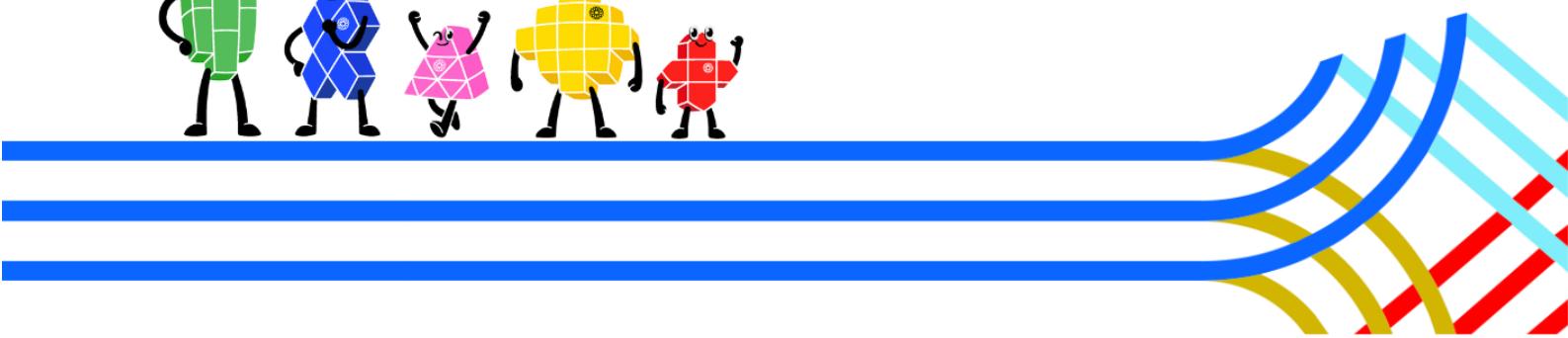
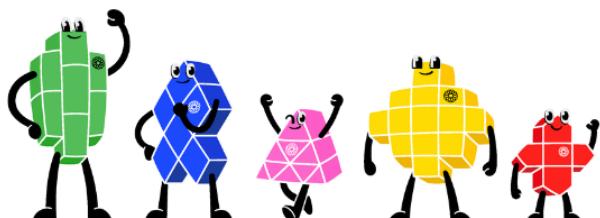


Technical Handbook

The 33rd SEA Games Thailand 2025

MIXED MARTIAL ARTS



General Information

Technical Part

Sport Information

I. Sports Federation

A. Asian Mixed Martial Arts Association (AMMA)

President	Mr. Gordon Tang
Director General	Mr. Galastein Tan
Address	9 Temasek Boulevard #35-01 Suntec Tower Two Singapore 038989
Telephone	+65 6220 9969
Email	galastein@asianmma.org
Website	https://asianmma.org

B. Thailand Association of Mixed Martial Arts (TAMMA)

President	Dr. Sirichet Punthipayanon
Secretary General	Mr. Achilleus Ralli
Address	Lumpini Place Townhome, 431/19 Ratchadaphisek Rd., Chong Nonsi, Yan Nawa, Bangkok 10120
Telephone	+66 6125 0554 1
Email	office@tamma.or.th
Website	https://tamma.or.th

II. Technical Delegate (TD)

1. Technical Delegate 1

Name Mr. Jiang Long Yun
Telephone +86 139 362 741 98
Email 1281033005@qq.com

2. Technical Delegate 2

Name Mr. Zhao Yuxiang (Logan)
Telephone +65 90599041
Email logan.zhao@asianmma.org

III. Competition Manager (CM)

Name Mr. Achilleus Ralli
Telephone +66 8822 5462
Email achillesralli@gmail.com

IV. Venue Manager (VM)

Name Mr. Phanu Kusolwong
Telephone +66 6191 91941
Email phanu@g.swu.ac.th

1. Dates

The **Mixed Martial Arts (MMA)** competition for the 33rd SEA Games Thailand 2025 will be held from **10 to 11 December 2025**

Competition Dates: **10 to 11 December 2025**

Training Date: TBC

2. Venues

The Mixed Martial Arts competition will be held at The Mall Ngamwongwan which serves two (2) purposes:

- The competition field-of-play (FOP)
- The training – warm up field.

