

Weight Classes

ADULT MEN

1. Lightweight: 149.9 and below.
2. Middleweight: 150-175.
3. Heavyweight: 175.1 - & up.

If these division have to vast of a weight difference and the division is too big...we will make another class.

ADULT WOMEN

1. Lightweight: 121 and below.
2. Middleweight: 121.1-143.
3. Heavyweight: 143.1 - & UP

JUNIORS - Ages 17 & Below

8-10, 11-12, 13-14, 15-17. Age will be first factor, weight the second factor.

Fights

Mats are tape (square shape) for the safety of the fighter to flee if needed

All Juniors...regardless of size will have to wear headgear with a face guard or Headgear that a glove will make minimum make contact with the face....No Exceptions!

Beginner and Advanced Divisions. the same semi contact rules apply.

Knees may be allowed only to the body in Muay.

Head gear is optional for adults and highly recommended