

THE LEAGUE DIVISIONS

Traditional Forms

Div #	Age	Style/Info	Rank
K-1	5 and under	All Styles	All
K-2	6 - 7	Ken/Kaju	Nov
K-3	6 - 7	Ken/Kaju	Int
K-4	6 - 7	Ken/Kaju	Adv/Exp
K-5	6 - 7	J/K/O/TKD	Nov
K-6	6 - 7	J/K/O/TKD	Int
K-7	6 - 7	J/K/O/TKD	Adv/Exp
K-8	8 - 9	Ken/Kaju	Nov
K-9	8 - 9	Ken/Kaju	Int
K-10	8 - 9	Ken/Kaju	Adv/Exp
K-11	8 - 9	J/K/O/TKD	Nov
K-12	8 - 9	J/K/O/TKD	Int
K-13	8 - 9	J/K/O/TKD	Adv/Exp
K-14	10 - 11	Ken/Kaju	Nov
K-15	10 - 11	Ken/Kaju	Int
K-16	10 - 11	Ken/Kaju	Adv
K-17	10 - 11	Ken/Kaju	Exp
K-18	10 - 11	J/K/O/TKD	Nov
K-19	10 - 11	J/K/O/TKD	Int
K-20	10 - 11	J/K/O/TKD	Adv
K-21	10 - 11	J/K/O/TKD	Exp
K-22	12 - 13	Ken/Kaju	Nov
K-23	12 - 13	Ken/Kaju	Int
K-24	12 - 13	Ken/Kaju	Adv
K-25	12 - 13	Ken/Kaju	Exp
K-26	12 - 13	J/K/O/TKD	Nov
K-27	12 - 13	J/K/O/TKD	Int
K-28	12 - 13	J/K/O/TKD	Adv
K-29	12 - 13	J/K/O/TKD	Exp
K-30	14 - 17	Ken/Kaju	Nov
K-31	14 - 17	Ken/Kaju	Int
K-32	14 - 17	Ken/Kaju	Adv
K-33	14 - 17	Ken/Kaju	Exp
K-34	14 - 17	J/K/O/TKD	Nov
K-35	14 - 17	J/K/O/TKD	Int
K-36	14 - 17	J/K/O/TKD	Adv
K-37	14 - 17	J/K/O/TKD	Exp
K-38	18+	Ken/Kaju	Nov
K-39	18+	Ken/Kaju	Int
K-40	18+	Ken/Kaju	Adv
K-41	18 - 34	Ken/Kaju	Exp
K-42	18+	J/K/O/TKD	Nov
K-43	18+	J/K/O/TKD	Int
K-44	18+	J/K/O/TKD	Adv
K-45	18 - 34	Jap/Okinawan	Exp
K-46	18 - 34	Korean/TKD	Exp
K-47	35+	Ken/Kaju	Exp
K-48	35+	Korean/TKD	Exp
K-49	35+	Jap/Okinawan	Exp

Open/Contemporary Forms

Div #	Age	Rank
K-50	13 and under	Nov
K-51	13 and under	Int
K-52	13 and under	Adv
K-53	13 and under	Exp
K-54	14 - 17	Nov
K-55	14 - 17	Int
K-56	14 - 17	Adv
K-57	14 - 17	Exp
K-58	18+	Nov/Int/Adv
K-59	18+	Exp

Weapons Forms

Div #	Age	Rank
K-60	13 and under	Nov
K-61	13 and under	Int
K-62	13 and under	Adv
K-63	13 and under	Exp
K-64	14 - 17	Nov
K-65	14 - 17	Int
K-66	14 - 17	Adv
K-67	14 - 17	Exp
K-68	18+	Nov/Int/Adv
K-69	18+	Exp

Self-defense

Div #	Age	Rank
K-70	17 and under	All
K-71	18+	All

Synchronized Team Kata

Div #	Age	Rank
STK-1	All	All

First Timer's Kata

Div #	Age	Rank
FTK-72	7 and under	All

First Timers Boys' Sparring

Div #	Age	Rank
FTB-73	5 and under	All
FTB-74	6 - 7	All
FTB-75	8 - 9	All
FTB-76	10 - 11	All
FTB-77	12 - 13	All

First Timers Girls' Sparring

Div #	Age	Rank
FTG-78	5 and under	All
FTG-79	6 - 7	All
FTG-80	8 - 9	All
FTG-81	10 - 11	All
FTG-82	12 - 13	All

