



2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP Syndication Series Generic Format

Total Commercial Time: 14:00

Segment Content Time: 46:00

Total Running Time: 60:00

Segment 1 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 1 – Network 2:00

Segment 2 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 2 – Local: 2:30

Segment 3 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 3 – Network 2:00

Segment 4 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 4 – Local: 2:30

Segment 5 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 5 – Network 1:30

Segment 6 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 6 – Network 1:30

Segment 7 – 2026 BARE KNUCKLE FIGHTING CHAMPIONSHIP

Break 7 – Local: 2:00

- Episodes will be delivered with Network spots already integrated.

The End

Created: December 5, 2026