OPEN INTERNATIONAL LIGHT CONTACT
24.02.2024 REGISTRATION SHEET

Please fill in and return to : **competition@ffkarate.fr**

Country : **Team Leader :**

Email : **Phone number :**

Male - Female Individual **Number :** **x8€** **Total :** **€**

Payment : ☐ **on site** ☐ **By transfer**
IBAN : FR76 3000 3038 5000 0372 6322 135 **BIC :** SOGEFRPP

INDIVIDUAL – MALE

Please indicate your AGE and WEIGHT category

Male 8-9 years old	-30kg	-35kg	-40kg	-45kg	-50kg	+50kg				
Male 10-11 years old	-30kg	-35kg	-40kg	-45kg	-50kg	-55kg	+55kg			
Male 12-13 years old	-35kg	-40kg	-45kg	-50kg	-55kg	-60kg	+60kg			
Male 14-15 years old	-45kg	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	+75kg		
Male 16-17 years old	-55kg	-60kg	-65kg	-70kg	-75kg	-80kg	+80kg			
Male 18-40 years old	-56kg	-60kg	-64kg	-68kg	-72kg	-76kg	-80kg	-85kg	-90kg	+90kg
Male over 40 years old	-60kg	-68kg	-76kg	-85kg	+85kg					

	INDICATE YOUR WEIGHT CATEGORY						
Last Name / First Name	8-9 YO	10-11 YO	12-13 YO	14-15 YO	16-17 YO	18-40 YO	+40 YO

INDIVIDUAL – FEMALE

Please indicate your AGE and WEIGHT category

Female 8-9 years old	-25kg	-30kg	-35kg	-40kg	-45kg	+45kg
Female 10-11 years old	-30kg	-35kg	-40kg	-45kg	-50kg	+50kg
Female 12-13 years old	-35kg	-40kg	-45kg	-50kg	-55kg	+55kg
Female 14-15 years old	-40kg	-45kg	-50kg	-55kg	-60kg	+60kg
Female 16-17 years old	-48kg	-53kg	-58kg	-63kg	-68kg	+68kg
Female 18-40 years old	-50kg	-54kg	-58kg	-63kg	-68kg	+68kg
Female over 40 years old	-50kg	-60kg	-60kg			

	INDICATE YOUR WEIGHT CATEGORY						
Last Name / First Name	8-9 YO	10-11 YO	12-13 YO	14-15 YO	16-17 YO	18-40 YO	+40 YO