



IMAF INTERNATIONAL POLISH CUP – JU JITSU & KICKBOXING **INOWROCŁAW (POLAND), 20.06.2026**

LIST OF COMPETITIONS and DIVISIONS

*Ju Jitsu Kata, Ju Jitsu Mixed Kumite, Ju Jitsu Fighting, Ju Jitsu Fighting without 1st phase,
Kickboxing Semi Contact, Kickboxing Kick Light*

I. Ju Jitsu Kata:

1. Ju Jitsu Kata Cadet, female 13-15 y.o.
2. Ju Jitsu Kata Cadet, male or mixed teams (F/M) 13-15 y.o.
3. Ju Jitsu Kata Junior, female 16-18 y.o.
4. Ju Jitsu Kata Junior, male or mixed teams (F/M) 16-18 y.o.
5. Ju Jitsu Kata Senior, female 19+
6. Ju Jitsu kata Senior, male or mixed teams (F/M) 19+

II. Ju Jitsu Mixed Kumite:

7. Ju Jitsu Mixed Kumite Youngster, female 11-12 y.o.
8. Ju Jitsu Mixed Kumite Youngster, male 11-12 y.o.
9. Ju Jitsu Mixed Kumite Cadet, female 13-15 y.o.
10. Ju Jitsu Mixed Kumite Cadet, male 13-15 y.o.
11. Ju Jitsu Mixed Kumite Junior, female 16-18 y.o.
12. Ju Jitsu Mixed Kumite Junior, male 16-18 y.o.
13. Ju Jitsu Mixed Kumite Senior, female 19+
14. Ju Jitsu Mixed Kumite Senior, male 19+
15. Ju Jitsu Mixed Kumite Veteran, male 35+

III. Fighting Ju Jitsu:

16. Fighting Ju Jitsu Cadet, female 13-15 y.o.
17. Fighting Ju Jitsu Cadet, male 13-15 y.o.
18. Fighting Ju Jitsu Junior, female 16-18 y.o.
19. Fighting Ju Jitsu Junior, male 16-18 y.o.
20. Fighting Ju Jitsu Senior, female 19+
21. Fighting Ju Jitsu Senior, male 19+

IV. Fighting Ju Jitsu without 1st phase (*no kicking and punching*):

22. Fighting Ju Jitsu without 1st phase Children, female 7-8 y.o. (ground fighting from knees)
23. Fighting Ju Jitsu without 1st phase Children, male 7-8 y.o. (ground fighting from knees)

24. Fighting Ju Jitsu without 1st phase Older Children, female 9-10 y.o. (ground fighting from knees)
25. Fighting Ju Jitsu without 1st phase Older Children, male 9-10 y.o. (ground fighting from knees)
26. Fighting Ju Jitsu without 1st phase Youngster, female 11-12 y.o.
27. Fighting Ju Jitsu without 1st phase Youngster, male 11-12 y.o.
28. Fighting Ju Jitsu without 1st phase Cadet, female 13-15 y.o.
29. Fighting Ju Jitsu without 1st phase Cadet, male 13-15 y.o.
30. Fighting Ju Jitsu without 1st phase Junior, female 16-18 y.o.
31. Fighting Ju Jitsu without 1st phase Junior, male 16-18 y.o.
32. Fighting Ju Jitsu without 1st phase Senior, female 19+
33. Fighting Ju Jitsu without 1st phase Senior, male 19+
34. Fighting Ju Jitsu without 1st phase Veteran, male 35+ OPEN

V. Kickboxing Semi Contact:

35. Kickboxing Semi Contact Cadet, female 13-15 y.o.
36. Kickboxing Semi Contact Cadet, male 13-15 y.o.
37. Kickboxing Semi Contact Junior, female 16-18 y.o.
38. Kickboxing Semi Contact Junior, male 16-18 y.o.
39. Kickboxing Semi Contact Senior, female 19+
40. Kickboxing Semi Contact Senior, male 19+
41. Kickboxing Semi Contact Veteran, male 35+ OPEN

VI. Kickboxing Kick Light:

42. Kickboxing Kick Light Cadet, female 15-16 y.o.
43. Kickboxing Kick Light Cadet, male 15-16 y.o.
44. Kickboxing Kick Light Junior, female 17-18 y.o.
45. Kickboxing Kick Light Junior, male 17-18 y.o.
46. Kickboxing Kick Light Senior, female 19-23 y.o.
47. Kickboxing Kick Light Senior, male 19-23 y.o.
48. Kickboxing Kick Light Veteran, female 24-40 y.o.
49. Kickboxing Kick Light Veteran, male 24-40 y.o.

In each Ju Jitsu age divisions, weight categories will be decided based on registered competitors, with a maximum weight range: children and older children 3 kg, youngster and cadet 5 kg, junior, senior and veteran 8 kg.

In Kickboxing, the weight range in all categories will be a maximum of 5 kg.

The difference between a competitor's weight provided in the registration card and their actual weight on the day of the competition can be a maximum of 0.5 kg. If a greater difference is found, the competitor will be disqualified.

A weight category must consist of at least three competitors; otherwise, the competition will not be held.

In extreme cases where an athlete cannot be filled to any divisions (big difference in weight to the nearest competitor), the organizer will notify the registering club a.s.a.p.