



# MMA WEIGHT DIVISIONS AND PERMISSIBLE INTERDIVISIONAL WEIGHT SPREADS

**DIVISION**                      **WEIGHT LIMITS**                      **THE ALLOWABLE WEIGHT IS NO MORE THAN**

**Male fighters will compete in nine weight classes:**

Flyweight	(124.9 lbs and less)	5 lbs.
Featherweight	(125 lbs - 134.9 lbs)	5 lbs.
Bantamweight	(135 lbs - 144.9 lbs)	6 lbs.
Lightweight	(145 lbs - 154.9 lbs)	6 lbs.
Welterweight	(155 lbs - 169.9 lbs)	7 lbs.
Middleweight	(170 lbs - 184.9 lbs)	8 lbs.
Light-Heavyweight	(185 lbs.-204.9 lbs)	10 lbs
Heavyweight	(205 lbs - 234.9 lbs)	15 lbs.
Super Heavyweight	(235 lbs and up)	by ES approval

**Female fighters will compete in seven weight classes:**

Featherweight	(110.9 lbs. and below)	5 lbs.
Bantamweight	(111 lbs. – 116.9 lbs.)	5 lbs.
Lightweight	(117 lbs. -124.9 lbs)	5 lbs.
Middleweight	(125 lbs - 134.9 lbs)	5 lbs.
Light-Heavyweight	(135 lbs - 149.9 lbs)	6 lbs.
Heavyweight	(150 lbs - 174.9 lbs)	7 lbs.
Super Heavyweight	(175 lbs and up).	8 lbs.