



International Fight and Fitness Sports Federation

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## **MMA Competitions in IFSF**

### **1. Weight Classes:**

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Competitors are categorized into various weight divisions to ensure fair matchups. Typical weight classes include:

- Flyweight (up to 125 lbs)
- Bantamweight (126-135 lbs)
- Featherweight (136-145 lbs)
- Lightweight (146-155 lbs)
- Welterweight (156-170 lbs)
- Middleweight (171-185 lbs)
- Light Heavyweight (186-205 lbs)
- Heavyweight (206-265 lbs)
- Super Heavyweight (over 265 lbs)

### **2. Rules and Regulations:**

- **Unified Rules:** Matches follow a set of unified rules that govern MMA competition, including regulations on allowable techniques, rounds, scoring, and safety protocols.
- **Allowed Techniques:** Techniques typically include striking (punches, kicks, elbows, knees), grappling (throws, takedowns, submissions), and clinch fighting.



- **Safety Measures:** Protective equipment such as mouthguards, groin protectors (for males), and approved gloves are mandatory.

### **3. Rounds and Duration:**

- **Professional Matches:** Typically consist of three 5-minute rounds with a one-minute break between rounds.
- **Amateur Matches:** Rounds may vary but commonly three 3-minute rounds for safety and developmental purposes.

### **4. Scoring System:**

- **10-Point Must System:** Judges score rounds based on effective striking, grappling, aggression, and octagon control.
- **Criteria:** Emphasis is placed on clean, effective techniques, knockdowns, submission attempts, and overall dominance during each round.

### **5. Match Decisions:**

- **Judges' Decision:** Matches are decided by judges' scorecards if the bout goes the distance.
- **Knockout (KO):** Occurs when a fighter is unable to continue due to strikes.
- **Submission:** Occurs when a fighter concedes defeat by tapping out or verbally submitting to a submission hold.



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## **6. Refereeing and Officials:**

- Matches are overseen by a referee responsible for enforcing rules, ensuring fighter safety, and maintaining fair play. Additional judges score the bout from different angles around the cage.

## **7. Anti-Doping Measures:**

- IFSF enforces anti-doping regulations to ensure fair competition and athlete safety. Random drug testing may be conducted before or after matches.

## **8. Fighter Conduct and Sportsmanship:**

- Fighters are expected to adhere to the highest standards of sportsmanship, respecting opponents, officials, and the rules of competition.
- Unsportsmanlike conduct, including deliberate fouls, may result in penalties, point deductions, or disqualification.

## **9. Championships and Tournaments:**

- IFSF organizes championships and tournaments where fighters compete for titles within their weight divisions and earn recognition within the global MMA community.

## **10. Community and Development:**



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- **IFSF promotes the growth of MMA by providing training seminars, coaching certifications, and resources to athletes, coaches, and officials.**

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**Join IFSF MMA Competitions and Experience the Excitement of Mixed Martial Arts!**

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