

IMMAA Irish International Youth MMA Tournament 2023

Tournament Handbook



December 11th 2022

Venue

Straight Blast Gym Ireland

Unit 13, Goldenbridge Industrial Estate,
Inchicore,
Dublin 8,
D08 WK22

www.sbgireland.com

This is the Irish International Open Youth MMA Championships for Athletes aged 12-17yrs.

Open to members of IMMAF affiliated clubs and federations from anywhere in the world

Tournament Format :

The format of the tournament is a round robin for any category/pool with up to 4 competitors or double elimination (ie.Each competitor must lose 2 matches to be out) for categories/pools with 5 or more.

There will be Gold, Silver and 2 bronze for each division.

We will run the categories in order of age.

Approximate times for fights will be displayed on the smoothcomp.com system.

In the case where a division only one athlete has registered, a refund will be provided, no automatic gold medals will be awarded as all athletes must have competed in at least one fight in order to receive a medal.



Organiser Contact Details

Irish MMA Association

Website: www.MMAIreland.ie

Email: info@mmaireland.ie

General Enquiries

IMMAA Administrator: Aisling O' Connor

Email: aisling@mmaireland.ie

Phone: 0873961242

Medical/Registration Enquiries

IMMAA SafeMMA Consultant & Tournament Officer: Marlene Griffin

Email: immaa@safemma.org

Phone: 087 1468744



Irish Mixed Martial Arts Association
Unit 31 Northpoint Business Park,
New Mallow Road, Cork.

Programme

Weights will be checked on the day starting at 9am and continue throughout the day.

There are no allowances on the weight divisions.

First fight will begin at 10am sharp.

Fighters must weigh in at least 1 hour before their fight is scheduled.

If a fighter misses weight, they are automatically DQ'd.

There is no second attempt at making weight.

Categories

Youth category C 12 – 13 years old

The player must not be under the age of 12 years or over the age of 14 years on the date of the tournament

Youth category B 14 – 15 years old

The player must not be under the age of 14 years or over the age of 16 years on the date of the tournament

Youth category A 16-17 years old

The player must not be under the age of 16 years or over the age of 18 years on the date of the tournament.

Weigh-ins for youth contestants shall be on the day of competition.

Competitors must be under the weight category they are entering apart from the upper weight limits only, where no athlete shall be allowed to compete with a weight difference greater than 5 kg.



Youth category C 12 – 13 years old

Male & Female [under]

-31kg/ 68.3 lbs

-34kg/ 75 lbs

-37kg/ 81.6 lbs

-40kg/ 88.2 lbs

-44kg / 97 lbs

-48kg/ 105.8 lbs

-52kg/ 114.6 lbs

-57kg/ 125.7 lbs

+57kg/ 125.7 lbs – TO A MAXIMUM OF 62kg / 136.7 lbs

Youth category B 14 – 15 years old

Male & Female [under]

-40 kg/ 88.2 lbs

-44 kg/ 97 lbs

-48 kg/ 105.8 lbs

-52 kg/ 114.6 lbs

-57 kg/ 125.7 lbs

-62 kg/ 136.7 lbs

-67 kg/ 147.7 lbs

-72kg/ 158.7 lbs

+72 kg/ 158.7 lbs – TO A MAXIMUM OF 77.1 kg/ 170 lbs

Both Youth B & C categories, for the upper weight limits only, no athlete shall be allowed

to compete with a weight difference greater than 5 kg.



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Youth category A 16-17 years old

Male [under]

Strawweight: -52.2 kg /115 lbs

Flyweight: -56.7 kg /125 lbs

Bantamweight: -61.2 kg /135 lbs

Featherweight: -65.8 kg /145 lbs

Lightweight: -70.3 kg /155 lbs

Welterweight: -77.1 kg /170 lbs

Middleweight: -83.9 kg /185 lbs

Light Heavyweight: -93.0 kg /205 lbs

Heavyweight: -120.2 kg /265 lbs

Female [under]

Atomweight: - 47.7kg /105 lbs

Strawweight: -52.2 kg /115 lbs

Flyweight: -56.7 kg /125 lbs

Bantamweight: -61.2 kg /135 lbs

Featherweight: -65.8 kg /145 lbs

Lightweight: -70.3 kg /155 lbs

NB. All youth athletes should be competing at their walk around weight, no weight cutting is permitted for athletes under the age of 18. If any athlete under the age of 18 is found to be cutting weight they will be removed from the tournament.



