

# OPEN INTERNATIONAL LIGHT CONTACT

## 21 & 22/02/2026 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 |       |       |       |       |       |

[illegible]

## 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 |       |       |       |  |

[illegible]