3. Event

The Mixed Martial Arts competition will consist of **six (6) events** consist of

- **Three (3) men's events**
- **Three (3) women's events**

Six (6) Events			
Events	MEN	WOMEN	MIXED
1. Traditional 56 kg	✓		
2. Traditional 54 kg		✓	
3. Modern 60 kg	✓		
4. Modern 65 kg	✓		
5. Modern 54 kg		✓	
6. Modern 60 kg		✓	
Total	3	3	

Note: 1. Each NOC may enter a maximum of six (6) athletes including reserves for the MMA competition.

2. Each NOC may enter a maximum of one (1) athlete in each individual event.

3. The minimum age limit for athletes is 18 years old ([born before December 10th 2007](#))

4. Competition and Training Schedule

4.1 Competition Schedule

Date	Session Total Events	Time	Event	Remark
9 December 2025		10:00 – 13:00	Technical Meeting	One Bangkok
		15:00 – 17.00	Team Manager Meeting	One Bangkok
10 December 2025	MMA02	09.00 – 18.00	MMA (M/F) (M/F)	Preliminary Matches ,Semi Finals
11 December 2025	MMA03	09.00 – 18.00	MMA (M/F)	Finals
			(M/F)	Victory Ceremony

Note: This competition schedule is subject to change.

4.2 Training Schedule

Date	Training Management	Time	Reservation Place	Reservation Time	Training Site	Type
5 December 2025	Reservation Each NOC training time is 60 minutes	09.00 - 18.00	SIC	On the day of reservation	TBD	TBD
6 December 2025				At least one day	TBD	TBD
7 December 2025					TBD	TBD
8 December 2025					TBD	TBD

Note: This competition schedule is subject to change.

5. Entries

5.1 Eligibility

- 5.1.1 Only AMMA members under the respective country's NOCs that are members of OCA are entitled to send athletes to compete in the Mixed Martial Arts of the 33rd SEA Games Thailand 2025.
- 5.1.2 Only athletes who comply with the OCA Constitution and Rules and its Bye-law are entitled to compete in the Mixed Martial Arts Competition.
- 5.1.3 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 and South East 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.
- 5.1.4 For eligibility matters, in the event of any conflict or inconsistency between the THASOC and AMMA, the latter shall prevail.
- 5.1.5 Age Limitation: The minimum age limit for athletes is 18 years old ([Athletes must reach 18 years old by December 9, 2025](#)).

5.2 Entry Policies

- 5.2.1 Each NOC may enter a maximum of six (6) athletes for the Mixed Martial Arts Competition.
- 5.2.2 Each NOC may enter a maximum of one (1) athlete in each individual event.
- 5.2.3 Each NOC may enter a maximum of three (3) team officials including one (1) team manager and two (2) coaches.
- 5.2.4 The minimum age limit for athletes is 18 years old (born before 31 January 2006)

*** NOCs that withdraw their athletes after the submission of the final entries by name, will be faced with disciplinary action by the AMMA Competition Rules and THASOC.

6. Submission of Entries

- Entry Form by Sport: Deadline 2 May 2025 at 24.00 (Bangkok time)
 - Entry Form by Number: Deadline 8 May 2025 at 24.00 (Bangkok time)
 - Entry Form by Name: Deadline 1 September 2025 at 24.00 (Bangkok time)
- All Entry Form by Sport, Entry Form by Number and Entry by Name may be sent via Game Management System (GMS) and subsequently confirmed with stamped original, then upload to the system.

