



WKA USA - MMA Division Submission Grappling

No-Gi Division
Gi Division

No-Gi Division

DIVISIONS:

Skill Level Descriptions: Novice: Less than one year of training in any grappling art.

Intermediate: Less than two years training in any grappling art.

Advanced: Over two years training in any grappling art.

Children (4-17) will be divided by age and weight.

Women will be divided by weight.

Masters (30+) will be divided by weight.

Length of matches:

Children: 4 minutes

Novice: 5 minutes

Intermediate: 6 minutes

Advanced: 7 minutes

Women: 5 minutes

Masters: 5 minutes

Super Fight: 10 minutes

White Belt: 5 minutes

Blue Belt: 6 minutes
Purple Belt: 7 minutes
Brown Belt: 8 minutes
Black Belt: 10 minutes

Men's Weight Divisions:

Flyweight: Up to 139.9 pounds
Featherweight: 140 to 149.9 pounds
Lightweight: 150 to 159.9 pounds
Welterweight: 160 to 169.9 pounds
Middleweight: 170 to 179.9 pounds
Cruiserweight: 180 to 189.9 pounds
Light Heavyweight: 190 to 204.9 pounds
Heavyweight: 205 to 219.9 pounds
Super Heavyweight: 220 pounds & Over

Children Divisions (divided by age and weight):

Up to 49.9 pounds
50 to 59.9 pounds
60 to 69.9 pounds
70 to 79.9 pounds
80 to 89.9 pounds
90 to 99.9 pounds
100 to 114.9 pounds
115 to 129.9 pounds
130 to 144.9 pounds
145 to 159.9 pounds
160 to 174.9 pounds
175 pounds & Over

Master Divisions (30+ years):

Lightweight: Up to 159.9 pounds
Middleweight: 160 to 179.9 pounds
Cruiserweight: 180 to 199.9 pounds
Heavyweight: 200 pounds & Over

Women's Divisions:

Division A: Up to 119.9 pounds
Division B: 120 to 134.9 pounds
Division C: 135 to 149.9 pounds
Division D: 150 pounds & Over

*** We reserve the right to expand or combine divisions to accommodate competitors.**

RULES:

Scoring:

Takedown & Throw = 2 points

Sweep & Reversal = 2 points

Pass opponents guard = 3 points

Mounted position = 4 points

Back Mount with Hooks in = 4 points

To gain points for position, the competitor must show clear control for 3 seconds.

- No Advantages in No-Gi division. Matches ending in a tie, winner will be determined by Referee.
- No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, no activity, butt scooting, fleeing the ring to avoid takedown or submission attempts). A 2nd offense will result in a 2 Point deduction. A 3rd offense will result in a disqualification.
- Referee has the discretion to call a match for use of excessive force (i.e. competitor refuses to release pressure after opponent submits or opponent refuses to submit and the referee believes that the submission will cause immediate damage or injury). The referees and judges will be shown maximum respect at all times. Their decisions are final and will not be disputed.
- No grabbing or use of opponents clothing, shorts, rash guards, t-shirts, etc.
- Heel Hooks, Twisting Knee Locks, and Neck Cranks are ILLEGAL in Children, Novice, Intermediate, Masters, and Women's Divisions. All submissions are allowed in Advanced divisions and in the Super Fights.
- If the competitors near the edges of the ring, they will be re-started from a standing position or dragged to the center.
- No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, or ear pulling.
- No unsportsmanlike conduct allowed as observed by referee (includes spitting, use of foul language, obscene gestures, etc.). Warnings will be given for unsportsmanlike conduct. Repeat offenders will be disqualified.
- Uniforms, Gis, or kimonos are optional for submission grappling divisions; Mouthpiece and groin protection are recommended.
- Wrestling shoes are not allowed.
- No lubricants, oils, or lotions of any kind permitted of any part of the body or clothing.
- No Slamming allowed. Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.

