



# WAKO



**Targi Kielce**  
exhibition & congress centre



**RANKING TOURNAMENT**

**CHILDREN, CADETS, JUNIORS, SENIORS, VETERANS**

POINT FIGHTING, MUSICAL FORMS, KICK LIGHT,  
LIGHT CONTACT, LOW KICK, K1, FULL CONTACT



# WAKO



**Dear WAKO Friends,**

*The Polish Kickboxing Federation has the honor to invite fighters, coaches, judges, referees, and officials from member countries of the World Association of Kickboxing Organizations to take part in the international tournament Polish Kickboxing Cup 2026, which will be held on June 12-14, 2026.*

*The competition will take place at Targi Kielce, located at Zakładowa 1, 25-672 Kielce, Poland.*

*The Polish Kickboxing Cup is a dynamically growing sporting event that attracts top athletes from Poland and abroad every year. The tournament provides an excellent opportunity for high-level competition, exchange of experience, and promotion of kickboxing in the spirit of fair play.*

*I am confident that this year's edition will deliver great sporting excitement and will be an important event in the international competition calendar. We warmly invite everyone to participate and help create the unique atmosphere of this event.*

*We are looking forward to welcoming you all in Kielce.*

**Yours sincerely,**

Grzegorz Wrzesień - President of the Polish Kickboxing Federation



**TOURNAMENT  
OFFICE**

**ACCOMMODATION**

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**Tournament ranked in the WAKO ranking**

**ON-LINE REGISTRATION: [www.sportdata.org/kickboxing](http://www.sportdata.org/kickboxing)  
UNTIL 01.06.2026 – ENTRY FEE: 40 Euro**

**BILLING INFO**

Account name: Polish Kickboxing Association  
Bank: PKO Bank Polski SA  
SWIFT / BIC: BPKOPLPW  
IBAN: PL09102010970000740202348779

**PAYMENT INFO**

Payment is mandatory via internet banking or bank transaction increased the banking tax. Only when the registration fee is paid, competitors will be included from the waiting list in the registered categories.

All competitors at the weight control must be correct for categories in which they are registered.  
**Otherwise they will be immediately disqualified from Polish Kickboxing Cup.**



# WAKO



## Tournament ranked in the WAKO ranking

**ON-LINE REGISTRATION:** [www.sportdata.org/kickboxing](http://www.sportdata.org/kickboxing)  
**UNTIL 01.06.2026 – ENTRY FEE:** 40 Euro

### COMPETITION PROGRAM

#### **DAY 1** – Friday, 12.06.2026

**07:00 – 13:00** – registration and weigh-in (all categories)

**16:00 – 21:00** – eliminations: Ring disciplines, Tatami point fighting, musical forms

#### **DAY 2** – Saturday, 13.06.2026

**06:00 – 07:00** – control weigh-in (ring disciplines)

**09:00 – 20:00** – all PF, KL and LC disciplines

**09:00 – 20:00** – semi-finals and finals (ring disciplines)

**14:00** – opening ceremony

**Awarding ceremonies:** – ring disciplines and tatami point fighting – throughout the day

#### **DAY 3** – Sunday, 14.06.2026

**06:00 – 07:00** – control weigh-in (ring disciplines)

**09:00 – 20:00** – finals (ring disciplines)

**09:00 – 20:00** – all KL and LC disciplines

**Awarding ceremonies:** – ring disciplines, KL and LC – throughout the day,  
immediately after each category is completed