If you need any assistant, please contact us:

The 33rd SEA Games Thailand 2025 Organizing Committee

Address: THASOC OFFICE, Sports Authority of Thailand
 286 Ramkhamhaeng Road, Huamark, Bangkapi, Bangkok 10240
 THAILAND
 Email : sports.thasoc@gmail.com, a.sportsdirector@gmail.com,
 thaisoc2025@gmail.com,
 Tel: +66 92 509 5644

7. Pre-Competition: Team Managers and Officials Meetings

7.1 Technical Officials' Meeting

Date: 9 December 2025
Time: TBC
Venue: TBD

7.2 Team Managers' Meeting

Date: 9 December 2025
Time: TBD
Venue: TBC

7.3 Equipment Check

Date: Competition Day
Time: Prior to match
Venue: Arena

8. Competition Rules and Regulations

8.1 Competition Rules

The Mixed Martial Arts Competition of the 33rd SEA Games Thailand 2025 will be held in accordance with the latest technical and competition rules of the Asian Mixed Martial Arts Association (AMMA). Detail information of the competition is available at AMMA website (Link: www.asianmma.org)

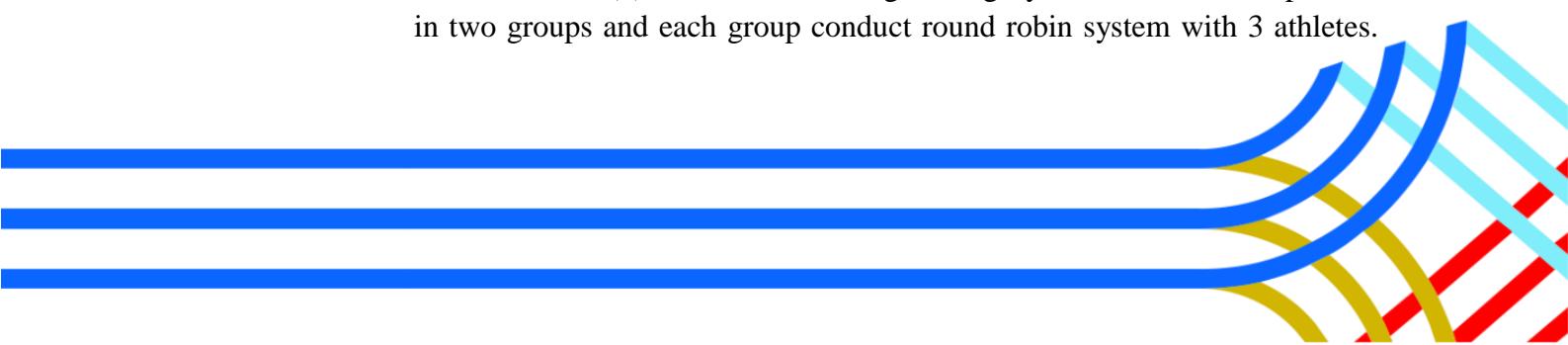
In case of any disagreement in language interpretation of the AMMA Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Guidelines shall be resolved as follows:

1. **General Issues:** To be resolved in accordance with the OCA and AMMA
2. **Technical Issues:** To be resolved in accordance with AMMA Rules and Regulations and AMMA Norms.

9.2 Competitive Format

There will be two (2) formats in MMA competition of the 33rd SEA Games Thailand 2025:

- If there are six (6) athletes in the weight category, athletes will be separated in two groups and each group conduct round robin system with 3 athletes.



The 1st place of each group will compete for the gold and silver medal, 2nd place of both groups will obtain bronze medal.

- If there are seven (7) athletes or above in the weight category, will conduct single elimination system. Winners of semi-finals will move on to fight for gold medal in the final and the loser in the semi-finals will obtain bronze medal.

9.3 Duration of competition

The duration of each preliminary contest shall be two (2) rounds of three (3) minutes each round. In case of a draw, the overtime round will be adopted with a one (1) minute round.

The duration of each final contest shall be two (2) rounds of five (5) minutes each round. In case of a draw, the overtime round will be adopted with a one (1) minute round.

- a) Competition Rules Section IV: Unpermitted and Permitted Parts/Actions/Behaviors This paragraph contains all Unpermitted and Permitted Parts/Actions/Behaviors and restriction of the highest level and for adult athletes. It is essential to observe the corresponding guidelines.
- b) Competition Rules Section VI: Fouls
- c) This paragraph contains all technical fouls, personal fouls, and penalties of the highest level and for adult athletes. It is essential to observe the corresponding guidelines.

