in every morning two hours before the competition.
- b) Pre-competition weigh-ins are conducted by multiple referees appointed by the Chief Referee.
- c) Within one hour before the pre-competition weigh-in, athletes have the right to use the official scales for trial weigh-ins.
- d) Official pre-competition weigh-ins are conducted only once.
- e) During weigh-in, male athletes wear boxer shorts, while female athletes wear boxer shorts and sports bras. Adjustments may be made based on their religious beliefs.
- f) Athletes who exceed the weight limit are disqualified from the competition.
- g) Athletes who do not participate in weigh-ins at the specified time are disqualified from the competition.

4. Drawing of Lots

- a) The drawing of lots takes place on the day before the competition.
- b) The Chief Referee is responsible for organizing and conducting the drawing of lots.
- c) The lots drawing ceremony is conducted openly, and it is mandatory for team leaders or coaches from each participating team to attend.
- d) The lots drawing for athletes is done using a randomly selected method.
- e) After the drawing is completed, the Chief Referee shall confirm the competition schedule and timings for each weight category and promptly announce them.
- f) Competition Format:
 - i. When there are 3 athletes, a round robin format will be adopted. The champion, runner-up and second runner up will be determined by points.
 - ii. When there are 4 athletes, they are divided into two groups, with 2 athletes in each group. The winners from each group compete for the champion and

runner-up positions, while the two runner-up athletes from each group become co-second runners-up.

- iii. When there are 5 athletes, they are divided into two groups through an open lot drawing. One group has 2 athletes, and the other has 3. The group of 3 athletes competes in a round-robin format. The winner from each group competes for the champion and runner-up positions, while the two runner-up athletes from each group become the co-second runners-up.
- iv. When there are 6 athletes, they are divided into two groups, with 3 athletes in each group. Round-robin competitions are held within each group. The winner from each group competes for the champion and runner-up positions, while the two runner-up athletes from each group become co-second runners-up.
- v. When there are 7 or more athletes, a single-elimination format is used. Initially, an ideal number (4, 8, 16, 32, etc.) is sought, and the athletes are divided into two groups. Ultimately, the winner from each group competes for the champion and runner-up positions. The two athletes who fail to advance in the semifinals become co-second runners-up. The rankings for fifth, sixth, seventh, and eighth place are determined based on accumulated points from victories.

g) Explanation of substitute qualification for the champion and runner up finals:

If one or both athletes participating in the champion finals are disqualified from the competition due to violation of regulations, the substitute qualification process for advancing to the finals shall be initiated as follows:

- i. The athlete who lost in the semi-finals to the disqualified athlete will be given priority. If the athlete is unable to participate as a substitute, the other athlete who has been eliminated in the semi-finals will be selected as a substitute.
- ii. If both eliminated athletes in the semi-finals are unable to participate due to unforeseen circumstances, referring to the above substitution method, continue to choose the substitutes from the eliminated athletes in the previous round of the competition.

Adjustments are made for multiple sports events according to the requirements of the event.

5. Competition Equipment

a) Attire for competing participants:

- i. For male athlete: Traditional martial arts uniforms consist of a traditional Gi which include a thick knitted fabric sleeveless top, a belt and long pants. The attire (excluding gloves and shin guards) can be grabbed. Modern

martial arts uniforms consist of wear resistant, tight-fitted sleeveless rash guard and MMA shorts. The attire cannot be grabbed.

- ii. For female athlete: Traditional martial arts uniforms consist of a traditional Gi which include a thick knitted fabric short sleeve top, a belt and long pants. The attire (excluding gloves and shin guards) can be grabbed. Modern martial arts uniforms consist of wear resistant and tight-fitted long-sleeved rash guard and MMA shorts. The attire cannot be grabbed.
 - iii. Depending on ethnic customs and religious beliefs, athletes may wear appropriate long-sleeved compression shirts and headgear that comply with competition rules and their requirements.
- b) The attire of participating athletes (mixed martial arts uniform), gloves (4 ounces or above MMA gloves), shin guards (knit, full-coverage), must all be certified by the Asian MMA Association or provided uniformly. Groin protectors and mouthguards shall be prepared by the athletes. Each athlete shall prepare two mouthguards, which shall not be red, and they shall not have logos.
 - c) Bandages, tape, and other items used by athletes must be approved by the Asian MMA Association. Tape can only be used for fastening and not as padding. Bandages shall not be soaked in water. During the competition, athletes must be barefoot, as specified by the on-site recording referee.
 - d) Athletes are not allowed to wear extra protective gear. If there are specific requirements for protective gear, it must be advised by the event's medical personnel and approved by the recording referee. Headbands for tying hair and items with sharp or hard materials are not allowed within the hair.

