

# INTERNATIONAL POLISH CUP IMAF

## JU JITSU KICKBOXING



POWIAT  
INOWROCŁAWSKI

**INOWROCŁAW**  
**JUNE 20, 2026**

HONORARY PATRONAGE  
GOVERNOR OF THE INOWROCŁAW DISTRICT  
**WIEŚŁAWA PAWŁOWSKA**



## REGULATIONS for IMAF INTERNATIONAL POLISH CUP in JU JITSU & KICKBOXING

INOWROCŁAW, Poland, 20.06.2026

**Honorary Patronage:**  
*the Governor of the Inowrocław District, Wiesława Pawłowska*

**Purpose:** To promote Ju Jitsu and Kickboxing as martial arts and sports. To promote nationwide competition involving domestic and international clubs in disciplines promoted by IMAF Poland and IMAF Europe. To select the best athletes in the country.

**Eligibility:** Participation is open to member clubs of the IMAF Poland and IMAF Europe, as well as sports clubs not affiliated with IMAF structures, invited by the Organizer, both national and international.

**Fighting Formulas:** Ju Jitsu Kata, Ju Jitsu Mixed Kumite, Ju Jitsu Fighting, Ju Jitsu Fighting without 1st phase (no kicking & punching), Kickboxing Semi Contact, Kickboxing Kick-Light (see attachment no. 2 for details). If a competitor enters Kickboxing Kick-Light, it is not possible to combine participation in this category with other categories.

**Age divisions:** According to IMAF Poland regulations (see attachment no. 2 for details). Age is calculated on the day of the competition (not by birth year!).

**Organized by:** IMAF Poland & SSW Rondo Inowrocław.

**Head Referee:** Robert Antosiak shihan.

**Date and place:** 20<sup>th</sup> June 2026 (Saturday), 10:00 hr, „Kujawianka" Sports Hall, Marii Konopnickiej 11 street, 88-100 Inowrocław, Poland.

**Registration:** Only on the official registration form (see attachment no. 1). Entries along with payment must be sent by 05<sup>th</sup> June 2026 to: [imafcup@imaf.pl](mailto:imafcup@imaf.pl).

**Entry fees:**

**Children (under 18):**

1. IMAFPL licensed competitors:
  - € 15 - single category
  - € 30 - two or more individual categories
  - € 20 - Ju Jitsu Kata team
  
2. Competitors without IMAFPL license:
  - € 20 - single category
  - € 35 - two or more individual categories
  - € 25 - Ju Jitsu Kata team

**Adults:**

1. IMAFPL licensed competitors:
  - € 20 - single category
  - € 35 - two or more individual categories
  - € 25 - Ju Jitsu Kata team
  
2. Competitors without IMAFPL license:
  - € 25 - single category
  - € 40 - two or more individual categories
  - € 30 - Ju Jitsu Kata team

IMAF POLAND bank account:  
**account no.: 72 1090 1069 0000 0001 1544 2784**  
**SWIFT: WBKPPLPP + account no.**

Payment deadline: 05<sup>th</sup> June 2026 (transfer date counts).

**Awards:** Diplomas for all participants, medals for 1<sup>st</sup> - 3<sup>rd</sup> place, trophies for best female and male competitor (based on medals won), trophies for top three Clubs in ranking.

**Competition System:** Single knockout system, except Ju Jitsu Kata (point system). Matches are conducted by licensed IMAF Poland referees in accordance with IMAF Poland rules.

**Verification / Requirements:** Every athlete should have:

- Valid athlete medical card or doctor's approval for participation (Kickboxing, Ju Jitsu specified),
- Personal accident insurance,
- Signed declarations (see attachments no. 3-4)
- **Weight check during verification – tolerance 0.5kg!**

### **Schedule:**

*19<sup>th</sup> June 2026 (Friday)*

- Verification available: 18:00–21:00 hr („Kujawianka” Sports Hall, Marii Konopnickiej 11 street, 88-100 Inowrocław, Poland).

*20<sup>th</sup> June 2026 r. (Saturday)*

- Verification - 07:30-09:30 hr
- Referees & Teams Managers briefing – 09:30 hr
- Opening ceremony – 10:00 hr
- Competitions start – 10:20 hr
- Medal ceremonies: 12:00, 14:00, 15:00 hr
- Catering break (rotational breaks on tatami) 13:00-14:00 hr
- Estimated end of competition – 15:30 hr

### **Additional provisions:**

- The maximum number of competitors is 150; entries will be accepted on a first-come, first-served basis.
- The competition is planned to be held on four tatami.
- Competition attire and protective equipment must comply with IMAF Poland regulations. In Kickboxing Semi-Contact, competitors may wear a karate gi or long pants with a T-shirt designed for martial arts. In Kickboxing Kick-Light, sports shorts (without pockets or visible drawstrings) and a martial arts T-shirt are mandatory. Podium ceremonies require wearing a gi, kickboxing uniform, or club tracksuit only (competitors in casual clothing will not be allowed on the podium).
- The Organizer does not provide personal equipment for any of the competitions.
- Competitions rules are available at [www.imaf.pl](http://www.imaf.pl).
- Facebook: <https://www.facebook.com/events/1272927798389839/>

### **Supplement to the Competition Regulations and the IMAF Poland General Rules of Competitions:**

1. Each club may enter a maximum of two teams in each Ju Jitsu Kata age category.
2. In Ju Jitsu Mixed Kumite - first round (kicking & punching) the following protective equipment is mandatory: foot and shin guards, karate gloves, mouthguard,

helmet, and for competitors up to and including 15 years of age – hogo (body protector).

3. All competitors, regardless of the Kickboxing formula, must wear a tournament or sparring helmet with top head coverage in all age categories.
4. In Kickboxing Semi Contact, 10 oz full gloves are required; in Kickboxing Kick-Light, 14 oz gloves are required.
5. Additional Kickboxing equipment (optional): groin guard, hogo (body protector), chest protector for women.

#### **Information for Referees:**

1. The competitions will be lead by licensed IMAF Poland Referees.
2. The Organizer provides accommodation for Referees traveling over 200 km on the eve of the competition (June 19/20)
3. Meals for all referees on the day of the competition are provided by the Organizer.
4. All referees participating in officiating the competition will receive a referee wage from the Organizer.

#### **Other provisions:**

1. The Organizer, in consultation with the Head Referee, reserves the right to merge the closest categories if fewer than three competitors are entered in a category. The Head Referee will inform the relevant Team Managers of this decision before the start of the competition.
2. When merging two categories (due to a low number of entries), Team Manager has the right to withdraw his/her competitor before the competition begins in justified cases (e.g., significant differences in age, weight, etc., affecting fair competition). The decision must be made before the start of the competition and reported to the Head Referee by the Team Manager. The competitor is entitled to a refund of the entry fee for that category.
3. Any behavior that discredits martial arts by competitors, team officials, or anyone associated with a competitor will result in penalties, including disqualification. Unsportsmanlike conduct, as well as verbal expressions of negative emotions toward referees, officials, or coaches by a competitor or his/her coach during or after the bout, may result in such penalties. A coach who interferes with the proper conduct of the match may, by decision of the referee, be warned or removed from the competition area.

**Accommodation:** Check [www.booking.com](http://www.booking.com) or [www.trivago.pl](http://www.trivago.pl)

**Catering:** Available on competition day (€ 10/p.p.). Must be pre-ordered via registration form.

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