



IMMAA

IRISH MIXED MARTIAL ARTS ASSOCIATION

TOURNAMENT HANDBOOK



IMMAA INTERNATIONAL YOUTH MMA CHAMPIONSHIPS



SUNDAY JUNE 22ND 2025

 **NATIONAL BASKETBALL ARENA, DUBLIN**



INFO@MMAIRELAND.IE

**REGISTER
NOW**

SMOOTHCOMP.COM/EN/EVENT/22807



IMMAA

IRISH MIXED MARTIAL ARTS ASSOCIATION

**IMMAA INTERNATIONAL
YOUTH MMA CHAMPIONSHIPS
2025**



JOHN KAVANAGH

PRESIDENTS FOREWORD

I HOPE THIS MESSAGE FINDS YOU IN GOOD HEALTH AND HIGH SPIRITS. IT IS WITH GREAT PLEASURE THAT I EXTEND MY WARMEST WELCOME TO ALL PARTICIPATING FEDERATIONS IN THE IMMAA YOUTH INTERNATIONAL IN IRELAND.

THE IMMAA YOUTH INTERNATIONAL IS AN EVENT THAT BRINGS TOGETHER YOUNG TALENT FROM ACROSS THE GLOBE, SHOWCASING THE INCREDIBLE DEDICATION AND SKILL OF OUR FUTURE MMA STARS. IT IS A CELEBRATION OF SPORTSMANSHIP, RESPECT, AND THE UNIFYING POWER OF MARTIAL ARTS.

AS THE PRESIDENT OF IMMAA, I AM TRULY HONOURED TO HOST THIS EVENT IN IRELAND, A COUNTRY WITH A RICH TRADITION OF MARTIAL ARTS AND A PASSION FOR NURTURING TALENT IN THE SPORT. OUR TEAM HAS BEEN WORKING DILIGENTLY TO ENSURE THAT THIS COMPETITION IS A MEMORABLE AND REWARDING EXPERIENCE FOR ALL INVOLVED.

I ENCOURAGE YOU TO EMBRACE THE SPIRIT OF CAMARADERIE AND SPORTSMANSHIP THAT DEFINES OUR SPORT. LET US COME TOGETHER TO CELEBRATE THE DEDICATION AND HARD WORK OF THESE YOUNG ATHLETES, WHO REPRESENT THE FUTURE OF MMA.

I WOULD LIKE TO EXPRESS MY DEEPEST GRATITUDE TO ALL THE FEDERATIONS, COACHES, AND ATHLETES FOR YOUR PARTICIPATION AND DEDICATION TO THE GROWTH OF MMA. YOUR COMMITMENT IS WHAT MAKES EVENTS LIKE THIS POSSIBLE, AND IT IS A TESTAMENT TO THE GLOBAL MMA COMMUNITY'S STRENGTH AND UNITY.

THROUGHOUT THE COMPETITION, I HOPE YOU HAVE THE OPPORTUNITY TO CONNECT WITH FELLOW MARTIAL ARTISTS, SHARE EXPERIENCES, AND BUILD LASTING FRIENDSHIPS. TOGETHER, WE CAN CONTINUE TO ELEVATE MMA AND PROVIDE OUR YOUTH WITH A PLATFORM TO SHINE.

ONCE AGAIN, A HEARTFELT WELCOME TO THE IMMAA YOUTH INTERNATIONAL IN IRELAND. I WISH ALL THE PARTICIPATING FEDERATIONS THE BEST OF LUCK, AND I LOOK FORWARD TO WITNESSING THE INCREDIBLE TALENT ON DISPLAY.

LET US MAKE THIS EVENT A RESOUNDING SUCCESS AND A SOURCE OF INSPIRATION FOR OUR YOUNG ATHLETES.

WARM REGARDS,

**JOHN KAVANAGH
PRESIDENT, IRISH MIXED MARTIAL ARTS ASSOCIATION (IMMAA)**



KEVIN MORAN

CHILD PROTECTION OFFICER

A HEARTFELT AND WARM "CEAD MILE FAILTE" TO IRELAND!