6. Medical Examination

- a) Medical examinations must be conducted during the specified time frame.
- b) During the medical examination, athletes must bring the required medical reports as mentioned in the registration procedures. The designated event physician will review these reports and conduct on-site physical examinations.
- c) During the medical examination, male athletes should wear briefs, and female athletes should wear briefs and sports bras. Athletes may make adjustments as needed according to their religious beliefs.
- d) Athletes who fail the medical examination will have their participation qualifications immediately revoked.

7. Rights and Responsibilities of Athletes

- a) Rights of Athletes:
 - i. Raise appeals when there are objections to the competition results.
 - ii. Utilize medical assistance not exceeding 3 minutes in each match.
- b) Responsibilities of Athletes:

- i. Familiarize themselves with the competition rules and strictly adhere to them.
- ii. Participate in various events organized by the competition as required.
- iii. Notify the organiser in advance if unable to participate due to unforeseen circumstances.
- iv. Show respect for opponents, referees, and the audience.
- v. Follow the commands of the mat referee during the competition.

8. Rights and Responsibilities of Teams

a) Rights of Team Representatives/Coaches/Assistants:

- i. Attend pre-competition weigh-ins and lot draws.
- ii. Participate in rule meetings organized by the Referees Committee.
- iii. Receive all relevant information about participating in the competition and its results.
- iv. Submit appeals/protests to the Arbitration Committee or the Inspection Committee in the prescribed manner and form.
- v. Have a maximum of two assistants on the field when athletes are competing.
- vi. Provide guidance to athletes during the competition (only one assistant is allowed to give instructions).
- vii. Signal forfeit during the competition by throwing a white towel onto the competition area.

b) Responsibilities of Team Representatives/Coaches/Assistants

- i. Understand the rules and relevant regulations of the competition.
- ii. Submit medical certificates and other relevant registration documents to the eligibility review team in a timely manner.
- iii. Be responsible for team members' discipline and management.
- iv. Ensure athletes participate in weigh-ins and matches on time.
- v. Accompany athletes when entering the venue, dressed in appropriate attire-formal or sportswear (shorts, slippers, and sleeveless shirts are prohibited), and carrying a white towel.

c) Prohibited Actions for Team Representatives/Coaches/Assistants:

- i. Entering the competition area during the match.
- ii. Striking the competition mat while instructing athletes.
- iii. Pouring water on athletes during the match.
- iv. Interfering with the referees' officiating in any way throughout the competition.
- v. Bringing any beverages and food not provided by the event into the athletes' rest area and recording room.

9. Tolerance Statement

All participating teams are strictly prohibited from having any items, including attire and equipment, with offensive texts and images promoting extremism, violence, racism, and discrimination. Violation will result in disqualification.

10. Gestures and Commands

- a) Referee's Entrance: Stand in a proper posture and walk briskly to the center of the field.
- b) Athlete Preparation: Ring referees raise one hand, pointing towards the blue side, and give the command "Blue corner." Then raise the other hand, pointing towards the red side, and give the command "Red corner." Afterward, placing both hands in front of his/her body. The mat referee shall shake hands with the athletes and signal them to shake hands with each other.
- c) Match Start: The mat referee should point towards the three side referees and the timekeeper while giving the command "Referees/Timekeeper." Instructing the athletes by pointing one hand towards the blue corner and the other towards the red corner, while giving the command "Blue corner/Red corner." Simultaneously, swinging right hand downwards and give the command "Begin."
- d) Match Pause and Termination: The match is paused when the verbal command "Stop" is given by the referee and the referee proceeds to separate the athletes. To terminate the match (in case of KO/TKO/submission) the command "Stop" is given by the referee and he/she will immediately proceed to prevent the attacking athlete from further actions while making two repeated crosses in front of his/her body to signal match termination.
- e) Announcement of Deductions: By grabbing the wrist of the offending athlete's hand, the referee's index finger will be risen above his/her head, and give the command "Deduct one point." Indicating this to the three side referees.
- f) Imposing and Lifting Time Limits: When one athlete is in a disadvantaged position during ground grappling, referee will raises one arm to the side to signal the start of the 2nd-time referee's count. When the referee's arm is lowered the time limit is lifted.
- g) Announcement of 'Out of Bounds': When an athlete goes out of bounds, the mat referee will pause the match, bring the athlete back inside, hold the wrist of the out-of-bounds athlete, point towards the boundary, and give the command "Red corner/Blue corner, out of bounds."
- h) Stand-up Warning: If one side is competing passively, the mat referee will point with one hand towards the passive side, give the command "Red corner/Blue corner, attack," and clap his/her hands once. In the event both sides competing passively, the referee will give the command "Both sides, attack" and clap his/her hands twice.
- i) Soliciting Opinions on Passivity Penalties: The mat referee raises his/her palm upward, with his/her fingertips pointing towards the passive side, and give the

