

Northern RingSports Kickboxing Championships

WEIGHT CATEGORIES

- Categories are divided into increments of 5kg
- In the event that only one person is entered into a category, the organisers have the right to move them up/down a category where possible, with the maximum weight differential allowed being 5kg (i.e. 72kg vs 68kg is ok but 74kg vs 68kg is not!)
- Any entrant that can not be matched through no fault of their own, will receive a full refund of entry fee
- Any entrant not matched due to their weight being entered incorrectly by themselves or coach will not be refunded
- All competitors weights are to be checked on the day of the championships, except for those competitors entered into the heaviest categories that have no upper weight limit.

BOUT DURATION

- All bouts will be 2 x 1min (juniors 5 – 13yrs) and 2 x 1min 30 sec (14yrs - adults)
- Rest periods between rounds will be 45 seconds

