

TRIESTE IN THE ARENA - 2026

BASIC REGULATIONS

PROGRAM: Trieste – Sunday, October 25th, 2026 – Palachiarbola

1. Amateurs Tournament FIGHT NET ASI – Italian Amateur Championship
2. Italy, Slovenia, Croatia Amateur Tournament for Class A Athletes

FOR THE FEE, USE THE SMOOTHCAMP PLATFORM

1. Amateurs Tournament FIGHT NET ASI – Italian Amateur Championship

- **Disciplines:** Full Contact (Max C class of experience; other superior levels in agreement with the organization and other teams), MMA, K1 Rules, Muay Thai.
- Cage and Ring
- **Light Contact Junior and Senior:** MMA in the cage; K1 Rules, Muay Thai on tatami.
- **MMA Full Contact:** Max C class. Preliminary: 2 x 3' – Final: 3 x 2'. No elbows, no knees to the face (always), spinning back fist is authorized.
- **MMA Light Contact:** Preliminary: 2 x 3' – Final: 3 x 2'. Punches and Kicks: restricted use of power (for example: no use of shoulder rotation during the delivery of punches).

The event is promoted by ASI/Fightnet and is part of the Italian Championship, but it is considered an Open Tournament and is therefore open to all teams, including foreigners.

Differences in Rules Between MMA Light and Full Contact

MMA - Full Contact:

- Only for athletes from 16 years old with parental authorization, and against an opponent of the same age or under 18.
- No elbows, no knees to the face (always), no helmet, 7 oz gloves (training gloves), shin bone protection (unpadded).

MMA - Light Contact:

- Same rules, but fighters cannot use full power during the execution of punches, kicks, or knees (to the body). For example, during the execution of a punch, the referee checks shoulder rotation and impact.
- For Wrestling and Grappling techniques: same rules, which will be explained during the briefing.

Tournament Participation Fee

Per athlete:

- €20.00 for 1 discipline
- €30.00 for 2 disciplines

2. Italy, Slovenia, Croatia Amateur Tournament for Class A Athletes

We will select 6 matches of elite amateur athletes in both MMA and K1 rules. We will organize 6 matches in 6 different weight classes for an international competition featuring fighters from Italy, Slovenia, and Croatia.

For these athletes, please send an email to the person in charge of the organization before filling out the form on SmoothCamp: fabrizio.moresan@gmail.com

Class of Experience (Full Contact)

Every team must declare the correct experience, defined as follows:

- Example 1: If a fighter has competed in 2 matches of K1 and 2 matches of MMA, they will declare 4 matches of experience, and therefore Class C.
- Example 2: Vice versa, if a fighter wants to register in the MMA tournament with an experience of 2 matches of MMA plus 5 matches of K1, they will declare 7 matches, and therefore Class B.

Level Classes (Number of supported matches. The same for men and women)

FULL CONTACT – All disciplines (MMA, K1 Rules, Muay Thai):

- Class A: 16+ matches
- Class B: 7 to 15 matches
- Class C: 3 to 6 matches
- Class N: Debutante to 2–3 matches

LIGHT CONTACT - All disciplines (MMA, K1 Rules, Kickboxing, Muay Thai):

- Junior: Up to 18 years old
- Senior: From 19 years old

Required Equipment

Every athlete must bring their own gloves, boxing helmet, shin bone protection, and other supplies:

For MMA (Full + Light Contact):

- 7 oz gloves (padded training gloves)
- Shin bone protection (unpadded)
- Helmet mandatory only for athletes under 14 years old

For K1 Rules and Muay Thai:

- 10 oz gloves
- Shin bone protection (padded)
- Boxing helmet (without cheekbone protection)

Weight and Medical Examination

We ask teams to ensure accurate registration regarding weight.

It is important that every athlete has a valid competitive medical certificate to show to the

medical staff. Medical certificates in languages other than Italian will also be accepted (subject to Italian law requirements).

Time Schedule

- 08:30 AM – 10:00 AM: Open gate, reception, registration, checklist verification, form collection by the person in charge, checking of medical certificates, and payment (cash only).
- 09:00 AM: Start of medical examinations (only for Full Contact).
- 10:15 AM / 10:30 AM: Referees' and coaches' briefing.
- 11:00 AM: Start of matches with Light Contact disciplines.

Competition Area

- 1 Cage: MMA and MMA Light Contact
- 1 Ring: K1 Rules, Muay Thai Full Contact
- 2 Tatamis: Kickboxing, K1 Rules, Muay Thai Light Contact
- 1 Warm-up area

Teams are allowed a limited number of coaches near the ring or cage:

- 2 coaches in the corner for Full Contact and MMA Light Contact.
- 1 coach in the corner for Light Contact and Grappling.
- No other persons are permitted in the competition area during the match.

Registration

Registrations must be sent via email to fightnetwork.fn@gmail.com from 15/09/2025 to 14/10/2025.

We will send every team:

1. An Excel file to fill out with the team name, athletes' details, characteristics, and coaches.
2. Authorization forms for minors, signed by parents.
3. Technical rules for each discipline (available in Italian via web link: www.fightnetwork.eu).

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