

2021 Counties Manukau Special Technique Requirements



| Male Dan | Age | Height (metres) | | | | |
|------------------|-------|-----------------|---------|-----------------|--------|------|
| | | High | Turning | Reverse Turning | Midair | Side |
| Peewee | 9-10 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Pre-Junior | 11-14 | 2.1 | 1.9 | 1.8 | 1.8 | 1.1 |
| Junior | 15-17 | 2.2 | 2.0 | 1.9 | 1.9 | 1.2 |
| Senior | 18-35 | 2.3 | 2.1 | 2.0 | 2.0 | 1.3 |
| Advanced Senior | 36-45 | 2.2 | 2.0 | 1.9 | 1.9 | 1.2 |
| Veteran | 46-55 | 2.0 | 1.8 | 1.7 | 1.7 | 1.0 |
| Advanced Veteran | 56+ | 1.8 | 1.6 | 1.5 | 1.5 | 0.8 |

| Female Dan | Age | Height (metres) | | | | |
|------------------|-------|-----------------|---------|-----------------|--------|------|
| | | High | Turning | Reverse Turning | Midair | Side |
| Peewee | 9-10 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Pre-Junior | 11-14 | 1.9 | 1.8 | 1.7 | 1.7 | 1.0 |
| Junior | 15-17 | 2.0 | 1.8 | 1.7 | 1.7 | 1.1 |
| Senior | 18-35 | 2.1 | 1.9 | 1.8 | 1.8 | 1.2 |
| Advanced Senior | 36-45 | 2.0 | 1.8 | 1.7 | 1.7 | 1.1 |
| Veteran | 46-55 | 1.8 | 1.6 | 1.5 | 1.5 | 0.9 |
| Advanced Veteran | 56+ | 1.6 | 1.4 | 1.4 | 1.4 | 0.7 |

| Male Gup | Age | Height (metres) | | | | |
|------------------|-------|-----------------|---------|-----------------|--------|------|
| | | High | Turning | Reverse Turning | Midair | Side |
| Peewee | 9-10 | 1.8 | 1.6 | 1.5 | 1.5 | 0.8 |
| Pre-Junior | 11-14 | 2.0 | 1.8 | 1.7 | 1.7 | 1.0 |
| Junior | 15-17 | 2.1 | 1.9 | 1.8 | 1.8 | 1.1 |
| Senior | 18-35 | 2.2 | 2.0 | 1.9 | 1.9 | 1.2 |
| Advanced Senior | 36-45 | 2.1 | 1.9 | 1.8 | 1.8 | 1.1 |
| Veteran | 46-55 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Advanced Veteran | 56+ | 1.7 | 1.5 | 1.4 | 1.4 | 0.7 |

| Female Gup | Age | Height (metres) | | | | |
|------------------|-------|-----------------|---------|-----------------|--------|------|
| | | High | Turning | Reverse Turning | Midair | Side |
| Peewee | 9-10 | 1.7 | 1.5 | 1.4 | 1.4 | 0.8 |
| Pre-Junior | 11-14 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Junior | 15-17 | 2.0 | 1.8 | 1.7 | 1.7 | 1.0 |
| Senior | 18-35 | 2.1 | 1.9 | 1.8 | 1.8 | 1.1 |
| Advanced Senior | 36-45 | 2.0 | 1.8 | 1.7 | 1.7 | 1.0 |
| Veteran | 46-55 | 1.8 | 1.6 | 1.5 | 1.5 | 0.8 |
| Advanced Veteran | 56+ | 1.6 | 1.4 | 1.4 | 1.4 | 0.6 |