

**2016 IMMAF EUROPEAN  
OPEN CHAMPIONSHIPS OF  
AMATEUR MMA**

**HANDBOOK**

**Version 1.2 August 22nd 2016**



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# 1 – Organizer

International Mixed Martial Arts Federation (IMMAF)

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Sweden

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Mixed Martial Arts Association Czech Republic

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## 2 – Program

Attention: The schedule may be modified according to the total number of entries and circumstances of competition.

### **Sunday 20th November -**

Delegates are advised to arrive on or before Sunday 20<sup>th</sup> November to ensure they arrive in plenty of time prior to the Monday 21<sup>st</sup> registration day. Please note that the official accommodation, which is included in the participation fee, begins from Monday 21<sup>st</sup> November and this is only an advisory note to arrive earlier than Monday 21<sup>st</sup> November. If any federation would like to arrive earlier, extra rooms can be arranged through IMMAF's hotel and booking manager, Gosha Malik – malik@immaf.org

### **Monday 21<sup>st</sup> November - Registration and accreditation**

All delegates to arrive at the official hotel

Registration (Accreditation and Unofficial weigh in)

9.00am to 5.00 pm Athletes and Team Leaders Only

9.30 am to 6.00 pm Equipment Collection

Technical Officials briefing – Will be confirmed nearer the time and will take place at the official hotel

Tournament Draw - 7:30pm at the official hotel

### **Tuesday 22nd November – Day 1 of competition**

Weigh in and pre fight medicals – Weigh in and pre fight medicals - 6:00am to 8:00am (at the official hotel)

Competition starts at 10am

### **Wednesday 23rd November – Day 2 of competition**

Weigh in and pre fight medicals - 6:00am to 8:00am (at the official hotel)

Competition starts at 10am

**Thursday 24th November – Day 3 of competition**

Weigh in and pre fight medicals - 6:00am to 8:00am (at the official hotel)

Competition starts at 10am Competition starts at 10am

**Friday 25th November Day 4 of competition (Semi Finals)**

Weigh in and pre fight medicals - 6:00am to 8:00am (at the official hotel)

Competition starts at 10am Competition starts at 10am

**Saturday 26th November Day 5 of competition (Final)**

Weigh in and pre fight medicals - 6:00am to 8:00am (at the official hotel)

Competition starts at 10am Competition starts at 10am

## 3 - Competition Place

Tuesday 22nd November to Saturday 26th November

TK Sparta Praha

Za Císařským mlýnem 2/1115

170 00 Praha 7

## 4 – Eligibility

See <https://www.mynextmatch.com/tournament/14/details> for eligibility criteria.

## 5 – Participation

This IMMAF European Open Championships is for all IMMAF Member Federations. There is a limit of 32 participants for each weight category and each federation can enter a maximum of 2 entries per weight category, subject to the following criteria. The top 28\* ranked countries as per the IMMAF World ranking list as of 22<sup>nd</sup> August 2016 have a priority option to enter one (1) athlete in each weight division by the outline cut off date (see below). After this cut off date the brackets will be opened up to all national federations (subject to first come first served basis). The host nation on request, can enter up to four (4) entries per weight category. The competitors must be of the same nationality as the National Federation, which enters them.

### Cut-off dates

Top 28 ranked national federations priority entry cut off date - Monday October 12th 2016

Host nation request for 4 athletes per weight division cut off date – Monday September 26th 2016

\*World Ranking List as of 22<sup>nd</sup> August 2016 (top 28 countries)

1. Sweden
2. USA
3. Bulgaria
4. Ireland
5. Finland
6. United Kingdom
7. New Zealand
8. Northern Ireland
9. Poland
10. Italy
11. Norway
12. France
13. Lebanon
14. Canada
15. South Africa
16. Iceland
17. Germany
18. Kazakhstan
19. Czech Republic\* - (host nation)
20. Australia
21. Romania
22. Bahrain
23. Austria
24. Portugal
25. Hungary
26. Russia
27. Spain
28. Japan



## 6 – Categories

### Women

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Strawweight -115lbs (-52.1kgs)

Flyweight -125lbs (-56.7kgs)

Bantamweight -135lb (-61.2kgs)

Featherweight -145lbs (-65.8kgs)

Lightweight -155lbs (-70.3kgs)

### Men

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Flyweight -125lbs (-56.7kgs)

Bantamweight -135lb (-61.2kgs)

Featherweight -145lbs (-65.8kgs)

