GAMMA

GLOBAL ASSOCIATION OF

MIXED MARTIAL ARTS

TECHNICAL MANUAL

Contents

GAMMA Technical Manual brings the technical guidance from gamma.sport together with the GAMMA Arena and platform configuration supplied by GAMMA management.

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Reference and scope

MMA competition information is based on the GAMMA International Competition Rules & Regulations for MMA, effective 1 December 2023. The GAMMA Arena configuration follows the management brief supplied on 19 November 2026.

This compilation is a practical guide. Detailed rule definitions, exceptions and procedures remain in the referenced rules. The supplied configuration specifies foam padding with a minimum thickness of 40 mm; the construction values follow the management brief for this configuration.

Original MMA rules:

GAMMA International Competition Rules & Regulations MMA

Online manual: gamma.sport/technical-manual

Introduction · Rule 1

01 Our sport

Mixed martial arts combines legal punches and kicks, takedowns and ground techniques in standing and ground exchanges. GAMMA competition brings these skills together with age-specific safeguards, qualified officials and a shared technical framework.

The MMA skill set

- Legal punches and kicks, with permitted targets and techniques determined by the athlete's age category.
- Controlled throws, takedowns, clinching and positional transitions.
- Ground control and permitted submission holds. Athletes must release a hold when an opponent taps or the referee intervenes.

How this manual is used

This manual brings the sport overview, competition pathway, weight categories, competition rules and field of play into one place.

Technical information follows the GAMMA International Competition Rules & Regulations for MMA, effective 1 December 2023. Rule and page references identify the relevant source provisions.

Member Federations may use a GAMMA-approved national ruleset where authorised. National adaptations may shorten bouts or restrict techniques; departures requiring GAMMA approval must not be assumed.

GAMMA athlete development pathway

02 Competition pathway

Athletes develop through their Member Federation, moving from local competition towards national and international representation.

From grassroots to the world stage

1. State and local competition — develop skills and gain competition experience through the Member Federation.
2. National championships — compete within the national programme and seek selection for the national team.
3. Continental championships — represent the national federation at regional competition.
4. GAMMA World Championships — compete on GAMMA's international amateur stage.

Continuing an athlete's career

Some athletes later pursue professional competition. Progression is a development pathway, not an automatic qualification or a guarantee of entry to any event or professional organisation.

Rules 2–3 · PDF pages 7–9

03 Age and weight categories

Age and weight determine the applicable competition category. The tables below follow Rule 3 of the MMA rules reference, in kilograms.

Eligibility and weigh-in

- Age is verified at registration and accreditation. Under-18 categories use the athlete’s age on the first weigh-in day; Seniors must have reached 18 on that day.
- Masters athletes are aged 40 and above. Participation by Masters athletes in Seniors competition requires prior GAMMA approval.
- Use the event’s published entry information to check which categories are offered. An event entry list does not itself amend the technical rules.

Weight categories

Values are in kilograms. A minus sign identifies the category weight limit; a plus sign identifies the category above that limit.

Weight categories

Male and female divisions · category limits in kilograms

U10 8–9 years

MALE	FEMALE
-27.2 kg	-27.2 kg
-31.7 kg	-31.7 kg
-36.3 kg	-36.3 kg
+36.3 kg	+36.3 kg

U12 10–11 years

MALE	FEMALE
-31.7 kg	-31.7 kg
-36.3 kg	-36.3 kg
-40.8 kg	-40.8 kg
-45.4 kg	-45.4 kg
+45.4 kg	+45.4 kg

U14 12–13 years

MALE	FEMALE
-36.3 kg	-36.3 kg
-40.8 kg	-40.8 kg
-45.4 kg	-45.4 kg
-49.9 kg	-49.9 kg
-54.4 kg	-54.4 kg
-58.7 kg	+54.4 kg
-63.5 kg	
+63.5 kg	

U16 14–15 years

MALE	FEMALE
-49.9 kg	-40.8 kg
-54.4 kg	-45.4 kg
-58.7 kg	-49.9 kg
-63.5 kg	-54.4 kg
-70.3 kg	-58.7 kg
-77.1 kg	-63.5 kg
+77.1 kg	+63.5 kg

U18 16–17 years

MALE	FEMALE
-52.2 kg	-45.4 kg
-56.7 kg	-49.9 kg
-63.5 kg	-54.4 kg
-70.3 kg	-58.7 kg
-77.1 kg	-63.5 kg
-83.9 kg	+63.5 kg
-93.0 kg	
+93.0 kg	