I AM KEVIN MORAN, THE CHILD PROTECTION OFFICER FOR THE IRISH MIXED MARTIAL ARTS ASSOCIATION (IMMAA). IT IS MY DISTINCT PLEASURE TO WELCOME YOU ALL TO OUR BEAUTIFUL COUNTRY AND TO EXTEND MY GRATITUDE FOR YOUR PRESENCE AT THIS EVENT. YOUR PARTICIPATION ENRICHES OUR MARTIAL ARTS COMMUNITY, AND WE ARE THRILLED TO HAVE YOU HERE.

AS WE GATHER FOR THIS EXCITING COMPETITION, WE EAGERLY ANTICIPATE WITNESSING THE INCREDIBLE SKILLS AND TALENTS OF OUR YOUTH COMPETITORS. IT'S A TESTAMENT TO THEIR HARD WORK, DEDICATION, AND THE SUPPORT OF THEIR TEAMS AND COACHES.

MY ROLE DURING THIS EVENT IS PARAMOUNT - THE SAFEGUARDING OF ALL THESE AMAZING ATHLETES. THE SAFETY AND WELL-BEING OF OUR PARTICIPANTS ARE OUR UTMOST PRIORITIES. TO ENSURE THIS, WE HAVE IMPLEMENTED A COMPREHENSIVE SAFEGUARDING PROGRAM. I KINDLY REQUEST ALL TEAM LEADERS AND COACHES TO REFER TO THE CRITERIA AND FORMS PROVIDED ON SMOOTHCOMP, WHICH OUTLINE THE NECESSARY STEPS AND PROCEDURES TO FACILITATE A SAFE AND SECURE ENVIRONMENT FOR OUR YOUNG ATHLETES.

TOGETHER, WE CAN MAKE THIS EVENT NOT ONLY A SHOWCASE OF EXCEPTIONAL MARTIAL ARTS SKILLS BUT ALSO A CELEBRATION OF THE WELL-BEING AND PROTECTION OF OUR YOUTH.

ONCE AGAIN, WELCOME TO IRELAND, AND THANK YOU FOR BEING A PART OF THIS INCREDIBLE JOURNEY. WE LOOK FORWARD TO AN EVENT FILLED WITH OUTSTANDING PERFORMANCES AND, MOST IMPORTANTLY, THE WELFARE AND HAPPINESS OF OUR YOUNG ATHLETES.

LET'S MAKE THIS COMPETITION MEMORABLE FOR ALL THE RIGHT REASONS.

BEST REGARDS,

**KEVIN MORAN
CHILD PROTECTION OFFICER
IRISH MIXED MARTIAL ARTS ASSOCIATION (IMMAA)**



PROGRAMME & COMPETITION VENUE

PROGRAMME

SUNDAY JUNE 22ND 2025

**7AM-8.30AM
WEIGH INS & MEDICALS**

**9AM
FIRST FIGHT**

**YOUTH D
YOUTH C
YOUTH B
YOUTH A**

VENUE

**NATIONAL BASKETBALL ARENA
TYMON PARK,
DUBLIN,
IRELAND
D24 N449**

CONTACT EMAIL

INFO@MMAIRELAND.IE



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YOUTH MMA CHAMPIONSHIPS
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ELIGIBILITY & WEIGHT CLASSES (YOUTH B,C&D)

ELIGIBILITY

PLEASE SEE ELIGIBILITY
DOCUMENT ON
SMOOTHCOMP

THIS TOURNAMENT IS OPEN
TO ALL IMMAA MEMBERS
AND MEMBERS OF IMMAF
FEDERATIONS AGED 12-17
YEARS

YOUTH CATEGORY D 10 - 11 YEARS OLD MALE & FEMALE [UNDER]

-31KG/ 68.3 LBS
-34KG/ 75 LBS
-37KG/ 81.6 LBS
-40KG/ 88.2 LBS
-44KG / 97 LBS
-48KG/ 105.8 LBS
-52KG/ 114.6 LBS
-57KG/ 125.7 LBS
+57KG/ 125.7 LBS -
TO A MAXIMUM OF 62KG /
136.7 LBS

YOUTH CATEGORY C 12 - 13 YEARS OLD MALE & FEMALE [UNDER]

