

GOAL AND OBJECTIVES

To promote amateur mixed martial arts (MMA) in Lithuania and beyond, aiming to raise public awareness of the sport, encourage a healthy lifestyle and physical activity, and create conditions for identifying, developing, and improving the most talented athletes.

OBJECTIVES:

1. Increase the visibility of amateur MMA sports in society.
2. Encourage youth engagement in MMA.
3. Promote a positive image of MMA.
4. Identify and support the most talented MMA athletes.
5. Ensure conditions for athletes' development and improvement.
6. Promote community involvement and cooperation.



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LITHUANIAN MIXED MARTIAL ARTS FEDERATION

LOCATION AND TIME

DATE:

10th of October, 2026

ADDRESS:

Vilniaus street 297, Šiauliai (Šiauliai sports gymnasium)

STARTER FEE

	Fight in MMA discipline	Fight in K-1 discipline
Starter fee	30 Eur.	30 Eur.
Starter fee on the day of the competition	40 Eur.	40 Eur



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REGISTRATION

Registration is carried out through the Smoothcomp.com platform. Participating teams must register their athletes by October 8, 2026.

The team leader must pay the participation fee for the entire team by October 8, 2026, and present proof of payment during the competition. Payments must be made to the bank account of the Lithuanian Mixed Martial Arts Federation, as indicated below:

Receiver - Lietuvos misriu kovos menu federacija
LT55 7300 0101 3244 2575 (Swedbank AB)

Sportsmen can register themselves but the starter fee has to be payed by the team coach for the whole team!!!

No athlete registrations will be accepted on the day of the competition!

If an athlete exceeds the weight limit of the category in which they registered, they will be moved to a higher weight category only upon payment of an additional 10 EUR fee; otherwise, it will result in a loss.

The participation fee is non-refundable after the 8th of October.



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PROGRAM

The 10th of October from 9:00 to 10:00 Sportsmen weigh-ins and medical checkups.

10:00 - coaches and referees meeting;

11:00 - the start of the competition.

COMPETITION MANAGEMENT



Organiser



Partner



Secretary



Event host



Referees



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REQUIREMENTS

All athletes from Lithuania or abroad – schoolchildren (girls and boys) and adults – who meet the following criteria are eligible to participate in the competition:

- Have read and agreed to the competition rules;
- Possess a valid medical certificate (health insurance is also recommended);
- All sportsmen in the age categories from U-21 to seniors must provide the results of a negative HEPATITIS C and B, HIV blood tests.
- All participants must have a valid personal identification document;
- Minor athletes must present parental/guardian consent;
- Do not use any prohibited substances or medications banned by anti-doping organizations;
- Pay the participation fee.
- SPORTSMEN WHO HAS HAD PROFESIONAL FIGHTS CANNOT PARTICIPATE IN THE CHAMPIONSHIP.



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AGE, WEIGHT CATEGORIES AND MAIN RULES

FULL MMA RULES:

<https://mmafederation.lt/mma-taisykles/>

All participants under 18 must be weighed on the official competition scales wearing shorts and tight-fitting wrestling shirts with short sleeves. Participants under 18 are allowed an additional 1 pound (454 grams) over their designated weight category during the official weigh-in. For adults (18 and over), no excess weight above their designated weight category is permitted at the official weigh-in.

The competition is held according to LMMAF rules, in an MMA cage.

- U-21 and adult athletes compete under MMA Light rules (strikes with hands to the face are not allowed on the ground);
- U-18 boys compete with helmets; strikes to the face are allowed in standing position, **girls do not strike in the head and do not use protective helmets**

If there is only one participant in a weight category, they will be moved up to the next heavier weight category.

U-10 (YOUTH D)

Girls and Boys
(9 years and younger)

UNDER 25 KG

UNDER 27 KG

UNDER 30 KG

UNDER 34 KG

UNDER 37 KG

UNDER 40 KG

UNDER 44 KG

UNDER 48 KG

UNDER 52 KG

52KG+

FORBIDDEN ACTIONS:

- Ground strikes
- Painful leg techniques
- Guillotine choke



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U-12 (YOUTH D)

Girls and Boys
(11 years and younger)

UNDER 27 KG

UNDER 30 KG

UNDER 34 KG

UNDER 37 KG

UNDER 40 KG

UNDER 44 KG

UNDER 48 KG

UNDER 52 KG

UNDER 57 KG

+57 KG

FORBIDDEN ACTIONS:

- Ground strikes
- Painful leg techniques
- Guillotine choke



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U-14 (YOUTH C)

Girls and Boys
(12-13 years old)

UNDER 34 KG

UNDER 37 KG

UNDER 40 KG

UNDER 44 KG

UNDER 48 KG

UNDER 52 KG

UNDER 57 KG

UNDER 62 KG

UNDER 67 KG

+67 KG

FORBIDDEN ACTIONS:

- Ground strikes
- Painful leg techniques
- Guillotine choke



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U-16 (YOUTH B)

Girls and Boys
(14-15 years old)

UNDER 44 KG

UNDER 48 KG

UNDER 52 KG

UNDER 57 KG

UNDER 62 KG

UNDER 67 KG

UNDER 72 KG

UNDER 77 KG

+77 KG

FORBIDDEN ACTIONS:

- Ground strikes;
- A guillotine choke over the arm is allowed.