Seniors 18+ years

MALE	FEMALE
-52.2 kg	-47.6 kg
-56.7 kg	-52.2 kg
-61.2 kg	-56.7 kg
-65.8 kg	-61.2 kg
-70.3 kg	-65.8 kg
-77.1 kg	-72.6 kg
-83.9 kg	+72.6 kg
-93.0 kg	
-120.0 kg	
+120.0 kg	

Masters 40+ years

MALE	FEMALE
-52.2 kg	-47.6 kg
-56.7 kg	-52.2 kg
-61.2 kg	-56.7 kg
-65.8 kg	-61.2 kg
-70.3 kg	-65.8 kg
-77.1 kg	-72.6 kg
-83.9 kg	+72.6 kg
-93.0 kg	
-120.0 kg	
+120.0 kg	

Rule 4 · PDF page 10

04 Bout format

The international Senior format is three rounds of three minutes. Youth formats are shorter, with the same one-minute rest between rounds.

Competition timing

- Rest between rounds: 60 seconds.
- Maximum of four bouts per athlete per day.
- A minimum of 90 minutes' rest should be provided between bouts.
- For U10, U12, U14 and U16, an additional two-minute round may be used after a draw when a winner is needed to advance.
- For national Senior competitions, the local organising committee may shorten the format to two rounds of three minutes as permitted by Rule 4.1.

Age group	Age	Rounds × duration
U10	8–9	2 × 2 minutes
U12	10–11	2 × 2 minutes
U14	12–13	2 × 2 minutes
U16	14–15	2 × 2 minutes
U18	16–17	3 × 2 minutes
Seniors	18+	3 × 3 minutes
Masters	40+	3 × 3 minutes

Rules 8–10 · PDF pages 18–35

05 Competition rules

Athletes are assessed on effective technique. Legal targets, submission holds and safety restrictions must be read together with the age-category modifications.

Judging priorities

- Criterion A — effective legal techniques. Technical execution and effective results are the primary assessment.
- Criterion B — effective aggressiveness, considered only when Criterion A is even.
- Criterion C — control of the bout, considered only when the preceding criteria are even.
- Three judges score the bout using the 10-Point Must System. Scores for each round are displayed publicly after the round.

General prohibited actions

- Headbutts, eye gouging, biting, spitting, fish hooking and hair pulling.
- Elbow strikes in any position; knee strikes to the head; kicks or knees to a grounded opponent.
- Strikes to the spine or back of the head, directed throat attacks and groin attacks.
- Spiking or slamming an opponent; uncontrolled standing submissions; guard jumps, flying submissions or scissor takedowns without the required upper-body control.
- Small-joint manipulation, straight kicks to the opponent’s knee and throwing an opponent out of the competition area.
- Gripping the opponent’s gloves or shorts, grabbing the fence for control, and deliberately leaving the area to escape a submission.
- Attacking during a break, after the bell or after the referee stops the action; ignoring referee instructions; abusive or unsportsmanlike conduct and corner interference.

Understanding fouls

This is a summary of Rule 10, not an exhaustive replacement for its definitions and exceptions. The referee determines fouls and applies warnings, point deductions or disqualification as appropriate.

Legal strikes to the head can be permitted for Seniors, subject to the prohibited techniques. Masters and athletes under 18 must not use head strikes.

A grounded opponent is defined by Rule 10.1.16. An athlete is grounded when a body part other than the soles of the feet touches the floor; a hand must be a palm or fist, not only fingers.

Round scoring · Rule 8.3

Score	Round assessment
10–10	Even round; an extremely rare exception.
10–9	One athlete wins by a close margin.
10–8	A large margin, assessed through technical dominance and duration.
10–7	Complete domination, assessed through technical dominance and duration.

Rule 6 · PDF pages 12–16

06 Equipment and attire

Equipment must be inspected and meet GAMMA requirements. The two athletes must use the same model of gloves and shin pads.

Required protection

- Gloves: open-finger MMA gloves weighing 6–8 oz, certified by GAMMA.
- Shin and foot protection: elastic or neoprene pads with attached foot padding at least 1 cm thick. Leather or PU Thai/kickboxing shin pads are not permitted.
- Mouthpiece: a well-fitted mouthpiece is mandatory; the bout cannot start without it.
- Groin guard: mandatory for male athletes, optional for female athletes. Under-18 categories must use plastic, not metal, cups.
- Corner identification: red or blue equipment/attire, or 40–50 mm red or blue tape at the glove wrists and top of shin pads when needed.