command "Blue corner/Red corner." If the side referees agree, they will raise their thumbs. If they disagree, they will cross their hands in front of them.

- j) Medical Time-Out: When an athlete is injured, the match is paused to assess the injured athlete's condition. If medical assistance is required, the mat referee will make a gesture to summon the medical official. Simultaneously, the mat referee will signal the 1st-time referee and give the command "Time" to initiate a medical time-out.
- k) Announcing the Winner: The mat referee will hold the wrists of both athletes, lifting the arm of the winning athlete, and point with the other hand towards the winner's chest.
- l) Verbal Reminder: If an athlete performs actions that may potentially harm the opponent but do not result in substantial injury or commits technical fouls like intentional time-wasting, the mat referee will give verbal commands like "Don't do that move" or "Watch your technique," accompanied by appropriate gestures to remind the infringing athlete.
- m) Verbal Warning: For the first occurrence of a foul that is not severe, a verbal warning by saying "Warning" will be issued without points deducted. For the second occurrence of a foul, the match will be paused, and the mat referee will signal to the side referees to "Deduct 1 point" while issuing the verbal command. In cases of direct, severe fouls, the match will be paused, and the mat referee will signal to the side referees to "Deduct 1 point" while issuing the verbal command.

11. Match Duration

- a) Match consists of two rounds.
- b) Preliminary matches: 3 minutes per round.
- c) Finals: 5 minutes per round.
- d) There is a 1-minute break between rounds.
- e) In case of a draw, overtime is conducted.
- f) Overtime lasts for 1 minute.
- g) Each athlete is allowed a cumulative total of no more than 3 minutes of medical time throughout the entire match.

12. Match Procedure

- a) Entering the Arena Procedure:
 - i. Guide the athletes to the competition area, indicating their respective corners.
 - ii. After a signal from the mat referee, both athletes move to the center of the competition area.
 - iii. Athletes first shake hands with the mat referee, then with each other, and then return to their respective corners.
- b) The match begins when the mat referee issues the "start" command.

- c) The match stops or pauses when the mat referee issues the "stop" command.
- d) A match or round ends upon the sound signal from the timekeeper or the "stop" command from the mat referee.
- e) The match ends in the following situations:
 - i. The match duration expires.
 - ii. KO/TKO/submission occurs.
 - iii. One side goes out of bounds three times in a single round.
 - iv. An assistant throws a white towel onto the competition area.
 - v. One athlete leaves the competition area without the mat referee's permission during the match.
 - vi. After disqualification of one or both athletes.
 - vii. One athlete refuses to continue the match.
 - viii. One athlete exhausts their allotted medical time.
 - ix. The medical official assesses the athlete's condition and determines they cannot continue. The medical official advises the mat referee, who then announces the athlete cannot continue the match.