9.4 Draw

- The draw will be conducted under control and auspices of the Technical Delegate.
- To ensure fair competition, the games will perform a fair competition of random draw, as described in the Asian Mixed Martial Arts Association Rules on competition.
- The specific time and location are to be defined.

9.5 Weight In

Unofficial weigh-in: 6:30AM to 7:30AM

Official weigh-in: 7:30AM to 8:30AM

Location: TBC

Note: As described in the Asian Mixed Martial Arts Association Rules, Regulation of Athlete Section III: Weighing Rules.

Athletes who are doing the official weigh-in for competition, may use the official scale to check weigh one (1) hour before the official weigh-in.



Athletes shall present the 33rd SEA Games MMA event weigh-in as follows.

Date	Time	Group	Phase
9 December 2025	06.30 a.m. to 07:30 a.m.	All Event	Unofficial weigh-in
	07:30 a.m. to 08:30 a.m.		Official weigh-in
10 December 2025	06.30 a.m. to 07:30 a.m.	All Event	Unofficial weigh-in
	07:30 a.m. to 08:30 a.m.		Official weigh-in
11 December 2025	06.30 a.m. to 07:30 a.m.	All Event	Unofficial weigh-in
	07:30 a.m. to 08:30 a.m.		Official weigh-in

9.6 Scoring

In Mixed Martial Arts contest, the scores will use AMMA scoring system as described in Asian Mixed Martial Arts Association Competition Rules:

Decisions for Victory

- 1) Unanimous Decision (UD)
- 2) Split Decision (SD)
- 3) Knockout (KO)
- 4) Technical Knockout (TKO)
- 5) Submission (SUB)
- 6) Win by technique
- 7) Win by opponent's withdrawal
- 8) Win by opponent's being declared negative competition
- 9) Win by opponent's disqualification
- 10) Win by opponent's injury

If the contest is tied in overtime, the decision will follow as:

- To see if any warning is given to athletes on both sides throughout the game.
- If athletes on both sides get the same warning(s), the advice they get will be considered.



- If the advice that both sides get are the same, their weights before the competition will be considered.
- If their weights before the competition are the same, their weights after the competition will be considered.
- If their weight after the competition are the same, the three assistant referees will raise flags to decide.

9.7 Protests 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 responsibilities 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.

9.8 Delays, Postponement or Cancellations

The Technical Delegate must consult the THASOC Secretariate if there is any delay, postponement or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies.

9.9 Training Policies

9.9.1 Reservation-based free training will be arranged for athletes participating in the Mixed Martial Arts competitions of the 33rd SEA Games Thailand 2025

Participating teams must reserve a training session at the SIC before 17:00 one (1) day in advance.

Reservation will be accepted on a first-come, first-served basis and in principle, training slots will be allocated evenly among all participating teams.

Each team can only make one (1) reservation per day.

9.9.2 Training Schedule as shown in 4.2.

10. Technical Officials and Jury of Appeal

The appointment of technical officials and Jury of Appeal will comply with the Competition Rules of AMMA.



10.1 International Technical Officials (ITOs)

International Technical Officials (ITOs) must be accredited by AMMA and shall be appointed by the AMMA. National Technical Officials shall be appointed by the Thailand Association Mixed Martial Arts.

- The three (3) members Jury of Appeal shall be selected from representative from participating NOC. The Technical Delegate will act as its Chairman. The decision of the Jury of Appeal shall be final.
- Each match will use four (4) referees (including one (1) mat referee and three (3) assistant referees). Side referees will oversee the whole match and intervene when necessary.
- AF/IF has the right to appoint the Technical Delegate and International Technical Official (ITOs) in coordination and approval of the OCA. In the event of any violation of the AF/IF Rules or Games Rules and Regulations by any participant, the OCA has the right to revoke his or her accreditation card and propose replacement of the participant concerned to the relevant party.

10.2 National Technical Officials (NTOs)

Thailand Association of Mixed Martial Arts (TAMMA) shall nominate National Technical Officials (NTOs) for approval by THASOC to assist the International Technical Officials.

