

NEW HAMPSHIRE AMATEUR MMA RULES

ROUNDS

Amateur MMA bouts will consist of 3 x 3 minute rounds with one (1) minute rest period in-between rounds.

EQUIPMENT

- Mouthguard
- Open finger gloves of good quality, acceptable by NHBWC (minimum 7 ounce) TO BE PROVIDED BY PROMOTER*
- Groin protection (male only)
- Shin pads of good quality acceptable by NHBWC - TO BE PROVIDED BY PROMOTER*
- Instep pads of good quality acceptable by NHBWC - TO BE PROVIDED BY PROMOTER*

RULES

LEGAL TECHNIQUES WHILE STANDING

- Closed hand strikes to head and body
- Kicking techniques (including kicks to the head of standing opponent)
- Knees to body and legs
- Throws/sweeps/takedowns
- Submissions, including chokes, armbars, etc.
- Slamming (no pile driving)

LEGAL TECHNIQUES WHILE ON THE GROUND

- Closed hand strikes to head, body and legs
- Knees to body and legs
- Up-kicks to opponent, with the exception of up-kicks to the front of knee, head
- Submissions including chokes, armbars, kneebars, etc.

ILLEGAL TECHNIQUES WHILE STANDING

- Elbows – no strikes using from shoulder to wrist
- Knees to head
- Kicks to knees
- Kicks to head of downed opponent
- Groin strikes
- Hitting the top and back of head or spine
- Throws onto head or neck (example: pile driving)
- Throws against a joint
- Throwing out of competition area
- Holding the ropes, or cage
- Slamming on head or neck
- Pinching, biting, gouging, or any “dirty fighting”

ILLEGAL TECHNIQUES WHILE ON THE GROUND

- Elbows - no strikes using from shoulder to wrist
- Kicking up to a standing opponent’s knee(s) and head
- Kicking a downed opponent
- Finger locks
- Toe locks
- Choking with hand on throat
- Smothering (hand over mouth)
- Fish hooks
- Groin strikes
- Spine strikes
- Slamming
- Throwing out of competition area
- Pinching, biting, gouging, and any “dirty fighting”

ADDITIONAL ITEMS

- Light Vaseline to face only; No Vaseline on the body
- No shoes
- No metal zippers
- No shirts (females excluded)
- No Gi pants and/or tops
- No taping fingers or toes
- No hard braces. Soft braces on knees, ankles are allowed only if opponent approves
- At any time, the referee, doctor, or Commission can stop the fight

* The Promoter must supply the same type (same "brand") of equipment to each amateur fighter for each match.