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MMA Rules and Divisions

Sport MMA. This is NOT qualification for the UFC!
Weight divisions will follow grappling weight divisions

One year and under = Beginner
Two to three years = Intermediate
Four years and up = Advanced

MMA divisions are divided up at the ring. Age height and weight will help decided divisions.

Adult and youth = one three minute round. This is a tournament.

No face strikes
No strikes to a face shield
No elbow strikes
Head gear mandatory (during stand up)
No small joint locks
No heal hooks
No biting
Must wear a shirt (no tank tops)
MMA shorts or board shorts are ok (no shorts with pockets)

Deliberate attempts to slip out of ones head gear in an attempt to cause a restart can result in a disqualification.

If you have any questions please let me know. Thanks!
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