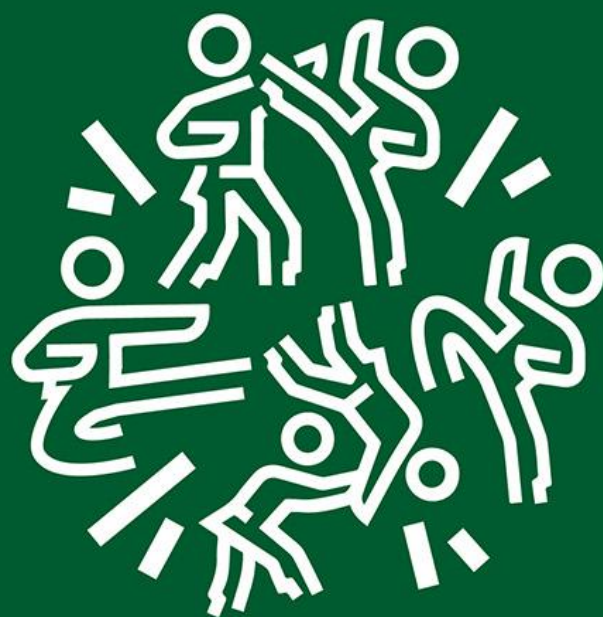




Warsaw 2025



European Universities Combat
Championships

HANDBOOK GUIDELINE



eusa

Warsaw 2025
EUROPEAN UNIVERSITIES
COMBAT CHAMPIONSHIPS



Organisers:



Akademicki
Związek
Sportowy



AZS 
WARSZAWA

eusa university
sports
europe

Honorary Patronages:



Prezydent
miasta stołecznego
Warszawy



Marszałek
Województwa
Mazowieckiego

Main Partners:



Warszawa



Ministerstwo
Sportu i Turystyki

Mazowsze.
serce Polski

Partners:



TOP TEN
SAFETY IS OUR SUCCESS

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ARCHE
HOTELE



TOYOTA
W&J Wiśniewski
Warszawa - Izabelin

WZ Wydział Zarządzania
Uniwersytet Warszawski



UNIwersytet
WARSZAWSKI



WARSZAWSKI
UNIwersytet
MEDYCZNY



Warszawa
Włochy

Organizator

Partner Główny

Partnerzy

Patronat honorowy



Warsaw 2025
EUROPEAN UNIVERSITIES
COMBAT CHAMPIONSHIPS





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I. Welcome Messages

1. Message from The President of EUSA

Dear Friends,

It is with great pleasure and appreciation that I extend a warm welcome to all our Organising Committees, athletes, partner universities, member and associated member institutions across Europe.

As we embark on another exciting chapter in the European University Sports Association's journey, I would like to express my deepest gratitude for the commitment, energy, and collaboration you continuously bring to our shared mission. Your involvement is the cornerstone of every successful event, initiative, and milestone we achieve.



The European Universities movement continues to grow, thanks to your trust and dedication. Whether you are hosting a Championship, supporting student-athletes, or engaging in our educational and social responsibility projects, your contributions are shaping the future of university sport in Europe.

Our achievements in recent years, from the record-breaking European Universities Games to the expansion of our membership network, are a testament to the strength of our community. This success would not be possible without your invaluable partnership and the spirit of cooperation that defines our work together.

As we look forward to the 2025 European Universities Championships and beyond, I am confident that, together, we will continue to deliver impactful experiences for students, foster lasting international relationships, and inspire the next generation through sport.

Looking ahead, I invite all of you to join us for the 2025 European Universities Championships and to prepare for the European Universities Games 2026 in Salerno, Italy. These events are set to be even more inspiring as we strengthen the role of university sport in fostering inclusion, excellence, and cross-cultural dialogue across Europe.

As always, our achievements are the result of collective efforts. My sincere gratitude goes to our Member Federations, Organizing Committees, volunteers, partners, and the EUSA staff for their dedication and enthusiasm. I also thank FISU and the European Commission for their ongoing support, which enables us to expand our impact year after year.

Thank you for being an essential part of the EUSA Family. The championships are an opportunity to recognise and celebrate our collective efforts.

Let's make 2025 another landmark year for university sports and the upcoming years!

Adam Roczek
EUSA President



2. Message from The President of NUSA

Dear Athletes,

On behalf of the entire Polish Student Sport Association, I am honored to extend a warm and heartfelt welcome to capital of Poland for the **Eupoean Universities Combat Championships**. It is a privilege to host you, the finest student athletes from across Europe.

This championship is more than just a competition; it is a celebration of the unique spirit that drives student sports. You represent the very best of your universities and your countries, balancing the demands of your academic studies with the rigorous pursuit of athletic excellence. Your commitment and passion are a true inspiration to us all.



Beyond the fights, tatamis, and rings, we hope you take the time to explore our vibrant city. Immerse yourselves in its culture, discover its history, and, most importantly, connect with your fellow athletes. These connections are what make these championships truly special, forging friendships and memories that will last a lifetime.

I have no doubt that you will compete with the highest levels of skill, dedication, and sportsmanship. May you all have an unforgettable experience, and may the best athletes win.

Welcome, and good luck!

Prof. dr hab. Alojzy Nowak

President of University Sport Association of Poland



3. Message from The President of OC EUC

Dear Participants of the European Universities Combat Championships 2025 in Warsaw,

On behalf of the Warsaw branch of the Academic Sports Association (AZS Warszawa) – the organizer of this major university sports event held in the capital of Poland – I would like to extend a warm welcome to you and wish you both successful performances and a pleasant stay in our beautiful city.

You can be sure that you will be met here with the kindness and hospitality of both the organizers and the people of Warsaw, who greatly value fair sporting rivalry and are open to becoming friends with students from across Europe.

The European Universities Combat Championships 2025 in Warsaw will take place from August 22 to 25, 2025, bringing together student-athletes from four martial arts disciplines: karate, kickboxing, judo, and taekwondo. Participants will represent 400 universities from 32 European countries. A total of 1,480 people will take part – 1,131 athletes and 349 coaches, physiotherapists, medical staff, and team coaches.

I am confident that both the sporting competition and the accompanying events – as well as your stay in our capital – will bring you a sense of satisfaction and many good memories.

Please feel at home in Warsaw, and remember the old academic motto “Primus inter pares” – “First among equals” – because each and every one of you is already a winner simply by taking part in the European Universities Combat Championships 2025 in Warsaw.

Once again, I wish you a rewarding experience at the Championships and many enjoyable moments beyond sport.

Prof. Marek Konopczyński, PhD, dr h.c.

President of OC

President of Warsaw University Sport Association





4. Message from The Marshal of the Mazowieckie Voivodeship

Dear Guests,

It is my great pleasure to welcome all participants of the European Universities Combat Championships 2025, held here in Warsaw. We are about to experience an unforgettable four-day event, filled with thrilling sports moments, intense emotions and unexpected surprises.

Practicing martial arts is much more than developing physical fitness, strategic thinking and the ability to respond swiftly to an opponent's moves. It is accompanied by a broader life philosophy rooted in the pursuit of self-improvement, inner harmony and becoming a better person. Martial arts are a true school of willpower and character, shaping personality and strengthening the spirit.

We are deeply honoured to host in Mazowieckie Voivodeship young athletes of karate, kickboxing, judo and taekwondo, representing over 400 universities from across Europe, along with their coaches and team members. This event is a wonderful opportunity to promote Mazovia. Poland's largest region radiates positive energy and continues to grow dynamically, attracting young people from all over the world. Warsaw is home to many thriving academic institutions, boasts excellent sports facilities and is a modern European capital open to international cooperation and building bridges through sport. Its residents warmly welcome students from across Europe, for whom competition on the mat is also a chance to meet new people, discover different cultures and strengthen bonds with peers from all corners of the continent.

I invite you to enjoy the exciting combat performances, which teach us that the path to victory lies through humility, self-control and mutual respect. I wish all athletes success in their competitions, satisfaction with their achievements and many future triumphs. I warmly greet all participants and hope your time in Mazovia will be both enjoyable and inspiring.

May the best win!

Adam Struzik

Marshal of the Mazowieckie Voivodeship





5. Message from The Mayor of Warsaw

Dear Athletes, Coaches, Organizers, and Guests,

It is my great pleasure to welcome you to the European Universities Combat Championships 2025. We are honoured to host such a prestigious event, bringing together nearly 1,500 participants from over 400 universities and 32 countries across Europe.

Over the course of these championships, Warsaw becomes not only the capital of Poland but also the European capital of academic martial arts. Disciplines such as karate, kickboxing, judo, and taekwondo represent not only physical competition and skill but, above all, serve as an expression of respect, determination, and the spirit of fair play, values that are particularly close to our hearts.

I would like to extend my sincere thanks to the Academic Sports Association Warsaw and the European University Sports Association for organizing this event. We are proud to provide participants with a friendly, safe, and inspiring environment where athletes can compete at the highest level and form lasting friendships.

I wish all participants great success, unforgettable experiences, and a pleasant stay in our beautiful and vibrant city.



Rafał Trzaskowski
Mayor of Warsaw



II. General info about EUSA

1. About EUSA

The European University Sports Association (EUSA) is an umbrella organization that comprises National University Sports Associations (NUSA) from 47 European countries, providing sporting activities, educational events, and expertise in policy making and programming. The organization is well known within the sector as a safe and strong voice for university sports in Europe, promoting fair play values and supporting their membership by partnering with European Sports Federations and lobbying within the European Union, the Council of Europe, and other institutions for funding to improve the provision of sport. EUSA is a proud and active associated member of the International University Sports Federation (FISU), strategically cooperating also with other Continental University Sports Federations (CUSF), as well as key governing bodies and organisations active in the field of sport, education, and youth.

Since its founding in 1999, EUSA has organised 16 seasons of the European Universities Championships, attracting student-athletes to 204 university competitions held across Europe. In five previous editions of the European Universities Games, around 19.500 student-athletes from across Europe have participated in the different sporting competitions organised during these multi-sports events.

Through its Institute, EUSA also engages in several social responsibility projects and initiatives on various topics, including Anti-Doping, Dual Career, Equal Opportunities and Inclusion, Good Governance, Mobility, Safeguarding, Skills Development, Sustainability, and Volunteering. Many of the projects are supported by the European Union.



2. EUSA EC, Commissions, and Office

The highest body is the General Assembly, composed of representatives of the member associations, which elects the Executive Committee. Its members are responsible for the administration and running of EUSA and the execution of the main directives taken by the Assembly.

The EUSA Executive Committee is led by the President, Adam Roczek, 1st Vice President, four Vice-Presidents, Treasurer, and Secretary General.

Various EUSA commissions are in place to provide assistance and guidance to the many different activities EUSA is involved in. These commissions include the Technical Commission, Control Commission, Education Commission, Inclusion and Diversity Commission, Medical Commission, Student Commission, Branding and Marketing Council, and also other working bodies.



EUSA's headquarters is located in Ljubljana, Slovenia, where a dedicated team of 12 staff members plus 4 volunteers/interns work together to manage daily operations and oversee international activities. As part of the European University Sports Association (EUSA), they play a vital role in supporting the development and promotion of university sports across Europe, ensuring smooth coordination of events, effective communication, and strong collaboration among member organizations.

