



WAK-1F European Open K-1 Championship 2026

Competition Regulations

18 to 20 December 2026 | Siauliai Lithuania

Organisers	WAK-1F and the Lithuanian K-1 Sports Federation
Venue	Vilniaus St. 297, LT-76308 Siauliai, Lithuania
Registration deadline	7 December 2026
Registration platform	kumitetechnology.com

Approved by

Donatas Simanaitis
President of WAK-1F

1 Purpose and Scope

These Regulations govern participation in and delivery of the WAK-1F European Open K-1 Championship 2026. The Championship is organised to develop athletes' competitive skills, identify leading K-1 athletes, promote K-1 and encourage a healthy lifestyle. The competition shall be conducted under these Regulations, the applicable WAK-1F amateur K-1 competition rules, the decisions of the Organising Committee and all mandatory safety requirements.

The Championship is an open international WAK-1F event conducted exclusively under WAK-1F authority and the decisions of the Organising Committee.

2 Championship Schedule

Date and time	Activity
Friday 18 December 16:00-20:00	Accreditation, registration verification, official weigh-in and medical document check
Friday 18 December 18:00-19:00	Referees' briefing
Saturday 19 December 10:00-11:00	Draw review and confirmation
Saturday 19 December 10:30-11:00	Referees' meeting
Saturday 19 December 11:00	Competition begins on Tatami 1, Ring 2 and Ring 3
Saturday 19 December 13:00-15:00	Preliminary bouts and semifinals, where applicable
Saturday 19 December 15:00	Lunch break
Saturday 19 December 16:00	Scheduled bouts and finals where the draw permits
Sunday 20 December 10:00-15:00	Remaining semifinals, finals and awards ceremony

The Organising Committee may adjust the timetable, competition area assignments and bout order after registration closes and the final draw is confirmed.

3 Competition Areas and Age Groups

Start	Area	Age groups
11:00	Tatami 1	8-9 and 10-11 years
11:00	Ring 2	12-13 and 14-15 years
11:00	Ring 3	16-17 years and 18-40 years

4 Eligibility and Divisions

- Male and female athletes compete in separate divisions.
- Participants may be entered by a sports club or coach. An individual athlete may enter only where the organiser confirms eligibility and accepts the entry.
- Each athlete may compete only in the age, weight and experience division confirmed at accreditation.
- The athlete's age is determined as of the date of the official weigh-in. Proof of identity is mandatory.

5 Age Weight and Bout Categories

Age	Male weight categories in kg	Female weight categories in kg	Bout duration
8-9	-18, -21, -24, -27, -30, -33, -36, -38, -40, -42, -44, -46, -	-18, -21, -24, -27, -30, -33, -36, -38, -40, -42, -44, -	2 rounds x 1 minute

Age	Male weight categories in kg	Female weight categories in kg	Bout duration
	48, +50	46, -48, +50	
10-11	-30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -50, -52, -54, -56, -58, -60, -63.5, -67, +67	-30, -32, -34, -36, -38, -40, -42, -44, -46, -48, -50, -52, -54, -56, -58, -60, +60	2 rounds x 1 minute
12-13	-32, -34, -36, -38, -40, -42, -44, -46, -48, -50, -52, -54, -56, -58, -60, -63.5, -67, -71, +71	-32, -34, -36, -38, -40, -42, -44, -46, -48, -50, -52, -54, -56, -58, -60, -63.5, +63.5	2 rounds x 1.5 minutes
14-15	-38, -40, -42, -45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, +81	-36, -38, -40, -42, -45, -48, -51, -54, -57, -60, -63.5, -67, -71, +71	2 rounds x 2 minutes
16-17	-45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91	-42, -45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, +75	3 rounds x 2 minutes
18-40	-45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91	-45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, +75	3 rounds x 2 minutes

The categories above apply to male and female competitors in separate divisions. There is zero tolerance for exceeding the weight limit. An overweight athlete will be moved to the next applicable weight category, subject to confirmation by the Organising Committee and Chief Referee.

6 Official Weigh In and Category Changes

1. An athlete must make the declared weight at the official weigh-in.
2. An athlete above the category limit may, at the discretion of the Organising Committee and Chief Referee, be moved to a higher category, be removed from the category or be allowed a repeat weigh-in.
3. Where only one athlete is entered in a category, the organiser may offer transfer to the nearest suitable category. For a minor, written consent of a parent or legal guardian and approval of the coach and officials are required.
4. If no suitable category can be provided for a sole entrant, the athlete may change category or receive a refund of the entry fee.
5. The final decision on category placement rests with the Organising Committee and Chief Referee. Safety and reasonable parity take priority over completing a bracket.

7 Competition Rules and Determination of the Winner

Bouts shall be conducted under the applicable WAK-1F amateur K-1 rules. For children and younger age groups, contact must remain controlled and athlete safety takes precedence. A knockout must never be treated as the desired outcome in a child division.

- A bout may be won by judges' decision, technical knockout, knockout where permitted for the relevant age and class, disqualification, retirement, walkover or medical stoppage.
- Judges assess effective and controlled techniques, technical quality, activity, defence and overall control of the bout.
- The referee may stop a bout at any time where continued participation presents a risk to an athlete's health or safety.
- Knee strikes to the head are prohibited for athletes under 17 years of age.

