

LTDO – AANPASSING VIR 2017

- **Beginsel van Kaizen (Kontinue ontwikkeling en verbetering)**
- **Nuutste Navorsing Oor Wen, Verloor En Wen Kultuur**
Verwysing: Topdog ISBN 9780091951566 deur Po Branson & Ashley
- **0/9, 0/10 en 0/11 stoei normale reels**
- **0/9, 0/10 en 0/11 skakel in by Nasionale Kompetisie vir Jeug en Presidente**
- **Jeug in elke ouderdom groep 0/9, 0/10 en 0/11**
- **Presidente is daar twee kategoriee in vrystyl afdeling**
 1. **0/9 – 0/13 Groep Skole Presidente**
 2. **0/15 – 0/20 Groep Junior Presidente**
- **Gebruik n oop loting met n 10% kumulatiewe massa groepe wat by die ligste massa begin**
- **Finale aanpassings m.b.t. GrieksRomeins sal deurgegee word**

Example of Weight Group Calculation for U/9 and 10 Years

NR. OF WRESTLERS	WEIGHT AT WEIGH-IN	WEIGHT SORTED	NR. OF BRACKETS	CALCULATION OF GROUPS STARTING AT 10% OF LIGHTEST WEIGHT WHICH IS 22.3. CONSECUTIVE GROUPS ARE CALCULATED ON 10% OF PREVIOUS GROUP VALUE	10% VALUE IN KG	CALCULATED VALUE	FINAL GROUPS
1	22.3	22.3	1	22.3 X 10%=	2.23	24.5	24.5 - 27.0
2	28.5	23.1	2	24.5 X 10%=	2.45	27.0	27.0 - 29.7
3	32.8	23.5	3	27.0 X 10%=	2.70	29.7	29.7 - 32.6
4	40.1	24.1	4	29.7 X 10%=	2.97	32.6	32.6 - 35.9
5	37.9	24.2	5	32.6 X 10%=	3.26	35.9	35.9 - 39.5
6	24.2	25.8	6	35.9 X 10%=	3.59	39.5	39.5 - 43.5
7	31.4	25.8			3.95	43.5	
8	26.4	26.4					
9	34.6	27.4					
10	25.8	27.4					
11	23.1	27.9					
12	39.9	28.1					
13	28.9	28.1					
14	34.6	28.4					
15	27.9	28.4					
16	30.2	28.5					
17	28.4	28.9					
18	24.1	29.7					
19	35.6	30.2					
20	33.7	31.4					
21	31.5	31.5					
22	27.4	32.8					
23	28.1	33.7					
24	29.7	34.2					
25	34.2	34.6					
26	37.9	34.6					
27	28.1	35.6					
28	38	36.3					
29	23.5	37.9					
30	40.2	37.9					
31	36.3	38					
32	25.8	39.9					
33	27.4	40.1					
34	28.4	40.2					