

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:

Posture	Balance	Space control	Footwork	Bodywork	Handwork	Fluency
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Striking Combinations:

Balance	Space Control	Footwork	Bodywork	Handwork	Fluency	Rhythm
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Standing Techniques: Clinches, Takedowns, Throws, Fence Control

Understanding the best situation for action	Understanding the action-reaction involved	Best grip or clamp	Use of the fence	Direction of forces	Landing position	Control
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Groundwork Techniques: Attacks, Defences, Reversals, Fence Control

Starting Position	Understanding the action-reaction involved	Body, arm, leg catch or grip	Use of the fence	Direction of forces	Control
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