

# IMMAA International Team Selection 2023



In recent years, the demand for places to represent Ireland at IMMAF championships has increased drastically. At the same time, the number of available places at the championships has decreased (as more and more countries join IMMAF). In an effort to select only the most committed athletes, the 2023 season has the following criteria for athletes who wish to travel to IMMAF events.

## Criteria for Team Selection

For an athlete to be eligible for IMMAF international events in 2023, he/she must:

1. be from an IMMAA affiliated club
2. have an up to date IMMAA individual membership
3. be SafeMMA green lit (Note: Blood results within 6 months before the event for International tournaments)
4. have entered the IMMAA National Championships or Provincial Championships
5. Attend IMMAA squad training sessions with a minimum of 75% attendance record

**No athlete will be considered for international team selection without all 5 of the above, regardless of level or prior experience.**

## Team Selection Format

In 2023, IMMAA proposes to implement a national selection process, with athletes competing first for provincial champion status and the top 2 athletes from each province in each weight category moving to the National Championships. If a province is not able to fill their allocation at a particular weight class, that space will be open for wildcard selection from the runners up at other provincial championships.

In the event that an athlete who has earned selection is unable to attend an international event, the space will be offered to the next athlete on the podium from the National Championships.

With regards to Age, it's up to the athlete to decide on whether to fight at Junior/Senior for the Provincials/Nationals. Bear in mind that if an athlete wins a spot at Junior and then turns 21 before the international event, their division may already be occupied at Senior.

## Squad Training

Beginning in April, National Squad training will be on the first Sunday of every month with times/venues to be decided closer to the time. The squad training will be 2x 90 min training sessions separated by a lunch break.

## Additional criteria for World Championships

For selection for the 2023 IMMAF World Championships, athletes must have won a minimum of 2 international bouts at IMMAF level within the 2023 season **or** secure a medal at an IMMAF Grand Prix, World Cup or European Championships (with a minimum of 1 win).

## Projected Dates for 2023 Season

### Provincial Championships (age 18+)

|           |               |
|-----------|---------------|
| Ulster    | February 11th |
| Munster   | February 11th |
| Connaught | February 18th |
| Leinster  | February 18th |

### National Championships (age 18+)

March 10th-12th

### European Championships

Late May (TBC)

### World Championships

Early November (TBC)

### Super Cup

December (TBC)