-31KG/ 68.3 LBS
-34KG/ 75 LBS
-37KG/ 81.6 LBS
-40KG/ 88.2 LBS
-44KG / 97 LBS
-48KG/ 105.8 LBS
-52KG/ 114.6 LBS
-57KG/ 125.7 LBS
+57KG/ 125.7 LBS -
TO A MAXIMUM OF 62KG /
136.7 LBS

YOUTH CATEGORY B 14 - 15 YEARS OLD MALE & FEMALE [UNDER]

-40 KG/ 88.2 LBS
-44 KG/ 97 LBS
-48 KG/ 105.8 LBS
-52 KG/ 114.6 LBS
-57 KG/ 125.7 LBS
-62 KG/ 136.7 LBS
-67 KG/ 147.7 LBS
-72KG/ 158.7 LBS
+72 KG/ 158.7 LBS - TO A
MAXIMUM OF 77.1 KG/ 170
LBS

YOUTH B, C & D CATEGORIES, FOR
THE UPPER WEIGHT LIMITS ONLY,
NO ATHLETE SHALL BE ALLOWED
TO COMPETE WITH A WEIGHT
DIFFERENCE GREATER THAN 5 KG



YOUTH A WEIGHT CLASSES 16-17 YEARS OLD

MALES UNDER

STRAWWEIGHT: -52.2 KG /115 LBS
FLYWEIGHT: -56.7 KG /125 LBS
BANTAMWEIGHT: -61.2 KG /135 LBS
FEATHERWEIGHT: -65.8 KG /145 LBS
LIGHTWEIGHT: -70.3 KG /155 LBS
WELTERWEIGHT: -77.1 KG /170 LBS
MIDDLEWEIGHT: -83.9 KG /185 LBS
LIGHT HEAVYWEIGHT: -93.0 KG /205 LBS
HEAVYWEIGHT: -120.2 KG /265 LBS

FEMALES UNDER

ATOMWEIGHT: - 47.7KG /105 LBS
STRAWWEIGHT: -52.2 KG /115 LBS
FLYWEIGHT: -56.7 KG /125 LBS
BANTAMWEIGHT: -61.2 KG /135 LBS
FEATHERWEIGHT: -65.8 KG /145 LBS
LIGHTWEIGHT: -70.3 KG /155 LBS

NB. ALL YOUTH ATHLETES SHOULD BE COMPETING AT THEIR WALK AROUND WEIGHT, NO WEIGHT CUTTING IS PERMITTED FOR ATHLETES UNDER THE AGE OF 18. IF ANY ATHLETE UNDER THE AGE OF 18 IS FOUND TO BE CUTTING WEIGHT THEY WILL BE REMOVED FROM THE TOURNAMENT.



KEY DEADLINES & WEIGH IN RULES

KEY DEADLINES

**REGISTRATION CLOSES
MAY 25TH**

**ALL MEDICALS MUST
BE SUBMITTED TO
SAFEMMA BEFORE
JUNE 1ST**

WEIGH IN RULES

**ALL COMPETITORS MUST
WEIGH IN ON THE OFFICIAL
SCALES AT THE TOURNAMENT
VENUE ON THE DAY OF
COMPETITION NO LESS THAN 1
HOUR BEFORE THEIR FIGHT IS
DUE TO BEGIN.**

**NO VIRTUAL WEIGH-INS WILL
BE ACCEPTED.**

**ALL ATHLETES MUST WEIGH IN
ON THE OFFICIAL COMPETITION
SCALE IN SHORTS AND T-
SHIRT/RASH GUARD. YOUTH
CONTESTANTS ARE NOT
PERMITTED TO STRIP ABOVE
OR BELOW THE WAIST TO
UNDERWEAR OR BARE TORSO.**

**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.**

MEDICAL CLEARANCE

COMPETITORS NEED TO ENSURE THAT THEIR ANNUAL MEDICAL EXAMINATION IS IN GOOD STANDING AS PER IMMAF'S COMPETITION MEDICAL REQUIREMENTS.