8 Required Equipment

Provided by the athlete	Provided by the organiser
K-1 shorts; K-1 competition shirt; hand wraps; mouthguard; groin protector as applicable	Competition gloves; headguard; shin and instep protectors; chest protector for athletes up to 15 years of age

The colour of the gloves, headguard, chest protector and competition shirt must correspond to the athlete's assigned corner. Equipment must be correctly fitted, in good condition and approved by the officials.

9 Medical and Safety Requirements

- Every athlete must complete the medical control required by the organiser before competing.

- Each athlete must present a valid health certificate and proof of insurance covering participation in combat sports competition.
- Where a head injury or concussion is suspected, the athlete shall be removed from competition immediately and assessed by qualified medical personnel. Medical suspension requirements must be observed.
- A minor may participate only with written consent from a parent or legal guardian.
- The ringside medical professional and referee have authority to stop a bout on safety grounds. Their safety decision is final for that bout.
- An optional on-site medical examination, where required, costs EUR 10.

Participation in combat sport involves inherent risk. Athletes and, where applicable, parents or guardians confirm that the required medical and insurance documents are valid. Nothing in these Regulations excludes liability that cannot legally be excluded under applicable law.

10 Refereeing and Officials

The competition is administered by the Chief Referee, ring and tatami referees, judges, the Secretariat and medical personnel. The referee controls the bout and is primarily responsible for enforcing the rules and protecting the athletes.

- The referee may stop the bout, issue a warning, deduct points, disqualify an athlete, request medical assessment or terminate the bout for safety reasons.
- To support impartial international officiating, each participating team must nominate and bring one suitably qualified referee or judge.
- A written protest may be submitted by the authorised team representative. The protest fee is EUR 100 and must accompany the protest. The competition jury's decision is final.

11 Coaches and Seconds

- Each athlete may be accompanied by no more than two seconds.
- Coaches and seconds must respect athletes, opponents, officials and event staff; comply promptly with official instructions; and avoid abusive language, interference or unsporting conduct.
- A coach or second who breaches these requirements may be removed from the competition area or event.

12 Delegation Responsibility and Code of Conduct

Each team shall appoint a Head of Delegation. The Head of Delegation is responsible for the conduct and supervision of athletes, coaches, officials, chaperones and accompanying persons from arrival until departure.

- Alcohol use by minors and the possession or use of illegal drugs are prohibited. Violations may lead to removal from the Championship and referral to the competent authorities.
- All participants must treat opponents, officials, organisers and venue personnel with respect and comply with venue and accommodation rules.
- Violence outside competition, threats, harassment, discrimination, abusive behaviour and deliberate disruption are prohibited.
- A delegation is responsible for damage caused by its members or accompanying persons and may be charged for repair or replacement costs.
- The organiser may remove any person whose behaviour threatens safety, order or the reputation of the Championship.

13 Registration and Entry Requirements

Requirement	Details
Registration platform	kumitetechnology.com
Final registration deadline	7 December 2026
Entry fee	EUR 60 per athlete until 9 November 2026; EUR 70 per athlete from 10 November 2026

Requirement	Details
Required documents	Passport or national identity card; valid health certificate; proof of insurance; written parental or guardian consent for minors
Information contact	zenonasbudraitis@gmail.com

More information: zenonasbudraitis@gmail.com

Participant entry fee: EUR 60 per athlete for registrations submitted from the date of publication until 9 November 2026. From 10 November 2026, the entry fee is EUR 70 per athlete.

Entries are valid only after acceptance by the organiser and payment of the applicable fee. The organiser may refuse or cancel participation where an athlete does not meet the age, weight, experience, medical, document or equipment requirements, or where the athlete or representative breaches these Regulations.

14 Draw Team Entries and Competition Administration

- Teams must verify all athlete details before the draw is confirmed.
- Late changes may be accepted only at the organiser's discretion and where they do not compromise safety or sporting fairness.
- The organiser may merge, divide or cancel categories after considering the number of entrants, age, weight, experience and safety. Consent requirements for minors remain applicable.
- The official bout order, area assignment and competition timetable will be published after the draw and may be updated during the Championship.

15 Awards

The winner of each category will receive a trophy, medal and diploma. Other medal positions will receive medals and diplomas. The organiser may also present team or special awards.

16 Travel Accommodation and Visas

- Visa and accommodation enquiries: zenonasbudraitis@gmail.com.
- Indicative hotel price: from EUR 35 per person. The final price, room type, meal plan and booking conditions must be confirmed directly with the organiser.
- Each delegation is responsible for submitting accurate travel and accommodation information by any deadline communicated by the organiser.

17 Organising Committee

Role	Name and contact
Chairman	Zenonas Budraitis +370 617 39121 zenonasbudraitis@gmail.com
Chief Referee	Roland Mikalauskas Latvia
Chief Secretary	Renata Kutkeviciute +370 620 51079;
Official website	www.wak-1f.com

18 Final Provisions

- By submitting an entry, the athlete, club and delegation confirm acceptance of these Regulations and all lawful instructions issued by the Organising Committee and officials.

7. Questions not expressly covered by these Regulations shall be decided by the Organising Committee and Chief Referee in accordance with the applicable WAK-1F amateur K-1 rules, athlete safety and fair competition principles.
8. In the event of an inconsistency between published information and a written official update, the latest written update issued by the Organising Committee shall prevail.

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