

TAMIL NADU TAEKWONDO ASSOCIATION (R)

646/4, GOVINDASAMY ST, VANNIYAR NAGAR, PERIYAPUDUR, SALEM – 636016

NEW WEIGHT & HEIGHT DIVISION FOR CADET BOYS & GIRLS FROM 2023

Cadet Boys Height & Weight Categories

Category	Height in Cms	Max Weight	Min Weight
Under 148 Cms	Not exceeding 148cm	45Kg	33kg
Under 152 Cms	Over 148cm & not exceeding 152cm	48Kg	35kg
Under 156 Cms	Over 152cm & not exceeding 156cm	51Kg	37kg
Under 160 Cms	Over 156cm & not exceeding 160cm	53Kg	39kg
Under 164 Cms	Over 160cm & not exceeding 164cm	56Kg	41kg
Under 168 Cms	Over 164cm & not exceeding 168cm	59Kg	43kg
Under 172 Cms	Over 168cm & not exceeding 172cm	61Kg	45kg
Under 176 Cms	Over 172cm & not exceeding 176cm	64Kg	47kg
Under 180 Cms	Over 176cm & not exceeding 180cm	67 Kg	49kg
Over 180 Cms	Over 180 cm	80Kg	52kg

Cadet Girls Height & Weight Categories

Category	Height in Cms	Max Weight	Min Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176 cm	75kg	50kg

Senior Weight Categories

Men's division		Women's division	
Under 54kg	Not exceeding 54kg	Under 46kg	Not exceeding 46 kg
Under 58kg	Over 54 kg & Not exceeding 58 kg	Under 49kg	Over 46 kg & Not exceeding 49 kg
Under 63kg	Over 58 kg & Not exceeding 63 kg	Under 53kg	Over 49 kg & Not exceeding 53 kg
Under 68kg	Over 63 kg & Not exceeding 68 kg	Under 57kg	Over 53 kg & Not exceeding 57 kg
Under 74kg	Over 68 kg & Not exceeding 74 kg	Under 62kg	Over 57 kg & Not exceeding 62 kg
Under 80kg	Over 74 kg & Not exceeding 80 kg	Under 67kg	Over 62 kg & Not exceeding 67 kg
Under 87kg	Over 80 kg & Not exceeding 87 kg	Under 73kg	Over 67 kg & Not exceeding 73 kg
Over 87kg	Over 87 kg	Over 73kg	Over 73 kg

Junior Weight Categories

Men's division		Women's division	
Under 45kg	Not exceeding 45kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45 kg & Not exceeding 48 kg	Under 44kg	Over 42 kg & Not exceeding 44 kg
Under 51kg	Over 48 kg & Not exceeding 51 kg	Under 46kg	Over 44 kg & Not exceeding 46 kg
Under 55kg	Over 51 kg & Not exceeding 55 kg	Under 49kg	Over 46 kg & Not exceeding 49 kg
Under 59kg	Over 55 kg & Not exceeding 59 kg	Under 52kg	Over 49 kg & Not exceeding 52 kg
Under 63kg	Over 59 kg & Not exceeding 63 kg	Under 55kg	Over 52 kg & Not exceeding 55 kg
Under 68kg	Over 63 kg & Not exceeding 68 kg	Under 59kg	Over 55 kg & Not exceeding 59 kg
Under 73kg	Over 68 kg & Not exceeding 73 kg	Under 63kg	Over 59 kg & Not exceeding 63 kg
Under 78kg	Over 73 kg & Not exceeding 78 kg	Under 68kg	Over 63 kg & Not exceeding 68 kg
Over 78kg	Over 78 kg	Over 68kg	Over 68 kg

Sub Junior Weight Categories

Boy's division		Girls's division	
Under 16kg	Not exceeding 16kg	Under 14kg	Not exceeding 14 kg
Under 18kg	Over 16 kg & Not exceeding 18 kg	Under 16kg	Over 14 kg & Not exceeding 16 kg
Under 21kg	Over 18 kg & Not exceeding 21 kg	Under 18kg	Over 16 kg & Not exceeding 18 kg
Under 23kg	Over 21 kg & Not exceeding 23 kg	Under 20kg	Over 18 kg & Not exceeding 20 kg
Under 25kg	Over 23 kg & Not exceeding 25 kg	Under 22kg	Over 20 kg & Not exceeding 22 kg
Under 27kg	Over 25 kg & Not exceeding 27 kg	Under 24kg	Over 22 kg & Not exceeding 24 kg
Under 29kg	Over 27 kg & Not exceeding 29 kg	Under 26kg	Over 24 kg & Not exceeding 26 kg
Under 32kg	Over 29 kg & Not exceeding 32 kg	Under 29kg	Over 26 kg & Not exceeding 29 kg
Under 35kg	Over 32 kg & Not exceeding 35 kg	Under 32kg	Over 29 kg & Not exceeding 32 kg
Under 38kg	Over 35 kg & Not exceeding 38 kg	Under 35kg	Over 32 kg & Not exceeding 35 kg
Under 41kg	Over 38 kg & Not exceeding 41 kg	Under 38kg	Over 35 kg & Not exceeding 38 kg
Under 44kg	Over 41 kg & Not exceeding 44 kg	Under 41kg	Over 38 kg & Not exceeding 41 kg
Under 50kg	Over 44 kg & Not exceeding 50 kg	Under 47kg	Over 41 kg & Not exceeding 47 kg
Over 50kg	Over 50 kg & Not exceeding 60 kg	Over 47kg	Over 47 kg & Not exceeding 57 kg