PLEASE NOTE: THE CURRENT POLICY OF THE IMMAF MEDICAL COMMISSION IS THAT BLOOD WORK IS NOT NEEDED FOR YOUTH (U18'S) TOURNAMENTS

IN ORDER TO BE MEDICALLY CLEARED TO COMPETE IN THE 2025 IMMAA YOUTH INTERNATIONAL MMA CHAMPIONSHIPS EACH ATHLETE MUST PROVIDE:

A) A COMPLETED ANNUAL MEDICAL EXAMINATION FORM, DATED FROM WITHIN ONE YEAR OF

THE FINAL DAY OF COMPETITION

B) TEAMS WILL BE SENT EXAMINATION FORMS TO COMPLETE FOR EACH ATHLETE. MEDICAL EXAMINATION FORMS ARE ALSO AVAILABLE TO DOWNLOAD:

SMOOTHCOMP.COM FORMS MUST BE COMPLETED AND EMAILED IN PDF FORMAT TO SAFEMMA

PLEASE NOTE: WE STRONGLY RECOMMEND SUBMITTING ALL FORMS AT LEAST ONE WEEK IN ADVANCE OF THE DEADLINE SO THAT ANY MISTAKES OR OMISSIONS CAN BE ADDRESSED BEFORE THE CUT-OFF DATE, THUS AVOIDING ANY LATE ADMIN FEES

ALL MEDICAL FORMS MUST BE SENT TO RECORDS@SAFEMMA.ORG

THE CUT OFF DATE FOR CORRECTLY COMPLETED AND SUBMITTED MEDICAL FORMS IS JUNE 1ST 2025

EACH NATIONAL FEDERATION MUST NOMINATE ONE DELEGATED MEDICAL SAFETY LEAD FOR THEIR TEAM TO ACT AS THE SINGLE POINT OF CONTACT THROUGH WHOM WE EXPECT TO RECEIVE ALL MEDICAL DOCUMENTATION, AND WITH WHOM WE SHARE IMPORTANT UPDATES.





ACCOMMODATION & INSURANCE

ACCOMMODATION SUGGESTION

NATIONAL FEDERATIONS ARE RESPONSIBLE FOR ORGANISING ACCOMMODATION ARRANGEMENTS FOR THEIR TEAM

PLEASE SEE BELOW FOR DETAILS OF ACCOMMODATION RECOMMENDATION

**NABA STUDENT CAMPUS
BANGOR HOUSE
DEAF VILLAGE
NAVAN ROAD
DUBLIN 7
D07 HDK3**

**CONTACT DETAILS:
+353 83 0369877 (UMUT)**

PRICES PER PERSON PER NIGHT ARE AS FOLLOWS PER NIGHTS BASED ON A MINIMUM 2 NIGHT STAY EACH

FIRST 15 BEDS AT 45/NIGHT

16-25 BEDS - 39/NIGHT

26+ 35/NIGHT

VIEW FULL ACCOMMODATION INFO HERE

INSURANCE

THE COMPETITOR COMPETES UNDER THE FULL RESPONSIBILITY OF THEIR NATIONAL FEDERATIONS INSURANCE. EACH NATIONAL FEDERATION IS RESPONSIBLE FOR INSURING ITS COMPETITORS AGAINST "INJURY AND THIRD PARTY RISK (PUBLIC LIABILITY)" DURING THE PERIOD OF THE EVENT.

THE IRISH MIXED MARTIAL ARTS ASSOCIATION DECLINE ALL RESPONSIBILITY. IT IS THE RESPONSIBILITY OF THE NATIONAL FEDERATION TO ENSURE THAT IN ADDITION TO THEIR NORMAL INSURANCE THEY HAVE SUFFICIENT INSURANCE IN PLACE TO COVER ANY COVID-19-RELATED COSTS. THE ORGANISER OF THE EVENT AND ACCEPT NO LIABILITY FOR ANY CLAIMS RELATING TO CANCELLATION OF THE EVENT DUE TO COVID-19 OR MEDICAL COSTS FOR ANY COVID-19 RELATED ILLNESS THAT MAY AFFECT A NATIONAL FEDERATION DELEGATION MEMBER DURING THE EVENT.



REGISTRATION DETAILS

SPECTATORS

**SPECTATORS ARE WELCOME AT
THIS EVENT FOR THE FOLLOWING
PRICES**

ADULTS: 20 EURO

CHILDREN (UNDER 16): 10EURO

FAMILY OF FOUR: 50EURO

**PURCHASE SPECTATOR
TICKETS HERE**

REGISTRATION

**PRICE PER REGISTRATION
IS 90EURO**

REGISTER HERE



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