10.3 Jury of Appeal

The other two (2) members of Jury of Appeal shall be appointed by the Technical Delegate commissioned by the AMMA and are selected from representative from participating NOC.

11. Official Equipment and Competition Attire

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and AMMA. The specification & requirement of the official uniform & equipment can be found on AMMA official website: www.asianmma.org. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and The 33rd SEA Games Thailand 2025 Organizing Committee.

All the athletes shall wear rush-guards & shorts (Modern MMA) or Gis (Traditional MMA). Female athletes may wear black or white Hijab but shall not cause harm or obstruct the opposing contestant.

All the athletes shall wear AMMA approved uniform colour: Red & Blue. Equipment used and clothing worn by athletes and clothing worn by athletes and other relevant



participants in competition must comply with the rules and regulations of OCA and AMMA in force.

All the training equipment shall be approved by the Technical Delegate.

Equipment Check:

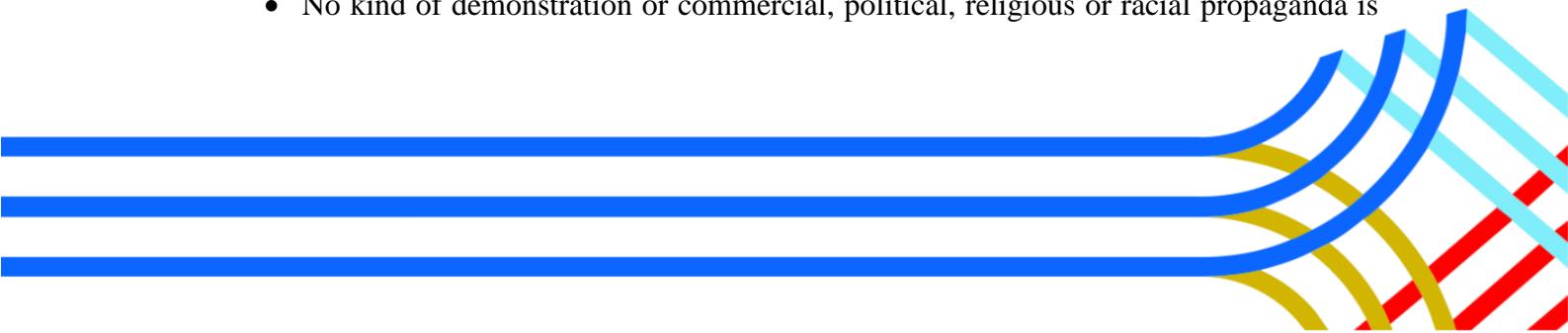
- Date: Competition date
 Time: Prior to match
 Venue: Arena

12. Media Interview

- 12.1 All athletes should pass through the Mixed Zone as directed by the Media Officer.
 12.2 Athletes and/or coaches should attend press conference and interview requests for them.

13. Prizes and Commendations

- Medals to the winners of the SEAGF Games shall be presented by the SEAGF President. The President may delegate this privilege to other members of the SEAGF, accompanied by the President of the IF and/or AF concerned (or their deputy), if possible, immediately after the event and where the competition took place in the following manner.
- The competitors who have been judged first, second and third shall take their places, in their sports uniforms, on a stand on the field facing the Tribune of Honour, with the winner slightly above the second who is on their right and the third who is on their left.
 The flag of the delegates of the winner shall be hoisted on the central flag-pole and those of the second and third on adjoining flagpoles on the right and on the left, as they face the arena. Meanwhile, the abbreviated National Anthem of the winner is played. The three winners/winning teams shall turn towards the flags.
- The medal presentations shall be as per the following order:
 - Gold Medal – to the first-place winner.
 - Silver Medal – to the second-place winner.
 - Joint 3rd Place – to the third and fourth-place winner.
- All medalists must wear their respective NOC official uniform.
- No equipment or accessories may be taken by the athlete to the medal award ceremony or media interview areas, unless it is worn, e.g., shoes and clothing which must be in accordance with the SEAGF commercial guidelines.
- No kind of demonstration or commercial, political, religious or racial propaganda is



permitted during the Victory Ceremony of the Games. Any action of such kind will be subject to penalization by the Executive Board EB including disqualification, withdrawal of medals, certificates, accreditation, rankings and the like.