<https://www.eusa.eu/eusa>

3. Future and past events

European Universities Championships 2025

Sport	Location	Dates
Badminton	Madrid, ESP	June 22–28
Basketball	Bologna, ITA	July 6–13
Water Polo	Vukovar, CRO	July 7–13
Beach Handball	Granada, ESP	July 14–17
Beach Volleyball	Granada, ESP	July 14–19
Futsal (Men)	Zagreb, CRO	July 17–25
Futsal (Women)	Zagreb, CRO	July 18–25
Rugby 7s	Ankara, TUR	July 21–24
Handball	Covilha, POR	July 22–28
Orienteering	Lodz, POL	July 24–27
Football	Camerino, ITA	July 27–August 3
Volleyball	Budapest, HUN	July 27–August 3
Tennis	Coimbra, POR	July 28–August 3
Padel	Coimbra, POR	July 28–August 1
3x3 Basketball	Salerno, ITA	August 1–5
Combat Sports (Judo, Karate, Kickboxing, Taekwondo)	Warsaw, POL	August 22–25
Table Tennis	Burdur, TUR	September 11–16
Chess	Yerevan, ARM	September 16–20
Rowing	Bydgoszcz, POL	September 18–21
Winter Sports (Alpine Skiing, Snowboarding, Snow Volleyball)	Val di Zoldo, ITA	December 15–18



Next Attributed Events:

European Universities Games:

European Universities Games Salerno 2026
European Universities Games Split 2028
European Universities Games Granada 2030



**European Universities Championships 2027:**

Sport	Location
Athletics	Lisbon, POR
3x3 Basketball	Gdansk, POL
Badminton	Strasbourg, FRA
Basketball	Zadar, CRO
Chess	Zaragoza, ESP
Football	Porto, POR
Futsal	Madrid, ESP
Handball	Podgorica, MNE
Orienteering	Kastamonu, TUR
Padel	Madrid, ESP
Powerlifting	Split, CRO
Rowing	Sukoro, HUN
Rugby 7s	Zaragoza, ESP
Table Tennis	Covilha, POR
Tennis	Split, CRO
Volleyball	Granada, ESP
Water Polo	TBD
Beach Sports: Beach Handball and Beach Volleyball	Split, CRO
Combat Sports: Judo, Karate, Kickboxing, Taekwondo	La Nucia, ESP
Winter Sports: Alpine Skiing, Snowboarding, Snow Volleyball	TBD

We are actively seeking host institutions and partners for the sports currently listed as **TBD** in the 2027 European Universities Championships: **Water Polo** and **Winter Sports** (*Alpine Skiing, Snowboarding, and Snow Volleyball*).

If your university or organisation is interested in organising one of these events, we warmly encourage you to get in touch. Hosting an EUSA Championship is a unique opportunity to promote university sport, showcase your facilities and city, and become part of Europe's vibrant student sports movement.

For more information or to express your interest, please contact us at sports@eusa.eu.



II. General info about EUC host

1. About Host Country – Poland

Poland, located in the heart of Europe, is a country rich in history, tradition, and natural diversity. Known for its welcoming atmosphere and well-developed infrastructure, Poland is an ideal destination for international gatherings and events, providing a unique mix of historical significance and modern convenience.

Poland's landscapes are diverse and breathtaking. From the sandy beaches of the Baltic coast to the picturesque Tatra Mountains and the tranquil Mazurian Lakes, there's no shortage of natural beauty to explore. National parks, forests and countryside offer opportunities for outdoor enthusiasts and nature lovers to immerse themselves in Poland's pristine wilderness. Poland is a modern and dynamic society, with bustling cities like Warsaw, Krakow, and Wroclaw serving as hubs of innovation, commerce, and culture. The country has undergone rapid economic development since the fall of communism, with a thriving tech sector, vibrant startup scene, and growing international presence.

The country has a proud sporting tradition, hosting numerous international events and nurturing a strong sense of community through sports and cultural initiatives. With a history that spans over a thousand years, Poland boasts UNESCO World Heritage sites, medieval castles, and vibrant cultural festivals.

Officially the Republic of Poland is a country in Central Europe. It is divided into 16 administrative voivodeship provinces, covering an area of 312,696 km² (120,733 sq mi). Poland has a population of over 38 million and is the fifth most populous member state of the European Union. Warsaw is the nation's capital and largest metropolis.

As a member of the European Union and NATO, Poland plays a vital role in shaping the future of Europe. The country is an important political and economic player on the European stage, contributing to regional stability, cooperation, and integration.

General Information about Poland:

- **Capital:** Warsaw (Warszawa).
- **Language:** Polish.
- **Currency:** Polish Złoty (PLN).
- **Population:** Around 38 million people.
- **Time Zone:** Central European Time (CET) during winter (GMT+1), and Central European Summer Time (CEST) during summer (GMT+2).
- **Government:** A democratic republic with a president as the head of state and a prime minister as the head of government.
- **EU Member:** Poland joined the European Union in 2004.
- **Emergency number:** 112



2. About Host City - Warsaw

Warsaw - Capital City of Poland



The metropolis stands on the River Vistula in east-central Poland. Its population is officially estimated at 1.86 million residents within a greater metropolitan area of 3.1 million residents, which makes Warsaw the 7th most-populous city in the European Union. The city area measures 517 km² (200 sq mi) and comprises 18 districts, while the metropolitan area covers 6,100 km² (2,355 sq mi). Warsaw is an alpha global city, serving as a major cultural, political, and economic hub, and the country's seat of government. It is also the capital of the Masovian Voivodeship.

Nestled along the banks of the Vistula River, Warsaw seamlessly blends its storied past with contemporary developments. The cityscape is a juxtaposition of historic architecture, reconstructed landmarks, and sleek skyscrapers, showcasing its resilience and ability to adapt over the centuries.

One of Warsaw's most striking features is its meticulously reconstructed Old Town, a UNESCO World Heritage Site. After being heavily damaged during World War II, the Old Town was painstakingly rebuilt to its former glory, complete with charming cobblestone streets, colorful buildings, and picturesque squares. St. John's Archcathedral and the Royal Castle are among the architectural gems that anchor this historic district.

Beyond the Old Town, Warsaw boasts a thriving cultural scene. Renowned museums like the Warsaw Uprising Museum and the POLIN Museum of the History of Polish Jews provide insights into the city's tumultuous past. Meanwhile, art galleries, theaters, and music venues contribute to a lively cultural landscape.

Warsaw is also a city of green spaces, with numerous parks and gardens offering respite from urban bustle. Łazienki Park, with its tranquil lakes and neoclassical palace, is a favorite spot for locals and visitors alike to unwind and enjoy nature.



In recent years, Warsaw has emerged as a dynamic economic hub, attracting businesses, startups, and entrepreneurs from around the world. Its modern skyline is dominated by sleek office towers and luxury apartments, symbolizing the city's forward-looking spirit. But amid the modernization, Warsaw hasn't forgotten its roots. Traditional Polish cuisine thrives in the city's restaurants and cafes, offering hearty dishes like pierogi (dumplings), żurek (sour rye soup), and bigos (hunter's stew). And throughout the year, festivals, concerts, and cultural events celebrate Warsaw's heritage and diversity.

Overall, Warsaw is a city of contrasts, where history meets innovation, and old traditions mingle with contemporary trends. Whether exploring its historic streets or embracing its modern amenities, visitors to Warsaw are sure to be captivated by its dynamic energy and enduring charm.



WARSAW – City of Students

Education in Warsaw is characterized by its diversity, quality, and accessibility, reflecting Poland's commitment to providing comprehensive learning opportunities for its citizens. Warsaw boasts a rich academic tradition dating back centuries, with renowned institutions like the University of Warsaw leading the way in research and teaching. This tradition fosters a culture of intellectual curiosity and academic excellence among students and faculty.

It is estimated that there are over 255 000 students in Warsaw.

Warsaw is home to several universities, ranging from large comprehensive institutions to specialized academies. While the exact number may vary slightly due to mergers, closures, or new establishments, there are around 80 higher education institutions in Warsaw. These include major institutions like the University of Warsaw, Warsaw University of Technology, Warsaw School of Economics, Medical University of Warsaw, and many others, each offering a diverse array of academic programs and research opportunities.

**WARSAW – What is there to see?**

Number	Name	Short description
1	The Royal Castle in Warsaw	This magnificent castle served for centuries as the official residence of Polish monarchs. It was initially the home of the Dukes of Masovia and, from the 16th century onward, became the seat of the Polish–Lithuanian Commonwealth, housing both the King and the Parliament.
2	The Warsaw Old Town	After being leveled when the Nazis left, this entire neighborhood—with its cobblestone Gothic streets and alleyways, Baroque palaces, numerous churches, and tiered burghers' houses—was masterfully reconstructed to reflect the atmosphere of bygone days.
3	The Warsaw Uprising Museum	The Museum is a tribute from the residents of Warsaw to those who fought and died for an independent Poland and its free capital. The exhibition depicts the fighting and daily life during the Rising, with the terror of the occupation as a backdrop.
4	Lazienki Park	The Royal Łazienki was King Stanisław August's summer residence, where classical architecture blends harmoniously with its natural surroundings and fabulous gardens.
5	Palace of Culture and Science (panoramic view)	Considered one of the the highest building in Poland, this monumental skyscraper (built circa 1955) contains 42 floors, reaching a height of 230.68 meters (756.82 feet) and topped with a 43-meter (141.08-foot) spire.
6	POLIN Museum of History of Polish Jews	The POLIN Museum is the first and only museum dedicated to restoring the memory of the civilization created by Polish Jews over the course of a millennium. The building itself faces the Monument to the Ghetto Heroes in Warsaw.
7	Vistula Boulevards	The Vistula Boulevards are one of Warsaw's most vibrant outdoor destinations. Stretching along the river's left bank, they offer scenic promenades, bike paths, green spaces, sun loungers, mini-beaches, and riverside cafés. In summer, the area comes alive with food trucks, open-air concerts, art installations, and the spectacular Multimedia Fountain Park show. It's a perfect spot for walking, cycling, rollerblading, or simply relaxing by the water. Enhancing this riverside experience is a new pedestrian and cyclist footbridge that opened in 2024. Spanning 452 meters, it connects Powiśle with the Praga district, creating a seamless, car-free link between the two banks of the Vistula. The modern design includes wide walking lanes, seating areas, and beautiful nighttime lighting, making it both a practical crossing and an architectural highlight.



8	Wilanów -Museum of King Jan III's Palace	Wilanów Palace is one of Poland's most treasured historic landmarks—a magnificent Baroque residence built in the late 17th century for King Jan III Sobieski. Often referred to as the "Polish Versailles," the palace blends European grandeur with Polish heritage. Surrounding the palace is a vast and beautifully designed park, featuring formal French gardens, romantic English-style landscapes, sculpture-filled terraces, and charming lakeside paths. Each section of the garden reflects different eras and styles, offering a peaceful escape just outside the city center. Visitors can explore the lavish palace interiors, enjoy seasonal art exhibitions, and stroll through colorful flowerbeds, tree-lined alleys, and ornate garden architecture. Wilanów is a favorite destination for both history lovers and nature enthusiasts.
9	Museum of Sport and Tourism	The permanent exhibition, entitled “The History of Polish Sport and the Olympic Movement,” showcases the history of sports from ancient Greece through the first modern Olympic games to the present day. Located on a 1,000-square-meter exhibition area, you can find examples of sports art, technical gear, medals, trophies, antiques, and other memorabilia. Your journey through the history of sport will start in Olympia, where you will become familiar with the pentathlon, pygme, and other ancient disciplines.
10	Copernicus Science Centre	The Copernicus Science Centre is one of the largest science centers in Europe. Its exhibition is divided into six interdisciplinary parts with over 400 exhibits. Music is combined here with biology, and mathematics with architecture. Science enters the realm of feelings, and visitors themselves may become the object of observation.
11	Polish Vodka Museum	The museum presents an incredible journey from the origins of Aqua Vitae and the 500-year history of vodka to its modern stance in Poland and the world. It is a place of education through entertainment. The highly interactive galleries and professional guides create a unique blend of experiences that guarantee unforgettable memories.
12	Służewiec Racetrack	The biggest and most popular racetrack in Warsaw opened for the first time in 1939. Służewiec has been added to the heritage list of Warsaw City. Currently, beyond thrilling horse races, Służewiec Racetrack hosts sports and cultural events, concerts, galas, film sets, and photo shoots. Varsovians visit the grounds to spend time in its unique natural surroundings. During the EUC, we will visit this place for the Opening Ceremony.