First Timers Boys' Flag Sparring

Div #	Age	Rank
FTB-83	5 and under	All
FTB-84	6 - 7	All
FTB-85	8 - 9	All
FTB-86	10 - 11	All
FTB-87	12 - 13	All

First Timers Girls' Flag Sparring

Div #	Age	Rank
FTG-88	5 and under	All
FTG-89	6 - 7	All
FTG-90	8 - 9	All
FTG-91	10 - 11	All
FTG-92	12 - 13	All

Boys' Point Sparring

Div #	Age	Rank
S-93	5 and under	All
S-94	6 - 7	Nov
S-95	6 - 7	Int
S-96	6 - 7	Adv/Exp
S-97	8 - 9	Nov
S-98	8 - 9	Int
S-99	8 - 9	Adv/Exp
S-100	10 - 11	Nov
S-101	10 - 11	Int
S-102	10 - 11	Adv
S-103	10 - 11	Exp
S-104	12 - 13	Nov
S-105	12 - 13	Int
S-106	12 - 13	Adv
S-107	12 - 13	Exp
S-108	14 - 15	Nov
S-109	14 - 15	Int
S-110	14 - 15	Adv
S-111	14 - 15	Exp
S-112	16 - 17	Nov
S-113	16 - 17	Int
S-114	16 - 17	Adv
S-115	16 - 17	Exp

Girls' Point Sparring

Div #	Age	Rank
S-116	5 and under	All
S-117	6 - 7	Nov
S-118	6 - 7	Int
S-119	6 - 7	Adv/Exp
S-120	8 - 9	Nov
S-121	8 - 9	Int
S-122	8 - 9	Adv/Exp
S-123	10 - 11	Nov
S-124	10 - 11	Int
S-125	10 - 11	Adv
S-126	10 - 11	Exp
S-127	12 - 13	Nov
S-128	12 - 13	Int
S-129	12 - 13	Adv
S-130	12 - 13	Exp
S-131	14 - 15	Nov
S-132	14 - 15	Int
S-133	14 - 15	Adv
S-134	14 - 15	Exp
S-135	16 - 17	Nov
S-136	16 - 17	Int
S-137	16 - 17	Adv
S-138	16 - 17	Exp

Men's Point Sparring

Div #	Age	Weight (lbs.)	Rank
S-139	18+	all weights	Nov
S-140	18+	all weights	Int
S-141	18+	all weights	Adv
S-142	18 - 29	159 and under	Exp
S-143	18 - 29	160 - 179	Exp
S-144	18 - 29	180+	Exp
S-145	30+	169 and under	Exp
S-146	30+	170+	Exp

Women's Point Sparring

Div #	Age	Weight (lbs.)	Rank
S-147	18+	all weights	Nov
S-148	18+	all weights	Int
S-149	18+	all weights	Adv
S-150	18+	129 and under	Exp
S-151	18+	130+	Exp

Team Point Sparring

Div #	Ages	Gender	Rank
S-152	11-, 12-14, 15-17	boys	All
S-153	11-, 12-14, 15-17	girls	All
S-154	18+	men	Exp

For more information about The League, visit [The League rules](http://TheLeague.com), or register online, visit BASKAONLINE.COM.

IKF KICKBOXING DIVISIONS

Kickboxing

Div #	Ages	Gender	Rank
PK-1	8 - 10	M	Nov/Int/Adv
PK-2	11 - 12	M	Nov/Int/Adv
PK-3	13 - 14	M	Nov/Int/Adv
PK-4	15 - 17	M	Nov/Int/Adv
PK-5	8 - 10	F	Nov/Int/Adv
PK-6	11 - 12	F	Nov/Int/Adv
PK-7	13 - 14	F	Nov/Int/Adv
PK-8	15 - 17	F	Nov/Int/Adv
PK-9	18+	M	Nov/Int/Adv
PK-10	18+	M	Nov/Int/Adv
PK-11	18+	M	Nov/Int/Adv
PK-12	18+	M	Nov/Int/Adv
PK-13	18+	F	Nov/Int/Adv
PK-14	18+	F	Nov/Int/Adv
PK-15	18+	F	Nov/Int/Adv
PK-16	18+	F	Nov/Int/Adv