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U-18 (YOUTH A)

Boys
(16-17 years)

UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
UNDER 74,8 KG
UNDER 79,4 KG
UNDER 83,9 KG
UNDER 88,4 KG
UNDER 93 KG
+93 KG

Girls
(16-17 years)

UNDER 47,6 KG
UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
+70,3 KG

Boys – strikes to the face are allowed while standing (helmets used)

Girls – strikes to the face are not allowed (no helmets)



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U-21; ADULTS (JUNIORS AND SENIORS

Men
(18+ years)

Women
(18+ years)

UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
UNDER 74,8 KG
UNDER 79,4 KG
UNDER 83,9 KG
UNDER 88,4 KG
UNDER 93 KG
UNDER 97 KG
+97 KG

UNDER 47,6 KG
UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
UNDER 74,8 KG
+74,8 KG

MMA LIGHT RULES

FROM 45 Y. (SENIORS)

Men
(18+ years)

Women
(18+ years)

UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
UNDER 74,8 KG
UNDER 79,4 KG
UNDER 83,9 KG
UNDER 88,4 KG
UNDER 93 KG
UNDER 97 KG
+97 KG

UNDER 47,6 KG
UNDER 52,2 KG
UNDER 56,7 KG
UNDER 61,2 KG
UNDER 65,8 KG
UNDER 70,3 KG
UNDER 74,8 KG
+74,8 KG

MMA LIGHT



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FIGHT DURATION

Category	Rounds and fight duration	Expansion
C / U-10 ir U-12	1 × 2	1 × 1
C / U-14	1 × 3	1 × 1
B / U-16	1 × 4	1 × 2
A / U-18 ir 45+	3 × 2	1 × 2
U-21	3 × 3	1 × 3
Adults	3 × 3	1 × 3



AWARDS

During the competition, athletes who win prize places will be awarded medals.

Victory points are counted throughout the competition, and the sports clubs with the highest number of victories will be awarded trophies.

FINANCING

The travel and meal expenses of arriving teams or individual athletes are covered by the sending organization or the athletes themselves. The championship organization expenses are covered by the event organizer.



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K-1 RULES

K-1 age and weight categories are the same as in MMA fights. There aren't age categories U-21 in K-1 discipline, all fighters 18 and above are admitted to adults category.

FIGHT DURATION

Category	Rounds and fight duration	Girls
U-10 and U-12	2 × 1	2 × 1
U-14	2 × 1,5	2 × 1
U-16	2 × 2	2 × 1,5
U-18; adults; seniors	2 × 2	2 × 1,5



ACTION SCORING

VICTORY

1. Knockout
2. Three knockdowns in a fight / two per round
3. By judges' decision (having scored more points)

*Judges score each round separately on a 10 to 8 scale, evaluating the accuracy and effectiveness of strikes, dominance in the fight, and activity.

FORBIDDEN ACTIONS

- In K-1 fights, clinching is allowed (up to 3 seconds).
- Knee strikes to the head are prohibited in all age groups.
- Strikes with the head or elbows are prohibited.
- Strikes to the joints or below the belt are prohibited.
- All grappling techniques are prohibited, except for sweeps.
- Catching the leg is allowed, but after the first strike the leg must be released.
- When holding one of the opponent's legs, a sweep can be performed on the other leg.



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ATTIRE

In MMA and K-1 fights, it is mandatory to wear:

- MMA fight shorts and tight-fitting wrestling shirts with short sleeves.
- Groin guard (protective cup).
- Mouthguard.
- Soft shin guards.
- Classic 10/12 oz kickboxing gloves.
- Classic amateur MMA gloves, 6 to 8 oz.

In K-1 fights:

- According to K-1 rules, boys up to 14 years old and girls up to 16 years old must wear a protective vest.
- According to K-1 rules, athletes of both genders up to 14 years old are not allowed to strike the face with hands or feet.

*Hand wraps may only be worn on areas of the hands covered by gloves.

*Wearing knee, ankle, or elbow protection is allowed only with the consent of the event organizers. This equipment must be made of soft material and must not injure the opponent.



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ATTIRE

FIGHTERS ARE GIVEN 3 MINUTES TO PREPARE FOR THE FIGHT, DURING WHICH THEY MUST BE INSIDE THE CAGE. POINTS ARE DEDUCTED IF THE ATHLETE EXCEEDS THIS TIME.

APPROPRIATE EQUIPMENT

- Participant teams must have their own helmets, shin guards, and MMA/K-1 gloves approved by LMMAF. Equipment must match the fight corner – red/blue. If a fighter does not have equipment in the corner's color, black equipment with the LMMAF logo is allowed.
- K-1 gloves and shin guards must match the mouthguard and have the LMMAF logo.
- Teams can purchase the appropriate MMA gloves and shin guards for an additional fee upon arrival at the weigh-in.



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