3. University Sport in the Host Country

UNIVERSITY SPORTS ASSOCIATION OF POLAND – 116 years of tradition

The University Sports Association (*abbreviation in Polish: AZS*) is the biggest students organization in Poland. It was established in 1909 upon the initiative of Cracow Jagiellonian University students, thus we are 116 years old now. Our main statutory purpose is to promote all activities related to physical training, education, sports and tourism among students and employees of Polish universities and colleges.

The AZS is one of the most vital sports associations in Poland. During the period between two World Wars it was a forerunner in the development of many sports branches in Poland and contributed greatly to the establishment of other Polish sports associations. The Organization took a dominating position in such sports disciplines as: athletic sports, ball games, swimming, ice hockey, rowing, tennis, mountaineering. In those disciplines AZS introduced a number of pioneer methods in rational training and established its first foreign relations in the field of sports as Poland regained its state sovereignty after the First World War.

After the Second World War AZS continued its activity while particularly emphasizing the universalism of physical training and sports practice among university students in general. An AZS club was established almost in every university and college in Poland. Currently, AZS counts around 225 university clubs with over 38 000 members.



Professional sport

Around 8000 athletes registered in National Sports Federations practice in AZS clubs, among them Olympic, European, World and Universiade medalists. The AZS raised many members of Polish national teams and national record holders as well as medalists of the Olympic Games. 16 AZS representatives won medals of Tokyo 2020 Olympic Games (held in 2021), and the gold medalists are: Kajetan Duszyński, Małgorzata Hołub-Kowalik, Natalia Kaczmarek, Dariusz Kowaluk, Justyna Święty-Ersetic, Anita Włodarczyk, Dawid Tomala, Karol Zalewski.



Sports for all

Among main activities of the AZS one can enumerate organization of competitions and tournaments between universities and colleges at local, regional and national level. These are series of 80 events played in 43 sports disciplines with the participation of around 10 000 students every year. Numerous seminars and conferences are organized in order to promote the sports values and to form pro-sport attitude in the society. AZS provides and develops educational and training systems for coaches, leaders and volunteers.



Social activities

Annually, the AZS organizes numerous Summer and Winter camps for students. Promotion of active tourism is also one of the main targets of the Association. AZS clubs offer students rallies and excursions, allowing them to socialize by discovering the beauty of the country. Many international youth programs and exchanges promoting culture, sports and European integration (including the Erasmus+ Program) are conducted.

International university sports

The AZS is an active member of FISU and EUSA since their creation. The strong representation of Polish AZS members in the governing and technical bodies of these international student sports federations ensures a very active presence of AZS within the FISU and EUSA structures. For instance, **in 2022, AZS not only actively participated in, but also organized, two prestigious events: the EUSA 6th European Universities Games in Łódź (July 2022) and the FISU World University Canoe Sprint Championship in Bydgoszcz (September 2022).** Our representative, Adam Roczek, is the President of the European University Sports Association (EUSA), and Marian Dymalski is a Vice President of the International University Sports Federation (FISU).



4. Supervision, Control and Arbitration Commission (SCAC)

The SCAC is the highest authority of the EUC Combat Sports 2025 and controls overall organizational and technical aspects of the event. The SCAC is responsible for the interpretation of EUSA Regulations, for the supervision and smooth running of the EUC Combat Sports 2024, settling any dispute, examining and dealing with any complaints or protests of a nontechnical nature, taking emergency sanctions against participants (teams or individuals) who violate the EUSA Regulations, deciding of any other matters not covered in these Regulations, at the time of the EUC.

SCAC Chair Judo & Kickboxing	Hovhannes Gabrielyan
SCAC Chair Karate & Taekwondo	Mehmet Günay
EUSA Director Sports Events	Liam Smith
EUSA Director Projects and Policy	Andrej Pisl
EUSA Sports Manager	Miha Zvan
OC Representative	Rafal Jachimiak
NUSA Representative	Andrzej Burzynski

5. OC Structure

President of the OC: Mr Marek Konopczyński – President of University Sport Association of Warsaw

General Manager of the event: Mr Rafał Jachimiak – Director of the Office of University Sport Association of Warsaw

Technical Manager of the event: Mrs Magdalena Bryk – experienced sports events manager, member of the board in University Sport Association of Warsaw

Functional managers:

Sport coordinators:

Judo: Mrs Anna Elsner

Karate: Mrs Olga Bocianiewicz

Kickboxing: Mrs Agata Prokop

Taekwondo: Mrs Katarzyna Janiak

Accreditation: Mr Andrzej Burzynski

Administration and application system: Mrs Olga Bocianiewicz & Mrs Kinga Mitruczuk

Accommodation, Food and Beverages: Mrs Katarzyna Suchorzewska

Finances manager: Mrs Weronika Wolska

Venue and Infrastructure, transportation: Mr Mikołaj Chudzik



VIP assistance: Mr Jan Sobczak

Media & Press Office: Robert Zakrzewski

Social Media & Office: Mrs Kinga Mitruczuk

Ceremonies & website: Mr Mateusz Młyńczak

Volunteers manager: Mrs Marianna Pikul

University Sport Association of Poland (AZS) will support the organization of the event.

Honorary Patronages:



Prezydent
miasta stołecznego
Warszawy



Marszałek
Województwa
Mazowieckiego

Main partners:



Warszawa



Ministerstwo
Sportu i Turystyki

Mazowsze.
serce Polski

Partners:



TOPTEN
SAFETY IS OUR SUCCESS

reklawiz

ARCHE
HOTELE



W&J Wiśniewski
Warszawa - Izabelin

WZ Wydział Zarządzania
Uniwersytet Warszawski



UNIWERSYTET
WARSZAWSKI



WARSZAWSKI
UNIWERSYTET
MEDYCZNY



Warszawa
Włochy

Organizator

Partner Główny

Partnerzy

Patronat honorowy





6. Useful Information

General Information about Poland:

- **Language:** Polish.
- **Currency:** Polish Złoty (PLN). You do not have to exchange your currency. Credit and debit cards are widely accepted in cities and tourist areas.
- **Time Zone:** Central European Time (CET) during winter (GMT+1), and Central European Summer Time (CEST) during summer (GMT+2).
- **Government:** A democratic republic with a president as the head of state and a prime minister as the head of government.
- **EU Member:** Poland joined the European Union in 2004.
- **Emergency number:** 112
- **Electricity:** 230V, standard European plug.
- **Internet:** Widely available
- **Water:** Tap water is drinkable in Warsaw.



Local Weather Conditions:

Usually in August the weather in Warsaw is warm and pleasant (between 20 and 30°C), though be prepared also for the occasional rainy day when the temperature can drop to 10-15°C!

Shopping in Warsaw:

Most shops are open at least between 6.00 and 21:00. Most shops are closed on Sundays in Poland

Tourist information: Warsaw Tourist Information center

- Address: Plac Zamkowy 1/13, 00-267 Warsaw
- Opening hours: weekdays: 9:00 – 18:00; Sat – Sun – 10:00 – 18:00
- Phone: (+ 48 22) 635 18 81
- Mail: wcit@wcit.waw.pl
- Website: <http://wcit.waw.pl/>

No dangerous snakes or animals live in the region. Beware of ticks. It can transmit boreliosis and encephalitis. It is recommended to see a doctor after removing a tick.



IV. Services

1. Transportation

During the European Universities Combat Sports Championship, transportation services will be provided using the following means:

- Coaches arranged by the Organising Committee
- Public transport (free for all participants)
- Vans

All vehicles used for participant transport are air-conditioned, and their size and capacity will be matched to the number of passengers.

Transportation services during the Championship are divided into the following segments:

- Transfers from arrival points to the accreditation zone and hotels
- Transfers from hotels to sports venues
- Transfers from hotels to departure points

Arrivals and Departures

The arrival and departure points serviced during the EUC Combat Sports 2025 include:

- Warsaw Chopin Airport

Transportation to and from other locations not listed above will not be organized or financed by the Organising Committee!

For any questions or support, please contact us at: combatsports2025@eusa.eu

Arrivals

Arrival by plane – airport transfer

The organizers will provide transportation to the hotels. The estimated travel time from the airport to the accreditation zones is approximately 15 minutes.

Upon arrival:

1. Disembark the aircraft.
2. Collect your luggage.
3. Locate our volunteers in the arrivals hall.
4. You will be directed to the appropriate means of transport.

According to EUSA regulations, participants should be prepared for a waiting time of up to 90 minutes.



Arrival on Non-Official Transport Days

For arrivals and departures on dates other than the official ones (August 21 and August 26), the Organizing Committee **won't provide** airport transfers for individuals (or for bus/train stations).

In such cases, please follow the instructions below to reach your hotels using public transport.

Additionally, it's worth noting that Uber and Bolt work very well in Warsaw and can be a cheaper alternative to a traditional taxi.

Public Transport from the Airport to Hotels

Ticket prices:

- 20-minute ticket – 3.40 PLN (~0.85 EUR)
- 75-minute ticket – 4.40 PLN (~1.10 EUR)

Where to buy tickets:

- Ticket machines inside buses (ticket is already validated)
- Ticket machines at bus stops (you must validate the ticket upon boarding)
- Mobile apps: **SkyCash, GoPay, moBilet, mPay**



From Chopin Airport:

1. Disembark the aircraft
2. Collect your luggage
3. Find the exit and go to the space between the terminals
4. Take a taxi to your hotel or use **public transport**

Transfer to:

1. **Karate (Hotel Arche Poloneza, Poloneza 87 Street)**
Bus No. 148 departs approximately every 20 minutes from the terminals (stop: Lotnisko Chopina-Przyloty 02) and arrives at the stop Poloneza 01 – around a 5-minute walk from the hotel. The transfer takes about 10 minutes.
2. **Taekwondo (Hotel Arche Puławska Residence, Puławska 361 Street)**
Bus No. 148 departs approximately every 20 minutes from the terminals (stop: Lotnisko Chopina-Przyloty 02) and arrives at the stop Poleczki 03 – around a 2-minute walk from the hotel. The transfer takes about 14 minutes.



3. Judo and Kickboxing (Hotel Arche Krakowska, Aleja Krakowska 237/U1)

Buses No. 175 or 188 depart approximately every 10 minutes from the terminals (stop: Lotnisko Chopina-Przyloty 02). Change at stop Sasanki 04 (walk to stop Sasanki 02) and take bus No. 141, 401 or 189 to Hynka stop. The transfer with a change takes about 25 minutes.

Warsaw Central Railway Station and Warsaw Centrum Bus Stop:

1. Karate (Hotel Arche Poloneza, Poloneza 87 Street)

Bus No. 504 departs from stop Dw. Centralny 29 approximately every 20 minutes and arrives at stop Poleczki 03 – around a 15-minute walk from the hotel. The transfer takes about 35 minutes.

2. Taekwondo (Hotel Arche Puławska Residence, Puławska 361 Street)

Bus No. 504 departs from stop Dw. Centralny 29 approximately every 20 minutes and arrives at stop Poleczki 03 – around a 2-minute walk from the hotel. The transfer takes about 35 minutes.

3. Judo and Kickboxing (Hotel Arche Krakowska, Aleja Krakowska 237/U1)

Bus Z-9 departs approximately every 5 minutes from stop Pl. Starynkiewicza (500 m from Warsaw Central Railway Station) and arrives at Hynka stop. The transfer takes about 25 minutes.

