INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

GUIDELINES FOR ONLINE TECHNICAL GRADING
OF YOUTH ATHLETES

• 1 Online technical grading shall be conducted by the IMMAF certified coach minimum Level 1 according to the syllabus as per mobile IMMAF App.

• 2 Students shall follow the approved national safety protocol, (exercise in the approved “bubble”, with the allowed personal protective equipment, etc., as it is required by local regulations)?

• 3 Before considering an online gradings it is the responsibility of each coach/examiner to ensure that their association safeguarding policy is updated to cover this kind of online event. Coach who conducts online grading is responsible for "online privacy of young athletes."

• 4 Presence, involvement of students’ parents or guardians during the examination is mandatory.

• 5 Students decide on the place for examination, clear background is required.

• 6 Coach/ assessor decides on the time, invites the pair of students via their parents/guardians and creates the Zoom link.

• 7 Equipment required:
  a. two mobile devices (iPhone or Android).
  b. Steady Wi-Fi connection.
  c. Zoom login.
  d. One mobile device shall be used in the mode of Video-call and shall transmit the signal to the coach / assessor laptop or PC screen.
  e. Another mobile device shall be used for Audio communication with the coach/assessor
in the loudspeaker mode.

- **8** Coach shall assess execution of the techniques against criteria and evaluates accordingly to his benchmarks and the pass mark agreed by the National Federation.

- **9** Young athletes’ performance shall not be recorded but assessed live.

- **10** Criteria can be seen below:

### Striking Technique:

<table>
<thead>
<tr>
<th>Posture</th>
<th>Balance</th>
<th>Space control</th>
<th>Footwork</th>
<th>Bodywork</th>
<th>Handwork</th>
<th>Fluency</th>
</tr>
</thead>
</table>

### Striking Combinations:

<table>
<thead>
<tr>
<th>Balance</th>
<th>Space Control</th>
<th>Footwork</th>
<th>Bodywork</th>
<th>Handwork</th>
<th>Fluency</th>
<th>Rhythm</th>
</tr>
</thead>
</table>

### Standing Techniques: Clinches, Takedowns, Throws, Fence Control

<table>
<thead>
<tr>
<th>Understanding the best situation for action</th>
<th>Understanding the action-reaction involved</th>
<th>Best grip or clamp</th>
<th>Use of the fence</th>
<th>Direction of forces</th>
<th>Landing position</th>
<th>Control</th>
</tr>
</thead>
</table>

### Groundwork Techniques: Attacks, Defences, Reversals, Fence Control

<table>
<thead>
<tr>
<th>Starting Position</th>
<th>Understanding the action-reaction involved</th>
<th>Body, arm, leg catch or grip</th>
<th>Use of the fence</th>
<th>Direction of forces</th>
<th>Control</th>
</tr>
</thead>
</table>