Clothing and appearance

- MMA shorts or tights must not extend below the knee and must have no exposed Velcro, pockets or zippers. Religious or cultural exceptions require GAMMA approval.
- A tight-fitting rashguard is mandatory for all athletes under 18. Female athletes must wear an approved form-fitting rashguard and sports bra.
- Adult male athletes may wear a short-sleeved rashguard, but both athletes in a bout must either wear one or both compete without one.
- No shoes or jewellery, including piercings. Hair must be secured safely above the shoulders. Approved religious or cultural head coverings may be used as specified in Rule 6.
- Inappropriate attire identified at the competition-area inspection must be corrected within two minutes or the athlete is disqualified.

Wraps and substances

Hand wrapping is prohibited for every under-18 category. Adult gauze, tape and cotton-wrap limits, and permitted joint sleeves, are specified in Rule 6.5.

No foreign objects or built-up material inside gloves or wraps. Prohibited creams, sprays and oils may result in disqualification. Face Vaseline is applied only by authorised personnel.

Rules 5, 7 and 12 · Appendix 2

07 Field of play

GAMMA MMA can take place on an approved tatami or in an approved GAMMA Arena. Permitted surfaces depend on the age category.

Area standards

- Adult competition areas: minimum 6 × 6 m, or 6 m diagonal; maximum 10 × 10 m, or 10 m diagonal.
- The floor must use tightly bonded sports mats and a suitable canvas or approved floor covering. The supplied GAMMA Arena configuration below specifies foam padding with a minimum thickness of 40 mm.
- Corners must be clearly marked red and blue. The red corner is positioned to the left, beside the main officials' table.
- Corner pads must be installed at every fence border.
- Under-18 tatami areas may be 5 × 5 m, up to 10 × 10 m. Additional permitted competition surfaces follow the age-specific requirements.

Minimum officials for each area

- One referee, three judges, one timekeeper, one scorecard keeper and one doctor.
- The referee controls the bout from entry into the competition area until its conclusion.

Bout and corner protocol

- Athletes wait outside the area with an escort team of no more than two people. Red is called first, then blue.
- The referee brings the athletes to the centre. The timekeeper starts the clock on "FIGHT"; athletes must obey "STOP".
- Between rounds on tatami, coaches attend from outside their designated corner line. In the GAMMA Arena, both coaches may enter.
- Permitted corner items: up to two towels (one mandatory), one bucket, a water bottle up to 0.75 litres, an ice pack up to 2 litres and a spare mouthguard.
- On tatami, deliberate fleeing or pushing an opponent out without a takedown attempt can lead to warnings, point deductions or disqualification. A bout must never restart in a locked submission position.

Permitted areas by age

Age group	Permitted area
U10 · U12 · U14	Plain tatami only.
U16	Plain tatami only.
U18	Plain tatami or an approved GAMMA Arena.
Seniors · Masters	Approved tatami or GAMMA Arena.

Rule 11 · Rule 13 · Appendix 2

08 Athlete safety

The referee and ringside physician protect athlete safety. Age-specific restrictions apply in addition to the general MMA rules.

Under-18 technique restrictions

- No punches or kicks to the head or face, including head punches on the ground and up-kicks to the head.
- No takedowns using both arms around the neck only; knee reaping; rib or neck compressions; electric chair submissions; Ezekiel chokes; top-position gogoplatas; knee on throat; or wrist locks.
- Guillotine chokes must be applied and finished grounded; arm-in guillotines are permitted under Appendix 2.
- Lower-body submission holds are prohibited, except the straight ankle lock for the U18 category. It remains prohibited for U10, U12, U14 and U16.
- U10 and U12 additionally prohibit omoplata attacks, connected scissor takedowns, connected guard jumps and connected jumping submission attacks.

Youth protection and stoppages

- Youth gloves must have thick front and thumb padding and open-finger loops. Tight-fitting rashguards, mouthguards and compliant shin/foot protection are mandatory; hand wraps are prohibited.
- A referee can stop a youth bout when an athlete is exhausted, helpless or at risk of injury, without waiting for a verbal or physical tap.
- Visible bleeding requires immediate stoppage for under-18 athletes. An illegal technique causing bleeding results in disqualification of the offender; normal-combat bleeding results in TKO of the bleeding athlete.
- For accidental youth bleeding, the result depends on the elapsed bout time under Rule 13.2.3.3. Before halfway, the result is No Contest; if advancement is required, the uninjured athlete advances.

Medical requirements and weight management

- Athletes must be healthy, complete the mandatory pre-bout questionnaire and undergo the required medical examination.
- Weight cutting is prohibited. Athletes must reach the required weight on the day of their bout; multi-day competitions require daily weigh-ins. A missed weigh-in results in disqualification.
- An athlete who loses by KO from a head strike cannot compete again in another category or division at the same competition.
- Anti-doping and hydrated-weight testing procedures apply at international competitions. Athletes and teams must follow the applicable GAMMA anti-doping requirements and event medical instructions.

