EUROPEAN FULLCONTACT KARATE CUP FOR CLUBS

FOR J14, J16, J18, U21, ADULTS AND MASTERS
19 SEPTEMBER 2026 - KIELCE, POLAND

INVITATION TO THE EUROPEAN CUP KIELCE 2026

Dear Presidents of National Organisations, National Representatives, Club Presidents, Referees, Competitors! On behalf of the European Karate Organization, we are pleased and honoured to invite you to the **European Fullcontact Karate Cup For Clubs Kumite J14, J16, J18, U21, Adults, Masters**.

DATE
19 September 2026

VENUE
Poland, Kielce, Legions Hall, Leszek Drogosz 2 Street

ORGANISERS
European Fullcontact Karate Organization (EFKO)
European Karate Organization (EKO)
Polish Shinkyokyshinkai Karate Federation (PFKS)
Kielce Karate Sports Club (KKSK)

CO-ORGANISERS
Świętokrzyskie Voivodship Governor
Marshal's Office of the Świętokrzyskie Voivodeship
County Office in Kielce
Kielce City Hall

HONORARY PATRONAGE
Minister of Sport
Świętokrzyskie Voivodship Governor
Marshal of the Świętokrzyskie Voivodeship
Kielce County Executive
Mayor of Kielce
President of The Polish Non-Olympic Committee

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MEDIA PATRONAGE

Telewizja Polska S.A.
Telewizja Polska TVP3
Polskie Radio Kielce
Radio Eska
Echo Dnia

CATEGORIES

Kumite Categories by Age and Weight:

1. **Cadet J14 (born in 2012, 2013)**
   Cadet boys J14: -45kg, 45-50 kg, 50-55kg, 55-60kg, 60-65kg, 65-70kg, +70kg
   Cadet girls J14: : -45kg, 45-50kg, 50-55kg, 55-60kg, 60-65kg, +65kg
2. **Junior J16 (born in 2010, 2011)**
   Junior boys J16: -50kg, 50-55kg, 55-60kg, 60-65kg, 65-70 kg, 70-75kg, +75 kg
   Junior girls J16: -50kg, 50-55kg, 55-60kg, 60-65kg, +65 kg
3. **Junior J18 (born in 2008, 2009)**
   Junior boys J18: -60kg, 60-65kg, 65-70 kg, 70-75kg, 75-80kg, +80 kg
   Junior girls J18: -50kg, 50-55kg, 55-60kg, 60-65 kg, +65 kg
4. **Youth U21 (born in 2008 - from 18 years old, 2007, 2006)**
   Men: -65kg, 65-70kg, 70-75kg, 75-80kg, 80-85kg, 85-90kg, +90kg
   Women: -50kg, 50-55kg, 55-60kg, 60-65 kg, +65 kg

Senior EC medalists may only compete in senior categories.

5. **Senior (born in 2008 - from 18 years old and older)**
   Men: -60 kg, 60-70kg, 70-80kg, 80-90kg, +90kg
   Women: -50kg, 50-54kg, 54-59kg, 59-65kg, +65 kg
6. **Masters U45 (born in 1982-1986)**
   Men: -80kg, 80-90kg, +90kg
   Women: -65kg, +65kg
7. **Masters U50 (born in 1977 -1981)**
   Men: -80kg, 80-90kg, +90kg
   Women: -65kg, +65kg
8. **Masters U60 (born in 1966 - 1976)**
   Men: -80kg, 80-90kg, +90kg
   Women: -65kg, +65kg

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Protectors	Category											
	J14		J16		J18		U21		Seniors		Masters	
	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men	Women	Men	Women	Men
Helmet	YES	YES	YES	YES	YES	YES	NO	NO	NO	NO	YES	YES
Chest (Hogo)	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO
Shin	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	YES	YES
Gloves	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	YES
Knees	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	YES	YES
Groin	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Brests	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
Teeth	Optional											
Time of bout [min]	1.5 + 1.5		1.5 + 1.5 + 1.5		2 + 2 + 2		2 + 2 + 2		3 + 2 + 2		1.5 + 1.5 + scale + 1.5	
Forbidden techniques	According to EKO regulations, jodan mae geri, jodan hiza geri, jodan yoko geri, jodan ushiro geri, jodan ushiro mawashi geri, kaiten geri, jodan geri without control		According to EKO regulations, jodan mae geri, jodan hiza geri, jodan yoko geri, jodan ushiro geri, jodan ushiro mawashi geri, kaiten geri, jodan geri without control		According to EKO regulations, jodan mae geri, jodan hiza geri, jodan yoko geri, jodan ushiro geri, jodan ushiro mawashi geri, kaiten geri, jodan geri without control		According to EKO regulations		According to EKO regulations		According to EKO regulations	
Minimum kyu	7 kyu		7 kyu		6 kyu		6 kyu		4 kyu		6 kyu	