Lightweight -155lbs (-70.3kgs)

Welterweight -170lbs (-77.1kgs)

Middleweight -185lbs (-83.9kgs)

Light Heavyweight -205lbs (-93.0kgs)

Heavyweight -265lbs (-120.2kgs)

Super Heavyweight +265lbs (+120.2kgs)

## 7 - Accreditation & Control of Nationality

At least one team official and a maximum of two must attend the registration on Monday 21<sup>st</sup> November from 08:00 to 17:00 in order to confirm the delegation. Failure to do this will result in a nation not being entered into the draw and will be disqualified from competition. Passports or photocopies of passports from all competitors must be available on request (National ID Card showing nationality and date of birth or a copy is also accepted). An IMMAF accreditation card with a photograph will be issued to competitors and officials.

## 8 - IMMAF Pre – Registration Online

All participants and delegates must be pre-registered for the event using the IMMAF Online Registration System - <https://www.mynextmatch.com/tournament/14/details>

**Deadline for Pre-Registration is Monday 24th October 2016.**

After the deadline only athletes replacing a competitor who is medically diagnosed as unfit to compete can be entered into the competition. An official letter from the injured athletes GP or registered team Doctor will need to be submitted to IMMAF's independent Medical Partner for verification at [safemma@immaf.org](mailto:safemma@immaf.org)

## 9 – Key Deadlines

Team Registration including participation fee payment – October 24th 2016

Travel Details – October 31st 2016

MMA Pre-Technical Equipment Order – October 22nd 2016

Pre-Registration of Injury Replacements – November 14th 2016

Medical Clearance – November 7th 2016

## 10 – Weigh-in (inc allowance policy) & Pre Fight Medical Examination

**Programme:**

**Monday 21st November– All competitors to make weight within 1.5% of the weight category they are competing in.**

**Tuesday 22nd November to Saturday 26th November– Competition Days 1 to 5– All competitors to make weight with **no allowance**. Any competitor that fails to make weight will be out of the competition at this stage. Priority weigh in on the scales will be given for the competitors competing on day one.**

The first official weigh-in takes place at registration. There will be no option for late annual medical examinations or blood tests.

Following this the official weigh-in & pre fight medical for each weight category is held each morning of competition (see 2 programme). Athletes must present their IMMAF accreditation card and his/her passport (National ID Cards showing nationality and date of birth are also accepted).

Only athletes that are set to compete on that day must attend that competition day weigh in. Competitors with byes are not expected to weigh in (apart from Day 1 of competition where **ALL** competitors must make weight, regardless if they are competing that day).

Any athlete who does not show up within the designated weigh in times or fails to make weight will be excluded from competition. Athletes will only have one chance at making weight on the official scales.

A set of test scales will be available for one hour before the official weigh in. This is to facilitate athletes who wish to check their pre fight weight before stepping onto the official weigh in scales.

Outside of the one-hour official weigh in times [and test scales available on the same morning] a set of scales will be made accessible throughout the competition.

Athletes must present their accreditation card and passport or National ID Card showing nationality and date of birth.

## 2016 IMMAF EUROPEAN OPEN CHAMPIONSHIPS Tournament Weight Allowance Policy

Table shows maximum weight allowed per weight class per day.

These restrictions below do not apply to Super Heavyweights, who have no upper weight limit.

Monday, November 21st = 1.5% over the division's maximum weight.

Day 1 to 5 of competition = Zero weight allowance.

Athletes who fail to make weight are not eligible to compete and cannot reenter the competition.