Rules 9, 14 and 15

09 Results and appeals

The referee declares the result in consultation with the scorecard keeper. Result types and appeal procedures follow the MMA rules reference.

Ways a bout can end

- Submission: physical tap, verbal tap or technical submission, as defined in Rule 9.
- TKO: referee or medical stoppage, including the applicable corner-stoppage and failure-to-answer-the-bell situations.
- KO: unconsciousness or inability to defend following the applicable legal action.
- Decision: unanimous, split or technical decision. Draws, No Contest and disqualification are handled according to Rule 9 and the relevant foul or injury provisions.

Appeal procedure

- An authorised team representative must lodge an appeal within 30 minutes of the announced decision.
- The appeal must be in English, on the official GAMMA appeal form, with reasons stated and a fee of €150 or the equivalent in USD.
- The appeals jury reviews the matter. Official organiser/GAMMA footage may assist, but is not the sole determining factor.
- A successful appeal is refunded; an unsuccessful appeal is not. Affected teams must be informed at least 60 minutes before an affected bout. The jury’s decision is final and cannot be counter-appealed.

Competition conduct

- Only official GAMMA competition gear is permitted in the competition area. Coaches must wear national team sportswear.
- Personal advertising in competition is prohibited. Sponsor logos are permitted only on non-competition sportswear.
- Under Rule 15, national flags are not permitted at the award ceremony. Only officially recognised national flags may be used in or around the area to celebrate a bout victory; politically motivated flags or attire are prohibited.

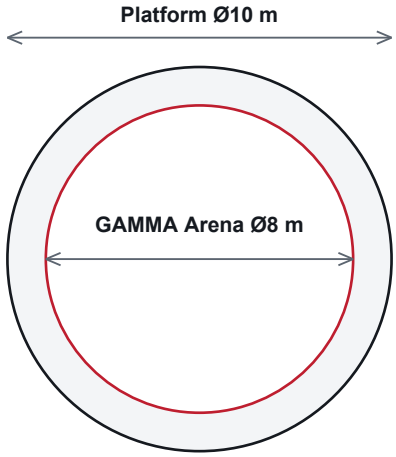
GAMMA management specification · 19 November 2026

10 GAMMA Arena configuration

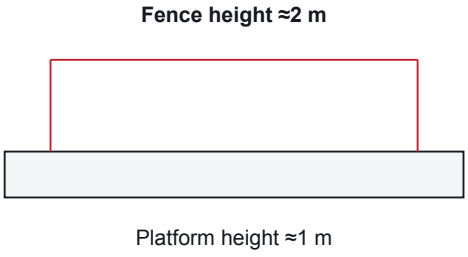
Configuration supplied by GAMMA management for this manual. Platform and MMA-area dimensions are listed separately.



GAMMA Arena visualization based on the supplied design. Dimensions, materials and access requirements are listed in the specification tables; this image is not a construction drawing.



Plan view · nominal diameters



Elevation · indicative arrangement

The nominal plan diagram shows the 10 m platform and 8 m GAMMA Arena diameters. It does not specify structural connections or the final positions of stairs and doors.

GAMMA Arena configuration

Platform and MMA area specifications

Platform area

Component	Specification
Platform diameter	10 m
Platform height	Approximately 1 m
Access stairs	2 staircases
Frame material	Iron hollow section 50 × 100 mm, wall thickness 3 mm
Platform base	Iron hollow section 100 × 100 mm, wall thickness 3 mm
Support posts (stance)	4-inch iron pipe
Decking	18 mm multiplex board