Useful links:

Public transport information: <https://www.wtp.waw.pl/en/ticket-tariff/>

Mobile ticket apps: <https://www.wtp.waw.pl/en/where-to-buy-a-ticket/ticket-by-mobile/>

Public transport timetables: <https://www.wtp.waw.pl/en/timetables/>

Arrival by Private Bus or car

- For private buses and cars arriving in Warsaw for the duration of the Championships, paid parking will be available at the hotels. Information regarding parking fees and availability will be provided at the reception desk. Please note that hotel parking is a paid service and the cost must be covered by the participants.
- However, the hotels are located in free-parking zones, so private cars and buses can be easily parked for free in the vicinity of the hotels.
- All toll road fees on highways are to be covered by the participants themselves.

Departures

- The Organising Committee will confirm participants' departure plans during accreditation.
- Details regarding transportation on the departure day will be provided at least one day before the scheduled departure.

Transportation during event

Local Transportation

From 21–26 August 2025, participants are entitled to free public transportation upon presentation of the Warsaw 2025 Accreditation Card.

GTM (General Technical Meeting)

- Judo and Kickboxing: Bus transfer from Hotel Arche Krakowska to the University of Warsaw – Faculty of Management Sports Hall (Szturmowa 1/3). Departure schedule will be announced no later than during accreditation.
- Karate and Taekwondo: GTM will be held in the conference room at Hotel Arche Poloneza. Taekwondo participants have a 15-minute walk to the venue.

Opening Ceremony

- The Organising Committee will provide bus transportation for participants staying at Hotel Arche Krakowska and Hotel Arche Geologiczna. Schedules will be available at the accreditation centre, all information desks, and hotel receptions. The schedule will be announced no later than at accreditation.
- Participants staying at Hotel Arche Puławska Residence and Hotel Arche Poloneza can reach the opening ceremony venue within a 15-minute walk.
- EUSA representatives and VIPs will have dedicated van transportation.
- The last bus from the venue after the ceremony will depart at 22:40.

Closing Ceremony

- The Organising Committee will provide bus transportation for participants from Hotel Arche Krakowska, Hotel Arche Geologiczna, Hotel Arche Poloneza, and Hotel Arche Puławska Residence. The schedule will be announced no later than during accreditation.
- EUSA representatives and VIPs will have dedicated van transportation.
- The Closing Ceremony is scheduled for 20:00 at Arena Ursynów. Participants must arrive at the venue no later than 19:00.
- The last bus from the venue after the ceremony will depart at 22:40.

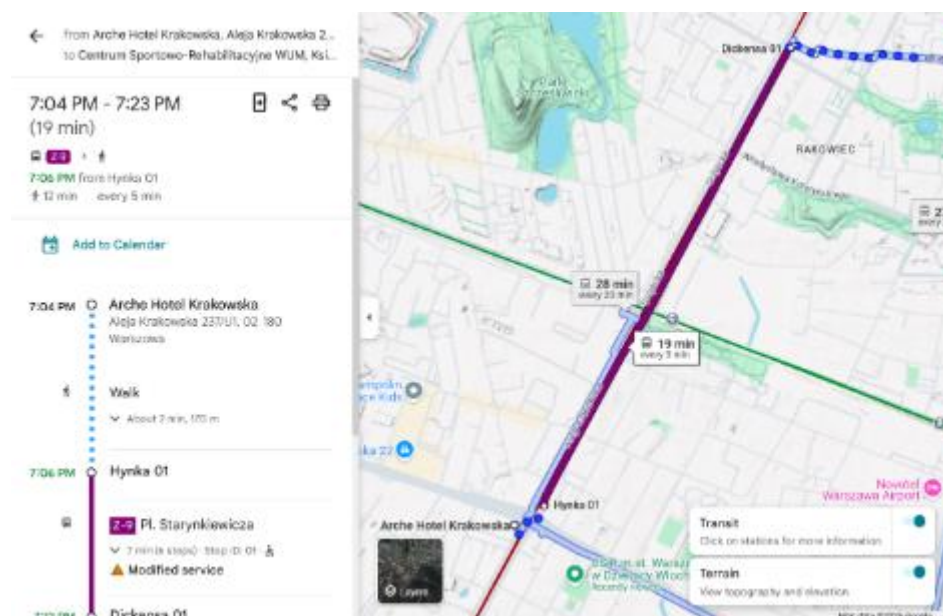


Training Venues

Judo and Kickboxing:

From the Arche Krakowska Hotel to the Sports Centre of the Medical University of Warsaw (CSR WUM, ul. Księcia Trojdena 2c) participants can use free public transport, available upon presentation of accreditation. The Organising Committee OC does not provides participants with any other means of transport.

Bus Z-9 departs from Hynka 01 stop every 5 minutes and arrives at **Dickensa 01**. The total transfer time is approximately 9 minutes by public transport, followed by a 10-minute walk.



Karate:

The training venue is located at the participants' accommodation – Hotel Arche Poloneza, Zamek Janów Podlaski Hall.

Taekwondo:

The training venue is located at the participants' accommodation – Hotel Arche Puławska Residence, Ursynów+Praga Hall.

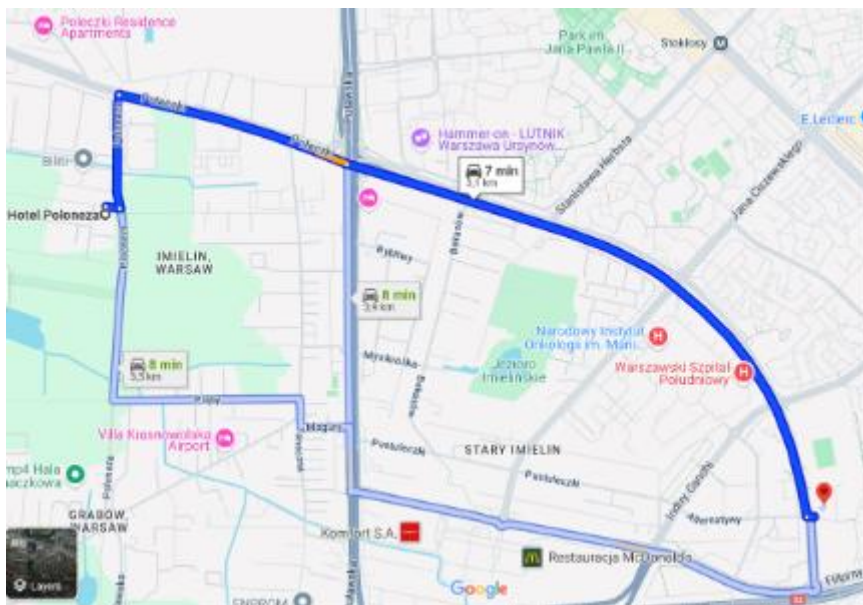


Competition Venues

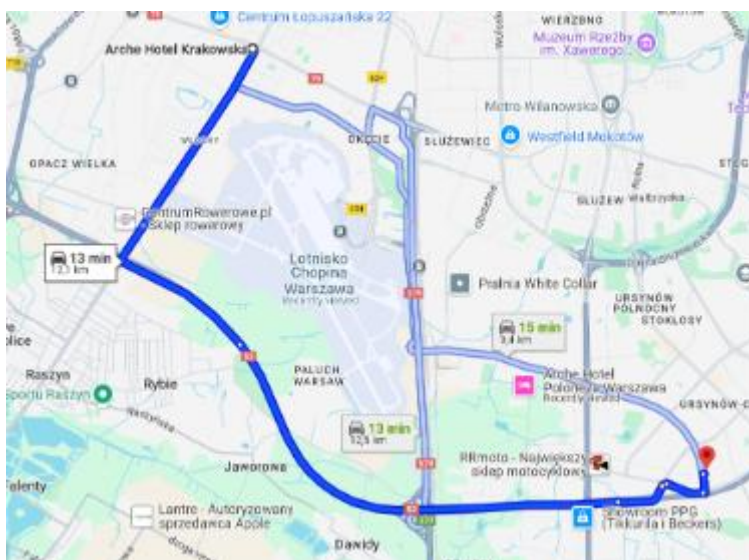
Karate:

Athletes and referees: The organizers provide dedicated buses transporting participants from accommodations to sports venues according to the tournament schedule.

Athletes:



Referees:



Bus schedules and maps will be available at the accreditation centre and all information points. Everyone holding the EUC Warsaw 2025 Accreditation Card can use public transportation free of charge.

Participants of EUC Warsaw 2025 can travel from their accommodation to Arena Ursynów by public bus No. 148 from Poloneza 01 stop to Szpital Południowy 03 stop. The transfer takes approximately 20 minutes.

Public transport schedules can be found at: <https://www.wtp.waw.pl/en/timetables/>

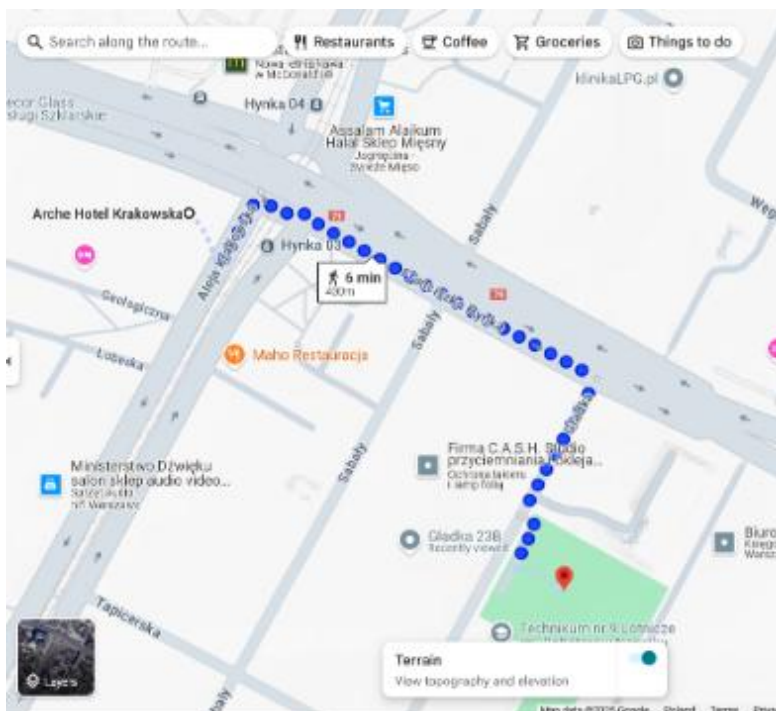


Kickboxing:

Competitions will take place at the participants' accommodation — Hotel Arche Krakowska, Fuksja Halls 1, 2, 3, and 4.

Judo:

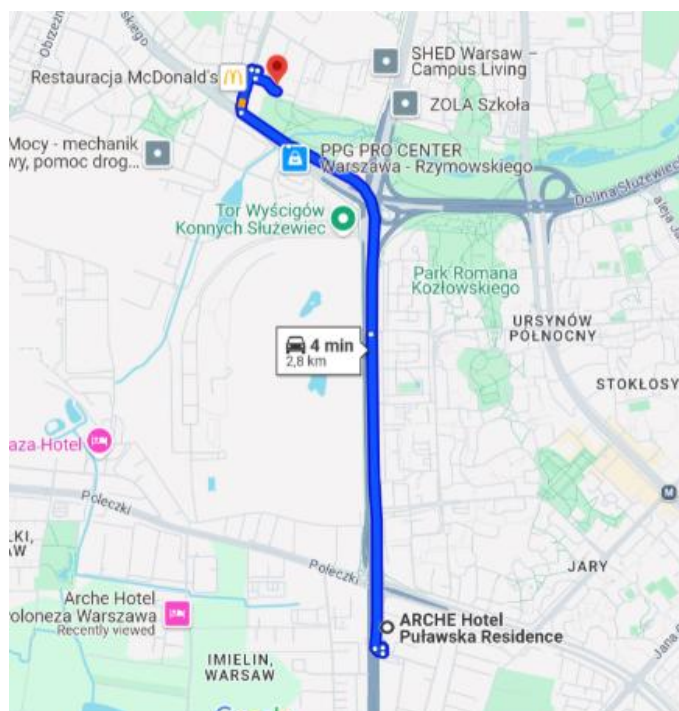
Participants are accommodated within a **6-minute walking distance** from the **OSiR Włochy sports hall**. The **Organizing Committee doesn't provide** participants with any kind of transport for this location.