ATTENTION!
IN THE J14 AND J16 CATEGORIES (AS WELL AS ALL OTHER CATEGORIES), THE LOW KICK TECHNIQUE IS PERMITTED.

RULES OF THE COMPETITION

The competition will be held in accordance with EKO rules and regulations.

Any number of competitors from each club may compete in each age and weight category.

All competitors must have a health certificate signed by a doctor (valid for six months from the date of issue) and a statement of participation in the competition and signed consent of parents or legal guardians in the case of competitors under 18 years of age (forms are attached to the sent Invitation and available for download from

the Kumite Technology website: https://kumitetechnology.com/en/tournament/653/

The Organiser will provide a body protector and a helmet, but for logistical and hygiene reasons, we recommend that competitors have their own body protectors and helmets in accordance with the competition regulations.

Each competitor should also have their own set of other required protective gear in accordance with the competition regulations.

REGISTRATION AND RESERVATIONS

Competitors must register **until September 4 2026 exclusively via the Kumite Technology website:**

https://kumitetechnology.com/en/tournament/653/

Each club should create a profile on Kumite Technology in order to register competitors, coaches and referees.

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ENTRY FEES

60 EUR per competitor

20 EUR per coach

PAYMENTS SHOULD BE MADE TO THE ORGANISER'S ACCOUNT

Payments in EUR: BIC (SWIFT) code: BPKOPLPW

IBAN number: PL95 1020 2629 0000 9702 0449 9968

Title: EC + club name (exactly as given during registration with Kumite Technology).

Payments should only be made jointly on behalf of the entire club. Individual payments from competitors and coaches are not possible.

Confirmation of payment, including all of the following information, should be sent by email to:

ecupkielce@gmail.com

The data sent should include the following information:

European Cup Kielce 2026

Country:

City:

Name of the paying club (exactly as given when registering with Kumite Technology):

Number of competitors:

Number of coaches:

OFFICIAL CUP HOTEL

Hotel Binkowski, Kielce, Wojciecha Szczepaniaka 42 Street

Website: **https://www.binkowskihotel.pl**

Telephone: +48 41 34 03 500

E-mail: **hotel@binkowskiresort.pl**

The hotel will host the verification, referees' briefing, draw and Sayonara Party.

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ORGANISATIONAL HOTELS

Best Western Grand Hotel, Kielce, Sienkiewicza 78 Street

Website: https://www.grandhotelkielce.pl/pl/kontakt-grand-hotel-kielce/

Telephone: +48 41 365 50 00

E-mail: hotel@grandhotelkielce.pl

B&B Hotel Kielce Centrum, Kielce, Warszawska 19 Street

Website: https://www.hotel-bb.com/pl/hotel/kielce-centrum?utm_source=vz&utm_medium=referral&utm_content=kielce-centrum&utm_campaign=yext

Telephone: +48 41 220 11 20

Email: **kielce@hotelbb.com**

Hotel Dal, Kielce, Piotrkowska 12 Street

Website: https://www.hoteldal.pl/

Telephone: +48 41 336 10 00 or +48 607 250 821

Email: recepcja.kielce@hoteldal.pl

MOSiR Hotel Stadion, Kielce, Ściegiennego 8 Street

Website: https://www.mosir.kielce.pl/obiekty.php?oPath=2&obiekt_id=2

Telephone: +48 41 368 77 15

Email: hotel.stadion@mosir.kielce.pl

MOSiR Hotel Maraton, Kielce, Leszka Drogosza 1 Street

Website: https://www.mosir.kielce.pl/obiekty.php?oPath=2&obiekt_id=1

Telephone: +48 41 362 91 16

E-mail: hotel.maraton@mosir.kielce.pl

Reservations and payments must be made in person at the selected official or organisational hotel.
A special price applies when you quote the password 'European Karate Cup'.
PLEASE NOTE! Reservations at the official hotel and organisational hotels of the Cup are available until September 11 2026!