13. Illegal and Legal Striking Areas/Actions/Behaviors

	Illegal	Legal
Areas	Back of the head, spine, crotch, groin, and throat	Head, torso, hands, arms, legs, and feet
Actions	<ul style="list-style-type: none"> • Elbow strikes to the head under any circumstances; • Headbutting the opponent anywhere on their body under any circumstances; • Eye gouging with fingers under any circumstances; • Kicking or striking the opponent's knee joint while in a standing position; • Stomping or stepping on any part of the opponent's body while on the ground; • Intentionally bending the opponent's neck at an angle twisting it, causing distortion; twisting or hyperextending the opponent's spine; • Kicking or knee strike to the opponent's head in a ground position; 	<ul style="list-style-type: none"> • In the preliminary match, striking and kicking the opponent's head, torso, legs, and arms while in a standing position; • In the preliminary match, knee strikes to the opponent's torso, legs, and arms; • In the final match, striking, kicking, and knee strike to the opponent's head, torso, legs and arms while in a standing position; • Boxing the opponent's head, torso, legs, and arms while in a ground position during the final stage; • Kicking and knee striking the opponent's torso, legs and arms while in a ground position; • Throwing, sweeping, and tossing the opponent in both standing and ground positions; • Applying submissions in both standing and ground positions;

	<ul style="list-style-type: none"> • Lifting an opponent on the ground performing a lower-body submission to a height above the waist and slamming; • Slamming the opponent vertically with their head towards the ground (prohibited techniques that lead to the opponent landing head or neck first, such as a waist-over-shoulder slam); • Using any submission techniques that may harm the opponent's knees (heel hooks, knee bars, etc.); • Clawing, twisting, or biting; • Grabbing or twisting three or fewer (including three fingers) fingers of the opponent; • Spreading fingers with fingertips directed towards the opponent's face; • Bending the elbow when performing a spinning backfist; • Pinching or striking the opponent's throat under any circumstances; • Inserting fingers into the opponent's body orifices under any circumstances; • Applying submission with belt; • Elbow pulling and elbow chopping. 	<ul style="list-style-type: none"> • Elbow strikes to the opponent's torso, below the head and limbs; • Applying choke submission (Rear Naked Choke, Guillotine, triangle); • Applying joint submission to shoulder, elbow, waist, and ankle; • Applying submission techniques with Gi (traditional martial arts uniform); • Elbow techniques other than pulling and chopping elbows.
<p>Behaviors</p>	<ul style="list-style-type: none"> • Gripping and holding the clothing and shorts of the modern-style combat uniform; 	<ul style="list-style-type: none"> • Gripping and holding the clothing, pants(Gi, shorts, belt) of the traditional-style combat uniform.

	<ul style="list-style-type: none"> • Match fixing or matching throwing; • Intentionally spitting out mouthguards or spitting saliva; • Instigating or provoking opponents, referees, coaches, and spectators in any form; • Ignoring the referee's commands • Loosening the belt • Attacking opponents before the referee's start command or after the stop command from the referee; • Leaving the competition area during the match • Grabbing the opponent's headgear, gloves, shin guards, and hair • Pretending to be injured • Applying any lubricating substances or irritants to the body • Using any non-standard or prohibited items • Wearing shoes • Delaying rest time during the match • Attacking opponents outside the competition area and outside match duration • Blocking the opponent's mouth and nose with hands. 	
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14. Judging

a) When the match ends, the scoring situation:

- i. When the side referees are calculating scores, if the technical score difference between the two sides is less than or equal to 10 points, the round's result is 10:9.
 - ii. If the technical score difference between the two sides is greater than 10 points but less than or equal to 20 points, the round result is 10:8.
 - iii. If the technical score difference between the two sides is greater than 20 points, the round result is 10:7.
 - iv. If there are point deductions in the round, the score difference may be greater.
- b) When equal score:
- i. Unanimous Draw: The 3 side referees unanimously determine the score is equal.
 - ii. Split Draw: One side referee scores it as a draw, while the other two side referees score one side as the winner.
 - iii. Majority Draw: Two side referees score it as a draw, while one side referee scores one side as the winner.
- c) KO: When one athlete uses legal techniques to knock down the opponent, causing them to temporarily lose consciousness.
- d) TKO: When one athlete loses the ability to defend themselves or is in a completely passive defensive state, unable to launch effective counterattacks.
- e) Submission: When an athlete uses permitted submission techniques (chokes, joint locks, etc.) to make the opponent voluntarily surrender (by tapping the mat or the opponent's body three or more times continuously or making a vocal signal) or lose consciousness.
- Note: In order to ensure the safety of juvenile athletes, when a submission technique is applied and the passive party does not indicate surrendering, the referee may stop the match based on the passive party's condition.
- f) Out of Bounds:
- i. In a standing position, if any part of an athlete's body touches the boundary line or goes beyond it, and there is no body contact with the opponent inside, it is considered one-sided out of bounds. If both athletes are outside the boundary line or if one athlete outside hasn't completely exited, it is considered both out of bounds.
 - ii. In a ground position, if any part of an athlete's body (head or torso) touches the boundary line or goes beyond it, and there is no body contact with the opponent inside, it is considered one-sided out of bounds. If both athletes are outside the boundary line or if one athlete outside hasn't completely exited, it is considered both out of bounds.
 - iii. The number of out-of-bounds incidents is calculated within the current round and not carried over to the next.
 - iv. If an out-of-bounds incident occurs, athletes need to follow the referee's instructions and return to the field promptly. Disobeying orders,

