



# FEDERATION OF MIXED MARTIAL ARTS INDIA

Reg. Number: 27/2024

Affiliated to Global Association of Mixed Martial Arts- Amsterdam  
The Netherlands & Rural Games Federation of India New Delhi

Registered Office: 20-10-92, Middle Fort, Fort Warangal, Dist: Warangal, Telangana-506008  
Working Office Address: A604, Kingston Jewel, Kingston Complex, Chincholi Bunder Road,  
Malad West, Mumbai- 400064 (Maharashtra State) INDIA  
EMAIL ID: federationofmmaindia@gmail.com

President  
**MR. JITENDRA KHARE**

Gen. Secretary  
**MR. B.KAILASAM YADAV**

Treasurer  
**Adv. SHIVAM JOSHI**

Ref: .....

Circular No. FMAI/NAT/08/2024/KAR

Date: 10.08.2024

To,  
The President/Secretary  
All Affiliated State MMA Associations/UTs  
Federation of Mixed Martial Arts India

**Sub: FMAI National Championship 2024 for Junior (Boys & Girls) & Senior (Men & Women) Reg.**

Sir/Madam,

I would like to inform you that the FMAI conducting FMAI National Championship 2024 for Junior (Boys & Girls) & Senior (Men & Women) from 04<sup>th</sup> to 06<sup>th</sup> October 2024 at MS Ramaiah University of Applied Sciences, Dwarka auditorium next to Memorial hospital University house, New BEL Rd, M S R Nagar, Mathikere, Bengaluru, Karnataka.

The Rules and Regulations for the above Championships and Entry Forms attached with this circular. It is mandatory to submit the entries online before 20<sup>th</sup> September 2024 and hard copy of the Circular is being send to you by Speed Post.

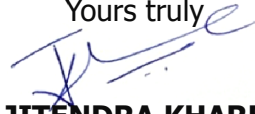
You are therefore, requested to send the Final Entries ONLINE before 20<sup>th</sup> September 2024 and also submit the Original Entry Forms during the Accreditation on 04<sup>th</sup> October 2024.

**For any further information please contact to:**

Ms. Preksha Jhaveri  
Tournament Director  
FMAI  
Cell No. 9820166011  
Email ID: federationofmmaindia@gmail.com

Thanking for your kind cooperation and support.

Yours truly

  
**JITENDRA KHARE**  
President

Copy to:

1. Sri. B. Kailasam Yadav Gen. Secretary FMAI.
2. All Executive Members FMAI.

## FEDERATION OF MIXED MARTIAL ARTS INDIA

Junior & Senior National MMA Championships 2024-25 Bengaluru (Karnataka)

### GENERAL INFORMATION, RULES & REGULATIONS

- Organiser** : FEDERATION OF MIXED MARTIAL ARTS INDIA
- Host** : Karnataka MMA Association
- Date** : 04<sup>th</sup> to 06<sup>th</sup> October, 2024
- Competition Venue** : MS Ramaiah University of Applied Sciences, Dwarka auditorium next to Memorial hospital University house, New BEL Rd, M S R Nagar, Mathikere, Bengaluru, Karnataka.

#### 5. Tentative programme:

Date	Programme	Time
<b>03<sup>rd</sup> Oct 2024 (Thursday)</b>	Arrival of Officials (Referee & Judges), Under 18 Participants & Teams	from 5 pm
<b>04<sup>th</sup> Oct 2024 (Friday)</b>	Accreditation of Teams & Official Weigh-in for: Under 18- Boys & Girls	8 am to 11 am
	Technical Meeting (Team Officials, Athletes & Officials)	11:00 am to 12 noon
	Announcement of Draws	12 noon to 1 pm
	Officials Briefing	1 pm to 2 pm
	Under 18 Boys & Girls Matches Start	2 pm to 10 pm
	Accreditation of Teams & Official Weigh-in for: Senior- Men & Women	1 pm to 9 pm
<b>05<sup>th</sup> Oct 2024 (Saturday)</b>	Senior- Men & Women Matches Start	10 am to 9 pm
<b>06<sup>th</sup> Oct 2024 (Sunday)</b>	Senior- Men & Women Final Official Weigh ins	8 am to 10 am
	Senior- Men & Women Final Matches	12 noon to 6pm
	Medal Ceremony & Closing Ceremony	6 pm to 8 pm
<b>07<sup>th</sup> Oct 2024 (Monday)</b>	Departure of all Teams and Officials	7 am