Taekwondo

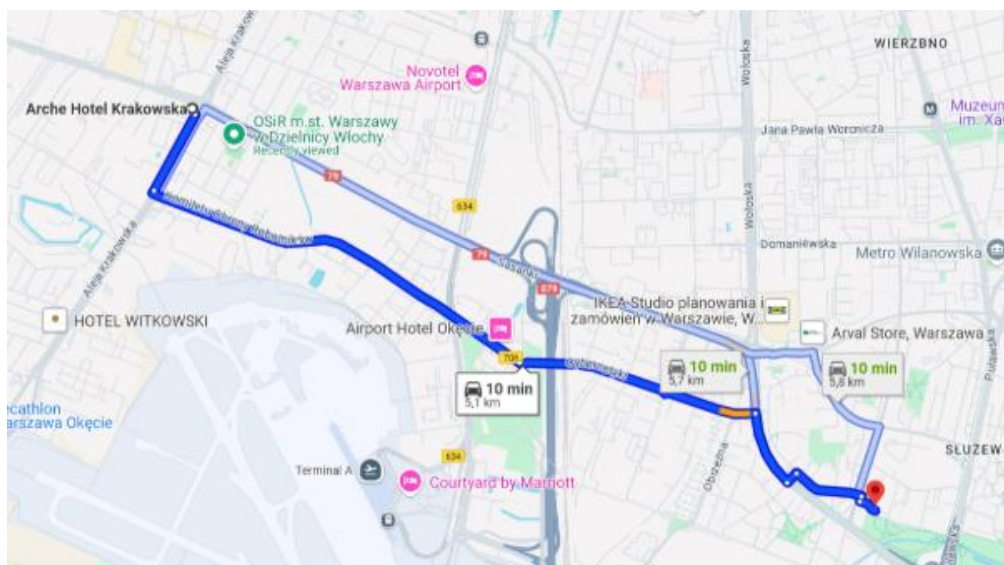
Athletes and referees: The organizers provide dedicated buses transporting participants from accommodations to sports venues according to the tournament schedule.

Athletes:





Referees:



Bus schedules and maps will be available at the accreditation centre and all information points! Everyone holding the EUC Warsaw 2025 Accreditation Card can use public transportation free of charge.

Participants of EUC Warsaw 2025 can travel from their accommodation to the University of Warsaw Sports Arena at ul. Szturmowa 1/3 by public buses No. 504 and 136 from the Poleczki 02 stop to Gotarda 02 stop. Buses depart approximately every 10 minutes. The transfer takes about 10 minutes.

Public transport schedules can be found at: <https://www.wtp.waw.pl/en/timetables/>

Transportation of referees

OC provide dedicated transports from accommodation to sports facilities, in accordance with the tournament schedule.

VIP transport

The VIP guests will be transported from the airport in executive cars. During the Championships, VIPs will be able to order transport in info desks. Transportation should only be used for official EUC2025 places.



2. Medical Services

General information

During the EUC Warsaw 2025, all participants will have continuous access to the following medical emergency services provided by trained medical staff, both during the sporting events and in the accommodation and dining zones.

In case of medical emergency in hotels please dial: + 48 574 929 109 available 24h during whole EUC duration.

Medical assistance during sport events

Trained medical staff will be available for all participants during all four sporting events of EUC Warsaw 2025. Medical care will be available at sports facilities in the immediate vicinity of all zones where participants are competing.

In case of medical emergency at competition or training venues please dial: +48 510 215 215 (This number is not available 24h/day!)

In Case of Emergency (ICE) Contacts

Please provide ICE contact of at least 1 person e.g. coach who is also on the EUC and will be able to help you in case of hospitalization.

First aid and hospitals

In case of emergency situations requiring first aid or basic medical assistance, medical rooms will be available at competition facilities, training venues and accommodation sites. In case of injuries or emergencies requiring hospitalisation, the injured will be transported to the one of two hospitals mentioned below:

Central Clinical Hospital (Centralny Szpital Kliniczny WUM)

Address: Banacha 1a, 02-097 Warsaw

Infant Jesus Clinical Hospital (Szpital Kliniczny Dzieciątka Jezus)

Address: Lindleya 4, 02-005 Warsaw

Injured athletes from Arena Ursynów & University of Warsaw Sports Hall at Szturmowa street (karate & taekwondo venues) will be transported to South Hospital of Warsaw (Warszawski Szpital Południowy)

Address: Rotmistrza Witolda Pileckiego 99, 02-781 Warsaw

It is possible that for clinical or organisational reasons injured participants may be transported to other hospitals. Their ICE contacts will be informed in such a cases.





Pharmacies

Near accommodation venues:

Near Arche Puławska & Poloneza

- Apteka Medicover Ursynów Puławska (Puławska 278, 02-684 Warsaw)
- Apteka nOva (Puławska 395, 02-807 Warsaw)
- Ziko Apteka (Eugeniusza Romera 10, 02-784 Warsaw)

Near Arche Krakowska & Golden Tulip

- Apteka Centrum Łopuszańska (Łopuszańska 22/unit A21, 02-220 Warsaw)
- Apteka A&B (Aleja Krakowska 141, 02-180 Warsaw)
- Apteka K&D (Grójecka 194/U16, 02-390 Warsaw)

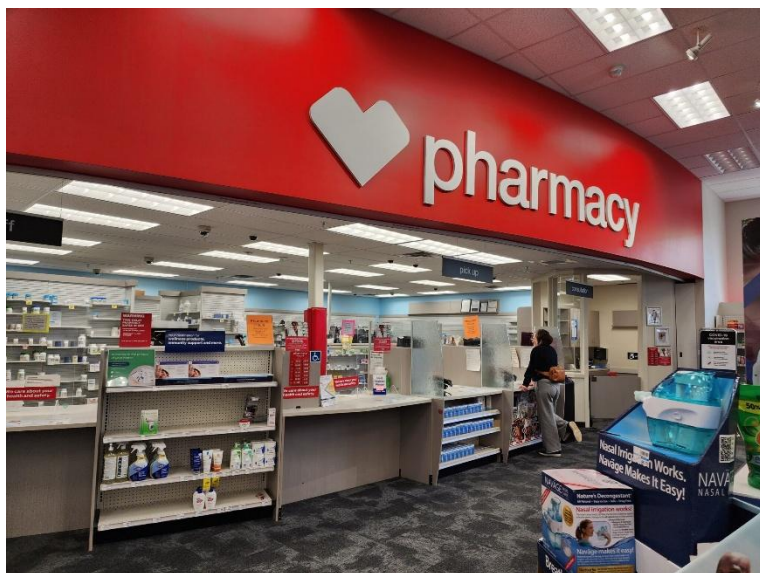
Near competition venues:

Near Arena Ursynów (karate competition venue)

Apteka z Uśmiechem 24H (Indiry Gandhi 35, 02-776 Warsaw)

Near University of Warsaw sports hall Szturmowa (taekwondo competition venue)

Apteka Namex (Wincentego Rzymowskiego 33/lok. U-1, 02-697 Warsaw)





3. Accreditation

The accreditation process will take place in two Accreditation Centers due to the accommodation of sports

Judo & Kicboxing – Hotel Arche Krakowska - Aleja Krakowska 237/U1, 02-180 Warsaw

Taekwondo & Karate – Hotel Poloneza - Poloneza 87, 02-826 Warsaw

Accreditation Centers working hours (21.08.2025): 10.00 – 20.00 which may be changed by the organising committee in the light of the travel plans submitted.

The individual dossier for each competitor to be presented to the SCAC Chair or Control Commission shall be completed in English and shall include:

ATHLETES

- passport or national identity card (in classic Latin alphabet letters);
- if an active student: the EUSA Certificate of Academic Eligibility (Individual Entry) confirmed and signed by participant and the appropriate academic authority certifying that the competitor is officially registered for and pursuing a course of study;
- if a former student: proof by the University and date of graduation.
- **A signed declaration of liability (for every sport, even if athletes have valid medical examination)**

OFFICIALS

- Passport or ID card;
- IEF

HEAD OF DELEGATION

- Confirmation of payment of all financial obligations to the OC, especially when the fee was paid shortly before the arrival to Poland.
- Signed accommodation policy.

Partial accreditation of teams is not possible!

Accreditation is done for the entire sports team for a particular sport and a particular university. The accreditation process is carried out by the Head of the Delegation or another person authorized by the registered university.

Head of delegation (or another person authorized by the registered university) should be the person who is going to do the accreditation process for entire University. Only one person can go to accreditation centre bringing all the documents!

Please note that data entered in the Quantitative Entry Forms is considered as relevant data for the payments of the Participation fee (payment made to the Organizing Committee) and EUSA Entry Fee (payment made to EUSA).



Amounts due to be paid are calculated based on numbers registered through quantitative entries and pro-forma invoices are generated automatically. There is possibility to download them from the EUSA system any time by clicking on "View invoice".

IMPORTANT!

There is no possibility to pay any outstanding fees (not paid by bank transfer) at the time of registration.

Accreditation process

The accreditation process will be carried out in 4 steps.

Step 1: Data reconciliation and financial status check

Step 2: Sport & OC Services

Step 3: EUSA Control Commission – final verification

Step 4: Welcome Gifts Distribution

Accreditation card

The Accreditation Card is the only official and valid document for EUC Combat Sports 2025 participants; therefore it must always be clearly visible in order to access restricted event areas. Monitoring of access will be achieved through the Accreditation Cards, which will be checked at all site entrances. Depending on their category, each participant will be allowed to access certain zone. People not holding an Accreditation Card or holding a Card which does not have the required access rights will not be allowed to enter.

The accreditation card is non-transferable, as each card contains personal data and personalised access rights. **Improper usage of personal Accreditation Cards is prosecutable by law and will be reported to the Security Operational Center.**

Lost of Accreditation card

In case of loss of the Accreditation Card, participant must personally approach the OC Accreditation Center and report the loss by using valid Identification document (passport or ID card). Enquiries about issuing replacement cards is to be made directly at the Accreditation Center where new cards will be printed. **Issuing of a new accreditation card will be charged by the OC (250 PLN paid ONLY in cash).**



4. Accommodation

Officials (VIPs, EUSA delegates, ISF and NSF representatives, etc.) will be accommodated at the 4-star **Hotel Golden Tulip Warsaw Airport**. **Competitors, team officials, and referees** will stay at **Arche Hotels**, which are also high standard hotels located conveniently close to both the airport and the sports venues.

Guests will have **double and triple rooms** at their disposal. VIPs will be provided with single rooms. Bed linens will be provided and are ready to use. Towels and soap will be available in each room, which also includes a private toilet. All rooms are equipped with a **hairdryer**.

Towels will be exchanged upon request, but not more frequently than every three days. All hotels will offer **free Wi-Fi internet access**.