Weight classes	Monday		Base (lbs)	Competition Days	
	Registration day			0%	Max
	+1.5%	Max	(kgs)		
Strawweight -115lbs (-52.2kgs)	1.73	116.73	115	0.00	115.00
Flyweight -125lbs (-56.7kgs)	1.88	126.88	125	0.00	125.00
Bantamweight -135lb (-61.2kgs)	2.03	137.03	135	0.00	135.00
Featherweight -145lbs (-65.8kgs)	2.18	147.18	145	0.00	145.00
Lightweight -155lbs (-70.3kgs)	2.33	157.33	155	0.00	155.00
Welterweight -170lbs (-77.1kgs)	2.55	172.55	170	0.00	170.00
Middleweight -185lbs (-83.9kgs)	2.78	187.78	185	0.00	185.00
Light Heavyweight -205lbs (-93.0kgs)	3.08	208.08	205	0.00	205.00
Heavyweight -265lbs (-120.2kgs)	3.98	268.98	265	0.00	265.00
Super Heavyweight +265lbs (+120.2kgs)	Min	268.98	265	N/A	N/A
			<b>(kgs)</b>		
Strawweight -52.2kgs (-115lbs)	0.78	52.98	52.2	0.00	52.20
Flyweight -56.7kgs (-125lbs)	0.85	57.55	56.7	0.00	56.70
Bantamweight -61.2kgs (-135lbs)	0.92	62.12	61.2	0.00	61.20
Featherweight -65.8kgs (-145lbs)	0.99	66.79	65.8	0.00	65.80
Lightweight -70.3kgs (-155lbs)	1.05	71.35	70.3	0.00	70.30
Welterweight -77.1kgs (-170lbs)	1.16	78.26	77.1	0.00	77.10
Middleweight -83.9kgs (-185lbs)	1.26	85.16	83.9	0.00	83.90
Light Heavyweight -93.0kgs (-205lbs)	1.40	94.40	93.0	0.00	93.00
Heavyweight -120.2kgs (-265lbs)	1.80	122.00	120.2	0.00	120.20
Super Heavyweight +120.2kgs (+265lbs)	Min	122.00	120.2	N/A	N/A

## 11 - Competition Mode

The competition will be conducted in accordance with the latest IMMAF Amateur rules, (see <https://www.mynextmatch.com/tournament/14/details>)

There is only one uniform competition system for all IMMAF official events – an elimination system with no repechage.

## 12 – Draw

The draw will take place on Monday 21<sup>st</sup> November at 19.30hrs at the official tournament hotel.

The top eight (8) from the entered competitors in each weight category will be seeded according to the current IMMAF World Amateur MMA Ranking List.

For all categories the competitors will be divided into two tables by means of a “draw”, and an elimination system will be used to produce two finalists, who will compete for the gold medal.

A bronze medal will be awarded to both losing semi finalists.

All competitors must make weight each day they are scheduled to compete. Once a competitor loses a bout they are then out of the competition from that stage. If a competitor wins their bout but is then medically suspended, they are out of the competition from that time. Please note, competitors that have byes are not required to weigh-in. Only competitors scheduled to compete on any given day must weigh in and make weight. If the competitor fails to make weight for the official weigh in, then they will be out of the competition from this time and their opponent will advance to the next round via a bye. If both opponents fail to make weight then no one advances.

## 13 - Referees & Judges

Each federation may put forward recommended competition officials through the IMMAF NTO application process. The organising federation (MMASA) may enter officials as required for the realisation of the tournament if a sufficient number cannot be sourced. The requirement for officiating can be found in the "Officials Selection Procedure Form" at <https://www.mynextmatch.com/tournament/14/details>

The Officials Meeting will be held on the afternoon Monday 22<sup>nd</sup> November (see program 2). Attendance at the Officials Meeting is strictly compulsory. The officials should be dressed formally for this meeting.

## 14 – Corners (seconds), Team Leaders & Team Delegates

All team delegates must fully adhere to the dress code outlined for the draw and for the duration of the competition.

Dress Code Draw: Jacket suit and tie

Rounds 1 to 4: National team tracksuit / uniform, no caps, no shorts or flip flops

## 15 – Equipment

IMMAF Approved MMA Equipment

All competitors must compete in IMMAF approved equipment. Equipment will be provided by IMMAF at registration on Monday 21<sup>st</sup> November. Each competitor will have the opportunity to try on the equipment to check that the correct sizes have been issued.

Equipment Provided by IMMAF

All competitors will be issued on the first day of their competition:

2 x shorts (1 x blue and 1 x red)

1 x pair of gloves

1 x pair of shin guards

2 x rash guards (1 x blue and 1 x red)

Competitors are responsible for providing their own mouth and groin guard.

If a competitor wins a bout, their equipment will be quarantined by IMMAF officials and stored securely until the athlete's next competitive bout.

## 16 – Transport

Airport: Václav Havel Airport Prague, Aviatická, 161 08 Praha 6, Czech Republic

<http://www.pragueairport.co.uk>

The organiser has arranged for shuttle buses to transport all registered team delegates to the official hotel.

## 17 – Accommodation

All registered team members are accommodated at the official team hotel.

### **HOTEL DUO**

Teplická 492, 190 00 Praha 9, Česká republika

[www.hotelduo.cz](http://www.hotelduo.cz)

Accommodation is booked from Monday 21st November with check out on Sunday 4th September 2016.