6. **Weight Categories:**

<b>Male Weight Categories</b>
<b>U10 (8 and 9 years old)</b>
-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg
<b>U12 (10 and 11 years old)</b>
-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg
<b>U14 (12 and 13 years old)</b>
-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg
<b>U16 (14 and 15 years old)</b>
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
+77.1 kg
<b>U18 (16 and 17 years old)</b>
-52.2 kg
-56.7 kg
-63.5 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg
+93.0 kg

<b>Female Weight Categories</b>
<b>U10 (8 and 9 years old)</b>
-27.2 kg
-31.7 kg
-36.3 kg
+36.3 kg
<b>U12 (10 and 11 years old)</b>
-31.7 kg
-36.3 kg
-40.8 kg
-45.4 kg
+45.4 kg
<b>U14 (12 and 13 years old)</b>
-36.3 kg
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
+54.4 kg
<b>U16 (14 and 15 years old)</b>
-40.8 kg
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg
<b>U18 (16 and 17 years old)</b>
-45.4 kg
-49.9 kg
-54.4 kg
-58.7 kg
-63.5 kg
+63.5 kg

<b>Male Weight Categories</b>
<b>Seniors (18 years and above)</b>
-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-70.3 kg
-77.1 kg
-83.9 kg
-93.0 kg
-120.0kg
+120.0kg

<b>Female Weight Categories</b>
<b>Seniors (18 years and above)</b>
-47.6 kg
-52.2 kg
-56.7 kg
-61.2 kg
-65.8 kg
-72.6 kg
+72.6 kg

**7. Contest Time:**

For all U18 categories, the maximum duration of the bouts is as follows:

U10 - 2 rounds of 2 minutes

U12 - 2 rounds of 2 minutes

U14 - 2 rounds of 2 minutes

U16 - 2 rounds of 2 minutes

U18 - 3 rounds of 2 minutes

If the bout is scored a draw after 2 rounds and a winner is needed to advance to a subsequent round, there can be an extra round of 2 minutes

Bouts at FMMAI Senior national Competitions must be 3 rounds of 3 minutes. The bout duration for Seniors can be shortened to 2 rounds of 3 minutes for National competitions. If the bout is scored a draw after 2 rounds and a winner is needed to advance to a subsequent round, there can be an extra round of 3 minutes.

**8. Age Limit: Senior Athletes ( Men & Women )**

Must be 18 years old or above.

Age will be verified during Registration & Accreditation

**9. Age Limit: U18 Athletes (Boys & Girls)**

**U10:** for athletes aged 8 and 9 years old

**U12:** for athletes aged 10 and 11 years old

**U14:** for athletes aged 12 and 13 years old

**U16:** for athletes aged 14 and 15 years old

**U18:** for athletes aged 16 and 17 years old

Age will be verified during Registration & Accreditation

**Note:** The athletes those who are under 18 year old participating in this event, must bring / submit NOC / Undertaking from their parent / guardian.

**10. Contest Rules:** The Championships will be held on the basis of FMMAI Amateur MMA & Striking MMA Rules and Regulations and the Sporting Code.

**11. Participations:**

- A. A player can play in one weight category only.
- B. A player can participate in both MMA & Striking MMA
- C. Only Registered players and officials will be allowed to participate.

**12. Entries:**

- A. Entries by name must be submitted in DUPLICATE in the enclosed form during accreditation. Hand written entries will not be accepted.
- B. Entry form must be signed and stamped by the President/Secretary of the State MMA Association.
- C. NO change or re-arrangement of players will be allowed after the entries are submitted. A player who fails to qualify at any stage will be disqualified and no one else can be substituted in his/her place.
- D. Xerox copy of the age proof of EACH competitor must be attached along with the entry form.
- E. Players and Officials must bring their latest four stamp size photographs
- F. Disqualified athletes/players will not entitled for the participation certificate.

**The FINAL ENTRY must be sent to FMMAI official email latest by 20<sup>th</sup> September 2024, as it is mandatory to make the necessary preparations like ID Cards, Accommodation, Meals etc. Failing which FMMAI will not be able to guarantee the above mentioned facilities.**

### **13. Weights:**

- A. A player must exactly fit into his/her weight category and cannot play in a higher or lower weight category. Each competitor shall be allowed upon the scales only once during the official weight in. If the player weighs above or below the prescribed limits of that particular weight category, he/she shall be disqualified.
- B. No tolerance will be allowed either above or below the weight category.
- C. Daily Weigh-in will be conducted as per the FMMAI Rules. Those who will be overweight/ lower weight/ absent will be disqualified from the Competitions.

