



NLMAF

NETHERLANDS MIXED MARTIAL ARTS FEDERATION

NLMAF WEIGHT ALLOWANCE POLICY

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.

All competition days = Zero weight allowance.

Athletes who fail to make weight are not eligible to compete and cannot re-enter the competition.

Weight classes Base

(lbs)

Atomweight -105lbs (-47.6kgs)	105.00
Strawweight -115lbs (-52.2kgs)	115.00
Flyweight -125lbs (-56.7kgs)	125.00
Bantamweight -135lb (-61.2kgs)	135.00
Featherweight -145lbs (-65.8kgs)	145.00
Lightweight -155lbs (-70.3kgs)	155.00
Welterweight -170lbs (-77.1kgs)	170.00
Middleweight -185lbs (-83.9kgs)	185.00
Light Heavyweight -205lbs (-93.0kgs)	205.00
Heavyweight -265lbs (-120.2kgs)	265.00
Super Heavyweight +265lbs (+120.2kgs)	265.00

(kgs)

Atomweight -47.6kgs (-105lbs)	47.60
Strawweight -52.2kgs (-115lbs)	52.2
Flyweight -56.7kgs (-125lbs)	56.70
Bantamweight -61.2kgs (-135lbs)	61.20
Featherweight -65.8kgs (-145lbs)	65.80



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Lightweight -70.3kgs (-155lbs) 70.30

Welterweight -77.1kgs (-170lbs) 77.10

Middleweight -83.9kgs (-185lbs) 83.90

Light Heavyweight -93.0kgs (-205lbs) 93.00

Heavyweight -120.2kgs (-265lbs) 120.20

Super Heavyweight +120.2kgs (+265lbs) 120.2