- Any disrespect shown to the Games, Medals, Flags, Mascot or Certificates or any other material, by any athlete during the Victory Ceremony or during the Games will be subject to penalization by the EB, including but not limited to disqualification, withdrawal of medals, certificates, accreditation, rankings as decided by the EB.
- Victory, medals and diploma certificates, shall be in strict compliance with the SEAGF Protocol Guidelines. The design and format of the medals and diplomas shall be submitted to the SEAGF for its approval.

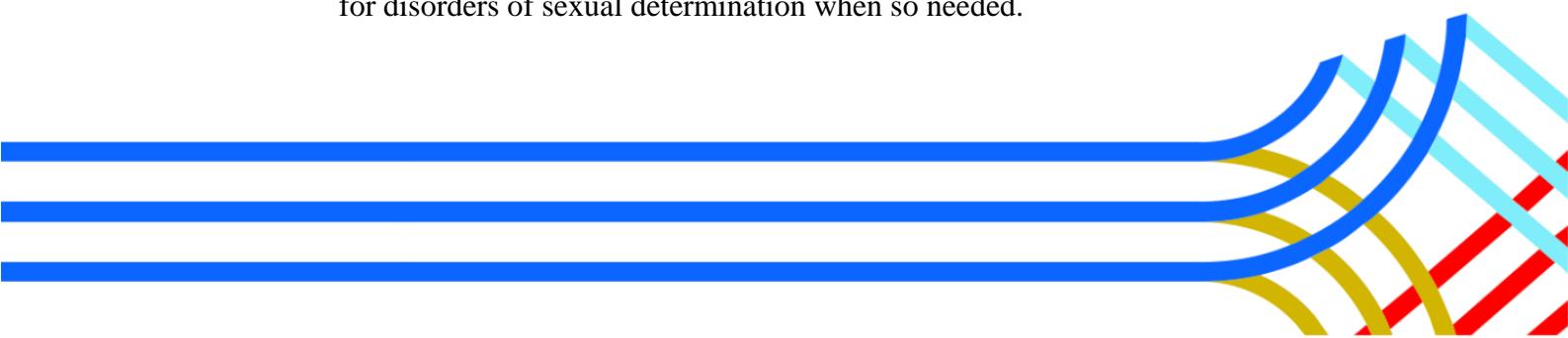
14. Victory Ceremonies

The medals may be presented by the board members of the Member-NOCs participating in the particular sport, discipline or event (with priority being given to those with medal winners) and or Guests of Honor of the Federation, and such victory ceremonies, if possible, shall take place immediately after the event at a place where the competition took place and in the following manner:

- The competitors who have been judged first, second and third shall take their places, in their sport attire or NOC designated attire, on a stand facing the Tribune of Honor, with the winner slightly above the second who is on his/her right, and the third who is on his/her left.
- The flag of the country of the winner shall be hoisted on the central flagpole or screen and those of the second and third on adjoining flagpoles or screen on the right and left as they face the arena. Meanwhile, the National Anthem of the country of the winner is played and the competitors and spectators shall face the flags.

15. Medical Code (SEAGF 33)

- The Host NOC and Organizing Committee of the SEA Games will ensure the health of all athletes and other participants during the SEA Games.
- Anti-Doping Rule Violations as defined by the World Anti-Doping Agency (WADA) Code is forbidden.
- All competitors shall be subject, during the Games, to doping control initiated by the Federation at any time or place, carried out in conformity with the WADA Code and its respective International Standards, as elaborated in the SEA Games Anti-Doping Rules.
- Competitors in sports restricted to women must comply with the prescribed tests for disorders of sexual determination when so needed.