### **14. Conduct of Matches:**

Matches will be conducted in Single elimination format. 2 Bronze medals will be awarded for Losers of the Semi Finals

### **15. Inscription, Registration, Team Entry Fee :**

Registration Fee : Players, (per person) : Rs.3500/-

### **16. Boarding & Lodging Arrangements:**

Accommodation and Meals will be arranged by the Organizer to Only accredited/ registered members of the team.

- A. Meals: Organizers will provide 2 Meals (Lunch and Dinner) to all the accredited team members from 4th Oct 2024 to 6th Oct 2024, subject to the prior information of arrival and departure schedule.
- B. Lodging: The Organizers will provide all accredited members (as per the Final Entry & Programme Schedule) with accommodation/Lodging. Extra persons / officials will have to make their own arrangements.

**Please Note-** If any team/official reaches before the scheduled date, OR departing after the schedule date the Organiser/FMMAI is not responsible for the arrangements of the Boarding & Lodging.

### **17. AGE PROOF :**The following Three (3) Original documents must be brought during the time of accreditation/ registration for acceptance as proof of age :-

- A. Original Birth Certificate issued by the local Municipal Corporation/Panchayat

Board or equivalent government authority/chief medical officer who is a competent authority. The DOB Certificate must be issued minimum of THREE ( 3 ) year before.

- B. Original Certificate issued by the Principal/Headmaster of the School, mentioning Date of Birth, Father's Name and Class, where the boy/girl is studying, on official letter head of the School, with Photograph of the student and Affiliation Number issued by State Board/CBSE/Education Deptt., with place of issue, duly attested. The proper address, telephone nos., fax number email Id of the School must be mentioned, in the letter head.
- C. Original Aadhar Card issued by the Government Of India.

**Note:** Xerox Copies of the above age proofs must be attached with Final Entry Forms and the Original documents of the same must show at the time of Accreditation for the verification.

#### **18. Measures Against Age Fraud:**

- A. Age verification Test Certificate under 18 years only (Juniors) must be produced by all players on demand, failing which FMMAI is authorised to remove he/she from the event on the ground of Age fraud.
- B. All participants must bring his/her age verified certificate from an authorized Doctor/Panel as per the Government norms.

#### **19. Tournament Officials:**

ONLY FMMAI Nominated Referees & Officials will be allowed.

#### **20. Disqualification:**

- A. In case any player fail to submit the Original documents mentioned in the above Age Proof column, he/she will be disqualified.
- B. In case of any player found over-age he/she will be disqualified.

In case Four ( 4 ) or more players found over-age, the whole team will be disqualified, and face the disciplinary action by the FMMAI

- C. In case any player is disqualified at any State/Unit by any reason his/her expenses will not be borne by the Organisers.
- D. In case of any damage caused by any team member, the cost will have to be paid by the team manager before the team departs.

- E. Any player and/or official and/or team who by word, action or deed disrupts and or/interrupts the smooth and normal conduct of the Championships on or off the mat, will be liable for immediate disqualification.
- F. No Certificates will be issued to the disqualified player/s.
- G. In case of any player/s will not be available for the Anti-Dope Test soon after the bout, he/she will be disqualified from the championships/event, and to face the disciplinary action on the same.
- H. Any athlete banned due to disciplinary action/ Anti-dope Test violation etc., are not allowed to participate, will be disqualified.

**21. Insurance :**

Each State Association Unit must assure all responsibility of accident/illness/miss-happening etc. and health insurance as well as the civil liabilities for their competitors and officials during their stay in Kalaburagi Karnataka, and during their to and from journey. The FMMAI & Organisers do not accept any responsibility in this regard. It is requested to make necessary insurance coverage for your team.

**22. Anti –Doping:**

Doping test will be carried out in accordance with the rules, by the respective authorities. If any of the athlete/player failing to submit the sample for the same he/she will be disqualified and to face the disciplinary action.

**23. March Past:**

Competitors & Officials of each State/Unit. as well as the Officials are required to take part in the March Past during the Opening and Closing ceremonies as per the notice/information. They should be dressed properly.

