

SECTION & CATEGORIES

Light Contact Continuous

PROMO - CHILDREN
Unified - until 10 years old

Code	Height
60	-115 cm
60/A	-125 cm
60/B	-135 cm
60/C	- 145 cm
60/D	+145 cm

LIGHT CONTACT CONTINUOUS **YOUTHS (until 15 years)**

Beginner / Intermediate (from white to green belt)

Code	Boys	Code	Girls
61	- 135 cm	66	- 135 cm
62	- 145 cm	67	- 145 cm
63	- 155 cm	68	- 155 cm
64	- 165 cm	69	+ 155 cm
65	+ 165 cm		

YOUTHS (until 15 years) **Advanced (from blue to black belt)**

Code	Boys	Code	Girls
70	- 135 cm	75	- 135 cm
71	- 145 cm	76	- 145 cm
72	- 155 cm	77	- 155 cm
73	- 165 cm	78	+ 155 cm
74	+ 165 cm		

For the youth categories, it is mandatory the use of the helmet with grid

ADULT (16 – 40 years)
Beginner / Intermediate (from white to green belt)

Code	Boys	Code	Girls
79	- 60 kg	86	- 55 kg
80	- 65 kg	87	- 60 kg
81	- 70 kg	88	- 65 kg
82	- 75 kg	89	+ 65 kg
83	- 80 kg		
84	- 85 kg		
85	+ 85 kg		

ADULT (16 – 40 years)
Advanced (from blue to black belt)

Code	Boys	Code	Girls
90	- 60 kg	97	- 55 kg
91	- 65 kg	98	- 60 kg
92	- 70 kg	99	- 65 kg
93	- 75 kg	100	+ 65 kg
94	- 80 kg		
95	- 85 kg		
96	+ 85 kg		
96/1	Over 40 years -70 kg		
96/2	Over 40 years +70 kg		
96/3	Over 50 years -70 kg		
96/4	Over 50 years +70 kg		