

THE CLASH: EUROPEAN COMBAT SPORTS FESTIVAL 2026

YOUTH MMA ANNEX — YOUTH D DIVISION (AGES 10–11)

Version 1.0 · 2026-07-28 · supplements the IMMAF Unified Rules (Youth, January 2021) and the ESVL cover regulation of 09.04.2025 for the Youth D division at this event. Published at theclash.ee/registration. ESVL-approved (U12 competes under U14 ruleset per the ESVL technique table).

1. WHO COMPETES IN YOUTH D

Athletes aged 10–11; age is strict at this event. Boys and girls compete in separate divisions.

2. RULESET

Youth D bouts are conducted under the same technical restrictions as the Youth C (U14) class, as set out in the ESVL technique table ("Lubatud ja keelatud tehnikad läbi kõikide vanuseklasside", ESVL cover regulation of 09.04.2025, p. 13, U12 column). In summary:

	YOUTH D (10–11)
Bout format	1 round × 3 minutes
Strikes to the head	Not allowed
Strikes to the body, standing	Allowed; knee strikes not allowed
Strikes to a grounded opponent	Not allowed
Linear kicks to the knee, up-kicks, foot stomps	Not allowed
Submissions restricted for older youth classes (leg locks, omoplata, guillotine variants, wrist locks, bicep/calf crushers)	Not allowed
Throws: suplex, elevated/shoulder throws or slams	Not allowed
All techniques prohibited for every age class (elbow/forearm strikes, knees to the head, strikes to the head of a grounded opponent, stomps, heel hooks, spine/neck-pressure submissions)	Not allowed

Where this summary and the ESVL technique table differ, the ESVL table governs. The full table is published with the rulebooks on the registration page (theclash.ee/registration).

3. OFFICIATING AND SCORING

Three judges score under the 10-Point Must system, as in all age classes (ESVL cover regulation, section 6–7). Referees apply an early-stoppage standard appropriate to the age class: the safety of the athletes overrides all other considerations.

4. EQUIPMENT

Per ESVL rules, athletes may not use their own gloves or shin guards; competition equipment is provided by the organiser and checked before each bout. Mouthguard and groin protection (own) are mandatory; hand-wrap results are inspected before gloves go on.

5. WEIGHT AND HEALTH

Youth D athletes compete at their natural weight; weight cutting is prohibited (Universal Athlete Declaration, section 4). Each athlete passes the medical check on every competition day. Blood-test and medical-certificate requirements are listed in the registration instructions.

Version 1.0. Summary reproduces the ESVL technique table in plain language and adds no new sporting rules; the Youth D = U14 ruleset approach is ESVL-approved.



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