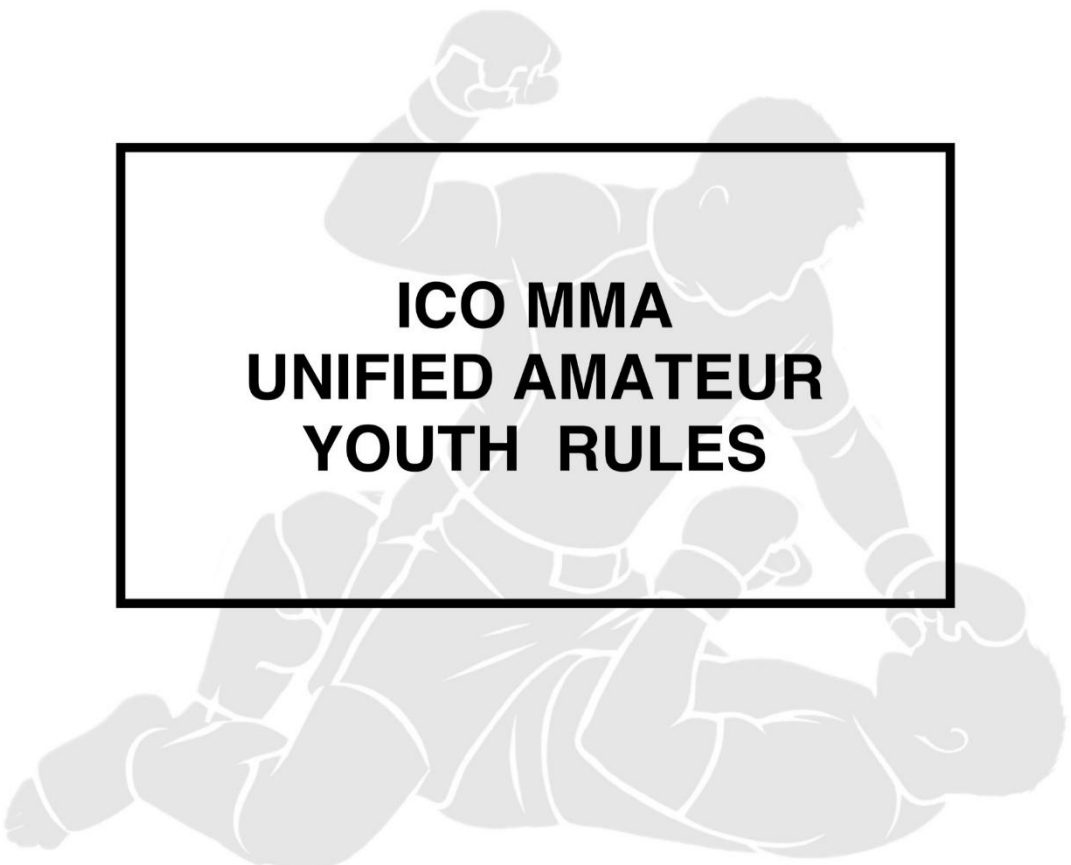


A faint, light gray background illustration of two MMA fighters. One fighter is in a standing position, throwing a punch towards the other fighter who is on the ground in a defensive or downed position.

ICO MMA UNIFIED AMATEUR YOUTH RULES



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ICO MMA UNIFIED AMATEUR YOUTH RULES

- ICO MMA Youth 16–17 years (U18)
- ICO MMA Youth 14–15 years (U16)
- ICO MMA Youth 12–13 years (U14)

ROUNDS

Each contest under ICO MMA Youth Regulations shall feature the following round times:

- ICO MMA Youth 16–17 (U18):
3 × 2-minute rounds with a 1-minute rest period.
- ICO MMA Youth 14–15 (U16):
1 single round of 4 minutes duration.
- ICO MMA Youth 12–13 (U14):
1 single round of 3 minutes duration.

The premise is to grant participants incremental competition time relative to age, progressing from 3 to 4 to 6 minutes respectively.

JUDGING & SCORING SYSTEM

All contests shall be evaluated and scored by the referee, with a second official/table judge available should the need to confer arise.



The ICO MMA Unified Judging Criteria shall be applied to determine the winner of a contest based upon effective use and application of techniques.

TECHNICAL SUBMISSIONS

Referees shall allow legal techniques to be freely and openly applied but not necessarily finished.

A youth competitor caught in a legal submission hold shall not be afforded the same time or leniency to escape as an advanced senior competitor.

At youth level, the emphasis is placed on safety first, preventing unnecessary injury.