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AWARDS

Places – 1, 2, 3, 3 - cups, diplomas, material prizes

All competitors – participation diplomas, commemorative gifts

The 8 best clubs – cups, diplomas

FINAL REMARKS

Financial conditions – entry fees, accommodation, air tickets, transport, additional meals are provided by individual clubs.

On the day of the competition, lunch for competitors, coaches and referees is provided by the Organiser.

The purchase of an additional lunch for €15 must be reported by until September 11 2026 by email to: ecupkielce@gmail.com.

The Sayonara Party will take place on until September 11 2026 at 9 p.m.

The cost of the Sayonara Party is €50. Purchases for the Sayonara Party must be reported until September 11 2026 by email to: ecupkielce@gmail.com

Transport from airports: If you wish to use the Organiser's collective transfer from Warsaw Okęcie, Warsaw Modlin, Katowice Pyrzowice and Krakow Balice should be reported by email until September 11 2026 to: ecupkielce@gmail.com, **specifying the number of people, airport of arrival, date and time of arrival, and date, time and airport of departure**.

Details regarding transport and its costs will be provided after verification of the number of persons registered for the transfer and their arrival and departure times by email to the Clubs wishing to use the Organiser's transfer service.

We encourage you to use the very well-organised public transport and private carriers and recommend the following websites and applications:

- Jak Dojade application https://jakdojade.pl/ (we recommend downloading the application to your phone) – timetable and ticket purchases for city buses and domestic trains,
- https://rozklad.pkp.pl/ - timetables for domestic and international trains and ticket purchases,
- https://www.flixbus.pl/ or https://neobus.pl/ - timetables for buses running between cities and ticket purchases.

Tickets for accompanying people and spectators, priced at €10, can be purchased at the ticket office at Hala Legionów in Kielce on the day of the competition.

Tickets can also be reserved by email at: ecupkielce@gmail.com

Collection and payment on the day of the competition at the ticket office of the Legions Hall at Leszek Drogosz Street 2 in Kielce.

ADDITIONAL INFORMATION IS AVAILABLE FROM

Competition office:
Karina Kęćko tel. +48 728 337 489,
Łukasz Lemieszko +48 781 090 113,
Ewa Stachera-Gil +48 600 986 870

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(matters concerning hotel reservations, transport to and from airports, ticket reservations and other organisational matters).
Official e-mail address: ecupkielce@gmail.com
Official website of the PFKS (Polish Shinkyokushinkai Karate Federation): **https://shinkyokushin.org.pl**

Official social media of the PFKS:
Facebook: https://www.facebook.com/pzkskarateshinkyokushinkai/?locale=pl_PL
Instagram: https://www.instagram.com/pfks_shinkyokushin/

Official social media of EKO (European Karate Organization):
Facebook: https://www.facebook.com/EuropeanKarateOrganization/?locale=pl_PL
Instagram: https://www.instagram.com/eko.shinkyokushin/

Official social media of EFKO (European Fullcontact Karate Organization):
Facebook: https://www.facebook.com/groups/EuropeanFullcontactKarateOrg/?locale=pl_PL
Instagram: https://www.instagram.com/europeanfko/?hl=bn

EUROPEAN CUP PROGRAMME

September 18 2026

10:00 a.m. – 9:00 p.m.	competitor verification
6:00 p.m.	mandatory briefing and referee verification
9:30 p.m.	draw

After the draw, all brackets will be posted on the Kumite Technology website:
https://kumitetechnology.com/en/tournament/653/
We recommend installing the Kumite Technology app, available for download from the App Store and Google Play.

September 19 2026

9:00 a.m.	Start of the European Cup
8:00 p.m.	End of the European Cup
9:00 p.m.	Sayonara Party

September 20 2026
Teams' check out.

The detailed programme of the European Cup will be announced at a later date after the registration deadline.

The Organisers of the European Cup wish you a successful competition and a pleasant stay in Kielce!