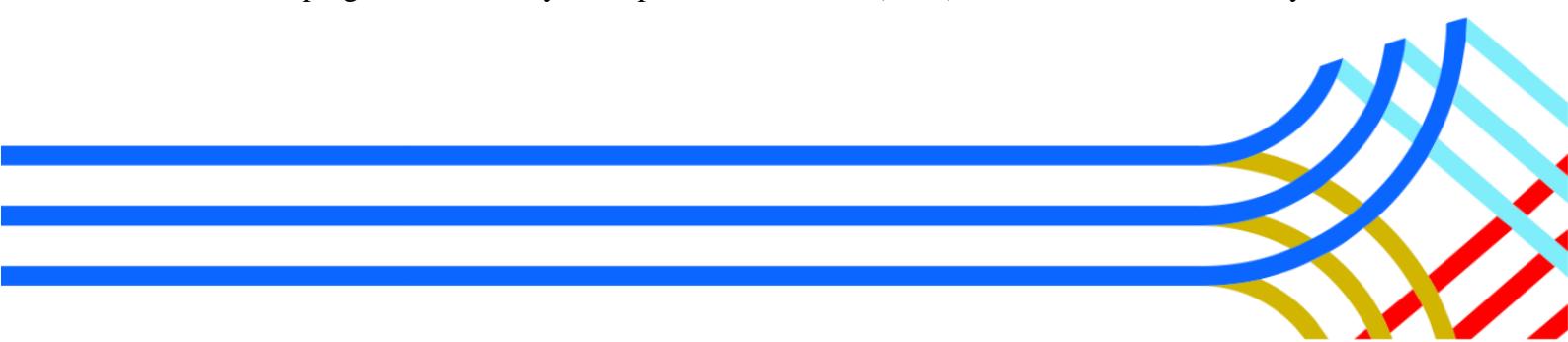


- Any competitor refusing to submit to doping control or who is found guilty of any Anti-Doping Rule violation shall be excluded from the SEA Games.
- The principles of exclusion for teams and individuals shall be in accordance with the WADA Code.
- A medal may be withdrawn by order of the Executive Committee or the Council on the recommendation of the Chairperson of the Anti-Doping Committee when an athlete is found guilty of a violation under the SEA Games Anti-Doping Rules and or the WADA Code.
- The Anti-Doping Committee shall manage and implement the doping test programme for the SEA Games to which it was appointed for in accordance with WADA requirements, and implement the SEA Games Anti-Doping Rules and WADA Code.
- The SEA Games Anti-Doping Rules and Regulations shall in no way affect further and or other sanctions by the relevant International Federation, WADA and or any other relevant national, regional, continental, international or world organizations or bodies.
- All competitors and officials are also subject to, and shall comply with the respective anti-gaming and manipulation, and harassment and abuse, and safeguarding rules, regulations, codes and guidelines of the respective Federation Member-NOC, IOC, OCA, SEAGF, the respective IF and or AF of the sport concerned.
 - a) Any competitor or team official refusing to submit thereto or found guilty of any violation or offence thereunder shall be excluded from the SEA GAMES.
 - b) A medal may be withdrawn by order of the Executive Committee or the Council on the recommendation of the Arbitration Panel when an athlete is found guilty of any violation or offence thereunder.”

16. Doping Control

The 33rd SEA Games Thailand 2025 Organizing Committee, shall establish the SEAGF Anti-Doping Committee, which shall, under the guidance of the SEAGF and working with the SEAGF Office, be responsible for the Anti-Doping program for the 33rd SEA Games Thailand 2025. The Anti-Doping program will be run in accordance with the SEAGF Anti-Doping Rules and the WADA International Standard for Testing and Investigation. Sample analysis will be performed at a WADA-accredited laboratory or as otherwise approved by WADA. Both urine and blood tests will be conducted before and during the competition to ensure compliance.

Athletes requiring the use of a Prohibited Substance or Prohibited Method during the event must apply for a Therapeutic Use Exemption (TUE) through the SEAGF Anti-Doping Committee by the specified deadline (TBC). If an athlete has already been



granted a TUE by their National Anti-Doping Organization or International Federation, the SEAGF Anti-Doping Committee will recognize it.

17. Approval of the Technical Handbook

This Technical Handbook was approved by the the Asian Mixed Martial Arts **on 8 May 2025**

Any further amendments to the Technical Handbook shall be circulated via e-mail to the NOCs.