



EUROPEAN CHAMPIONSHIP

SZCZECIN (POLAND) – 23-26 OCT 2025



PROGRAM

Wednesday, October 22, 2025:

16.00 – 20.00 = Identity document control (for the participants to the European Championship) and weight control (only for the participants to the European Championship in kumite competition, non-open categories).

Thursday, October 23, 2025:

8.00 – 13.00 = Identity document control (for the participants to the European Championship) and weight control (only for the participants to the European Championship in kumite competition, non-open categories).

8.30 – 13.00 = Referee Seminar, mandatory for all referees and judges.

11.30 – 13.00 = Coach Seminar, mandatory for all coaches that will receive competition passes.

13.00 – 15.00 = Lunch break

15.00 – 16.00 = Female Youngs – Absolutes kata teams, Mix kata teams and male/female individual **kata for disability**, all categories.

16.00 – 17.30 = Female Juveniles – Cadets individual kata.

17.30 – 19.00 = Female Juniors – Seniors individual kata.

19.00 – 20.00 = Female Absolute Seniors individual kata (all styles).

Friday, October 24, 2025:

8.30 – 9.00 = Male Youngs – Absolutes kata teams.

9.00 – 10.30 = Male Juveniles – Cadets individual kata.

10.30 – 12.00 = Male Juniors – Seniors individual kata.

12.00 – 13.00 = Male Absolute Seniors individual kata (all styles).

13.00 – 14.00 = Lunch break.

IKU International Karate Union

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Secretary Office – Via G. Carducci, 45 – 30171 – Mestre, Venice (VE) – Italy

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- 14.00 – 15.00 = Opening ceremony (with the participation of the entire national teams).
- 15.00 – 16.00 = Male/female Veterans individual kata and kata teams.
- 16.00 – 17.00 = Male/female Veterans individual Sanbon/Ippon kumite and kumite teams and female Cadets – Juniors – Seniors individual Ippon kumite.
- 17.00 – 18.00 = Male Cadets – Juniors – Seniors individual Ippon kumite.
- 18.00 – 19.00 = Male/female Ippon kumite teams, all categories.
- 19.00 – 21.00 = Female Cadets – Juniors – Seniors individual Sanbon kumite and Female Absolute Seniors individual Sanbon kumite.

Saturday, October 25, 2025:

- 8.30 – 10.00 = Male/female Juveniles individual Nihon kumite.
- 10.00 – 11.00 = Male Cadets male individual Sanbon kumite.
- 11.00 – 12.30 = Male Seniors individual Sanbon kumite.
- 12.30 – 13.30 = Lunch break.
- 13.30 – 15.00 = Male Juniors individual Sanbon kumite and Male Absolute Seniors individual Sanbon kumite.
- 13.30 – 20.30 = Identity/weight control for Contact kumite and Male/female Juveniles – Cadets – Juniors – Seniors – Veterans individual Contact kumite.
- 15.00 – 17.00 = Female Nihon/Sanbon kumite teams, all categories.
- 17.00 – 19.30 = Male Nihon/Sanbon kumite teams, all categories.
- 19.30 – 20.00 = Mix Sanbon kumite teams, all categories.

Sunday, October 26, 2025:

- 8.30 – 10.00 = Female Children A – Children B – Children C – Juveniles individual kata.
- 10.00 – 11.30 = Female Children A – Children B – Children C – Juveniles individual Nihon kumite.
- 11.30 – 12.00 = Female Cadets – Juniors – Seniors – Veterans individual kata.

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- 12.00 – 12.30 = Female Cadets – Juniors – Seniors – Veterans individual Sanbon kumite.
- 12.30 – 13.30 = Lunch break.
- 13.30 – 15.30 = Male Children A – Children B – Children C – Juveniles individual kata.
- 15.30 – 17.30 = Male Children A – Children B – Children C – Juveniles individual Nihon kumite and Male/female Children B – Children C individual Contact kumite.
- 17.30 – 18.30 = Male Cadets – Juniors – Seniors – Veterans individual kata.
- 18.30 – 19.30 = Male Cadets – Juniors – Seniors – Veterans individual Sanbon kumite.
- 19.30 – 20.00 = Closing ceremony.
- 21.30 – 23:30 = SAYONARA PARTY

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PROGRAM DETAILS

EUROPEAN GAMES

The competition will take place on five or six competition areas and the medal ceremony will be made at the end of each category.

