



Scottish Open 2024 SPEED KICK

Divisions

Juniors and Cadets

White, Yellow, Green, Blue, Red, Black

Males and females in combined divisions.

Basic Rules (see full rule book for more information)

Competitors have 30 seconds to perform the most turning kicks using the front leg onto a paddle/button. Paddle is held at competitor's shoulder height.

Competitor's foot must touch the floor between kicks.

MEDALS AWARDED: 1 x Gold, 1 x Silver, 1 x Bronze