

Weight Class & Application Rule of Head Contact by foot, none by Hand

(Weight Class May Be Spilt or Combined)

Age	Belt Color	Weight Class	Applicable Rules
Little Dragon 4 - 5	White Yellow Green	Light & Heavy	No Head Contact
	Blue Red		
Dragon 6 - 7	White Yellow	Light & Heavy	Junior Safety Rules Very Light Head Contact
	Green Blue		
	Red Black		
Ninja 8 - 9	White Yellow	Light & Heavy	Junior Safety Rules Very Light Head Contact
	Green		
	Blue		
	Red		
	Black	Light & Heavy	
Youth 10 - 11	White Yellow	Light & Heavy	Junior Safety Rules Light Head Contact
	Green		
	Blue		
	Red		
	Black	Light & Heavy	
Cadet (12 - 14)	White Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact
	Green		
	Blue		
	Red		
	Black	Fly, Feather, Welter, Mid and Hvy	
Junior (15 - 17)	White Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact
	Green		
	Blue		
	Red		
	Black	Fly, Feather, Welter, Mid and Hvy	
Adult (Senior) (18yr & 32yr)	White Yellow	Light, Middle & Heavy	Safety Rules Light Head Contact
	Green		
	Blue		
	Red		
	Black	Fly, Feather, Welter and Heavy	
Adult (Ultra) (33yr & Older)	White Yellow	Light, Middle & Heavy	Safety Rules Light Head Contact
	Green		
	Blue		
	Red		
	Black		