

MMASC Grappling Divisions 2010

Division	Age	Skill	Notes
Executive	50+	Novice	Under 6 months experience, no wrestlers
Executive	50+	Beginner	6 months to 2 years experience
Executive	50+	Intermediate	2 to 5 years experience
Executive	50+	Expert	5 years of experience and above
Director	40 - 49	Novice	Under 6 months experience, no wrestlers
Director	40 - 49	Beginner	6 months to 2 years experience
Director	40 - 49	Intermediate	2 to 5 years experience
Director	40 - 49	Expert	5 years of experience and above
Adult	18 - 39	Novice	Under 6 months experience, no wrestlers
Adult	18 - 39	Beginner	6 months to 2 years experience
Adult	18 - 39	Intermediate	2 to 5 years experience
Adult	18 - 39	Expert	5 years of experience and above
Teen	15 - 17	Novice	Under 6 months experience - no wrestlers
Teen	15 - 17	Beginner	6 months to 12 months experience - no wrestlers
Teen	15 - 17	Intermediate	1 year to 2 years experience
Teen	15 - 17	Expert	2+ years experience
Kids	14 & under	Novice	Under 6 months experience - no wrestlers
Kids	14 & under	Beginner	6 months to 12 months experience - no wrestlers
Kids	14 & under	Intermediate	1 year to 2 years experience
Kids	14 & under	Expert	2+ years experience

Please note:

1. If there are 2 or more girls in a division, we will create a separate division for those girls.
2. We will match kids based on age and weight to make each division as fair as possible.
3. All children 14 and under that weigh over 180 lbs. will need to compete with the teens.
4. We reserve the right to either subdivide or combine the above weight classes the day of the event, depending on turn out.
5. Submissions are allowed in all teen divisions.
6. Teen Novice Division is for White Belts Only.
7. Directors and Executives will be broken up into weight classes at the event to ensure fair competition.

Weight Divisions

Directors, Executives & Adult

Men	Light weight	154.9 lbs. & under
Men	Middle weight	155 to 174.9 lbs.
Men	Cruiser weight	175 to 199.9 lbs.
Men	Super heavy weight	200 lbs & up

Directors, Executives & Adult

Women	Class A	119 lbs. & under
Women	Class B	120 to 134 lbs.
Women	Class C	135 to 149 lbs.
Women	Class D	150 lbs. and up

Teen

Both	Bantam weight	114.9 lbs. & under
Both	Fly weight	115 to 129.9 lbs.
Both	Light weight	130 to 149.9 lbs.
Both	Middle weight	150 to 169.9 lbs.
Both	Heavy weight	170 to 199.9 lbs.
Both	Super heavy weight	200 lbs. and up

Kids

Both	Class A	49.9 lbs. and under
Both	Class B	50 to 59.9 lbs.
Both	Class C	60 to 69.9 lbs.
Both	Class D	70 to 79.9 lbs.
Both	Class E	80 to 89.9 lbs.
Both	Class F	90 to 99.9 lbs.
Both	Class G	100 to 114.9 lbs.
Both	Class H	115 to 129.9 lbs.
Both	Class I	130 to 179.9 lbs.