

## LEAGUE WEIGHT DIVISIONS

Each team member will be in one of the following weight divisions:

Straw Weight:	76 - 85 lb
Flyweight:	86 - 95 lb
Super Flyweight:	96 - 105 lb
Bantamweight:	106 - 115 lb
Super Bantamweight:	116 - 125 lb
Featherweight:	126 - 135 lb
Super Featherweight:	136 - 145 lb
Lightweight:	146 - 155 lb
Welterweight:	156 - 170 lb
Middleweight:	171 - 185 lb
Light Heavyweight:	186 - 205 lb
Heavyweight:	206 - 231 lb
Super Heavyweight:	Unlimited

## LEAGUE EVENTS

League events consist of but are not limited to the following:

1. Physical Fitness Competitions
2. Grappling Competitions
3. Kickboxing Bouts
4. Boxing Bouts
5. Mixed Martial Arts Bouts
6. Team Building Events

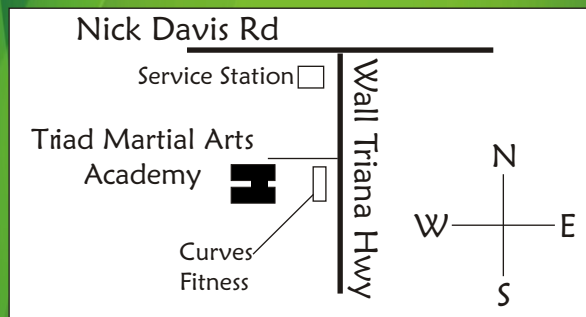
*\*Team Events will be held twice monthly.*



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## CONTACTS

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Triad Martial Arts makes no guarantees regarding the performance or class advancement of any individual. Individual results may vary.

Adv. TMMAL 001 (08-10)



**MMA**

"Train With The Best To Be Your Best"



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## LEAGUES

The Triad Mixed Martial Arts League currently consists of two sub-leagues:

1. The Madison League
2. The Cullman League

### League Overview

The Triad Mixed Martial Arts League is made up of students of the Triad Mixed Martial Arts Academy. The purpose of the league is to provide a well organized structure for educating and training students in the sport of Mixed Martial Arts in a disciplined and respectful atmosphere. This structure will provide each and every student with opportunity to be on a team and, if they so desire, compete against other students at their same skill level in a safe, respectful and controlled environment.

Each league consists of a junior division and an adult division. Both divisions are divided into two teams. Each team member will be placed in a "class" based on their knowledge, fitness level, performance and experience in the sport. Team members will be eligible for "class" advancement after specific time periods of training. Team members will also be placed into their respective weight divisions.

### CODE OF CONDUCT

All league team members will be held to a high moral and ethical standard of behavior. Foul language, bullying, bragging, dishonesty, vulgar behavior, abusive behavior and drug and/or alcohol abuse shall not be tolerated by the Triad Mixed Martial Arts Academy and/or its instructors.

## JUNIOR DIVISION TEAMS & CLASSES:

(13-16 years of age)



**JUNIOR A-CLASS - 27-36 months of training**

**JUNIOR B-CLASS - 18-27 months of training**

**JUNIOR C-CLASS - 9-18 months of training**

**JUNIOR ROOKIE - 0-9 months of training**

## ADULT DIVISION TEAMS & CLASSES:

(17 years and above)



**PRO CLASS - 48 months or more**

**ADULT A-CLASS - 36-48 months of training**

**ADULT B-CLASS - 24-36 months of training**

**ADULT C-CLASS - 12-24 months of training**

**ADULT ROOKIE - 0-12 months of training**

### CLASS ADVANCEMENT

(Junior & Adult Divisions)

Team members wishing to advance to the next "Class" shall be required to meet all pre-requisites and attend "Class Try-outs" in order to be eligible to move up. Final decisions on class advancements shall be approved by a certified Triad Mixed Martial Arts Instructor.

### Rookie Class Prerequisites & Advancement:

1. Must be physically fit to participate in rigorous physical activity.
2. Must be free of any and all injuries that would preclude one from participating in rigorous physical activity.
3. Must complete the Triad Mixed Martial Arts introductory course.

### C-Class thru Pro-Class Class Advancement Requirements:

1. Required minimum training time;
2. Must show documented improvements in physical fitness over previous year;
3. Must show improvements in technical performance of all aspects of Mixed Martial Arts;
4. Must show improvements in technical knowledge of all aspects of Mixed Martial Arts;
5. Must be considered respectful, honorable and disciplined by previous team mates, instructors and team captains.

## TEAM PLACEMENT

New students will be placed on a "Rookie Team" when they first join the school. Deliberate efforts will be made to make student placement on "Rookie" teams equitable to the opposing team. No team shall ever be deliberately "stacked" with the "best athletes."

Students moving to "C-Class" or above will be divided into their respective weight classes. Team Captains will draw, by lottery, new team members.

### TEAM CAPTAIN

Each team will elect a Team Captain who shall retain his/her position for not more than a six month term. No student shall be allowed to hold the position of Team Captain for the same team more than one term. Photos of Team Captains will be posted in the Academy underneath the respective Team Banner.

The Team Captain is responsible for the following:

1. Coaching and motivating team members during training and competitions;
2. Organizing special training sessions for team members;
3. Having team members show up for and be prepared for team events;

### TEAM MEMBER DESIGNATION

A Team Member will be designated as follows:

1. **Competitive Member** - Competes in all available team competitions
2. **Support Member** - Does not compete in team competitions but does participate in all team and group training sessions.

*\*Team Member Designation may be changed upon the approval of a Triad Instructor.*

### TEAM MEMBER RESPONSIBILITIES

All Team Members will:

1. Wear only Team Apparel/clothing during any and all training sessions;
2. Participate in regular training sessions;
3. Support as many team activities as possible;
4. Show proper sportsmanship, respect, honor and discipline to all team mates, instructors and team captains.