



Scottish Open 2024 SPARRING

Juniors

Will be height tested on the day to ensure entry is correct, is an amendment is required, this may be chargeable (£5 per amendment)

Up to and including 17-year-olds. Boys and girls separate (with possible exceptions, see below).

Coloured belts: 1.30 minutes rounds

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

PEE WEE up to and including 135cm (may mix sexes)

LIGHTWEIGHT Over 135 and including 152cm.

MIDDLEWEIGHT Over 152cm and including 170cm

HEAVYWEIGHT Over 170cm

Please note that weight divisions may be merged if there are too few entries.

N.B. Juniors will be height tested on entry to the venue – please ensure your juniors do not skip past height testing by accident, so that all juniors are placed into the correct division on the day.

Men (18+)

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

LIGHTWEIGHT up to & incl. 70kg

MIDDLEWEIGHT over 70kg up to & incl. 85kg

HEAVYWEIGHT over 85kg

Ladies (18+)

White/Yellow/Green belts together – Point Stop - 1.30-minute rounds

Blue/Red belts together – Continuous - 1.30-minute rounds

Black belts, All Dan grades together. – Continuous - 2-minute rounds

LIGHTWEIGHT up to & incl. 65kg

MIDDLEWEIGHT over 65kg up to & incl. 75kg

HEAVYWEIGHT over 75g