

VAMOS à LUTA

VAMOS à LUTA Amateur MMA Competition Rules Outline (Dec 2023)

General Rules

VAMOS à LUTA Amateur MMA will be based on the MMA Unified Rules, which are a set of rules implemented in all amateur MMA competitions to ensure that athletes can compete in the safest possible environment.

In addition to the fouls listed in the MMA Unified Rules, the following techniques shall remain forbidden in Amateur Mixed Martial Arts contests

- Elbow and forearm strikes of any kind;
- Heel Hook;
- Twister, neck crank, can opener and/or any submission deemed as applying pressure to the neck or spine;
- Knees to the head of an opponent

Match Specification

- 3 rounds
- 3 minutes per round
- 1 minute rest in between rounds
- Each competitor can bring up to **THREE** people as cornermen and audience, **ONLY TWO** cornermen can be inside the cage during round breaks.

Equipment and Apparel (Unless noted, athletes are required to bring their own equipment and apparel)

- Gloves should weigh no less than 6oz, but no more than 8oz, **VAMOS à LUTA** will provide gloves to all participants.
- All athletes **must** wear mixed martial arts shorts or compression shorts, which means, no zip, pocket and other additional attachments will be permitted in the competition area.
- “Sock Type” shin guards are mandatory to all participants, **VAMOS à LUTA** will provide shin guards to all participants.
- Rashguards are also **mandatory**, the use of material should be stretchable and tight-fitting, only **short-sleeve** rashguards are permitted.
- Groin protector is mandatory for all male athletes, female athletes may choose to wear at their own discretion.
- All athletes are required to wear mouthpiece.
- Protective head gear will be required for athletes with less competition experience (agreed beforehand), **VAMOS à LUTA** will provide the required head gears to the participants.

Weigh-in

- Athletes must choose a weight class upon registration for any competition. For tournaments, each athlete will be given 0.5kg of weight allowance. **[Not applicable to catchweight or matches with specific agreed weight]**
- If an athlete weighs no more than 3kg over the upper limit, the opponent may choose whether to accept the fight or not.
- Weigh-in will be conducted on specific time decided by **VAMOS à LUTA** , athlete who shows up late to their weigh-in will be disqualified.
- Athlete should weigh-in with their rash guards and fight shorts on.

Medical Requirement

Participant will have to ensure they are in proper physical condition to participate in combat sports, and they are not a carrier of HIV, Hepatitis B/C or any other form infectious disease.