

SECTION .0800 - MIXED MARTIAL ARTS

14B NCAC 10 .0801 WEIGH INS-MIXED MARTIAL ARTS

The mixed martial arts weigh-ins shall be conducted in accordance with the requirements of 14B NCAC 10 .0501, except for the following:

- (1) Contestants shall be classified by weight and may fight above or below his or her weight class in accordance with this Item. The maximum amount of weight difference between the two contestants shall be decided by the lower weight class. A contestant shall not be permitted to compete if the difference in weight between the contestants exceeds the difference shown in the following schedule:

Weight class	Weights	Allowances
Straw weight	115 pounds or less	3 pounds
Flyweight	116 to 125 pounds	3 pounds
Bantamweight	126 to 135 pounds	3 pounds
Featherweight	136 to 145 pounds	5 pounds
Lightweight	146 to 155 pounds	5 pounds
Welterweight	156 to 170 pounds	5 pounds
Middleweight	171 to 185 pounds	7 pounds
Light Heavyweight	186 to 205 pounds	7 pounds
Heavyweight	206 to 265 pounds	7 pounds
Super Heavyweight	over 265 pounds	no limit

- (2) If the weight of any contestant fails to meet the weigh parameters as set forth in Item (1) of this Rule at the time of the official weigh-in, he or she shall have two additional hours to meet the weight parameters provided that:
 - (a) No contestant, weighing 145 pounds or less, may lose more than two pounds in less than 12 hours before a contest.
 - (b) No contestant, weighing more than 145 pounds or less than 186 pounds, may lose more than three pounds in less than 12 hours before a contest.
 - (c) No contestant weighing more than 186 pounds may lose more than four pounds in less than 12 hours before a contest.
 - (d) Contestants may not gain weight after the official weigh-ins have begun to make weight parameters during the time of weigh-ins.

*History Note: Authority G.S. 143-652.1;
Eff. March 1, 2008;
Transferred from 14A NCAC 12 .0801 Eff. June 1, 2013;
Amended Eff. September 1, 2017;
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*