As a result, Technical Submissions shall be used more frequently to decide and end matches.

FORBIDDEN TECHNIQUES (ALL YOUTH DIVISIONS)

In addition to all fouls listed under the ICO MMA Unified Rules, the following techniques are forbidden at all youth levels:

- Elbow and forearm strikes to the head or body
- Heel hooks
- Twisters
- Neck cranks
- Can openers
- Sit-through crucifix
- Any submission applying direct pressure to the neck or spine



- Knees to the head

No striking to the head or face is permitted at any level of ICO MMA Youth competition.

ICO MMA Youth 12–13 (U14) – Forbidden Techniques

1. No knee strikes of any kind
2. No grounded striking of any kind
3. No bicep or calf crush
4. No wristlocks
5. No leg submissions of any description
6. No omoplata submissions
7. No suplexes, elevated throws, shoulder throws, or slams
8. No guillotine chokes of any description
9. No linear kicks to the knee
10. No up-kicks from a grounded position
11. No foot stomps

All throws must be hip-based or hip-toss variations and must include both head and arm control.

This division emphasizes technical learning and adaptation of MMA skills within a highly controlled safety environment.

ICO MMA Youth 14–15 (U16) – Forbidden Techniques

1. No knee strikes of any kind
2. No grounded striking of any kind
3. No bicep or calf crush
4. No wristlocks
5. No knee bars
 - Legal leg attacks: straight Achilles lock and figure-four ankle lock (straight leg only)
6. No omoplata submissions
7. No suplexes, elevated throws, shoulder throws, or slams
8. No standing guillotine chokes
9. No linear kicks to the knee
10. No up-kicks from a grounded position
11. No foot stomps

Figure-four ankle locks must be applied to a straight leg only with no bending of the knee.

Guillotine chokes must be arm-in only and finished from a grounded position.

ICO MMA Youth 16-17 (U18) – Forbidden Techniques

1. No knee strikes of any kind
2. No kicks to the body of a downed opponent
 - Closed-fist strikes to the body only
3. No bicep or calf crush
4. No wristlocks

5. No suplexes, elevated throws, shoulder throws, or slams

6. No standing guillotine chokes

7. No linear kicks to the knee

8. No up-kicks from a grounded position

9. No foot stomps

Figure-four ankle locks must be applied to a straight leg only.

Guillotine chokes must be finished from a grounded position.

WEIGHT CATEGORIES & WEIGH-IN PROCEDURE

- Weigh-ins shall take place on the day of competition and on each subsequent competition day.
- Athletes must weigh in wearing shorts and a t-shirt or rash guard.
- Youth athletes may not strip to underwear or bare torso.
- A 1 lb (454 g) allowance is granted across all youth divisions.

ICO MMA Youth 12-13 (U14)

Male & Female (Under)

- -31 kg / 68.3 lbs
- -34 kg / 75 lbs
- -37 kg / 81.6 lbs
- -40 kg / 88.2 lbs
- -44 kg / 97 lbs



- -48 kg / 105.8 lbs
- -52 kg / 114.6 lbs
- -57 kg / 125.7 lbs
- +57 kg / 125.7 lbs

ICO MMA Youth 14–15 (U16)

Male & Female (Under)

- -40 kg / 88.2 lbs
- -44 kg / 97 lbs
- -48 kg / 105.8 lbs
- -52 kg / 114.6 lbs
- -57 kg / 125.7 lbs
- -62 kg / 136.7 lbs
- -67 kg / 147.7 lbs
- -72 kg / 158.7 lbs
- +72 kg / 158.7 lbs

ICO MMA Youth 16–17 (U18)

Male (Under)

- Strawweight: -52.2 kg / 115 lbs
- Flyweight: -56.7 kg / 125 lbs
- Bantamweight: -61.2 kg / 135 lbs
- Featherweight: -65.8 kg / 145 lbs
- Lightweight: -70.3 kg / 155 lbs



- Welterweight: -77.1 kg / 170 lbs
- Middleweight: -83.9 kg / 185 lbs
- Light Heavyweight: -93.0 kg / 205 lbs
- Heavyweight: -120.2 kg / 265 lbs

Female (Under)

- Atomweight: -47.7 kg / 105 lbs
- Strawweight: -52.2 kg / 115 lbs
- Flyweight: -56.7 kg / 125 lbs
- Bantamweight: -61.2 kg / 135 lbs
- Featherweight: -65.8 kg / 145 lbs
- Lightweight: -70.3 kg / 155 lbs
- Welterweight: -77.1 kg / 170 lbs