

6. Weight Classes / Weigh-In Overview:

	Boys		Girls		Men		Women	
	Kids -12 Years	Juniors 13-17 Years	Kids -12 Years	Juniors 13-17 Years	Men	Veterans +35 Years / Executives +45 Years	Women	Veterans +35 Years / Executives +45 Years
Point Fighting	- 25 kg	- 40 kg	- 25 kg	- 40 kg	-60 kg	- 70 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 80 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 80 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	-60 kg Executives
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	+60 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
	Teamfight	Teamfight	Teamfight	Teamfight	Teamfight		Teamfight	
Light Contact	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 70 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 80 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 80 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	-60 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		+60 kg Executives
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
	Teamfight	Teamfight	Teamfight	Teamfight	Teamfight		Teamfight	
Traditional Karate Kumite	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 70 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 80 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 80 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	-60 kg Executives
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	+60 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			

					Cadets 15-17 years			
					Men	Women	Boys	Girls
Full Contact/ Thai Kickboxing for Men and Full Contact and Original GCO Kickboxing for Women & Cadets					- 60 kg	- 50 kg	- 50 kg	- 50 kg
					- 65 kg	- 55 kg	- 55 kg	- 55 kg
					- 70 kg	- 60 kg	- 60 kg	- 60 kg
					- 75 kg	- 65 kg	- 65 kg	+ 60 kg
					- 80 kg	+ 65 kg	- 70 kg	
					- 85 kg		- 75 kg	
					- 90 kg		- 80 kg	
					+ 90 kg		- 85 kg	
MMA (Mixed Martial Arts)					- 60 kg			
					- 65 kg			
					- 70 kg			
					- 75 kg			
					- 80 kg			
					- 85 kg			
					- 90 kg			
					+ 90 kg			
Submission Grappling					- 60 kg	- 50 kg		
					- 65 kg	- 55 kg		
					- 70 kg	- 60 kg		
					- 75 kg	- 65 kg		
					- 80 kg	+ 65 kg		
					- 85 kg			
					- 90 kg			
					+ 90 kg			

Boys		Girls		Men			Women		
	Kids -12 Years	Juniors 13-17 Years	Kids -12 Years	Juniors 13-17 Years	Adults	Veterans +35 Years / Executives +45 Years	Adults	Veterans +35 Years / Executives +45 Years	
Forms	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Traditional Forms (Korean, Japanese, soft)	Hard Style	Traditional Forms (Korean, Japanese, soft)	
	Korean Style	Korean Style	Korean Style	Korean Style	Korean Style	Weapons no music	Korean Style	Weapons no music	
	Traditional Karate	Traditional Karate	Traditional Karate	Traditional Karate	Traditional Karate	Traditional karate	Traditional Karate	Traditional karate	
	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Traditional weapons	Forms Soft-Style	Traditional weapons	
	Free Style Open with music	Free Style Open with music	Free Style Open with music	Free Style Open with music	Free Style Open with music		Free Style Open with music		
	Weapons with music	Weapons with music	Weapons with music	Weapons with music	Weapons with music	Only Veterans +35	Weapons with music	Only Veterans +35	
	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Free Style Open with music	Weapon no Music	Free Style Open with music	
	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Weapons with music	Traditional Weapons	Weapons with music	
	Free Style Team Forms and Hard style - Traditional Team Forms				Hard style and Traditional Team Forms			Hard style and Traditional Team Forms	
					Free Style Team Forms			Free Style Team Forms	