intentionally delaying time, and similar behavior will be considered technical fouls.

- v. If there is an out-of-bounds, whether in standing or grounded, whether it involves one athlete or both, athletes must follow the referee's order to go back to the competition area and restart from standing position.

g) Passivity:

- i. If one or both athletes avoids actively attacking, evades contact, or attempts to escape for an extended period, after the referee's palm strike reminder and verbal warning, if there are still no clear attacking actions, the referee will seek opinions from the three side referees through gestures. If two or more side referees agree, the referee will pause the match, penalize the passive athlete, and signal to the side referees to deduct 1 point. If the athlete displays passivity again after being penalized, the referee will directly seek the opinion of the three side referees. If they agree, the match will be paused, and 1 point will be deducted from the passive athlete, with the opponent declared the winner.
- ii. In case of one athlete's passivity during the match, when the referee initiates the opinion-seeking procedure with the side referees and receives their approval, if the athlete initiates a clear and effective attack, the punishment may be deferred, and the match continues. If the athlete displays passivity again, the referee will immediately pause the match, warn the passive athlete, and deduct 1 point.

15. Fouls

a) Technical Foul:

- i. Athlete raises hand to request a pause while in a disadvantageous situation.
- ii. Athlete intentionally delays the match.
- iii. Athlete displays disrespectful behavior toward or disobeys the referee during the match.
- iv. Athlete enters the field without wearing or intentionally removes a mouthguard or protective gear.
- v. Athlete does not adhere to prescribed match etiquette.
- vi. Athlete does not follow the referee's instructions.
- vii. Athlete makes actions that could potentially harm the opponent but do not cause substantial injury, such as spreading fingers toward the opponent.

b) Personal Foul

- i. Athlete attacks the opponent before the command "begin" or after "stop."
- ii. Athlete strikes the opponent's prohibited areas.
- iii. Athlete employs prohibited methods to attack the opponent.

c) Penalties

- i. For the first technical foul, a verbal warning is issued once. For a second technical foul, another warning is given, and 1 point is deducted. For a third technical foul, disqualification from the match occurs directly.
- ii. For the first personal foul, a warning is issued once for non-serious offenses. For a second personal foul, another warning is given, and 1 point is deducted. For a third personal foul, disqualification from the match occurs directly.
- iii. In case of the first personal foul with a serious offense, a direct warning is issued, and 1 point is deducted. For a second personal foul, disqualification from the match occurs directly.
- iv. If an athlete cannot continue the match due to a personal foul by the opponent (confirmed by the medical official), the injured athlete is declared the winner, and their progress in the competition stops for that round.
- v. After a medical assessment by the medical official, if an injured athlete is determined to be capable of continuing the match but refuses, it is considered a voluntary forfeiture, and the result is a loss for that athlete.
- vi. In cases of particularly egregious foul behavior or serious consequences resulting from fouls, the chief referee submits the matter to the competition supervisory committee for further action against the athlete and delegation.

16. Scoring Rubric

a) Scoring Methods:

- i. Clear and effective strikes using fists, legs, or knees to unprotected and allowed striking areas score 1 point.
- ii. When the attacking athlete uses legal throwing techniques to bring the opponent to the ground, when the opponent falls due to a technical mistake, or when the attacking athlete gains dominant position and control over the situation after the opponent voluntarily falls, it scores 1 point.
- iii. When it is perceived that the submission technique is nearing completion, the referee issues a command, and this scores 2 points.
- iv. If the attacking athlete uses clear and effective striking actions that result in significant displacement of the opponent, temporary loss of balance, and the opponent being in a state close to KO (Knockout), it scores 2 points.

b) Other Situations:

- i. If one athlete lifts the opponent from the ground in a ground position and then brings them down again, no points are awarded.
- ii. If there are no clear and effective strikes during a period of control by the athlete, no points are awarded.

