



Missed Weight Policy

Purpose:

Weight classes exist in combat sports to promote fair competition between similarly matched opponents. An increased risk of injury arises when opponents are mismatched or compete with significant body mass differences. Contestants *miss weight* when incapable of weighing-in with a body weight (kg) that falls within a previously agreed weight class, at a predetermined weigh-in time. There are a variety of reasons why Contestants may miss weight including: agreeing to inappropriate weight classes for their body size; agreeing to unrealistic timeframes to safely reduce their body weight; or deliberately attempting to manipulate a weight class.

Scope:

This policy applies to all Contestants, Trainers, Managers, Matchmakers, Promoters and contests pursuant to the [Combat Sports Act 1987](#) (Act) and [Combat Sports Regulations 2004](#) (Regulations).

Legislative Background:

Promoters are required to submit Contestant weight classes as part of the contest permit application process required by section 44(2)(c) of the Act and Regulation 17C(f). Prescribed weight classes consist of both an upper and lower limit as listed in Schedule 2 of the Regulations and rule 15 or 16 of the Commission's *Contest Rules* (Boxing, Kickboxing, MMA and Muay Thai) or as contained within approved sanctioning body rules.

Contestants must attend and submit to a pre-contest (initial) weigh-in, in accordance with sections 48 and 50 of the Act. Promoters have a legal duty under section 51 of the Act to ensure that no Contestant is permitted to participate in a contest unless the Contestant has submitted to a pre-contest weigh-in.

Process:

Nominating Weight Classes

Contestants or Trainers must nominate to the Promoter or Matchmaker a suitable and safe weight class when negotiating a contest bout. Promoters must provide to the Commission, via the Part 2 permit application, the agreed weight class for each proposed bout. The weight classes nominated by Contestants or Trainers and submitted by Promoters must be strictly in accordance with both the upper and lower prescribed weight limits (kg). Single values, catch weights or weight classes that do not accord with the Commission's *Contest Rules* or the approved sanctioning body rules, are not permitted.

Prevailing Weigh-in Rules

The Commission's *Contest Rules* provide the official weigh-in process and requirements for weighing-in. Sanctioning body rules may contain different weigh-in protocols but are only ever approved by the Minister on the condition that the Commission's *Contest Rules* will prevail in the interests of health and safety.

As weigh-ins and weight requirements are deemed by the Commission to be a health and safety concern, the Commission's weigh-in rules prevail and apply to ALL contests, including those run under approved sanctioning body rules. However, sanctioning body weight classes, differing from the Commission's weight classes, will be accepted providing they contain both an upper and lower limit.



Combat Sports

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If a Contestant cannot make weight (misses weight at the weigh-in) by **less than or equal to 5%** of the upper weight class limit, and their opponent does make weight, then only upon mutual agreement (between the two opponents, their Trainers and the Promoter) the bout may still proceed.

If a Contestant misses weight by **more than 5%** of the nominated upper weight class limit, and their opponent does make weight, then as a health and safety concern over the gap weight created between opponents, the Commission will not allow the bout to proceed. If a Promoter does not agree to withdraw the bout from the contest card the Commission will suspend the contest permit in accordance with section 47A(b) of the Act.

Weight Class Examples (kg)	Upper	5% [0.05 x upper]	Missed Weight	
			Upon mutual agreement bout can proceed up to	Bout cannot proceed
Muay Thai Lightweight: 59.0 – 61.2	61.2	3.0	$61.2 + 3.0 = 64.2$ kg	>64.2 kg
Boxing Welterweight: 63.5 – 66.7	66.7	3.3	$66.7 + 3.3 = 70.0$ kg	>70.0 kg
MMA Middleweight: 79.38 – 83.91	83.91	4.19	$83.91 + 4.19 = 88.1$ kg	>88.1 kg

In addition, the Commission reserves the right to impose on any Contestant who misses weight, regardless of whether the bout was allowed to proceed or not, any of the following post-contest conditions. These conditions will be subject to a reasonable opportunity to be heard.

Compulsory proof of attendance with a registered dietician or nutritionist at the Contestant's own expense or mandated completion of a nutritional education course, as approved by the Commission, prior to competing in any further contest.

Weight class restrictions, additional medical clearance, weight testing requirements or any other pre-contest weight related conditions.

The Commission reminds Trainers, Managers, Matchmakers and Promoters of their condition of registration requirements to protect the health and safety of Contestants by ensuring Contestants are not under or over matched with respect to experience, competence or **weight**.

For more information contact the Commission on:

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