**THE COMPETITION WILL HELD IN ACCORDANCE WITH WAKO RULES.**

## TATAMI DISCIPLINE

### POINT FIGHTING

<b>Children:</b> - boys and girls: (2017.-2019.) (2x1 min)	-18, -21, -24, -27, -30, -33, -36, +36 kg
<b>Younger cadets:</b> - boys and girls: (2014.-2016.) (2x1 min)	-28, -32, -37, -42, -47, +47 kg
<b>Older cadets:</b> - boys: (2011.-2013.) (2x1,5 min)	-32, -37, -42, -47, -52, -57, -63, -69, +69 kg
<b>Older cadets:</b> - girls: (2011.-2013.) (2x1,5 min)	-32, -37, -42, -46, -50, -55, -60, -65, +65 kg
<b>Juniors women:</b> (2008.-2010.) (2x2 min)	-50, -55, -60, -65, -70, +70 kg
<b>Juniors men:</b> (2008.-2010.) (2x2 min)	-57, -63, -69, -74, -79, -84, -89, -94, +94 kg
<b>Seniors women:</b> (1986.-2007.) (2x2 min)	-50, -55, -60, -65, -70, +70 kg
<b>Seniors men:</b> (1986.-2007.) (2x2 min)	-57, -63, -69, -74, -79, -84, -89, -94, +94 kg
<b>Master class - men:</b> (1971.-1985.) (2x1,5 min)	-63, -74, -84, -94, +94 kg
<b>Master class - women:</b> (1971.-1985.) (2x1,5 min)	-55, -65, +65 kg
<b>Team fight:</b> - children / younger cadets / older cadets / juniors / seniors (3+1) (4x1 min)	

### LIGHT CONTACT - KICK LIGHT

<b>Older cadets - girls:</b> (2011.-2013.) (2x1,5 min)	-32, -37, -42, -47, -52, -57, -63, -69, +69 kg
<b>Older cadets - boys:</b> (2011.-2013.) (2x1,5 min)	-32, -37, -42, -46, -50, -55, -60, -65, +65 kg
<b>Juniors - women:</b> (2008.-2010.) (2x2 min)	-50, -55, -60, -65, -70, +70 kg
<b>Juniors - men:</b> (2008.-2010.) (2x2 min)	-57, -63, -69, -74, -79, -84, -89, -94, +94 kg
<b>Seniors - women:</b> (1986.-2007.) (2x2 min)	-50, -55, -60, -65, -70, +70 kg
<b>Seniors - men:</b> (1986.-2007.) (2x2 min)	-57, -63, -69, -74, -79, -84, -89, -94, +94 kg
<b>Master class - men:</b> (1971.-1985.) (2x1,5 min)	-63, -74, -84, -94, +94 kg
<b>Master class - women:</b> (1971.-1985.) (2x1,5 min)	-55, -65, +65 kg

### MUSICAL FORMS AND CREATIVE FORMS ALL CATEGORIES ACCORDING THE WAKO RULES

## RING DISCIPLINE

### FULL CONTACT + LOW KICK + K1

<b>Younger Juniors - men:</b> (2010.-2011.) (3x2 min)	-42, -45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, +81 kg
<b>Younger Juniors - women:</b> (2010.-2011.) (3x2 min)	-36, -40, -44, -48, -52, -56, -60, +60 kg
<b>Older Juniors - men:</b> (2008.-2009.) (3x2 min)	-51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91 kg
<b>Older Juniors - women:</b> (2008.-2009.) (3x2 min)	-48, -52, -56, -60, -65, -70, +70 kg
<b>Seniors - men:</b> (1986.-2007.) (3x2 min)	-51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91 kg
<b>Seniors - women:</b> (1986.-2007.) (3x2 min)	-48, -52, -56, -60, -65, -70, +70 kg

### Participation

- Each club/team may enter an unlimited number of competitors in each weight category
- Each competitor must have his identification document and valid WAKO medical certificate
- Each competitor have to during the weight control submit a signed by himself or by parents for minors "WAKO liability waiver" document
- All competitors take part in their own responsibility, or on the responsibility of parents, or coaches
- The organizer is not responsible for the possibly adverse effect caused during the competition
- By the on-line registration the competitor / coach confirm that they are acquainted with all the WAKO rules of the competition and will respect them
- Competitors in the ring disciplines are allowed to participate only in one ring category
- Protective equipment - Competitors mandatory use protective equipment prescribed by the WAKO rules
- If at least 3 competitors does not participate in one weight class category, competitors will be automatically transferred to the first heavier category, except ring disciplines