Age* categories and specialties:

Children A (up to 7)	Individual kata – Individual Nihon kumite
Children B (8-9)	Individual kata – Individual Nihon kumite – Individual Contact kumite
Children C (10-11)	Individual kata – Individual Nihon kumite – Individual Contact kumite
Juveniles (12-13)	Individual kata – Individual Nihon kumite
Cadets (14-15)	Individual kata – Individual Sanbon kumite
Juniors (16-17)	Individual kata – Individual Sanbon kumite
Seniors (18-40)	Individual kata – Individual Sanbon kumite
Veterans A (41-50) and Veterans B (51-65)	Individual kata – Individual Sanbon kumite

*Age intended on the competition day. No limit is foreseen in the number of participants for each country in all categories.

In kata competition, the competitors from Children A to Children C will be divided into three classes: 1) up to orange belt; 2) green/blue belt; 3) brown/black belt. From Juveniles to Veterans will be divided into two classes: 1) white/yellow belt; 2) orange/green belt.

For the allowed kata list and all other rules, refer to the IKU competition rules published on IKU web site, in all age classes and belts the athletes can perform a free kata (please, remember only competitors up to orange belt may perform the same kata in the different rounds). Kata competition will also be divided into styles (Shotokan, Wado Ryu, Shito Ryu, Goju Ryu, Rengokai). Each competitor may compete in one karate style only.

Kumite competition will be ruled according to the Shobu Nihon and Shobu Sanbon competition rules. The competitors from Children A to Children C will be divided into two groups: 1) up to green belt; 2) blue/brown/black belts; from Juveniles to Veterans is foreseen only one group up to green belt.

Categories	Male	Female
Children A (up to 7)	kg -25 -30 -35 +35	kg -30 -35 +35
Children B (8-9)	kg -35 -40 -45 +45	kg -35 -40 +40
Children C (10-11)	kg -40 -45 -50 +50	kg -37 -42 +42
Juveniles (12-13)	kg -45 -50 -55 -60 +60	kg -42 -47 +47
Cadets (14-15)	kg -52 -57 -63 -70 +70	kg -47 -55 +55
Juniors (16-17)	kg -55 -61 -68 -75 +75	kg -50 -58 +58

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Seniors (18-40)	kg -62 -68 -74 -80 +80	kg -55 -63 +63
Veterans A (41-50) and Veterans B (51-65)	Open	Open

In the European Games a Contact kumite competition is foreseen for the categories Children B and Children C, no belt division (only all belts group), according to the program stated above, to the competition structure described above and to the IKU Contact Karate competition rules (Kyokushin Kumite e Jissen Kumite specialties).

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The competition will take place on four competition areas with the medal ceremony immediately after the end of each category. On the podium all athletes shall wear their national tracksuit or karategi. No other clothing will be allowed.

Age* categories and specialties:

Juveniles (12-13)	Individual kata – Individual Nihon kumite – Nihon kumite Teams – Individual Contact kumite
Cadets (14-15)	Individual kata – Individual Sanbon/Ippon kumite – Sanbon/Ippon kumite Teams – Individual Contact kumite
Juniors (16-17)	Individual kata – Individual Sanbon/Ippon kumite – Sanbon/Ippon kumite Teams – Individual Contact kumite
Seniors (18-40)	Individual kata – Absolute kata – Mix kata Teams – Individual Sanbon/Ippon kumite – Absolute Sanbon kumite – Sanbon/Ippon kumite Teams – Mix kumite Teams – Individual Contact kumite
Veterans A (41-50) and Veterans B (51-65)	Individual kata – Individual Sanbon kumite
Veterans (41-65)	Kata Teams – Individual Ippon kumite – Sanbon/Ippon kumite Teams – Individual Contact kumite
Youngs (12-15)	Kata Teams
Absolutes (16-40)	Kata Teams

*Age intended on the accreditation day. No limit is foreseen in the number of participants for each country in all individual competitions. In team competitions only one team per country per category is allowed, excepted the hosting country that can participate with a maximum of two teams per category.

