



The 3rd Asian
Youth Games
Bahrain 2025

Mixed Martial Arts

Technical Handbook

V2.0





Technical Information

1. Dates

- The Mixed Martial Arts (MMA) competition of the 3rd Asian Youth Games will be held from 23 to 25 October 2025

2. Venues

- The Mixed Martial Arts (MMA) competition of the 3rd Asian Youth Games will be held at Exhibition World Bahrain.

3. Events

U18 TRADITIONAL WEIGHT CLASSES (≤KG)								
Men	60	65	70	75	80			
Women	50	60						
U18 MODERN WEIGHT CLASSES (≤KG)								
Men	50	55	60	65	70	75		
Women	45	55						

4. Competition Schedules

DATE	TIME	ACTIVITY	VENUE (TBD)
22 Oct	TBC	Athletes & Coaches Technical Meeting	Competition Venue
23 - 25 Oct	Full Day	Competition Day 1 – 3	Competition Venue

5. Sport Entries

5.1 - Eligibility

- Only AMMA members under the respective country's NOCs that are members of OCA are entitled to send athletes to compete in in the Mixed Martial Arts competition of the 3rd. Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its By-law are entitled to compete in the Mixed Martial Arts competition.

5.2 - Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3)
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3)





5.3 - Entry Policies

- Each event (weight category) will have a maximum of sixteen (16) athletes
- Priority will be for athletes participating in the 1st Youth Championship
- Each NOC may enter only one (1) athlete in each event (weight category).
- Total number of athletes: Each NOC may enter up to Twelve (12) athletes, with a maximum of Eight (8) male and Four (4) female participants.
- Any NOC that withdraws the entry of athletes after the submission of their entries by name without a valid reason will be subject to disciplinary action by the OCA Executive Board.

5.4 - Age Limitation

- Athletes date of birth must not be earlier than 1 Jan 2008 and no later than 31 Dec 2009.

6. Arrival and Departure

Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

7. Technical Meeting

- The Technical Meeting will be held on 22 Oct 2025. (Time and Location TBD)

8. Training Arrangements

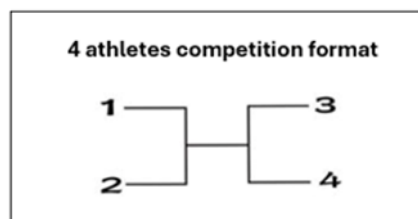
- The training venue will be available from 15 October 2025 and the training schedule will be provided after the entry by name is concluded.

9. Competition Rules

- Unless otherwise stated within these regulations, the competition will be conducted in accordance with the latest AMMA Mixed Martial Arts Rules as detailed
- The Rules and Methods may be interpreted solely at the discretion of the AMMA.

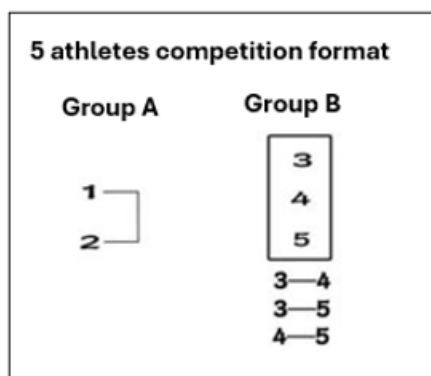
10. Competition Format

- When there are 4 athletes, they are divided into two groups, with 2 athletes in each group. The first place of each group will be in the final to compete for first and second place, while the two second-place athletes from each group become co-third place.

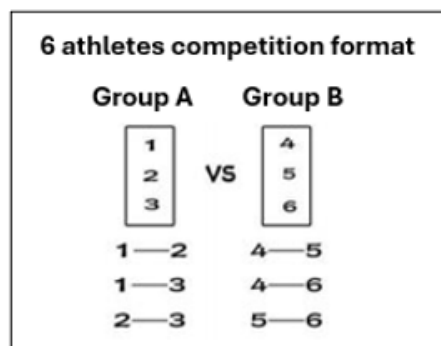


- When there are 5 athletes, they are divided into two groups through drawing. One group has 2 athletes, and the other has 3. The group of 3 athletes competes in a round-robin format. The first place from each group competes for the champion and runner-up, while the two second-place athletes from each group become co-third place.