Medicals

The SafeMMA medical form available through the link below must be completed by a doctor and emailed to immaa@safemma.org before November 30th 2022

<https://mmaireland.ie/wp-content/uploads/2022/03/Annual-Medical-Examination-form-version-22.1.pdf>

Key Deadlines

- Registration closes **November 30th 2022**
- All relevant medical forms must be submitted by email to immaa@safemma.org by **November 30th 2022**



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Weigh In Rules

- All competitors must weigh in on the official scales at the tournament venue on the day of competition no less than 1 hour before their fight is due to begin.
- No virtual weigh-ins will be accepted.
- All athletes must weigh in on the official competition scale in shorts and t-shirt/rash guard. Youth contestants are not permitted to strip above or below the waist to underwear or bare torso.
- Any athlete who does not show up within the designated weigh in times or fails to make weight will be excluded from competition.
- Athletes will only have one chance at making weight on the official scales.



Referees

The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition, and the referee is the sole arbiter of a contest and is the only individual authorized to stop a contest. All contests will be evaluated and scored by the referee and a 2nd official/table judge should the need to confer arise.

The referee's decision cannot be overruled by anyone. A coach may request an explanation for the reason of the decision from the referee on behalf of the athlete, but the referee must not be approached by any athletes or parents directly. Any persons found to be behaving in an abusive manner towards the referees or staff will be asked to leave the premises immediately and may be subject to disciplinary action including exclusion from future events.

Rounds

Youth A 16-17s (U18) 3 x 2 minute rounds duration with a 1 minute rest period.

Youth B 14-15s (U16) 1 single round of 4 minutes duration.

Youth C 12-13s (U14) 1 single round of 3 minutes duration.

Equipment

Hand wraps will not be used in Youth competition.

Equipment required to compete are as follows...

- Rashguard
- Shorts
- Gumshield
- MMA Gloves - All contestants shall wear gloves with protective padding weighing a minimum of no less than 6 ounces and no more than 8 ounces.
- Shinpads
- Groin Guard (males only)

Competitors are responsible for providing their own equipment.



SCORING SYSTEM

The Unified Criteria currently utilized at IMMAF Youth MMA tournaments shall be applied and used in determining the winner of a contest based upon its effective use and application.

WARNINGS

A single warning will be issued for the following infractions only:

- 1) Holding or grabbing fence
- 2) Holding onto opponent's shorts, gloves, shin-guards or rash-guard
- 3) Having the fingers outstretched, palm parallel to the floor toward opponent face

FOULS

The following acts constitute a foul in mixed martial arts competition:

1. Butting with the head
2. Eye gouging of any kind
3. Biting or spitting at an opponent
4. Fish Hooking
5. Hair pulling
6. Spiking the opponent to the canvas onto the head or neck (pile-driving)
7. Strikes to the spine or the back of the head. The spine includes the tailbone
8. Throat strikes of any kind and/or grabbing the trachea
9. Fingers outstretched toward an opponent's face/eyes
10. Downward pointing elbow strike (12 to 6)
11. Groin attacks of any kind
12. Kneeing and/or Kicking the head of a grounded opponent
13. Stomping of a grounded fighter
14. Holding opponent's gloves, shorts, shin-guards or rash guard
15. Holding or grabbing the fence with fingers or toes
16. Small joint manipulation [fingers or toes]
17. Throwing an opponent out of the fighting area
18. Intentionally placing a finger into any orifice, or into any cut or laceration of your opponent



19. Clawing, pinching, twisting the flesh
20. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury
21. Use of abusive language in the fighting area
22. Flagrant disregard of the referee's instructions
23. Unsportsmanlike conduct that causes an injury to opponent
24. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
25. Attacking an opponent on or during the break
26. Attacking an opponent who is under the care of the referee
27. Interference from a mixed martial artist's corner or seconds
28. Applying any foreign substance to the head or body in order to gain an advantage

FORBIDDEN TECHNIQUES

In addition to the listed fouls above, techniques that remain forbidden throughout all levels and age groups of Amateur Mixed Martial Arts contests shall be:

- 1) Elbow and forearm strikes of any kind to the head or body
- 2) Heel Hook
- 3) Twister, neck crank, can opener, sit through crucifix and/or any submission deemed as applying pressure to the neck or spine
- 4) Knees to the head of an opponent

In addition to the listed fouls and forbidden techniques for amateur competition the following restrictions shall also apply to the youth age category in which they are listed:

There shall be no striking to the head or face for any and all levels of Youth A, B and C competition permitted.

Youth C 12-13 years old

1. No striking with the knees in any fashion
2. No grounded striking of any fashion
3. No bicep or calf crush
4. No wristlocks
5. No leg submissions of any description
6. No omoplata submission



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7. No suplex, elevated/shoulder throws or slams
8. No guillotine chokes of any description
9. No linear kicks to the knee
10. No up-kick from a grounded position
11. No foot stomps

Any throw must be of a hip or hip toss variation and have both head and arm control. The premise on which the youngest group of amateurs shall compete shall be based heavily upon applying and adapting the techniques of mixed martial arts in an enhanced safety environment. The technical restrictions detailed above shall both allow and

facilitate young competitors to garner the necessary time and experience in a competitive

format without the risk of unnecessary injury or trauma suffered.

