



LIST OF AGE AND WEIGHT CATEGORIES FOR EACH FIGHTING DISCIPLINE

Competition Categories are as follows:

- 1. Freestyle Points Fighting,**
- 2. Freestyle Team Fight,**
- 3. Freestyle Light Contact,**
- 4. Freestyle Kick Light,**
- 5. Freestyle K1 Light,**
- 6. Freestyle Kickboxing,**
- 7. Freestyle Kata,**
- 8. Freestyle Kata Syncnised Teams,**
- 9. Freestyle Musical & Creative Forms,**
- 10. Freestyle M & C Team Forms,**
- 11. Freestyle Musical Weapons,**
- 12. Freestyle Creative Weapons, Synchronised,**
- 13. Freestyle Sword,**
- 14. Freestyle Weapons,**
- 15. Freestyle Nunchaku Kick,**
- 16. Freestyle Nunchaku,**
- 17. Freestyle Power,**
- 18. Freestyle Breaking,**
- 19. Freestyle Self Defense,**
- 20. Tameshiwari,**
- 21. Jissen Do Karate,**
- 22. Muay Boran,**
- 23. Freestyle K1,**
- 24. Freestyle Hapkido**



WEIGHT CATEGORIES:

1. Pee Wee's 5-6 years

Boys: -20 kg, -25 kg, -30 kg, - 35 kg, +35 kg

Girls: -20 kg, -25 kg, -30 kg, - 35 kg, +35 kg

2. Younger Children 7-8 years

Boys: -25 kg, -30 kg, -35 kg, -40 kg, +40 kg

Girls: -25 kg, -30 kg, -35 kg, -40 kg, +40 kg

3. Children 9-10 years

Boys: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg

Girls: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg

4. Younger Cadets 11-12 years

Boys: -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Girls: -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg

5. Older Cadets 13-14 years

Boys: -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, +85 kg

Girls: -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, +85 kg

6. Younger Juniors 15-16 years

Boys: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

Girls: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

7. Older Juniors 17-18 years old

Boys: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

Girls: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

8. Senior 19-45 years

Men's: -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

Ladies: -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

9. Veterans + 45 years

Men's: -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg



Ladies: -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

Article 1. Rounds:

Article 1.1 - PeeWee's - 5-6 years old.

- **In all Disciplines:** At all championships, each single fight in the “PeeWee’s” categories will be 2 rounds by 1 minutes (2 x 1) with 30 seconds break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any breaks.
- **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.2. - Younger Children 7-8 years old.

- In all Disciplines:** At all championships, each single fight in the “Younger Children’s” categories will be 2 rounds by 1 minutes (2 x 1) with 30 seconds break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any breaks.
 - **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.3. - Children 9-10 years old.

- **In all Disciplines:** At all championships, each fight in the “Children’s” category will be 2 rounds by 1,5 minutes (2 x 1,5) with 30 seconds break between the rounds.
- In case of a draw at the end of the fight extra time will be extended by one minute without any breaks.
- **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.4. - Younger Cadets 11-12 years old.

- **In all Disciplines:** At all championships, each fight in the “Younger Cadets” category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any breaks.
- **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.5. Older Cadets 13-14 years old.

- **In all Disciplines:** At all championships, each fight in the “Older Cadets” category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any break.
- **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.6. Younger Juniors 15-16 years old.

- **In all Disciplines:** At all championships, each fight in the “Younger Juniors” category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any break.
- **In Points Fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.7. Older Juniors 17-18 years old.

- **In all Disciplines:** At all championships, each fight in the “Younger Juniors” category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds



- In case of a draw at the end of the fight extra time will be extended by one minute without any break.
- **In Points Fighting** the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.8. Seniors 19-45 years

- **In all Disciplines:** At all championships, each fight in the “Seniors” category will be 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any break.
- **In Points fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Article 1.9. Master Class (Veterans) 45+:

- **In all Disciplines:** At all championships, each fight in the “Seniors” category will be 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In case of a draw at the end of the fight extra time will be extended by one minute without any break.
- **In Points fighting** at the end of this time if it is a draw, the winner will be the next fighter to score, Sudden Death / Golden Point) This must be a clean clear technique on a legal target area.

