

# Weight and Age Divisions according to the WMAC Rulesbook

<b>1.</b>	<b>Pointfight</b>	<b>PF</b>	<b>Fullcontact</b>	<b>FC</b>	<b>MMA Light</b>	<b>MMA</b>
	<b>Lightcontact</b>	<b>LC</b>	<b>K1</b>	<b>K1</b>	<b>Grappling_no Gi</b>	<b>GnG</b>
	<b>Kicklight</b>	<b>KL</b>	<b>Thaiboxen</b>	<b>TB</b>		
	<b>Kumite</b>	<b>KK</b>	<b>Oriental Boxing</b>	<b>OB</b>		

Kids U10		Juniors U14		Cadets U18		Adult +18		Veterans +35 and Masters +45	
girls	boys	girls	boys	girls	boys	female	male	female	male
-25 kg	-25 kg	-35 kg	-35 kg	-40 kg	-40 kg	-50 kg	-60 kg	-55 kg	-75 kg
-30 kg	-30 kg	-40 kg	-40 kg	-45 kg	-45 kg	-55 kg	-65 kg	-60 kg	-80 kg
-35 kg	-35 kg	-45 kg	-45 kg	-50 kg	-50 kg	-60 kg	-70 kg	-65 kg	-85 kg
-40 kg	-40 kg	-50 kg	-50 kg	-55 kg	-55 kg	-65 kg	-75 kg	+65 kg	+85 kg
-45 kg	-45 kg	-55 kg	-55 kg	-60 kg	-60 kg	-70 kg	-80 kg		
-50 kg	-50 kg	-60 kg	-60 kg	-65 kg	-65 kg	+70 kg	-85 kg		
+50 kg	+50 kg	-65 kg	-65 kg	+65 kg	-70 kg		-90 kg		
		+65 kg	-70 kg		+70 kg		+90 kg		
			+70 kg						

**Take care on the age classes / Bitte beachtet die Altersklassen:**

<b>Ringsport</b>	only / erst ab from age of 16-18 and +18 to 55years	erst ab 16 Jahre-Klasse U18 und +18 Jahre bis 55 Jahre
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<b>MMA light, Grap. no Gi</b>	no U10 and no +45 Masters	keine U10 und keine +45 Masters
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## 2. Forms:

Kids U10		Juniors (U14) & Cadets (U18)		Adults +18		Veterans +35 & Masters +45	
Female	Male	Female	Male	Female	Male	Female	Male
HS GB	HS GB	HS GB	HS GB	HS GB	HS GB	HS GB	HS GB
HS BLB	HS BLB	HS BLB	HS BLB	HS BLB	HS BLB	HS BLB	HS BLB
SS	SS	SS	SS	SS	SS	SS	SS
SS&HS M	SS&HS M	SS&HS M	SS&HS M	SS&HS M	SS&HS M	SS&HS M	SS&HS M
SS&HS W	SS&HS W	SS&HS W	SS&HS W	SS&HS W	SS&HS W	SS&HS W	SS&HS W
WM	WM	WM	WM	WM	WM	WM	WM
KS	KS	KS	KS	KS	KS	KS	KS
FM	FM	FM	FM	FM	FM	FM	FM
TFS	TFS	TFS	TFS	TFS	TFS	TFS	TFS
TFSM	TFSM	TFSM	TFSM	TFSM	TFSM	TFSM	TFSM
CR	CR	CR	CR	CR	CR	CR	CR

HS GB	Hardstyle to Green Belt
HS BLB	Hardstyle from Blue Belt
SS	Softstyle
SS&HS M	Softstyle & Hardstyle with Music
SS&HS W	Softstyle & Hardstyle with Weapons
WM	Weapons with Music
KS	Korean Style
FM	Freestyle Forms with Music
TFS	Team Forms
TFSM	Team Forms with Music
CR	Creative Forms

### 3. Self-defence Creative (SDC) & Self-defence Reality (SDR):

Kids U10	Juniors (U14) & Cadets (U18)		Adults +18		Veterans +35 & Masters +45	
Female/ Male	Female	Male	Female	Male	Female	Male
All Belt (AB)	Under Belt (UB)	Under Belt (UB)	Under Belt (UB)	Under Belt (UB)	Under Belt (UB)	Under Belt (UB)
	Black Belt (BB)	Black Belt (BB)	Black Belt (BB)	Black Belt (BB)	Black Belt (BB)	Black Belt (BB)

### 4. Team Pointfight (TP) and Team Lightcontact (TL):

	Mixed Team	Female Team	Male Team
<b>U10</b>	mixed	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
<b>U14</b>	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
<b>U18</b>	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
<b>+18</b>	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve

### 5. Grand-Champion Pointfight (GCP):

	FEMALE	MALE
<b>+14</b>	mixed	3 Fighters + 1 Reserve

### 6. Rumble R

**No Contact NC**

Bambini U6	Kids U10	Kids U14
mixed	mixed	mixed
- 90 cm	- 90 cm	- 130 cm
- 100 cm	- 100 cm	-140 cm
-110 cm	-110 cm	-150 cm
- 120 cm	- 120 cm	- 160 cm
+ 120 cm	- 130 cm	+160 cm
	-140 cm	
	+ 140 cm	

Bambini U6	Kids U10
mixed	mixed
- 90 cm	- 90 cm
- 100 cm	- 100 cm
-110 cm	-110 cm
- 120 cm	- 120 cm
+ 120 cm	- 130 cm
	-140 cm
	+ 140 cm

**No U14 class in No Contact**