As a result the referee's shall be instructed to allow the techniques to be freely and openly used and applied but not necessarily finished. In other words a young competitor who has been caught in a legal submission hold shall not be permitted the same leniency and time that an advanced senior would have to utilize an escape. We must recognize that at such an early age the emphasis will be exaggerated from a safety first perspective in not allowing or risking unnecessary injury to our young athletes. As a result "Technical Submission's" shall be a more frequent occurrence to both decide and end a match.



Youth B 14-15 years old

1. No striking with the knees in any fashion
2. No grounded striking of any fashion
3. No bicep or calf crush
4. No wristlocks
5. No knee-bar [legal leg attacks are straight Achilles lock and figure four ankle lock with straight leg only]
6. No omoplata submission
7. No suplex, elevated/shoulder throws or slams
8. No standing guillotine chokes
9. No linear kicks to the knee
10. No up-kick from a grounded position
11. No foot stomps

Figure four ankle locks are to be applied to a straight leg only, no bending of the knee

whilst applying the submission allowed.

Guillotine chokes must be of “arm-in” type and finished from a grounded position.

Youth A 16-17 years old

1. No striking with the knees in any fashion
2. No kicking to the body of a downed opponent - Closed fist striking to the body only
3. No bicep or calf crush
4. No wristlocks
5. No suplex, elevated/shoulder throws or slams
6. No standing guillotine chokes
7. No linear kicks to the knee
8. No up-kick from a grounded position
9. No foot stomps

Figure four ankle locks are to be applied to a straight leg only, no bending of the knee

whilst applying the submission allowed.

Guillotine chokes must be finished from a grounded position.



FOUL PROCEDURE

Disqualification can occur after any combination of fouls or after a single flagrant foul at the sole discretion of the referee.

Fouls resulting in a point[s] being deducted and as signaled by the referee must result in the deduction from the offending contestant's score and is to be noted by the 2nd official/table judge and official scorekeeper.

Only a referee can assess a foul.

A fouled contestant has up to 5 minutes to recuperate. This is not applicable to all fouls.

If a foul is committed the referee may call time should the fouled contestant show any visible sign of distraction or injury.

- 1) The referee shall call time.
- 2) The referee shall check the fouled contestant's condition and safety.
- 3) The referee shall then instruct the fouling contestant to a neutral corner, assess the foul to the fouled contestant, deduct points [if required] and notify the 2nd official and official scorekeeper.

If the bottom contestant commits a foul, unless the top contestant is injured, the contest will continue without referee intervention.

- 1) The referee will verbally notify the bottom contestant of the foul.
- 2) When the round/match is over, the referee will assess the foul and notify both corners, the 2nd official/table judge and the official scorekeeper.



INJURIES SUSTAINED BY FAIR BLOWS AND FOULS:

Fair Blows: If injury is severe enough to terminate a contest, the injured contestant loses by TKO.

Fouls:

Intentional

- 1) If an injury is severe enough to cause the immediate termination of a contest, the contestant causing the injury loses by disqualification.
- 2) If an injury is produced and the contest is allowed to continue, the referee will notify the authorities and automatically deduct 2 points from the contestant who committed the foul. Point deductions for intentional fouls will be mandatory.
- 3) If an injury as described above is the cause of the contest being stopped in a later round, the injured contestant will win by TECHNICAL DECISION, if he is ahead on the scorecards.
- 4) If an injury as described above is the cause of the contest being stopped in a later round, the contest will result in a TECHNICAL DRAW, if the injured contestant is behind or even on the scorecards.
- 5) If a contestant injures himself while attempting to foul his opponent, the referee will not take any action in his favor, and the injury will be the same as one produced by a fair blow.

Accidental

- 1) Any injury severe enough for the referee to stop the contest immediately, will result in a NO CONTEST if stopped before 2 rounds have been completed in a 3 round contest
- 2) Any injury severe enough for the referee to stop the contest immediately after 2 rounds of a 3 round contest have occurred, the contest will result in a TECHNICAL DECISION, awarded to the contestant who is ahead at the time the contest is stopped.
- 3) If injury above occurs, there will be no scoring of an incomplete round.
- 4) If injury above occurs, and the referee penalizes either contestant, then point(s) shall be deducted from the final score.



The protocol and point deduction criteria currently utilized in Junior/Senior IMMAF competition shall be the same throughout the youth tournaments, the premise being that

we are compete under and adhering to as close to a single and unified rule-set as possible for all IMMAF and IMMAA tournaments.

In youth C and B categories where a single round is contested technical decisions shall not be employed. If a referee determines that a contestant cannot continue as the result of an accidental foul the uninjured contestant shall advance in the tournament.

Only in Youth Category A contested over three rounds can we revert to our standard protocol