65 NBL DIVISIONS

FORMS

Div #	Age	Description	m/f
CONTEMPORARY FORMS			
N-1/2/10	11-	HARD CREATIVE	M/F
N-3/4/11/12	12-17	HARD CREATIVE	M/F
N-5/6/7/13	17-	HARD CHOREO MUSICAL	M/F
N-8	17-	HARD OPEN MUSICAL	M/F
N-9	17-	SOFT OPEN	M/F
N-14	18+	HARD CREATIVE	M
N-15	18+	HARD CHOREO MUSICAL	M/F
N-16	18+	HARD OPEN MUSICAL	M/F
N-17	18+	SOFT CONTEMPORARY	M/F
N-18	18+	HARD CREATIVE	F
N-19/20	35+	HARD CONTEMPORARY	M/F
TRADITIONAL FORMS			
N-21/22/23	17-	JAPANESE/OKINAWAN	M/F
N-24/25/26	17-	KENPO/KAJUKENBO	M/F
N-27/28/29	17-	KOREAN	M/F
N-30/34	18+	JAPANESE/OKINAWAN	M/F
N-31	18+	KENPO/KAJUKENBO	M/F
N-32/35	18+	KOREAN	M/F
N-33	18+	CHINESE (NO WUSHU/KENPO)	M/F
N-36/37	35+	HARD TRADITIONAL	M/F
TEAM FORMS			
(NOTE: EACH TEAM MUST HAVE AT LEAST ONE BLACK BELT)			
N-38	ALL	OPEN	M/F

WEAPONS

CONTEMPORARY			
N-39-41/46/47	17-	HARD/SOFT CREATIVE	M/F
N-42/43/44	17-	HARD/SOFT CHOREO MUSICAL	M/F
N-45	17-	HARD/SOFT OPEN MUSICAL	M/F
N-48/51	18+	HARD CREATIVE	M/F
N-49	18+	HARD CHOREO MUSICAL	M/F
N-50	18+	SOFT OPEN	M/F
N-52	35+	HARD CONTEMPORARY	M/F
TRADITIONAL			
N-53/54/55	17-	HARD TRADITIONAL	M/F
N-56	18+	HARD TRADITIONAL	M/F
SELF DEFENSE			
N-57/58	ALL	CHOREOGRAPHED FIGHT	M/F
N-59/60	ALL		M/F
BREAKING			
N-61/62	ALL	OPEN	M/F

POINT SPARRING

Div #	Age	Description	lbs.	kilo	m/f
(Note: N-63 to N-75, N-95 to N-107 and N-117, N-118 can be of any rank, but underblackbelts cannot wear a belt)					
N-63/64	11-	Light	66-	(30-)	M/F
N-65/66	11-	Heavy	66+	(30+)	M/F
N-67	12-14	Light	99-	(45-)	M
N-68/69	12-14	Heavy	99+	(45+)	M
N-70	15-17	Light	143-	(65-)	M
N-71/72	15-17	Heavy	143+	(65)	M
N-73/74/75	12-17	Feather	121-	(55-)	F
N-73/74/75	12-17	Light	121+	(55+)	F

POINT SPARRING (CONT.)

N-76/77/78	18+	Light	151.8-	(69-)	M
N-79/80	18+	Middle	173.8-	(79-)	M
N-81/82	18+	Heavy	200.2-	(91-)	M
N-83	18+	Sp. Hvy	200.2+	(91+)	M
N-84/85/86/87	18+	All Weights			F
N-88/89/90/91	35+	All Weights			M
N-92	35+	All Weights			F
N-93/94	45+	All Weights			M

CONTINUOUS

N-95/96	11-	Light	66-	(30-)	M/F
N-97/98	11-	Heavy	66+	(30+)	M/F
N-99	12-14	Light	99-	(45-)	M
N-100/101	12-14	Heavy	99+	(45+)	M
N-102	15-17	Light	143-	(65-)	M
N-103/104	15-17	Heavy	143+	(65+)	M
N-105/106/107	12-17	Feather	121-	(55-)	F
N-105/106/107	12-17	Light	121+	(55+)	F
N-108/109	18+	Light	151.8-	(69-)	M
N-110/111	18+	Middle	173.8-	(79-)	M
N-112/113	18+	Heavy	200.2-	(91-)	M
N-114	18+	Sp. Hvy	200.2+	(91+)	M
N-115/116	18+	All Weights			F

TEAM

N-117	9-11, 12-14, 15-17				M
N-118	9-11, 12-14, 15-17				F
N-119	18+, 18+, 18+				M
N-120	18+ (m), 18+ (f), 35+ (m)				M/F

WEIGHT

WEIGHT

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