Gi Division

Belt Rankings:

White Belt
Blue Belt
Purple Belt
Brown Belt
Black Belt

Length of matches:

Children: 4 minutes
Novice: 5 minutes
Intermediate: 6 minutes
Advanced: 7 minutes
Women: 5 minutes
Masters: 5 minutes
Super Fight: 10 minutes
White Belt: 5 minutes
Blue Belt: 6 minutes
Purple Belt: 7 minutes
Brown Belt: 8 minutes
Black Belt: 10 minutes

Men's Weight Divisions:

Flyweight: Up to 139.9 pounds
Featherweight: 140 to 149.9 pounds
Lightweight: 150 to 159.9 pounds
Welterweight: 160 to 169.9 pounds
Middleweight: 170 to 179.9 pounds
Cruiserweight: 180 to 189.9 pounds
Light Heavyweight: 190 to 204.9 pounds
Heavyweight: 205 to 219.9 pounds
Super Heavyweight: 220 pounds & Over

Children Divisions (divided by age and weight):

Up to 49.9 pounds
50 to 59.9 pounds
60 to 69.9 pounds
70 to 79.9 pounds
80 to 89.9 pounds
90 to 99.9 pounds
100 to 114.9 pounds
115 to 129.9 pounds
130 to 144.9 pounds
145 to 159.9 pounds

160 to 174.9 pounds
175 pounds & Over

Master Divisions (30+ years):

Lightweight: Up to 159.9 pounds
Middleweight: 160 to 179.9 pounds
Cruiserweight: 180 to 199.9 pounds
Heavyweight: 200 pounds & Over

Women's Divisions:

Division A: Up to 119.9 pounds
Division B: 120 to 134.9 pounds
Division C: 135 to 149.9 pounds
Division D: 150 pounds & Over

*** We reserve the right to expand or combine divisions to accommodate competitors.**

RULES:

Scoring:

Takedown & Throw = 2 points
Sweep & Reversal = 2 points
Pass opponents guard = 3 points
Mounted position = 4 points
Back Mount with Hooks in = 4 points
Knee on belly = 2 points in Gi brackets ONLY

To gain points for position, the competitor must show clear control for 3 seconds.

- Advantages: (submission attempts that posed a real threat to the other fighter, near takedowns, near sweep, near passes etc.). Any player with top position who makes no attempt to advance will be viewed as inferior to player in the guard position who is making attempts at advancing. Advantages will only be used in the case of a tie with points.
- No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, no activity, butt scooting, fleeing the ring to avoid takedown or submission attempts). A 2nd offense will result in a 2 Point deduction. A 3rd offense will result in a disqualification.
- Referee has the discretion to call a match for use of excessive force (i.e. competitor refuses to release pressure after opponent submits or opponent refuses to submit and the referee believes that the submission will cause immediate damage or injury). The referees and judges will be shown maximum respect at all times. Their decisions are final and will not be disputed.
- No grabbing or use of opponents clothing, shorts, rash guards, t-shirts, etc.
- Heel Hooks, Twisting Knee Locks, and Neck Cranks are ILLEGAL in Children, Novice, Intermediate, Masters, and Women's Divisions. All submissions are allowed in Advanced divisions and in the Super

Fights.

- If the competitors near the edges of the ring, they will be re-started from a standing position or dragged to the center.
 - No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, or ear pulling.
 - No unsportsmanlike conduct allowed as observed by referee (includes spitting, use of foul language, obscene gestures, etc.). Warnings will be given for unsportsmanlike conduct. Repeat offenders will be disqualified.
 - Gi divisions require the Kimono. Mouthpiece and groin protection are recommended.
 - Wrestling shoes are not allowed.
 - No lubricants, oils, or lotions of any kind permitted of any part of the body or clothing.
 - No Slamming allowed. Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.
-



USA
United We Stand

World Kickboxing Association
MUAY THAI KICKBOXING FULL CONTACT

Questions or comments about this site? Send them to webmaster.

Questions or comments about the World Kickboxing Association? Send them to us.

Last updated April 10, 2006.

