

## Catégories d'âge et de poids - 2023

<b>PB7 (2016-2013) BJ (2012-2011) CD (2010-2009) Homme-Femme</b>	<b>Juvénile (2008-2007) Homme-Femme</b>	<b>Junior (2005-2006) Élite (2004 et avant) Homme</b>	<b>Junior (2005-2006) Élite (2004 et avant) Femme</b>
61 lbs = 28 kg	84 lbs = 38 kg	106 lbs = 48 kg	106 lbs = 48 kg
66 lbs = 30 kg	88 lbs = 40 kg	112 lbs = 51 kg	110 lbs = 50 kg
70 lbs = 32 kg	92 lbs = 42 kg	119 lbs = 54 kg	115 lbs = 52 kg
75 lbs = 34 kg	97 lbs = 44 kg	125 lbs = 57 kg	119 lbs = 54 kg
81 lbs = 37 kg	101 lbs = 46 kg	132 lbs = 60 kg	125 lbs = 57 kg
86 lbs = 39 kg	106 lbs = 48 kg	140 lbs = 63,5 kg	132 lbs = 60 kg
91 lbs = 41 kg	110 lbs = 50 kg	148 lbs = 67 kg	139 lbs = 63 kg
95 lbs = 43 kg	114 lbs = 52 kg	156 lbs = 71 kg	145 lbs = 66 kg
101 lbs = 46 kg	119 lbs = 54 kg	165 lbs = 75 kg	154 lbs = 70 kg
106 lbs = 48 kg	125 lbs = 57 kg	176 lbs = 80 kg	165 lbs = 75 kg
110 lbs = 50 kg	132 lbs = 60 kg	190 lbs = 86 kg	178 lbs = 81 kg
114 lbs = 52 kg	138 lbs = 63 kg	203 lbs = 92 kg	+ 178 lbs = + 81 kg
119 lbs = 54 kg	145 lbs = 66 kg	+ 203 lbs = + 92 kg	
125 lbs = 57 kg	154 lbs = 70 kg		
132 lbs = 60 kg	165 lbs = 75 kg		
138 lbs = 63 kg	176 lbs = 80 kg		
145 lbs = 66 kg	+ 176 lbs = + 80 kg		
152 lbs = 69 kg			
158 lbs = 72 kg			
etc.			

### **Classes ouvertes (+ de 10 combats)**

#### DURÉE DES COMBATS :

PB7 (H&F) – 3 rounds x 1 minute (12 mois d'écart max)

BENJAMINS (H&F) – 3 rounds x 1:00

CADETS (H&F) – 3 rounds x 1:30

JUVÉNILES (H&F) – 3 rounds x 2 minutes

JUNIORS & SENIORS (H&F) – 3 rounds x 3 minutes