

FRIDAY RING ASSIGNMENTS

Under Black Belt

MUSICAL FORM - *will be split as necessary by age/rank*

10 & Under, All Ranks, Boys & Girls	4:45	40
11-13, All Ranks, Boys & Girls	4:45	38
14-17, All Ranks, Boys & Girls	4:45	39
18 & Up, All Ranks, Men	4:45	43
18 & Up, All Ranks, Women	4:45	43

CREATIVE FORM - *will be split as necessary by age/rank*

10 & Under, Beg/Inter/Adv. Boys & Girls	6:15	39
11-13, Beg/Inter/Adv, Boys & Girls	6:15	38
14-17, All Ranks, Boys & Girls	6:15	42
18 & Up, All Ranks, Men	6:15	43
18 & Up, All Ranks, Women	6:15	43

EXTREME FORM - *will be split as necessary by age/rank*

17 & Under, All Ranks, Boys & Girls	7:30	38
18 & Up, All Ranks. Men & Women	7:30	39