

# **RULES OF J.K.A. CHILDREN'S CUP OF POLAND 2026**

## **ORGANIZER:**

**Klub Sportowy Jaguar Krosno Odrz.**

## **DATA AND PLACE:**

**26.04.2026 - 66-600 Krosno Odrz., ul Pułaskiego 3, Poland**

## **CONDITIONS OF PARTICIPATION:**

- **Players entires up to 15.04.2026**
- **Current medical examinations, insurance, starting payment, I.D., parents agree.**

## **PAYMENTS:**

**25 EUR** regardless of quantity individual Categories. **10 EUR** for kata team. **10 EUR** for kumite team (Only J.K.A. members). Non J.K.A. Members pay 35 EUR (individual) and 15 EUR for team.

## **PROGRAM:**

- **09:00 – 09:30 – verification of competitors**
- **09:35 – 09:50 – judges meeting**
- **10:00 – opening ceremony**
- **10:15 – start of competition**
- **13.50 – 14.30 – dinner's break**
- **14.30 – continuation of the competition**
- **18.30 – finish of competition**

## **RULES OF COMPETITION: J.K.A. W.F.**

### **INDIVIDUAL CATEGORIES:**

#### **6-7 years old (until 26.04.2026), 9 kyu**

Kata Eliminations: H1

Final (Top 4) Tokui Kata: H1, H2, H3

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri

Defender counterattack - chudan

#### **6-7 years old (until 26.04.2026), 8-7 kyu**

Kata Eliminations: H1, H2

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri

Defender counterattack - chudan

#### **8-9 years old (until 26.04.2026), 9 kyu**

Kata Eliminations: H1

Final (Top 4) Tokui Kata: H1, H2, H3

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri

Defender counterattack – chudan

#### **8-9 years old (until 26.04.2026), 8-7 kyu**

Kata Eliminations: H1, H2

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri

Defender counterattack - chudan

**8-9 years old (until 26.04.2026), 6 kyu and over**

Kata Eliminations: H1, H2, H3, H4

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri

Defender counterattack - chudan

**10-11 years old (until 26.04.2026), 9 kyu**

Kata Eliminations: H1

Final (Top 4) Tokui Kata: H1, H2, H3

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri

Defender counterattack – chudan

**10-11 years old (until 26.04.2026), 8-7 kyu**

Kata Eliminations: H1, H2

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri

Final (Top 4): Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri

Defender counterattack - chudan

**10-11 years old (until 26.04.2026) 6 kyu and over**

Kata Eliminations: H1, H2, H3, H4

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1, BD, KD, JO, EN

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri (Defender counterattack - chudan)

Final (Top 4): Jiyu Kumite

**12-13 years old (until 26.04.2026), 9-7 kyu**

Kata Eliminations: H1, H2, H3

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri (Defender counterattack - chudan)

Final (Top 2): Jiyu Kumite

**12-13 years old (until 26.04.2026), 6-4 kyu**

Kata Eliminations: H1, H2, H3, H4, H5, T1

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1, BD, KD, JO, EN

Kumite: Jiyu Kumite

**12-13 years old (until 26.04.2026), 3kyu and over**

Kata Eliminations: H1, H2, H3, H4, H5, T1

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1, BD, KD, JO, EN

Kumite: Jiyu Kumite

**14-15 lat (until 26.04.2026) 9-7 kyu**

Kata Eliminations: H1, H2, H3

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1

Kumite Eliminations: Kihon Ippon - Oizuki Jo, Chu, Mae geri, Mawashi geri (Defender counterattack - chudan)

Final (Top 2): Jiyu Kumite

**14-15 years old (until 26.04.2026) 6-4 kyu**

Kata Eliminations: H1, H2, H3, H4, H5, T1

Final (Top 4) Tokui Kata: H1, H2, H3, H4, H5, T1, BD, KD, JO, EN  
Kumite: Jiyu Kumite

**14-15 years old (until 26.04.2026) 3 kyu and over**

Kata Eliminations: H1, H2, H3, H4, H5, T1  
Final (Top 4) Tokui Kata: All J.K.A. Kata.  
Kumite: Jiyu Kumite

**TEAM KATA:**

**Up to 11 years old (until 26.04.2026)**

There can be 1 kata for eliminatons and final:  
Eliminations: H1, H2, H3, H4, H5, T1, BD  
Finals (top 4): H1, H2, H3, H4, H5, T1, BD

**12-15 years old (until 26.04.2026)**

There can be 1 kata for eliminatons and final:  
Eliminations: H1, H2, H3, H4, H5, T1, BD, KD, JO, EN  
Finals (top 4): All J.K.A. Kata.

**TEAM KUMITE:**

Team consists of 3 people (not less than 7<sup>th</sup> kyu): 1 – 10-11 year's old, 1 – 12-13 year's old, and 1 - 14-15 year's old. Boys and girls are separated. No reserve players. Competitors from the same age category fight each other. Team with more won fights will win the match. If it is a draw, a team with more points will win the match. If it is still a traw, the judges will make their decision with the flag system.

- The organizer can combine categories, when there will be less than 4 competitors.  
In kumite white gloves are required. Teeth protection in Jiyu Kumite is required. Chest protection is allowed, but not required. In younger players competition Kata will be adjusted to the lower belt.

- Best individual competitor in the age category will get a Cup for the best player. Gold individual medal and the other medal are mandatory. If it is a draw, the team competition will be counted.

**ADDITIONAL INFORMATION**

- Competitors are obligated to have a valid insurance.
- The guardian/coach of the club will be responsible for the damages, made by his competitors.
- All competitors reported until 15.04.2026 will get a starter pack.

**ACCOMODATION:**

If you need list of hotels or ogranize meals, please contact the organizer, at least 3 weeks before competition.

**PROTESTS:**

Only official coach of the Club can file a protest. Protest costs 80 EUR. The deposit will be refunded after positive consideration. If not, it will not be refunded.

Please all teams arrive until 9.30, to verify starting lists. Payments in the day of competition or on bank account 91 9656 0008 0011 9278 2000 0001 (PLN) .

**INFORMATIONS:** +48 663636087 (Dawid Borodo), submissions: [jaguar.krosno@gmail.com](mailto:jaguar.krosno@gmail.com)

## APPLICATION FORM

	NAME AND SURNAME	AGE (until <u>26.04.2026</u> )	Kyu/ Dan	KATA IND.	KUMITE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

### TEAM KATA:

L.P.	CATEGORY	PLAYER 1	PLAYER 2	PLAYER 3
1				
2				
3				
4				

### TEAM KUMITE

L.P.	COMPETITOR 1 + age	COMPETITOR 2 + age	COMPETITOR 3 + age
1			
2			
3			

**CLUB / COACH / JUDGES:**