



POINT MMA Divisions

POINT MMA Kidz:

5 & under short
5 & under tall
5 & under female
6-8 Short
6-8 Tall
6-8 Female
9-11 Short
9-11 Tall
9-11 Female
12-15 Short
12-15 Tall
12-15 Female
16-17 Short
16-17 Tall
16-17 Female

Adult POINT MMA 18 & UP / UNDERBELTS:

Men:

149lbs & below
150-159lbs
160-169 lbs
170-179lbs
180-189lbs
190 & up

Women: UNDERBELTS

129 & Under
130- 145lbs
146 and Up

Adult POINT MMA 18 & UP / BLACK BELTS:

Men:

149lbs & below
150-159lbs
160-169 lbs
170-179lbs
180-189lbs
190 & up

Women: BLACK BELTS

129 & Under
130- 145lbs
146 and Up

Fitness Challenge (this info and guidelines will also be posted as a component to Point MMA on the site)
- this is taking the place of Kung Fu Hip Hop

Kids 6 & Under
Kids 7-12
Teens 13-17
Adult (Men)
Adult (Women)