

# L.I.M.M.A. RULES

## MMA

**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 [3']**

1. No striking with the knees in any fashion **S**
2. No grounded striking of any fashion **S**
3. No bicep or calf crush **G**
4. No wristlocks **G**
5. No leg submissions of any description **G**
6. No omoplata submission **G**
7. No suplex, elevated/shoulder throws or slams **G**
8. No guillotine chokes of any description **G**
9. No linear kicks to the knee **S**
10. No up-kick from a grounded position **S**
11. No foot stomps **S**

### **Youth B 14-15 years old [4']**

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

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 [3 X 2']**

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

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.

### **JUNIORES (18-20) [3 ROUND X 3']**

#### **FORBIDDEN TECHNIQUES**

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

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

# **GRAPPLING**

## **Youth C 12-13 years old [3']**

3. No bicep or calf crush **G**
4. No wristlocks **G**
5. No leg submissions of any description **G**
6. No omoplata submission **G**
7. No suplex, elevated/shoulder throws or slams **G**
8. No guillotine chokes of any description **G**

## **Youth B 14-15 years old [3']**

3. No bicep or calf crush **G**
4. No wristlocks **G**
5. No knee-bar [legal leg attacks are straight Achilles lock and figure four ankle lock with straight leg only] **G**
6. No omoplata submission **G**
7. No suplex, elevated/shoulder throws or slams **G**
8. No standing guillotine chokes **G**

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 [4']**

3. No bicep or calf crush **G**
4. No wristlocks **G**
5. No suplex, elevated/shoulder throws or slams **G**
6. No standing guillotine chokes **G**

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.

## **JUNIORES (18-20) [5']**

### **FORBIDDEN TECHNIQUES**

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

- 2) Heel Hook **G**
- 3) Twister, neck crank, can opener, sit through crucifix and/or any submission deemed as applying pressure to the neck or spine **G**

# **STRIKING**

## **Youth C 12-13 years old [3']**

1. No striking with the knees in any fashion **S**
2. No grounded striking of any fashion **S**
9. No linear kicks to the knee **S**
10. No up-kick from a grounded position **S**
11. No foot stomps **S**

## **Youth B 14-15 years old [4']**

1. No striking with the knees in any fashion **S**
2. No grounded striking of any fashion **S**
9. No linear kicks to the knee **S**
10. No up-kick from a grounded position **S**
11. No foot stomps **S**

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 [3 ROUND X 2']**

1. No striking with the knees in any fashion **S**
2. No kicking to the body of a downed opponent - Closed fist striking to the body only **S**
7. No linear kicks to the knee **S**
8. No up-kick from a grounded position **S**
9. No foot stomps **S**

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.

## **JUNIORES (18-20) [3 ROUND X 3']**

### **FORBIDDEN TECHNIQUES**

In addition to the listed fouls above, techniques that shall remain forbidden in Amateur Mixed Martial Arts contests shall be:

- 1) Elbow and forearm strikes of any kind **S**
- 4) Knees to the head of an opponent **S**

# L.I.M.M.A. Regolamento

## MMA

**Non sono permessi colpi alla testa o alla faccia per tutte le categorie Youth (A, B e C)**

### **Youth C 12-13 anni [round unico da 3']**

1. No ginocchiate di alcun tipo
2. No ground and pound
3. No compressioni al bicipite e al polpaccio
4. No leve ai polsi
5. No leve alle gambe
6. No omoplata
7. No supplex, no slam
8. No ghigliottina
9. No calci in linea alle ginocchia
10. No up-kick da terra
11. No pestoni

### **Youth B 14-15 anni [round unico da 4']**

1. No ginocchiate di alcun tipo
2. No ground and pound
3. No compressioni al bicipite e al polpaccio
4. No leve ai polsi
5. No knee-bar, le uniche leve alle gambe permesse sono Achilles lock e americana al piede
6. No omoplata
7. No suplex, no slam
8. No ghigliottina in piedi
9. No calci in linea sulle ginocchia
10. No up-kick
11. No pestoni

L'americana al piede può essere fatta solo sulla gamba dritta, non è permessa se la gamba è piegata o in torsione.  
Le ghigliottine permesse sono quelle con testa e braccio e finite a terra.

## **Youth A 16-17 anni [3 X 2']**

1. No ginocchiate di alcun tipo
2. No calci al corpo su avversario a terra
3. No compressioni al bicipite o al polpaccio
4. No leve ai polsi
5. No supplex no slam
6. No ghigliottina in piedi
7. No calci in linea sulle ginocchia
8. No up-kick
9. No pestoni

L'americana al piede può essere fatta solo sulla gamba dritta, non è permessa se la gamba è piegata o in torsione.  
Sono permesse solo le ghigliottine che finiscono a terra.

## **JUNIORES (18-20 anni) [3 ROUND X 3']**

### **TECNICHE VIETATE**

In aggiunta ai falli tutte le tecniche vietate dal regolamento dilettanti:

- 1) gomitate e backfist
- 2) Heel Hook
- 3) Twister, neck crank, can opener, crocifisso e leve cervicali o che comprimano la spina dorsale
- 4) Ginocchiate alla testa

# **GRAPPLING**

## **Youth C 12-13 anni [3']**

- 1. No compressioni al bicipite e al polpaccio**
- 2. No leve ai polsi**
- 3. No leve alle gambe**
- 4. No omoplata**
- 5. No supplex o no slam**
- 6. No ghigliottina**

## **Youth B 14-15 anni round unico da [3']**

- 1. No compressioni al bicipite e al polpaccio**
- 2. No leve ai polsi**
- 3. No knee-bar, le leve alle gambe permesse sono Achilles lock e americana al piede**
- 4. No omoplata**
- 5. No suplex no slam**
- 6. No ghigliottina in piedi**

**L'americana al piede può essere fatta solo sulla gamba dritta, non è permessa se la gamba è piegata o in torsione.**

**Le ghigliottine permesse sono quelle con testa e braccio e finite a terra.**

## **Youth A 16-17 anni [4']**

- 1. No compressioni al bicipite o al polpaccio**
- 2. No leve al polso**
- 3. No supplex no slam**
- 4. No ghigliottina in piedi**

**L'americana al piede può essere fatta solo sulla gamba dritta, non è permessa se la gamba è piegata o in torsione.**

**Sono permesse solo le ghigliottine che finiscono a terra.**

# **JUNIORES (18-20 anni) [5']**

## **TECNICHE VIETATE**

**1. Heel Hook**

**2. Twister, neck crank, can opener, crocifisso e leve cervicali o che comprimano la spina dorsale**



# **STRIKING**

Non sono permessi colpi alla testa o alla faccia per tutte le categorie Youth (A, B e C)

## **Youth C 12-13 anni [3']**

1. No ginocchiate
2. No ground and pound
3. No calci frontali alle ginocchia
4. No up-kick da terra
5. No pestoni

## **Youth B 14-15 anni [4']**

1. No ginocchiate
2. No ground and pound
3. No calci in linea sulle ginocchia
4. No up-kick
5. No pestoni

## **Youth A 16-17 anni [3 X 2']**

1. No ginocchiate S
2. No calci al corpo su avversario a terra
3. No calci linea sulle ginocchia
8. No up-kick
9. No pestoni

## **JUNIORES (18-20 anni) [3 ROUND X 3']**

### **TECNICHE VIETATE**

In aggiunta ai falli tutte le tecniche vietate dal regolamento dilettanti:

1. Gomitate e backfist
2. Ginocchiate alla testa

