

Forms shall be divided by age, and belt level
You can do any form in your current division or 1 division below

Novice	Intermediate	Advanced	Black Belt
White, Yellow, Orange	Green , Purple,Blue	Brown & Red	1 st Dan & up

Forms Ages:

-5 , 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-32, 33-42, 43 +,

Sparring

Sparring Divisions shall be divided by Gender, Age, Belt and Weight

Age Divisions	Olympic sparring
5 Boys & Girls	- 45 lbs , 45.0 lbs +
6 & 7 Boys & Girls	-40.1 ,40.1-52, 52.1-65, 65.1-78,78.1-90, 90+
8 & 9 Boys & Girls	-55.1 , 55.1-67 , 67.1-80 , 80.1-92,92.1 –105, 105 +
10- 11 Boys	-65.1,65.1-78,78.1-90,90.1-102,102.1-115,115+
10 –11 Girls	-65.1,65.1-78,78.1-90,90.1-102,102.1-115,115+
12 -13 Boys -color belts	-81.6, 81.7- 99.2, 99.3-116.8
12-14 Olympic (color)	116.9-134.5, 134.6 +
12 – 13 Girls -color belts	-72.8, 72.9 – 90.4, 90.5 – 103.6
12-14 Olympic (color)	103.7 – 121.3 , 121.4 +
12-14 Olympic Black Belts Boys/Girls	SEE BACK
14 & 15 Boys	Age 15-17 See back
14 & 15 Girls	Age 15-17 See back
16 & 17 Boys	Age 15-17 See back
16 & 17 Girls	Age 15-17 See back
18-32 Males	See back
18-32 Females	See back
33 – 42 Male	See back
33-42 Female	See back
43+ Male	See back
43+ Females	See back

Competitors MAY be moved up or down; by weight /Age or belt level to insure that everyone competes. All athletes must weigh in. You may weigh in 2 times to make weight

2015 Olympic Sparring Weight Divisions

Age	Belt	Male	Female	
12-14	Black Belts	-72.8 72.9-81.6 81.7- 90.4 90.5 – 99.2 99.3 – 108.0 108.1 – 116.8 116.9- 125.7 125.8 – 134.5 134.6 – 143.3 143.4+	Fin Fly Bantam Feather Light Welter Light Mid. Middle Light Hvy. Heavy	- 65.9 66.0 – 72.8 72.9 – 81.6 81.7 – 90.4 90.5 – 97.0 97.1 – 103.6 103.7 – 112.4 112.5 – 121.3 121.4 – 130.1 130.2 +
15-17	Color Belts	-105.8 , 105.9-121.3, 121.4-138.9, 139.0–160.9, 161.0 +	Fly Feather Welter Middle Heavy	- 97.0 97.1 – 108.0 108.1 –121.3 121.4 –138.9 139.0 +
15-17	Black Belts	-99.2 99.3-105.8 105.9 – 112.4 112.5 – 121.3 121.4 – 130.1 130.2 – 138.9 139.0 – 149.9 150.0 – 160.9 161.0 – 172.0 172.1+	Fin Fly Bantam Feather Light Welter Light Mid. Middle Light Hvy. Heavy	- 92.6 92.7-97.0 97.1-101.4 101.5-108.0 108.1-114.6 114.7-121.3 121.4-130.1 130.2-138.9 139.0-149.9 150.0 +
18- 32 33-42 43+	Colored Belts	-127.9 128.0-149.9 150.0-176.4 176.5 +	Fly Feather Welter Heavy	- 108.0 108.0-125.7 125.8-147.7 148.8 +
18- 32	Black Belts	-119.0 119.1-127.9 128-138.9 139-149.9 150-163.1 163.2-176.4 176.5 – 191.8 191.9 +	Fin Fly Bantam Feather Light Welter Middle Heavy	-101.4 101.5-108 108.1-116.8 116.9-125.7 125.8-136.7 136.8-147.7 147.8-160.9 161.0+
33 – 42 43+	Black Belts	-127.9 128.0-149.9 150.0-176.4 176.5 +	Fly Feather Welter Heavy	- 108.0 108.0-125.7 125.8-147.7 148.8 +