**Les catégories d'âge et de poids**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MASCULINS** | | | | | | | | | |
| BENJAMINS 11 et 12 ans | MINIMES 13 et 14 ans | | CADETS 15 et 16 ans | | JUNIORS 17 ,18 et 19 ans | | SENIORS 20 ans et + | |  |
| - 30 kg | - 34 kg | | - 46 kg | | - 55 kg | | - 60 kg | |  |
| - 34 kg | - 38 kg | | - 50 kg | | - 60 kg | | - 66 kg | |  |
| - 38 kg | - 42 kg | | - 55 kg | | - 66 kg | | - 73 kg | |  |
| - 42 kg | - 46 kg | | - 60 kg | | - 73 kg | | - 81 kg | |  |
| - 46 kg | - 50 kg | | - 66 kg | | - 81 kg | | - 90 kg | |  |
| - 50 kg | - 55 kg | | - 73 kg | | - 90 kg | | - 100 kg | |  |
| - 60 kg | - 60 kg | | - 81 kg | | - 100 kg | | + 100 kg | |  |
| - 66 kg | - 66 kg | | - 90 kg | | + 100 kg | |  | |  |
| + 66 kg | - 73 kg | | + 90 kg | |  | |  | |  |
|  | + 73 kg | |  | |  | |  | |  |
| **FEMININES** | | | | | | | | | |
| BENJAMINES 11 et 12 ans | | MINIMES 13 et 14 ans | | CADETTES 15 et 16 ans | | JUNIORS 17, 18, 19 ans | | SENIORS 20 ans et + |  |
| - 32 kg | | - 36 kg | | - 40 kg | | - 44 kg | | - 48 kg |  |
| - 36 kg | | - 40 kg | | - 44 kg | | - 48 kg | | - 52 kg |  |
| - 40 kg | | - 44 kg | | - 48 kg | | - 52 kg | | - 57 kg |  |
| - 44 kg | | - 48 kg | | - 52 kg | | - 57 kg | | - 63 kg |  |
| - 48 kg | | - 52 kg | | - 57 kg | | - 63 kg | | - 70 kg |  |
| - 52 kg | | - 57 kg | | - 63 kg | | - 70 kg | | - 78 kg |  |
| - 57 kg | | - 63 kg | | - 70 kg | | - 78 kg | | + 78 kg |  |
| - 63 kg | | - 70 kg | | + 70 kg | | + 78 kg | |  |  |
| + 63 kg | | + 70 kg | |  | |  | |  |  |

**Les temps de combats**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MASCULINS et FEMININES** | | | | |
| BENJAMINS 11 et 12 ans | MINIMES 13 et 14 ans | CADETS 15 et 16 ans | JUNIORS 17, 18, 19 ans | SENIORS 20 ans et + |
| **En INDIVIDUEL** | | | | | |
| 2 minutes | 3 minutes | 3 minutes | 4 minutes | 5 minutes |  |
| **PAR EQUIPES** | | | | | |
|  |  | 3 minutes | 4 minutes | 4 minutes |  |