

# WCKA Interclub Competition 2019



2 February

July

October



## Forms and Teams

CAT	FORMS
1F	FreeForm Under 10s (All Belts)
2F	FreeForm Age 10+ (to Green Belt)
3F	FreeForm Age 10+ (Above Green Belt)
4F	Weapons (No Music)
5F	Weapons (Music)
6F	Freestyle to Music (Open)

CAT	INDIVIDUAL HIGH KICK
7F	Under 9s — Any Kick
8F	Age 9 and 10 — Any Kick
9F	Age 11 and 12 — Any Kick
10F	Age 13 to 17 — Any Kick
11F	Age 18+ - Any Kick

CAT	FORMS (TEAMS)
12F	FreeForm Under 10s (DOUBLES)
13F	FreeForm Age 10+ (DOUBLES)
14F	FreeForm Age 16+ (DOUBLES)
15F	FreeForm (TEAMS) (4-Person)

CAT	10 PERSON TEAMS
1T	Ospreys / Scarlets / Blues / Dragons

**Due to time constraints, we will not run these categories on 19 May event. We will use the Welsh Open Forms categories.**

**Full safety equipment must be worn in all fighting disciplines — no exception.**

**This includes Groin Guards for all male competitors and Chest Protection for female age 13+**