MMA area

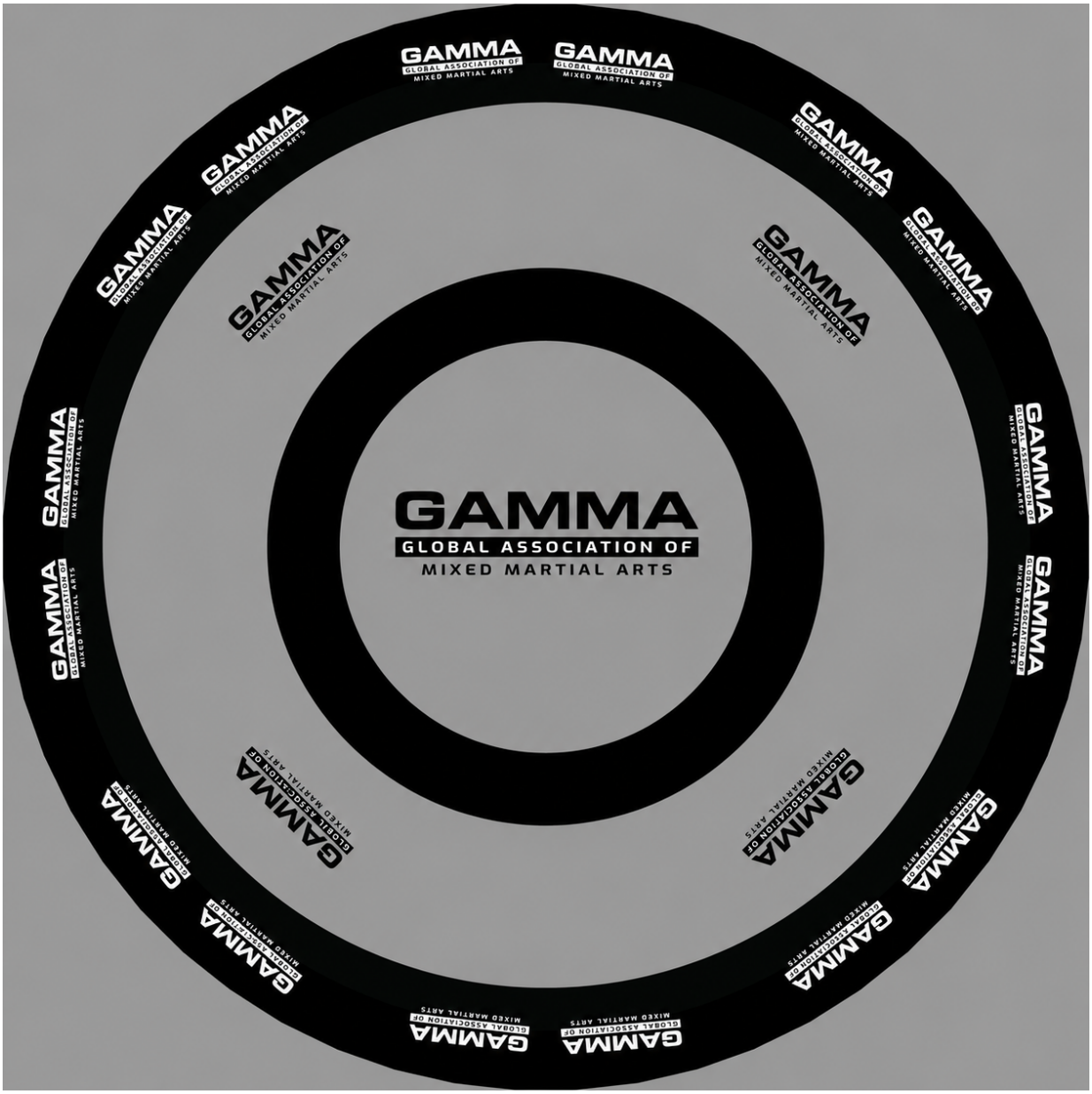
Component	Specification
GAMMA Arena diameter	8 m
Fence height	Approximately 2 m
Fence frame protection	Foam covered with synthetic leather
Fence mesh	Black insulated wire fence
Corner pads	10 pieces, one at each fence border
Foam mattress	Super foam, minimum thickness 40 mm
Floor cover	Grey canvas
Access doors	2 doors for entry and exit

GAMMA Arena specifications follow the GAMMA management brief supplied on 19 November 2026. The foam specification is a minimum thickness of 40 mm. The corner-pad layout assumes 10 fence borders, with one pad at each border.

GAMMA Arena configuration

Canvas artwork

Grey canvas with GAMMA branding for the GAMMA Arena configuration.



Supplied canvas artwork. This is a branding layout, not a dimensioned construction drawing.

Configuration at a glance

Platform	GAMMA Arena	Access
Diameter 10 m **Height approximately 1 m**	Diameter 8 m Fence approximately 2 m high	2 staircases 2 access doors

Field of play · supplied 2D artwork

Tatami artwork

Tatami design based on the supplied artwork with grey competition surface, black perimeter and red/blue corner identification.



This is a branding layout, not a dimensioned construction drawing.

Tatami dimensions

Under-18 tatami areas may be 5 × 5 m, up to 10 × 10 m. Use the applicable age-category requirements in the Field of play chapter and the referenced MMA rules. No fixed side length, border width or circle diameter is inferred from this artwork.