17. Forfeiture / Suspension

a) Forfeiture

- i. During the match, if an athlete is unable to participate due to injury (confirmed by the medical official as unable to continue the match), the athlete themselves, along with their team leader or coach, must submit a forfeiture application approved by the medical official to the referee team. This should be done no later than two matches before the athlete's next scheduled match. Failure to meet the deadline, it will be considered a voluntary forfeiture, and any achieved results will be invalidated.
- ii. During the match, if there is a significant disparity in the abilities of both athletes, to protect the weaker athlete's safety, the coach/assistant may throw a white towel to signal forfeiture. The athlete can also raise their hand or voluntarily leave the field to signal forfeiture. Achieved results in these cases remain valid.
- iii. Athletes who fail to weigh-in on time, do not show up for the pre-match check-in three times, or leave after check-in and cannot enter the field on time will be treated as voluntary forfeitures.
- iv. If an athlete voluntarily forfeits during the match without a valid reason, all their results will be canceled.

b) Suspension of the match

- i. When an athlete goes out of bounds.
- ii. When an athlete is penalized for a foul.
- iii. When an athlete receives medical assistance.
- iv. When an athlete's combat equipment becomes loose or falls off.
- v. When objective factors such as lighting, venue, or electronic scoring systems affect the match.

c) Limited Time Suspension:

- i. In standing grappling, if both athletes maintain in a hold for about 5 seconds without any attacking action, the referee stops the match, and both athletes separate and resumes from a standing position.
- ii. When both athletes engage in ground grappling and the attacking side is in a non-advantageous position, the referee signals, and a 20-second countdown begins.
- iii. When the 20-second time limit is reached, if no submission technique is applied, no near TKO situation occurs, and no transition to a dominant position taking place, the referee stops the match. Both athletes return to the center of the mat and continue from a standing position.
- iv. When the 20-second time limit is reached, if a submission technique is applied or a near TKO situation occurs, the referee continues to observe the situation without stopping. If the submission technique is released or continuous attacks cease, the referee immediately stops the match. Both

athletes return to the middle of the field and continue from a standing position.

- v. If one side is in a ground dominant position and fails to produce an effective attack (10 seconds), upon the referee's command "Attack", if no evident effective attack occurs, the referee stops the match, and both return to the center of the mat and continue from a standing position.
 - Ground dominant positions (full mount, back control, full side control, north-south position, kneeling head and arm control).
 - Ground non-dominant positions include all positions except dominant ones.

18. Winning Conditions

a) Victory by Score

- i. Unanimous Decision: All three side referees decide in favor of one athlete.
- ii. Split Decision: Two side referees score in favor of one athlete, while one side referee scores in favor of the other athlete.
- iii. Majority Decision: One side referee score it as a draw, and two side referees score in favor of one athlete.

b) Conclusion by Victory

- i. KO (Knockout)
- ii. TKO (Technical Knockout)
- iii. Submission

c) Technical Victory

- i. In the event of injury in a non-foul situation, if an athlete cannot continue due to medical reasons, as determined by medical official, the match ends, and the opposing athlete is declared the winner.
- ii. In a single-round match, if one athlete goes out of bounds three times, the match is terminated, and the opposing athlete is declared the winner.
- iii. If an athlete who has obtained the qualification to advance is unable to continue participating in the next round of competition due to physical ailments, a medical supervision certificate shall be issued prove that the athlete's qualification for promotion is limited to this round, and their previous competition results are valid.

d) Forfeiture:

- i. When an athlete voluntarily raises their hand to signal forfeiture or when a coach/assistant throws a white towel into the field to signal forfeiture, the referee stops the match and declares the opposing athlete the winner.
- e) Passivity:
- i. If one athlete accumulates two passivity penalties throughout the entire match, the referee stops the match and declares the opposing athlete the winner.
- f) Disqualification:
- i. If an athlete's opponent is unable to continue due to a foul, the offending athlete is disqualified, and the opposing athlete is declared the winner.
 - ii. If an athlete commits serious violations, such as exceeding the weight limit, they will be disqualified from the competition, and all competition results obtained by the athlete in this competition will be deemed invalid.
- g) Exhaustion of Medical Time:
- i. If one athlete's medical treatment time exceeds 3 minutes during the match, the referee ends the match and declares the opposing athlete the winner.
- h) Overtime Ends in a Draw
- i. The athlete who has not received any warnings is declared the winner.
 - ii. If both athletes have not received any warnings or have received an equal number of warnings, the athlete with the lighter body weight at the start of the day's competition is declared the winner.
 - iii. If both athletes had the same body weight at the start of the day's competition, the athlete with the lighter body weight after the match is declared the winner.
 - iv. If both athletes have the same body weight after the match, the winner is determined by a flag-raising decision by three side referees, with the athlete receiving the same flag from at least two side referees declared the winner.

19. Arbitration

- a) Filing an Appeal
- i. Athletes must submit appeals after the announcement of the scores, but before the start of the next round or match.
 - ii. If the appeal pertains to the last match of the competition unit on the competition day, it must be submitted within five minutes after the end of the match.

- iii. Appeals are only applicable to the results of the match within regular time or after overtime. Appeals cannot be made regarding the results of regular time once overtime has started.
- iv. The decision of the arbitration group is final. If an appeal is submitted outside the specified time limit, it will be rejected.
- v. Appeals can only be submitted by athletes or coaches to the arbitration committee.
- vi. When appealing for rule violations that affect the course of the match, if the established result has already occurred and cannot be reversed, only additional warnings, point deductions, or similar actions will be taken according to the rules, and the subsequent outcome will not be changed.

b) Appeal Process

- i. If a participating team disputes the result, the appeal can be initiated by the team's leader or coach. Appeals can focus on two aspects of the match:
 - Appealing the match result
 - Appealing the fairness and impartiality of the referee in charge
- ii. There is only one opportunity for appeal during the entire match, and it can only be made regarding one of the two aspects, not both simultaneously.
- iii. An appeal must be accompanied by a fee of \$1000.
- iv. Regarding the appeal of the match result:
 - The arbitration committee will cross-check the scorecards of the side referees to confirm if there are any errors or incorrect penalties. If there are mistakes, the arbitration committee will address them, and no counter-appeal will be accepted. If there are no errors by the side referees, the appeal process continues.
 - The match score remains unchanged. The Deputy Chief Referee organizes the side referees, and the appealing athlete draws lots to select three side referees. These three side referees independently re-score the match based on video footage, without communicating with each other.
 - If the new scores from the three side referees do not change the outcome, the appeal fails, the process ends, and no further appeals are accepted.
 - If the appeal alters the result, the opposing athlete can file a counter-appeal.
 - After accepting the counter-appeal, the Deputy Chief Referee organizes the side referees, and the counter-appealing athlete draws lots to select another three side referees. These three side referees independently re-score the match based on video footage, without communicating with each other.

- The final result is determined based on the summary of three rounds of judgments (i.e., the judgments of nine side referees). This result is considered the final judgment, and no further appeals are accepted.
- v. All of the above procedures are handled by the arbitration committee. If the appeal process is successful, the appeal fee is refunded, and the opportunity for appeal is retained. If the appeal fails, no further appeals are allowed for that match, and the appeal fee is not refunded.
- vi. For appeals against the conduct of a referee:
- The participating team must file an appeal with the Event Supervisory Committee.
 - After accepting the appeal, the participating team must provide evidence of the referee's violation of fairness and impartiality.
 - The Event Supervisory Committee conducts an investigation into the referee's behavior.
 - If an appeal is made against a referee, the scores that have already been determined will not be changed.
 - If the appeal is accepted, another referee will be selected by the Chief Referee to continue officiating.

20. Team Scoring Method

- a) The championship competition system is ranked by points
- b) In the individual competition, team rankings are determined based on the points earned by the top eight athletes in the competition.

Placement	Total Score	Placement	Total Score
1 st Place	25	6 th Place	9
2 nd Place	20	7 th Place	8
3 rd Place (2 winners)	15	8 th Place	6
5 th Place	10		

Regardless of the number of participants in each level, the points determined in the table above remain unchanged.