Hotels for participants:

- **Judo + kickboxing:** Hotel Arche
Krakowska - Aleja Krakowska 237/U1, 02-180 Warsaw
website:
<https://www.archehotelkrakowska.pl/>
- **Karate:** Arche Poloneza Hotel Poloneza -
Poloneza 87, 02-826 Warsaw
(**reception** – Poloneza II)
website:
<https://www.archehotelpoloneza.pl/>
- **Taekwondo:** Arche Puławska Residence –
Puławska 361, 02-801 Warsaw
Website:
<https://www.pulawskaresidence.com.pl/>
- **Referees and volunteers:** Arche Hotel
Geologiczna -Geologiczna 4, 02-246
Warsaw
Website:
<https://www.archehotelgeologiczna.pl/>
- **EUSA + VIP guests:** Golden Tulip Warsaw Airport -Aleja Krakowska 235, 02-180
Warsaw
website: <https://warsaw-airport.goldentulip.com/pl/?sr=SEA-GT-PL-GOOGLE-BRAND>



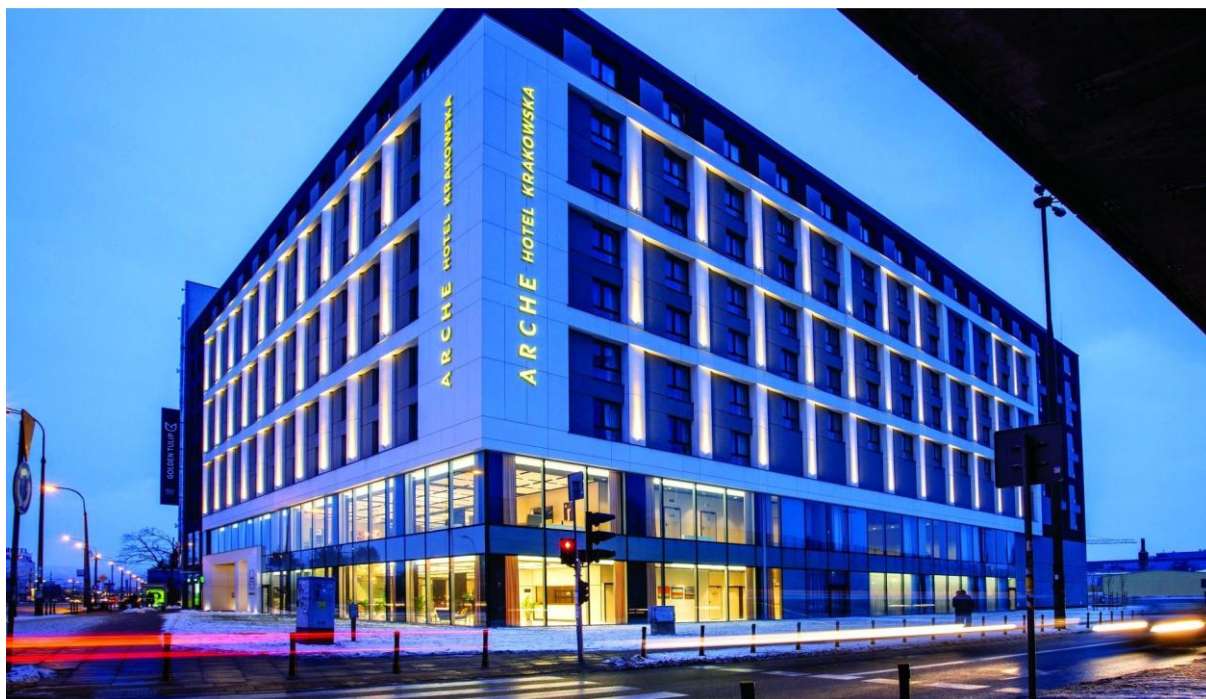
Any personal items left behind in the room will be kept for 3 months. Said items may be sent to a designated address at Guest's expense. In case of not contacting the Hotel to inform it of such a request, after 3 months the items will be utilized. Food may be kept for 2 days since Guest's check out.



Check-in, check-out procedure:

Once accreditation is received, room key cards will be provided, allowing entry to the hotel room. Hotel rooms are available from 16:00 on arrival day. Subject to room availability, hotels will do their best to allow early check-in for those who arrive early.

On the day of departure, check-out is required by 10:00 AM. If the actual departure time is later, luggage can be stored at the reception for later pickup. On the day of each guest's departure, hotel staff will inspect the room starting at **10:00 AM**



General rules

Reception desks will operate **24 hours a day**. Beyond check-in and check-out, keys can also be left at the reception when residents are away from the hotel. This is strongly recommended for enhanced safety and to minimize the risk of loss. In the event of a lost, broken, or damaged magnetic key card, a compensation fee of **75 PLN per card** will apply.

The building is equipped with **CCTV surveillance**. Residents will be held **liable for any damages** caused within their rooms; rooms will be inspected after check-out. The individuals accommodated in the said room will be responsible for payment for any damages incurred. The amount of damage will be determined according to the hotel's official price list.

Please note important regulations: **parties are prohibited, and alcohol and smoking are not permitted**. Security personnel will conduct regular patrols to ensure safety. An automatic low-current fire detection and alarm system is installed throughout the building for protection. It is strictly forbidden to disconnect any elements of this protection system, or to close, open, or disconnect fire doors.



Behavior in the hotel

- **SMOKING** is strictly **FORBIDDEN!** inside the hotel building. Each violation will be charged a fee up to 500 PLN.
- Food and drink can only be taken out of the restaurant if ordered in advance, at an additional cost (eg cold pack). It is **FORBIDDEN** to take out the rooms and hotel equipment
- The hotel's facilities must be used as intended.
- Guest's behaviour should not disrupt other Guest's peace. The Hotel may deny further provision of services to any person who disrespects this rule.
- The hotel enforces quiet hours from 10:00 PM to 6:00 AM the following day.
- Guests' behavior should not disturb other guests. The hotel reserves the right to refuse further services to any person who violates this rule.
- In the event of a guest's failure to observe quiet hours, the hotel has the right to charge a fine of 500 PLN.
- For fire safety reasons, the use of personal heaters, electric irons, and other similar devices is prohibited.
- In the event of damage to furnishings and/or equipment, the hotel may hold you financially responsible according to the purchase or repair price list below:

FURNISHINGS AND/OR EQUIPMENT	Amount
Stains on carpet that can be cleaned	from PLN 800
Stains on furniture or on wall that can be cleaned	from PLN 500
Stains or damage to curtains and drapes	from PLN 500
Damage to the manual fire alarm call point (ROP) and triggering the alarm	from PLN 4000
Cleaning of bodily fluids from a surface	Depending on whether additional chemical equipment is needed, from PLN 1000.
Damage to furnishings: - Broken bed - Broken chair - Broken wardrobe - Smashed mirror	- from PLN 1500 - from PLN 500 - from PLN 1800 - from PLN 600
Damage to electronic equipment: - Television - Kettle	- from PLN 1500 - from PLN 250
Damage to the bathroom (e.g., cracks in the sink, bathtub, or toilet), Vandalism of the hotel room	Individual valuation
Towel theft: - Large size - Small size	- PLN 350 - PLN 150
Flooding of the room	From PLN 5000, depending on whether a room needs to be taken out of service and an external company hired for drying



External visitors

Only registered guests are allowed to stay in the rooms. Please meet your visitors in the lobby or restaurant. Unregistered guests may visit a hotel room between 7:00 AM and 10:00 PM.

Security

Whenever leaving the hotel, guests should check that their door is locked.

Hotel guests are financially responsible for any damage or destruction of furnishings and technical equipment caused by their fault or the fault of their visitors. Guests should inform the hotel reception of any damage immediately upon discovery.

The hotel is responsible for the loss or damage of money, securities, valuables, or items of scientific or artistic value only if these items were given to the hotel's deposit for safekeeping.

Found items must be handed in at the reception! Fire and accident prevention regulations are mandatory for all guests! The person who caused the damage, or their legal representative, is financially liable for any damage caused by the unauthorized use of manual fire alarm systems located in the hotel building!

Parking

Parking is available at each hotel. The Organizing Committee guarantees free parking spaces exclusively for EUSA representatives and VIP guests. Parking for all other guests must be paid for individually. Information regarding parking fees and availability will be provided at the reception desk. Please note that hotel parking is a paid service and the cost must be covered by the participants.

However, the hotels are located in free-parking zones, so private cars and buses can be easily parked for free in the vicinity of the hotels.

5. Catering

Competitors and team officials will be catered at the restaurant in the Arche Hotels. Restaurants are air-conditioned and non-smoking. We do not serve alcohol to guests under 18.

Menu will be composted considering various diets and allergies. Breakfast will be served at buffet style, for lunch and dinner hotel restaurants will serve a hot main course. Participants can choose from the menus at their disposal) with detailed labelling of each dish. The quality and quantity of food will be within the EUSA minimum requirements.

Access to drinking water will be unlimited for all accredited people.

It is worth mentioning that tap water in Poland is drinkable.



Hours of serving meals:

- **Breakfast:** 6:30 – 10:00
- **Lunch:** 13:00 – 16:00
- **Dinner:** 18:00 – 21:00



The **Organizing Committee** ensures meals for all participants, starting with dinner on the **Arrival Day (August 21st)** and ending with breakfast on the **Departure Day (August 26th)**. For those who arrive before 3:00 PM on August 21st, lunch will also be provided.

The Officials (VIPs, EUSA delegates and representatives, ISF and NSF representatives, referees, technical staff etc.) will have at their disposal the hotel restaurant at the place of Accommodation. Additional meals will be available on demand (payable by demander)

Attention!

Dinner will not be served at the hotels on Friday (22.08.2025). Food packages will be prepared for all attendees and distributed at Służewiec Racetrack **before** the Opening Ceremony based on the cards provided during accreditation. The **Head of Delegation** is required to distribute them to their athletes.

Lunchboxes cannot be collected **after** the Opening Ceremony!

6. Insurance

OC has insurance as for organizer but please note that all participants are responsible for their own insurance.

Citizens of EU/EFTA member states:

EHIC – European Health Insurance Card.

More information available here: <https://www.nfz.gov.pl/aktualnosci/aktualnosci-oddzialow/european-health-insurance-card-ehic,191.html>

Non EU/EFTA citizens:

private foreign medical insurance covering hospitalization costs in Poland.



7. Safety and Security rules

Safety and Security in Warsaw

The safety and security of all participants at EUC Warsaw 2025 is of paramount importance to the Organizing Committee. Although Warsaw is a safe city, please take note of the following safety tips recommended by the OC.

All security measures during the championship will be provided by a private security company, working in close cooperation with the Police and Municipal Police.

It is compulsory to wear your accreditation cards during the competition and to comply with regulations in all establishments.

Emergency number: 112

Safety in Accommodation

A **security guard** is present at all accommodation facilities in case of an emergency.

- Always lock your room when you leave, even if you're only gone for a few minutes.
- Only officially registered guests are allowed to enter the accommodation.
- **The reception of unregistered guests is strictly prohibited.**
- Never lend your room or residence keys to anyone.
- Inform the accommodation staff immediately of any lock defects or lost keys.

Safety on the streets and public transport

Warsaw is a relatively safe city, but you should avoid walking alone at night in isolated areas. Be aware of your surroundings when walking outside, especially if you are listening to music on your headphones or talking on a mobile phone. Avoid taking your original passport and important documents with you (make copies and take them instead). Avoid revealing cash or expensive items. Do not leave laptops, books or other valuable items unattended in common areas. Respect pedestrian lights and zebra crossings. It is recommended to avoid conflict situations and to respect basic rules of conduct.

When travelling by bus or tram, be aware of your surroundings and do not put valuable items in easily accessible pockets. Pickpocketing is not common in Warsaw, but it does happen. If you are the only passenger on a bus or tram, sit as close to the driver as possible. At night, when getting off the bus, pay particular attention to oncoming traffic.

Items prohibited at all venues

The restricted items policy applies to spectators and accredited individuals at the EUC Warsaw 2025

Accredited athletes and team officials will be permitted to bring items into venues that are required for specific disciplines. Prohibited items will not be permitted into venues under any circumstances.



