



## P.U.M.A. International Open Championships 2016 Competition Information

### Individual Categories

Category	Male <14yrs	Female <14yrs	Male 14-17yrs	Female 14-17yrs	Male >18yrs	Female >18yrs	Male >36yrs	Female >36yrs
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### Grade Categories

Grade	8 <sup>th</sup> Kup to 5 <sup>th</sup> Kup	4 <sup>th</sup> Kup to 1 <sup>st</sup> Kup	1 <sup>st</sup> Degree	2 <sup>nd</sup> Degree	3 <sup>rd</sup> Degree	>4 <sup>th</sup> Degree
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### Competition events

Events	ITF sine wave Patterns	ITF non sine wave Patterns	Sparring	Power
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Note: Power Testing is only available for black belts adults >18yrs. The sparring weight divisions are shown on the second page (for <14yrs categories will be decided on the day)

**ONLINE ENTRY TO BE COMPLETED NO LATER THAN 20<sup>th</sup> FEBRUARY 2016**  
**The online entry link will be available from the beginning of January 2016**

**Passports/identification will need to be shown at the weigh in for all competitors.** Competitors will need to be at the correct weight for their event at the time of the weigh in. Competitors who do not meet the correct weight for their stated division, will have the opportunity to move up to the next weight division **(there will be a £10 charge to change divisions where competitors fail to make the weight category that they have entered).**



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### Definition of Weight Divisions

#### Competitors <14 years

Male	-130cm	-140cm	-150cm	-160cm	-170cm	+170cm
Female	-130cm	-140cm	-150cm	-160cm	-170cm	+170cm

#### Competitors 14-17 years

Male	-50kg	-56kg	-62kg	-68kg	-75kg	+75kg
Female	-45kg	-50kg	-55kg	-60kg	-65kg	+65kg

#### Competitors >18 years and >36 years

Male	-57kg	-63kg	-70kg	-78kg	-85kg	+85kg
Female	-50kg	-56kg	-62kg	-68kg	-75kg	+75kg

All weights are shown in KG, heights in CM.

**Categories may be combined if numbers are insufficient.**

#### Please Note:

The competition is open to all grades 8<sup>th</sup> kup and above.

Adults competitors aged 36 or older on the day of the competition are allowed to enter **either** >18yrs or >36yrs **but not both**).

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