In kata competition only blue/brown/black belt competitors will be allowed to compete. For the allowed kata list and all other rules, refer to the IKU competition rules published on IKU web site.

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The kata competitors will also be divided into styles (Shotokan, Wado Ryu, Shito Ryu, Goju Ryu, Rengokai). Each competitor may compete in one karate style only. A new kata category, all styles, called "Absolute" has been established. It is reserved to male and female Senior competitors (18-40).

The Kata Teams competition is interstyle. The teams shall be composed of three male or female athletes and will be divided into the following categories:

- a) YOUNGS (with athletes from Juveniles and Cadets categories);
- b) ABSOLUTES (with athletes from Juniors and Seniors categories);
- c) VETERANS (with athletes from Veterans A and Veterans B categories).

Mix kata teams competition is foreseen, open style and only for Seniors category, the teams shall be composed of two females and one male with direct matches (flag system).

The Kumite competition will be divided into: Shobu Nihon (for Juveniles), Shobu Sanbon and Shobu Ippon. From the age of 14 a competitor may only compete in one competition type, either Sanbon or Ippon, with the exception of Veterans (41-65 years) who will be able to compete in both. A new kumite category, open weight, called "Absolute" has been established and it is reserved to male and female Senior competitors (18-40).

In Kumite Teams competition a national federation may let an athlete compete in different specialties (Sanbon, Ippon).

In kumite competitions only blue/brown/black belt competitors will be allowed to compete.

Individual Shobu Nihon:

Categories	Male	Female
Juveniles (12-13)	kg -45 -50 -55 -60 +60	kg -42 -47 +47

Individual Shobu Sanbon:

Categories	Male	Female
Cadets (14-15)	kg -52 -57 -63 -70 +70	kg -47 -55 +55
Juniors (16-17)	kg -55 -61 -68 -75 +75	kg -50 -58 +58
Seniors (18-40)	kg -62 -68 -74 -80 +80	kg -55 -63 +63
Veterans A (41-50)	Open	Open
Veterans B (51-65)	Open	Open

Individual Shobu Ippon:

Categories	Male	Female
Cadets (14-15)	Open	Open
Juniors (16-17)	Open	Open
Seniors (18-40)	Open	Open
Veterans (41-65)	Open	Open

The Kumite Teams competitions (Nihon, Sanbon, Ippon) are open weight. Mix Sanbon kumite teams competition is foreseen, open weight and only for Seniors category, the teams shall be composed of two males and one female.

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In the European Championship a competition for disabled athletes is foreseen. Please, refer to the rules published in IKU Disability Karate (see official IKU website).

Remember the three different categories of disability admitted in the competition:

- Athletes with motor disability (in wheelchairs or crutches)
- Athletes with visual impairments
- Athletes with intellectual impairments

The division by age will be:

- Up to 12 years
- From 13 to 17 years
- From 18 years

If case of a low number of competitors, the categories can be merged (male and female together).

In the Championship a Contact kumite competition is foreseen. It will take place on two competition areas according to the program stated above, to the competition structure described above and to the IKU Contact Karate competition rules (Kyokushin Kumite e Jissen Kumite specialties).

GENERAL RULES

Sports, traditional, contact and disabled karate competitions will be carried out according to the IKU competition rules published in IKU website: <https://ikunion.org/>; for all other matters refer to IKU rules and regulations.

According to art. 4 of IKU General Competition Rules, the access to the competition areas is allowed only to coaches with a pass, validated by the coach seminar; remember to read carefully the rules regarding the clothing of the coaches because no exceptions will be tolerated. The participation fee for the competition is € 30,00 per coach.

The registrations shall be made to IKU General Secretary only on-line, by <https://my.internationalkarateunion.info/>, from June 15th, to September 30th, 2025.

The registration fee is € 30,00 per athlete, per specialty and € 60,00 per team. No fee is requested for disabled athletes.

The registration fee can only be paid in Euro (in cash on the competition site or by bank transfer on the IKU bank account).

Registrations or changes received after the deadline will not be accepted, moreover the athletes eventually found out of weight shall pay a new registration of € 30,00 to be allowed to compete.

Please also remember that, in the event that a national federation participates without referees, a surcharge of €10 will be applied for each individual registration and €15 for each team registration.

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