The list of prohibited items at venues is as follows:

- **Firearms and other devices used to discharge projectiles** - serious injury by the discharge of a projectile and devices which may be used to inflict serious injury by firing, and devices which are deceptively similar to them devices
- **Stunning devices** - devices specifically designed to stun or paralyse
- **Sharp-edged or pointed objects** - sharp-edged or pointed objects which can be used to cause serious injury objects
- **Hand tools** - to cause serious injury or endanger the safety of participants
- **Blunt instruments** - instruments that can be used to cause serious injury by impact
- **Explosives, flammable substances and incendiary devices** - explosives, flammable substances and incendiary devices which may be used to cause serious injury or endanger the safety of participants, and substances and devices which are deceptively similar to them
- **Symbols of despotism**
- **Sprays used to induce irritation or used for demonstrations** - A device from which a substance can be sprayed to induce a non-aggressive state by irritation of the eyes, mucous membranes or skin
- **Pets or animals**
- **Professional recording and streaming equipment**
- **Alcohol and intoxicating substances**
- All items of an excessive size that may disturb the event or restrict the view

Smoking is strictly forbidden in all indoor venues in Poland including accommodations, sport venues and Bus Stop.

Smoking is permitted strictly and exclusively in designated areas.





8. Info Centre

The info points of the accommodation will be available located at the hotel's lobby at: Krakowska, Poloneza and Puławska hotels. Info points will work from 7:00 to 20:00. Hours may change due to the general demand, which will be communicated.

Trained volunteers will provide necessary information and assistance to all participants (competition, transport, menus, restaurant opening hours, extra services, etc.).

During competition days info point will be available at each sport venues. (Competition Offices)

9. Official media channels / Online information

Official website: <https://combatsports2025.eusa.eu/>

Official mail: combatsports2025@eusa.eu

Official social media accounts:



<https://www.facebook.com/eusacombat>



<http://www.instagram.com/eusacombat>



<https://twitter.com/eusacombat>



<https://www.youtube.com/eusacombat>

Live Stream: All tournament will be streamed on the EUC YouTube channel.

Results <https://results.eusa.eu/>



Media coverage Pictures, videos and text content taken during the event will be available on the event website and social media pages.

Media accreditation Participating universities can register media crews by filling in the accreditation form. These accredited persons will be able to use the media facilities of the event. To apply for media accreditation, please contact OC via the official competition email address.

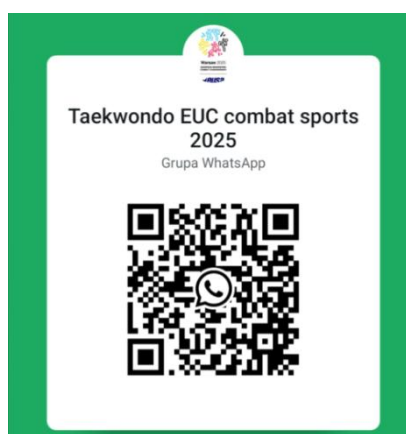
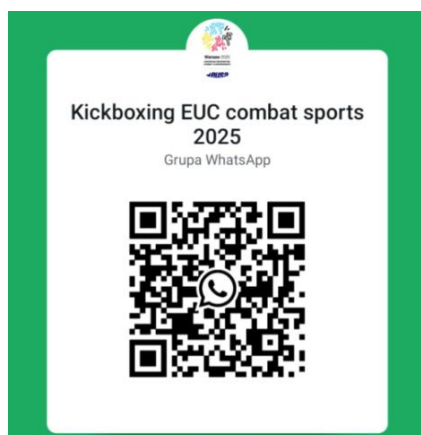
Additionally, for each sport, there is a dedicated **WhatsApp group** for all participants where all information can be found:

Judo: https://chat.whatsapp.com/H4R7aOR7ce2Bnq83VFp2mI?mode=ac_t

Karate: https://chat.whatsapp.com/C2LSN27M7Zw63HlyFRzsd?mode=ac_t

Kickboxing: https://chat.whatsapp.com/LFsUpJ9yhnj6E7bjQq0iN0?mode=ac_t

Taekwondo: https://chat.whatsapp.com/CWyMbnrg1F6JmB5ynxucYe?mode=ac_t





10. EUSA Event Services Questionnaire

As part of our commitment to continuous improvement, we kindly invite you to complete EUC 2025 Event Services Questionnaire, aimed at evaluating the services provided by the Organising Committee during the European Universities Championships 2025.

Your feedback is vital to helping us enhance the quality and efficiency of future events. The questionnaire will take approximately 5 to 10 minutes to complete. If you choose to include optional comments, it may take up to 15 minutes.

Please note that **no personal data is collected**, and all responses are anonymous and confidential.

To submit your feedback, please complete the official form via the following link:

<https://shorturl.at/lfMA5>

Alternatively, you may access the form directly by scanning the QR code provided.



We sincerely appreciate your time and cooperation. Your input makes a meaningful difference.



V. Protocol & Ceremonies

1. Opening Ceremony

The Opening Ceremony of the EUC Combat Sports Warsaw 2025 will take place on Friday, 22 August at 7:00 PM in the Służewiec Racecourse (Puławska 266, 02-684 Warsaw)



All participating teams are invited to attend the opening ceremony.

Participants must arrive at the venue by 6:00 PM at the latest. Transport from each hotel will be provided; more information in transportation section on [page 28](#). To take part in the procession, teams should gather at the entrance of the Służewiec Racecourse (main entrance). There, members of the Organizing Committee and volunteers will be waiting to assist with information.

Participants will be arranged in columns in order of arrival, coordinated by volunteers. The procession will be led by volunteers carrying the EUCC Warsaw 2025 flag. At least one team member from each participating university must be represented in the march. Once inside the arena, teams will be guided by volunteers to their designated seats in the grandstand, from where they will be able to watch the opening ceremony seated.

The dress code for teams participating in the entry ceremony is the university uniform (team jersey or t-shirt). During the official part of the ceremony, there will be speeches and artistic performances.

Please bring your accreditation card with you when entering the Służewiec Racecourse. Entry to the opening ceremony venue will only be permitted upon presentation of your accreditation card!

EUCC Warsaw 2025 partners, competition staff, EUSA Office representatives, and VIP guests will be seated in the auditorium during the opening ceremony.

More information will be available at the General Technical Meeting.



2. Closing Ceremony

The Closing Ceremony of the EUC Combat Sports Warsaw 2025 will take place on Monday, 25 August at 8:00 PM at the UCSIR Arena Ursynów (Witolda Pileckiego 122, 02-781 Warsaw)



All participating teams are invited to attend the Closing Ceremony. To take part in the procession, teams should gather at the entrance of the Arena Ursynów from 7:00 PM (transport from each hotel will be provided by OC; more information in transportation section at [page 28](#)). There, members of the Organizing Committee and volunteers will be waiting to assist with information.

Scheme will be similar to Opening Ceremony: Participants will be arranged in columns in order of arrival, coordinated by volunteers. At least one team member from each participating university must be represented in the march. Once inside the arena, teams will be guided by volunteers to their designated seats in the grandstand, from where they will be able to watch the opening ceremony seated.

The dress code for teams participating in the entry ceremony is the university uniform (team jersey or t-shirt). During the official part of the ceremony, there will be speeches and artistic performances.

Please bring your accreditation card with you when entering the Arena Ursynów. Entry to the Closing Ceremony venue will only be permitted upon presentation of your accreditation card!

EUCC Warsaw 2025 partners, competition staff, EUSA Office representatives, and VIP guests will be seated in the auditorium during the opening ceremony.



3. Social and Cultural Activities

Farewell Party

Farewell Party is planned on Sunday (24th of August) in Oczki Club. More details will be announced soon.

Website of the Club: <https://www.facebook.com/oczkiwarsaw>

Adress: Oczki 1A, 02-007 Warsaw

Evening Events – Free Entry to Selected Warsaw Clubs

During the European University Championships in Combat Sports, organizers will provide participants with free entry to selected Warsaw clubs. This is a great opportunity to relax, connect with others, and celebrate the sporting atmosphere together.

Free entry is granted upon presentation of your accreditation (valid for athletes, coaches, and team officials).

Participating Clubs:

- **Bank Club**
 - Mazowiecka Street 14, 00-048 Warsaw
 - A modern and vibrant club located in the very heart of Warsaw, known for its energetic atmosphere and music.
- **Hybrydy**
 - Złota Street 7/9, 00-019 Warsaw
 - A legendary spot on Warsaw's nightlife map, combining tradition with a contemporary vibe, perfect for evening gatherings.



The clubs are open late into the night, and you are welcome to join us after the competitions each day.

Please remember to bring your accreditation—entry will not be possible without it!



VI. General info about EUC

1. Event Overview

Organizers:

- Warsaw University Sports Association (Akademicki Związek Sportowy Warszawa)
- European Universities Sports Association (EUSA)
- University Sports Association in Poland

EUSA Combat Sports in numbers:

- 4 championships: karate, judo, taekwondo, kickboxing
- 1435 participants
- 385 European universities
- 32 European countries
- 4 competition venues (+3 training venues)
- 110 volunteers

Opening Ceremony: Friday, 22 August at 7:00 PM; Sluzewiec Racecourse (Puławska 266, 02-684 Warsaw)

Closing Ceremony: Monday, 25 August at 8:00 PM, UCSIR Arena Ursynów (Witolda Pileckiego 122, 02-781 Warsaw)

Competitions:

August 23-25, 2025, Location: Warsaw, Poland

JUDO: Sports and Recreation Center Włochy - Sports hall, Gładka 18, 02-172 Warsaw

KARATE: UCSIR Arena Ursynow (Witolda Pileckiego 122, 02-781 Warsaw)

KICKBOXING: conference room at Hotel Arche Krakowska - Aleja Krakowska 237/U1, 02-180 Warsaw

TAEKWONDO: University of Warsaw, Faculty of Management Sport Hall, Szturmowa 1/3, 02-678 Warsaw

Map overview:

https://www.google.com/maps/d/viewer?mid=1bpvsckwB4_LnSoO1Fx69mcLTyUzsKNs&usp=s_haring



2. Visual Identity

Logo of event:



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Medals:





3. Volunteers Program

Volunteering is a valuable opportunity to gain practical experience, develop new skills, and take an active role in the organization of a sporting event. It allows individuals to apply knowledge from their studies or personal interests—whether in logistics, management, languages, technology, or tourism—within a real-world, international environment.

By joining the volunteer team, participants become part of a collaborative effort that supports the smooth and successful delivery of the event. Volunteering also provides a chance to meet people from diverse backgrounds, build new friendships, and experience the unique atmosphere of a major sports event from behind the scenes.

In addition to contributing to key operational areas, volunteers are encouraged to engage with the broader values of sport, such as teamwork, inclusion, respect, and fair play. Volunteering promotes personal development, helping individuals strengthen important skills such as communication, adaptability, problem-solving, and leadership.

Volunteers may also take part in side activities organized during the event, including training sessions, workshops, cultural exchanges, and friendly competitions. These experiences make volunteering both meaningful and enjoyable, offering a well-rounded way to spend time while contributing to the success of the event.

- Accommodation provided for 60 volunteers

- Participation of international Volunteers

- Full board and local transportation

- 5 Volunteers coordinators and leaders

- 11 areas of volunteering support (logistics, sports, results, transport and more)

- Volunteers from National University Sport Associations from all over Europe





4. Important Contact Details

The info points of the accommodation will be available located at the hotel's lobby at: Krakowska, Poloneza and Puławska hotels. Info points will work from 7:00 to 20:00. Hours may change due to the general demand, which will be communicated.

Trained volunteers will provide necessary information and assistance to all participants (competition, transport, menus, restaurant opening hours, extra services, etc.).