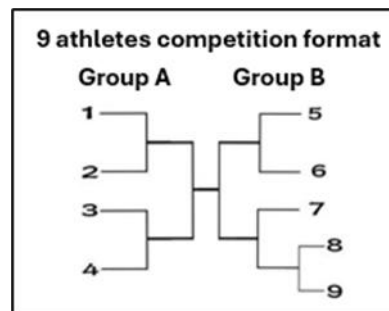
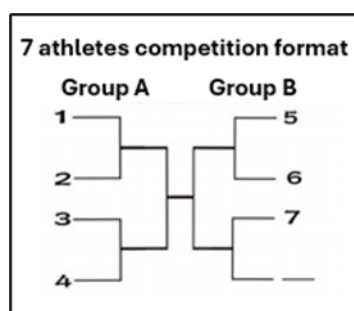




- When there are 6 athletes, they are divided into two groups, with 3 athletes in each group. Round-robin are held within each group. The first place from each group competes for the champion and runner-up, while the two second-place athletes from each group become co-third place.



- When there are 7 or more athletes, a single-elimination format is used. Initially, an ideal number (4, 8, 16, 32, etc.) is sought, and the athletes are divided into two groups. Ultimately, the first place from each group competes for the champion and runner-up positions. The two athletes who lose in the semifinals become co-third place. The rankings for fifth, sixth, seventh, and eighth place are determined based on accumulated points from victories.





11. Technical Officials

- International Technical Officials (ITOs) must be accredited by AMMA and shall be appointed by the AMMA. National Technical Officials shall be appointed by the Bahrain MMA Federation.

12. Protest and Appeals

- Protests and Appeals shall be handled as per the latest Asian Mixed Martial Arts Association (AMMA) competition rules. All appeals of a technical nature will be the responsibility of Asian Mixed Martial Arts Association (AMMA).
- Protests and Appeals shall be resolved under Asian Mixed Martial Arts Association Competition Rules detailed on the issue of Arbitration.
- Any athlete/NOC may appeal to the Court of Arbitration for Sport (CAS), in the event that the athlete/NOC believes there has been a violation of AMMA rules or OCA Constitution, as long as the appeal is not related to reversing the decision of the referee or the result.

13. General Rules and Regulations

13.1 Rules

13.1.1 Eligibility Code (OCA 52)

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organizations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

13.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and it's By-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognized by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognized by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognized by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these By-Laws, in particular those cases where a competitor would be in a position to represent a country other than



that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;

f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

13.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme, a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition.
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the AMMA technical rules:
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member.
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the AMMA concerned:
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

13.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

13.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOCs, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Youth Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

13.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made before the start of next bout. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In this case it shall be decided by the Court of Appeal;





d) All claims and appeals must be made in writing.

13.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

14. Equipment and Clothing

- Athletes' attire (Traditional Gi, rashguard, shorts), gloves (3 oz. or above), leg protectors (knitted, closed fit, totally enclosed) must be certified or provided by the AMMA. Groin guards and mouthguards should be prepared by athletes and certified by AMMA.
- Athletes are allowed to use gauze and tape approved by AMMA to wrap their hands, and they should be barefoot during the competition.
- If there are any questions, please contact: info@asianmma.org or logan.zhao@asianmma.org
- For specification on AMMA approved uniforms. Please visit: <https://asianmma.org/info/>

15. Doping Control

- During Bahrain 2025 AYG, doping control examinations will be carried out in conformity with the Rules of the OCA Medical Committee and the WADA code and guidelines.

16. Victory Ceremony

- Gold, silver, and bronze (tie for the third place) medals will be awarded to the athletes ranked the top three (four) of each individual event respectively.
- Fifteen (15) minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medallist must wear their NOC official uniforms.

17. Approval of the Technical Handbook

- The Technical Handbook has been approved by the AMMA On 28th May 2025





18. Key Contact Information

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19. Appendices

19.1 Field of play