**24. Dress Code for Coaches:**

All the Team Coaches must be followed the Dress Code as per the FMMAI Rules:



**All coaches must fully adhere to the Code of Conduct for FMMAI Coaches.**

**Dress Code**

Track Suit with Trousers reaching down to shoes or Jacket Suit with Tie

**Nearest Airport:**

Kempegowda International Airport - Approximately 31 kms

**Nearest Railway Station:**

Yeshvantpur Junction- Approximately 5 kms

Bangalore Cantonment Railway Station- Approximately 7 kms

KSR Banaglore City Junction- Approximately 8 kms

**For any further information please contact to:**

Ms. Preksha Jhaveri

Tournament Director

FMMAI

Cell No. 9820166011

Email ID: federationofmmaindia@gmail.com

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# 1<sup>st</sup> FMAI NATIONAL CHAMPIONSHIP 2024 AT BENGALURU

**FEDERATION OF MIXED MARTIAL ARTS INDIA (FMAI)  
& KARNATAKA MMA ASSOCIATION JOINTLY ORGANISE**

**From: 04<sup>th</sup> to 06<sup>th</sup> October 2024**

MS Ramaiah University of Applied Sciences, Dwarka auditorium next to Memorial hospital  
University house, New BEL Rd, M S R Nagar, Mathikere, Bengaluru, Karnataka.

## **ACCREDITATION FORM**

Fill this application form in ENGLISH & CAPITAL Letter only.  
(Incomplete applications may not be accepted)

Photo

Full Name : \_\_\_\_\_

Designation / Status : \_\_\_\_\_

Gender (Male or Female): \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Full Address : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Represent State : \_\_\_\_\_

Email ID : \_\_\_\_\_

Mobile No : \_\_\_\_\_

Place:

Date:

Secretary General  
(State Association with Seal) \_\_\_\_\_

\_\_\_\_\_

Applicant's Signature

**Note:** All Accreditation Form Duly affixed Photos and State Association Seal / Signed. Hard Copies should send to FMAI working office Address i.e.,

Sri. Jitendra Khare President FMAI - A604, Kingston Jewel, Kingston Complex, Chincholi Bunder Road, Malad West, Mumbai- 400064 (Maharashtra State) INDIA



## PARTICIPANT WAIVER FORM

**READ THE BELOW INFORMATION CAREFULLY, COMPLETE THE REQUESTED INFORMATION, DATE AND SIGN YOUR NAME (SIGN BY LEGAL GUARDIAN FOR MINORS) AND SUBMIT DURING REGISTRATION.**

Name			
Date of Birth		Weight	
Gym		City	
Mobile		E-Mail	

### Disclaimer

('Agreement') in consideration of being permitted to participate in any at FMMAI, I, for myself, my personal representatives, assigns, heirs or next of kin:

1. Acknowledge, agree, and represent that I understand the nature of the Mixed Martial Arts competition and that I am qualified, in good health, and in proper physical condition to participate in such activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue participation in the competition.
2. Fully understand that (a) athletic activities involve risk and dangers of serious bodily injuries, including permanent disability, paralysis and/or death ('risks'); (b) these risks and dangers may be caused by my own actions or inactions, the action or inaction of others participating in the competition, the condition in which the matches take place, or the negligence of the "releases" named below; (c) there may be other risks or social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept all such risks and responsibilities for losses, cost or damages I incur as a result of my participation at this competition.
3. Hereby release, discharge and covenant not to sue the organizers and/or promoters, including its representatives and/or affiliates as well as officers and members; and if applicable, owners and lesser of premises on which the competition takes place, each considered one of the 'releases' herein from all liabilities, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the 'releases' or otherwise, including negligent rescue operations, negligent security, travel and recreational operations and activities; and further agree that if, despite this release and waiver of liability, assumption of risk, and harmless each of the releases from any litigation expenses, attorney fees, loss, liability, damage or cost which any may incur as a result of such claim.
4. Any videos, photographs or any other multimedia items collected by the organizers can be used as deemed fit by FMMAI or any agency authorized by it.
5. If any of the fighters are contracted by any other promotion, organization and/or association, then FMMAI is not responsible for any legal issues that may arise from the same. The fighter is solely responsible for managing his/her contractual obligations for their respective contracts with other bodies.
6. I hereby acknowledge:
  - a. That the risks involved, necessary precautions and protocols for competing at this FMMAI event have been duly informed to me by FMMAI.
  - b. That FMMAI cannot guarantee the complete elimination of risks posed by COVID-19 through the implementation of the precautions and protocols.
  - c. That FMMAI is not responsible if as a female athlete, I am pregnant but participating.
  - d. That I am willing to compete at this event on my own consent without the influence of any other party and I shall adhere to suggested safety precautions and protocols.
  - e. That I have provided FMMAI with a double vaccination certificate OR a negative RT-PCR test done within 72 hours prior since I don't have a double vaccination certificate.