In cases where there are insufficient participants in a certain level, the table values remain the same for a round-robin format.

When team rankings result in a tie, the team with more individual champions takes precedence. If the number of champions is the same, the team with more runners-up takes precedence, and so on.

If a country has more than one athlete scoring in a weight class, only the score of the highest-scoring athlete is counted in the team score. Team rankings remain unchanged. For example:

1st Place, Country A: 25 points

2nd Place, Country A: 20 points

3rd Place, Country B: 15 points

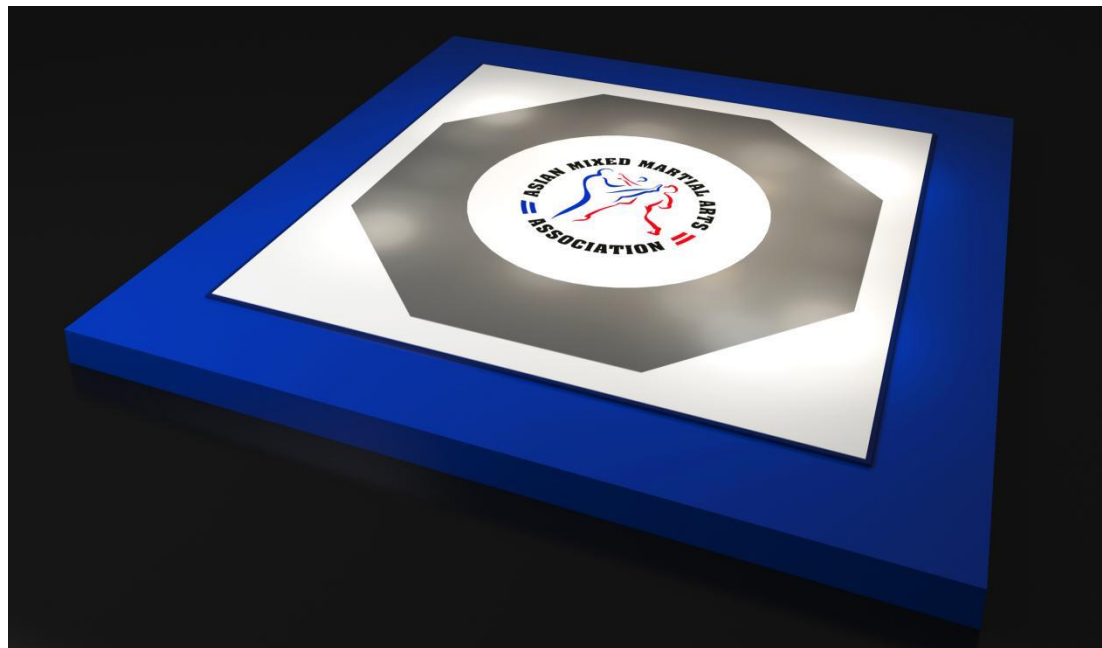
In this case, only the 25 points of the first-place athlete from Country A are counted. The 20 points of the runner-up athlete are not recorded. However, Country B's third-place athlete is awarded 15 points and is not ranked according to the runner-up record.

c) Medals System

National and regional representative teams are ranked based on the number of gold, silver, bronze medals, and the number of athletes who finish 5th or lower. Priority is given to the quantity of gold medals. If the number of gold medals is the same, the ranking is determined by the quantity of silver medals. In case the gold and silver medal counts are equal, the ranking is then decided by the number of bronze medals. Finally, if the gold, silver, and bronze counts are all the same, the ranking is based on the number of athletes who finish in 5th place or lower.

21. Additional

a) Competition Ground



The competition venue is a square arena with a height of 0.6 meters and sides measuring 18 meters. On top of it, there is a square-shaped elastic cushion with sides measuring 14 meters and a thickness of 0.06 meters. The effective competition area is a regular octagon with a diameter of 10 meters. Beyond the octagon, there is a 2-meter-wide protective zone.

b) Competition Equipment

i. Traditional Attire

red-male



blue-male



red-female



blue-female



ii. Modern Attire

red-male



blue-male



red-female



blue-female



iii. Gloves



iv. Shin Guards



v. Mouth Guard and Groin Guard

