

Weight and Age Divisions according to the WMAC Rulesbook

NMAC Austrian Championship

1. Pointfight (PF), Lightcontact (LC), Kick Light (KL), MMA Light (Grappling Strike), Grappling, Fullcontact (FC), K1, Thai Boxing (TB), Oriental Boxing (OB), Kumite (KK):

all ringsports divisions: minimum age 16 years!

Kids U10	Juniors U14 & Cadets U18		Adults +18		Veterans +35 & Masters +45	
All	Female	Male	Female	Male	Female	Male
-25 kg	-40 kg	-40 kg	-50 kg	-60 kg	-55 kg	-75 kg
-30 kg	-45 kg	-45 kg	-55 kg	-65 kg	-60 kg	-80 kg
-35 kg	-50 kg	-50 kg	-60 kg	-70 kg	-65 kg	-85 kg
-40 kg	-55 kg	-55 kg	-65 kg	-75 kg	+65 kg	+85 kg
-45 kg	-60 kg	-60 kg	+65 kg	-80 kg		
-50 kg	+60 kg	- 65 kg		-85 kg		
+50 kg		-70 kg		-90 kg		
		+70 kg		+90 kg		

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):

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
U10	mixed	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
U14	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
U18	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve
+18	3 male + 1 female	3 Fighters + 1 Reserve	3 Fighters + 1 Reserve