I hereby agree to all the terms and conditions mentioned in the above disclaimer.

\_\_\_\_\_  
Place

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (Legal Guardian for minors)



## Questionnaire Sports Medical Examination

### PERSONAL PARTICULARS

Name:

Date of birth:

Address:

Contact Number:

Blood Group:

	Yes	No
Did you have any illnesses earlier?		
Were you born with any of your body parts missing?		
Have you ever been treated in hospital?		
Do you take any medicine on a regular basis?		
Do you take any food complementary substances?		
Have you ever fainted during or after training?		
Have you ever had any chest pain?		
Have you ever had high blood pressure?		
Have you ever had any skin diseases?		
Do you have any dermatological complaints at the moment?		
Do you suffer from asthma?		
Do you have any problems related to your bones, joints, tendons, or muscles?		
Have you ever had a skull injury accompanied with a loss of consciousness?		
Did you have headache in the past 10 days?		
Do you have teeth braces? If yes please attach the medical certificate!		
Is it possible that you are pregnant?		
Are you often on a diet		

Please give further details on answers with "YES"!

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I officially declare that I am fully responsible legally for my answers given above.

Date:

Signature:

# EXAMINATION GUIDELINE

## PRE-COMPETITION MEDICAL EXAMINATION BY FMMAI

- 1. THIS FORM MUST BE FILLED UP BY A MEDICAL DOCTOR. HE MUST PROVIDE A STAMP ALONG WITH HIS SIGNATURE.**
- 2. COMPETITORS MUST HAVE THE OFFICIAL CONSENT OF DOCTOR OF MEDICINE: FIT TO FIGHT.**

The athletes participating in MMA sports, should provide a medical certification signed by authorized Doctor of medicine in which it is stated that prior to leaving his/her place of residence, the athlete was in good physical condition and not suffering from any injury, infection or disability label to affect his/her capacity to compete in MMA competition.

- The authorized Doctor of medicine, among all other examination, must proceed the following examinations:
  - Skin exam: infection, dermatologic disorders, lesions,
  - Head and face: eyes, nose, ears. Special attention to recent trauma. (Summary of Dental examination)
  - Extremities, with special attention to the hands: bones, joints skin and nails
  - Heart examination in consent with the Lausanne Recommendation of the IOC to prevent Sudden Death in Athletes. (For more information visit website of the IOC)
  - Lung exam. (Bronchitis, pneumonia): (these are contraindication for all kind of competition)
  - Examination Of abdomen and genitalia (in male): with the special attention to testicle!
  - Neurological examination: facial nerve, index-nose, Romberg etc.

If one of these examines is positive, the athlete is not allowed to compete and cannot be declared fit to fight.

- All necessary examination described above and any other additional examination and all results need to be registered by Doctors of medicine conducting the examination.
- In addition, each athlete must submit a double vaccination certificate OR a NEGATIVE Rt-PCR test result conducted not prior to 72 hours before the event if they don't have a double vaccination certificate.**
- In addition, every contestant must have weigh-in before each day of the competition.



# MEDICAL FORM

Gym Name		Identity Card No:	
Family Name	Given Name	Middle Name	
Event / Weight category	Pulse (min)	Blood Pressure (mmHg)	
Skin exam:	Infection		
	Dermatologic disorders		
	lesions		
Head and Face:	Any bruises, scars, swellings or tenderness		
Eyes	Pupils, Right	Cornea Left	
	Distance vision: Right	Distance vision: Right	
Ears	Hearing Right	Hearing Left	
Throat:			
Nose:			
Teeth	(summary of dental examination)		
Neck:	Is it freely movable and without pain? Evaluation of lymphatic glands & thyroid		
Chest:	Any deformities		
Lungs:			
Heart	Rhythm		
	Size		
Extremities	With special attention to the hands:		
	Bones		
	Joints skin		
	nails		
Lung exam			
Neurological examination			
Locomotors System	Any scars, tenderness, swellings, muscular atrophy, restrictions or laxity of joints, any Deformities of the back of restriction of spinal mobility?		
Nervous System	Any tremors of eyelids, tongue or outstretched fingers?		
Genitalia	Absent or undescended testicle, hydrocele, varicocele, inguinal or femoral hernia?		

I, the undersigned, declare on my honor that I am eligible and fulfill the conditions stipulated by Ruleset of FMMAI

\_\_\_\_\_  
SIGNATURE OF DOCTOR

\_\_\_\_\_  
DATE (DD/MM/YY)