Please Note: In Light Contact, Kick Light, K1 Light, Freestyle Kickboxing,

If there is a draw after extra time, then the side judges must choose the winner by the following criteria:

- the fighter who uses more the kick technique;
- the fighter with more accurate fighting technique.

Article 2. Medical time:

- The maximum time for the medics / doctors to work on a fighter in one fight is 2 minutes.
- If the fighter uses all two minutes, they will still be able to continue, but if there is need of more medical time, the Central referee must stop the fight with the decision RSC(H).
- Medical time starts when the medic/doctor arrives on the tatami, or when the Central referee approves any other medical help with small issues (such as nosebleed, contact lenses, etc.).
- In case of a cut or bleeding, the official doctor should decide within 2 minutes if a fighter can continue or not.
- Heeding the tournament official doctor’s opinion, the Central referee will then decide whether the fight should continue or not (however only in case when the Official Doctor allows a fighter to continue the fight).
- If the Central referee, after consultation with the doctor, determines that the fighter misuses medical time to rest or avoid the fight, they may give the fighter an official warning

Article 3. Equipment and Clothes

Article 3.1 Fighters in Freestyle Point fighting

Article 3.1.1 Personal Safety Equipment

- Head guard - **No Face Masks Allowed**
- Mouth guard,
- Breast protection (For Female Fighters Only, **Please Note: If younger female fighters have developed breasts, they must wear breast protection**),
- Gloves for point fighting,
- Hand wraps (optional)
- Elbow pads
- Groin protection (mandatory for male and female)
- Shin guards - **No Shin n Insteps Allowed**
- Foot protection - Boots (**Heels must be covered**)



Article 3.1.2. Personal clothes

- V-neck top (V-neck T-shirts are allowed **BUT! Must be martial arts T Shirts**)
- Kickboxing trousers. - (**NO Jogging bottoms or Tracksuit bottoms - NO Pockets Allowed**)
- Belts are optional and should indicate their grade.

Article 3.2 Fighters in Freestyle Light Contact

Article 3.2.1 Personal Safety Equipment

- Head guard
- Mouth guard,
- Breast protection (For Female Fighters Only) **Please Note: If younger female fighters have developed breasts, they must wear breast protection),**
- 10oz Boxing Gloves, (**NO Laces**)
- Hand wraps (Mandatory)
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection - Boots (**Heels must be covered**)

Article 3.2.2 Personal clothes

- T-shirt (**Round Neck Only**)
- Kickboxing trousers - (**NO Jogging bottoms or Tracksuit bottoms - NO Pockets Allowed**)
- No belts indicating grade are allowed.

Article 3.3. Fighters in Freestyle Kick Light

Article 3.3.1 Personal Safety Equipment

- Head guards
- Mouth guards,
- Breast protection (For Female Fighters Only)
- 10oz boxing Gloves, - (**NO Laces**)
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection - Boots (**Heels must be covered**)

Article 3.3.2 Personal clothes

- Round Neck T Shirt Or Sleeveless T shirt
- Kickboxing Shorts
- No Thai Boxing Shorts allowed
- No everyday shorts allowed
- No MMA Shorts Allowed
- No Pockets allowed
- No belts indicating grade are allowed.

Article 3.4 Fighters in Freestyle K1 – Light

Article 3.4.1 Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (**For Female Fighters Only**)



- Kickboxing gloves 10oz,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female),
- Shin & insteps

Article 3.4.2 Personal clothes

- Sleeveless T-shirt
- Kickboxing shorts
- No Thai Boxing Shorts allowed
- No everyday shorts allowed
- No MMA Shorts Allowed
- No Pockets allowed
- No belts indicating grade are allowed.