ALL team members must arrive on or before Monday 29th August 2016. If team members would like to arrive earlier or stay later than the dates the organiser has provided accommodation for, then the individual at their own expense can make arrangements for this.

## 18 - Participation Fee

A participation fee of €700 EUR per competitor, team leader, team affiliates and team coaches is payable to IMMAF at pre-registration.

The cost of competing at the 2016 European Open Championships is €700 EUR and the fee contains the following: -

Accommodation for 6 nights in a twin share room at the official hotel

Breakfast and evening meal is also included.

Accreditation will not be issued where entry fees have not been paid by the pre-registration deadline.

**Any athlete that has not paid their participation fee by 24th October 2016 will not be included in the draw.**

Payment has to be made by each member federation for it's whole team. Payment will be made at the point of registration for each competitor and team delegate via the IMMAF online tournament system at [www.mynextmatch.com](http://www.mynextmatch.com)

Credentials to enter the competition venue and warm up areas shall be allotted to each participating National Federation and according to number of competitors as outlined below:

Daily competitors

1 - 2 competitors - two official team delegates

3 - 4 competitors - three official team delegates



5 - 6 competitors - four official team delegates

7 - 8 competitors - five official team delegates

9 - 10 competitors - six official team delegates

11 - 12 competitors - seven official team delegates

13 - 14 competitors - eight official team delegates

15 - 16 competitors - nine official team delegates

Only registered participants who pay the participation fee will get access to official IMMAF transportation, credentialed areas at the official hotel and the Sparta Arena. This is for security and practical reasons. If there are persons travelling with the federation who are not needed in the arena, who don't have a key role in the team and who won't need assistance from the IMMAF, then they are welcome to attend the European Open Championships and not pay the participation fee. They can then purchase tickets for the competitions at the Sparta Arena respectively and book their own accommodation.

The fee is a combined fee that covers some but not all of the costs that the IMMAF, which is a non-profit entity, has for the participants. The reason that accommodation is included is that there are a lot of practical, financial and safety benefits to having all participants in the same place.

## **19 - Anti – Doping**

Anti-doping tests will be carried out according to the IMMAF Anti Doping Policy. IMMAF Anti-doping policies, guidelines and information can be found on the IMMAF website at <http://www.immaf.org/about/anti-doping/>

## **20 - Medical Clearance**

Competitors need to ensure that their blood work and annual medical examination is in good standing as per IMMAF's competition medical requirements. The IMMAF Annual

Medical Examination form (and Blood Test Review form, for blood work being submitted which has not had its review documented as part of an annual medical examination) can be downloaded at: <https://www.mynextmatch.com/tournament/14/details>

Clear blood test results are required for Hepatitis B (HBsAg), Hepatitis C and HIV (P24 antigen and HIV 1+2 antibodies). In accordance with IMMAF's standard competition requirements, these need to be dated within the 6 months preceding the last day of the tournament, so on or after 27th May 2016.

The cut-off date for submission of all correctly completed medical forms is 7th November 2016.

PLEASE NOTE: a £20 LATE ADMINISTRATION FEE will be payable direct to SafeMMA for any athlete whose correctly completed Annual Medical Examination form and valid blood test results (with accompanying blood test review) has not been received electronically in PDF form to [safemma@immaf.org](mailto:safemma@immaf.org) through their team's MSL by this cut-off date, in order for that athlete to still be medically cleared by in time for the event. No late admin fee will apply to Injury Replacements.

## **21 – Insurance of Competitors**

The competitors compete under the full responsibility of their National Federations Insurance. Each national federation is responsible for insuring its competitors against “injury and third part risk (public liability)” during the period of the event. The International Mixed Martial Arts Federation and the Mixed Martial Arts Association Czech Republic decline all responsibility.

## **22 – Media**

Journalists can apply for media accreditation by sending their request directly to the organiser at [carnwath@immaf.org](mailto:carnwath@immaf.org)

Where journalists are travelling as part of a National Federation Team please indicate this, so they may be treated as part of your party.

## 23 – Visa

For competitors requiring VISAS to enter Prague, please send the fully completed “Visa Application Form” to IMMAF not later than Monday, 24th October 2016. Visa Application forms are available from [reid@immaf.org](mailto:reid@immaf.org)

*Please note that all procedures, including rule sets, weight categories and allowance are subject to approval from Mixed Martial Arts Association Czech Republic. Competition venues may change subject to contractual agreements.*