During competition days info point will be available at each sport venues. (Competition Offices)

All information will be available at EUC official social media channels and website.

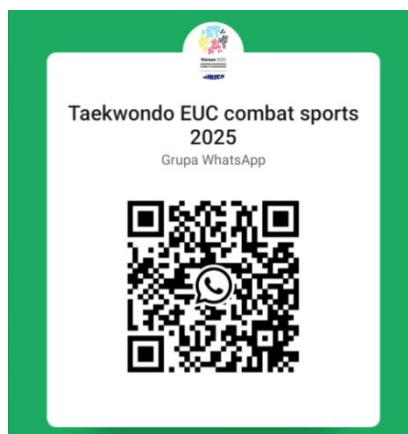
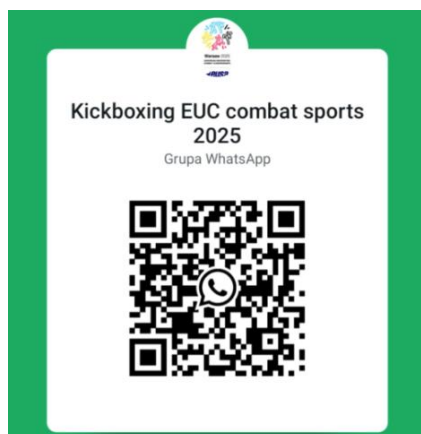
Additionally, for each sport, there is a dedicated **WhatsApp group** for all participants where all information can be found:

Judo: https://chat.whatsapp.com/H4R7aOR7ce2Bnq83VFp2mI?mode=ac_t

Karate: https://chat.whatsapp.com/C2LSN27M7Zw63HlyFRzsdD?mode=ac_t

Kickboxing: https://chat.whatsapp.com/LFsUpJ9yhnj6E7bjQq0iN0?mode=ac_t

Taekwondo: https://chat.whatsapp.com/CWyMbng1F6JmB5ynxucYe?mode=ac_t





5. Anti-doping Policy

Doping is not a guarantee of success in sport. In fact, its effect is usually the opposite. A lot of elite sportsmen and sportswomen who did doping got caught. As a result, they lost pride and were banned for at least 2 years from participating in a sport they loved and lived for. An even bigger problem of doping are the effects on the body.

In elite sports, doping is defined as a violation of one or more anti-doping rules:

1. Presence of a prohibited substance in an athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Refusing to submit sample collection after being notified
4. Failure to file athlete whereabouts information & missed tests
5. Tampering with any part of the doping control process
6. Possession of a prohibited substance or method
7. Trafficking a prohibited substance or method
8. Administering or attempting to administer a prohibited substance or method to an athlete

You can find the list of prohibited substances and methods on the internet, as it is updated every year by the World Anti-Doping Agency (WADA) and it's valid for every sport.

EUSA is active in Anti-Doping promotion, and has been a partner in the European Anti-Doping Initiative (EADIn) and Match point, supporting European-wide Anti-Doping mentality in the youth sector by establishing a moral tenor towards concepts such as Fair-play, sensitizing and raising awareness on all levels of the complex social environment surrounding the doping problematic, and implementing strategies to motivate young people to pass on the message and create a strong multiplying effect. Also, the International University Sport Federation (FISU) has been actively promoting sports without drugs, also at the university sports level.

EUSA is currently not enforcing doping tests at our events. In accordance with the national legislation of the host countries, however, doping controls may be implemented by the National Anti-Doping Agencies. If such doping tests are executed, the WADA rules and regulations are applicable to all athletes. Please remember that testing can be conducted in-competition and out-of-competition. If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information.

What can you do to be an excellent athlete?

- Practice right and live healthy
- Get more information about the consequences of Doping
- Play fair and be a good role model to younger athletes
- Be committed to sport without doping

Doping? No, thanks!



6. Fair Play

Fair play is a core value of EUSA, deeply embedded in our mission and activities. In partnership with the European Fair Play Movement (EFPM), we actively promote sportsmanship, respect, and solidarity at all our events. For over 20 years, EUSA has championed these values, recognising fair play as the true essence of sport.

Fair play is present in sports as the unwritten rule, a moral value that represents the real essence of sport. It represents that opponents must be appreciated and in nowadays practising of sports, more than ever, it is vitally important to defend the values intrinsic to sport: respect for oneself and others, solidarity, and fair play.

Since 2007, EUSA has honoured outstanding acts of fair play with the Enno Harms Fair Play Award, named after our first President and a strong advocate for fair play. At each event, organisers, delegates, and participants commit to upholding fair play, with the oath of respect and integrity declared during the opening ceremonies.

The prestigious annual EUSA Enno Harms Fair Play Award is awarded to athletes demonstrating fair play during the matches, following the rules, and pursuing a “clean” game, and is awarded with a fair play recognition already during the event. EUSA Executive Committee members discuss the proposals received from all sporting events governed by EUSA in that year and select the team or individual to receive the Enno Harms Fair Play award, which is formally handed to them at a special occasion, usually at the EUSA Gala.

Fair play will remain a key focus at the European Universities Championships 2025.

Guided by EUSA's principles and the Olympic spirit, our events promote respect, equality, and non-discrimination, contributing to a more inclusive and peaceful society through sport.



We kindly invite all delegations to submit proposals for the **Enno Harms Fair Play Award**, recognising individuals or university teams who have demonstrated exemplary behaviour, integrity, and sportsmanship during the Championships. **To submit a nomination, please complete the official form via the following link:** <https://shorturl.at/YM29z>

Alternatively, you may access the form directly by scanning the QR code provided.

Let us jointly honour and celebrate those who embody the true spirit of Fair Play!



8. Eusa Incident Policy

One of the Fundamental Principles of Olympism is that “practice of sport is a human right” and that “every individual must have the possibility of practising sport, without discrimination of any kind”. This principle further states that this requires a behaviour based on “mutual understanding with a spirit of friendship, solidarity and fair play”.

EUSA considers sports as an active tool in the education of university students and aims at encouraging and supporting “the promotion of ethics, Fair Play, gender equity and good governance in sport” (EUSA Statutes).

With the EUSA Incident Policy, EUSA clarifies the expectations and consequences regarding the behaviour of different stakeholders at EUSA’s events to allow the creation of a safe and enjoyable environment.

Check more details regarding the Incident Policy on the following link:
<https://www.eusa.eu/media/documents/incident-policy>





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EUROPEAN UNIVERSITIES
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SPORT PART



karate



Judo



taekwondo



kickboxing

Organizator

Partner Główny

Partnerzy

Patronat honorowy



Warsaw 2025
EUROPEAN UNIVERSITIES
COMBAT CHAMPIONSHIPS





VII. Karate

1. Welcome messages

Message from the EUSA Technical Delegate of Karate

Dear athletes, coaches, officials, volunteers, and distinguished guests,

On behalf of the European University Sports Association (EUSA), I warmly welcome you to the EUSA Combat Championships 2025, here in the beautiful city of Warsaw!

As someone who has lived and breathed this sport for many years, it's a true privilege to support this event and witness the energy, passion, and respect that define university karate. This championship is more than a competition – it's a celebration of fair play, dedication, and the unique university spirit that brings us all together. I encourage you to enjoy every moment, make new friendships, and represent your universities with pride.



Give your best on the tatami, cheer each other on, and take in everything this experience has to offer – both in sport and beyond.

Wishing you great success, unforgettable memories, and lots of positive energy. See you on the mats!

Luka Požgaj

EUSA Karate Technical Delegate



Message from the OC Technical Delegate of Karate

Dear Competitors, Coaches, Judges,
Students, and Distinguished Guests,

On behalf of the Polish Karate Union and
the European Karate Federation, I extend
a warm welcome to Warsaw.

I wish you great sporting success, spirited
competition in the true spirit of fair play,
and an enjoyable stay in Poland.



Mariusz Petka

General Secretary Polish Karate Union

Organizing Committee

EUSA Technical Delegate	Mr. Luka Pozgaj
OC Technical Delegate	Mr. Mariusz Petka
Head Referee	Mrs. Eva Mona
Sportdata Coordinator	Mr. Konrad Połtorzecki
Local Assistant	Mrs. Olga Bociankiewicz



2. Introduction & History

Karate is a traditional martial art that originated in the Ryukyu Kingdom (modern-day Okinawa, Japan). It developed from native Ryukyuan fighting systems under the influence of Chinese martial arts, particularly the Fujian White Crane style. Today, karate is primarily a striking art, incorporating punches, kicks, knee and elbow strikes, and open-hand techniques such as knife-hands, spear-hands, and palm-heel strikes. Some styles also include throws, joint locks, grappling, and vital-point strikes.

With over 100 million practitioners worldwide (according to the World Karate Federation), karate is a truly global sport. It reached a new milestone with its Olympic debut at the Tokyo 2020 Summer Games, cementing its place in the international sporting community.

Within the university sport context, karate is a core component of the European Universities Combat Championships, organized by the European University Sports Association (EUSA). The 9th European Universities Karate Championship was held in Zagreb, Croatia, from 21 to 23 July 2023, as part of the inaugural EUSA Combat Championships. This multi-sport event brought together over 1300 athletes from 404 universities and 36 countries, across four disciplines: Judo, Karate, Kickboxing, and Taekwondo.

Karate was the most represented sport at the event, with 446 participants from 172 universities and 30 countries. Athletes from the host university delivered an outstanding performance, securing first place in the overall standings ahead of nearly 400 European universities.

With a total of 21 medals — including five gold, seven silver, and nine bronze — students from the University of Zagreb proved their strength and determination on home ground. Poland has a strong and proud tradition in academic karate. Polish student-athletes have earned numerous podium finishes at both European and global university events. The development of university-level karate in Poland is deeply connected to the activities of the Polish Academic Sports Association (AZS), which promotes martial arts across higher education institutions.

Polish academic karate continues to thrive thanks to its deep roots, the dedication of university clubs, and the success of its athletes in both kumite and kata disciplines.





3. Competition Information

Competition & training venues

Competition venue – Arena Ursynów

Ursynów Arena is a modern multifunctional sports facility located in the southern district of Warsaw. The court area features a high-quality sports floor suitable for a wide range of disciplines, meeting international competition standards. The hall can accommodate various configurations, including multiple tatami areas, basketball and volleyball courts, and other sporting setups.



The main tribune offers seating for approximately 2,000 spectators, ensuring excellent visibility from every angle. The arena is equipped with professional lighting and an advanced sound system, creating an optimal environment for both athletes and spectators.

Ursynów Arena regularly hosts not only martial arts events such as karate or judo, but also volleyball, basketball, and rhythmic gymnastics competitions. It serves as a training venue for numerous Warsaw-based sports clubs and is adapted to support both national and international level tournaments.

The facility includes athlete preparation zones, warm-up areas, VIP sections, and media support rooms, ensuring smooth event logistics. Thanks to its versatility, modern infrastructure, and convenient location, Ursynów Arena is considered one of the premier sports venues in the capital of Poland.

Address: Arena Ursynów, Pileckiego Street 122, 02-781 Warsaw

Website: <https://sport.um.warszawa.pl/waw/ucsir/-/hala-sportowa-pileckiego-122>

Google maps: <https://maps.app.goo.gl/hBzbUH12LBM6ZbEJ6>



Competition area

Competition area includes the hall floor where 3 tatami mats are located. Only athletes and coaches escorted from the last call area by volunteers are allowed access to the fighting zone.

The warm-up room and the last call room are located on the first floor of the building.

The entrance to the spectator stands is also on the first floor of the building.



Training venues:

Participants will have opportunity to make trainings at conference room in Hotel ARCHE Polonez and at training area at Arena Ursynów

Training area – Hotel ARCHE Polonez

Training sessions on August 22nd and 23rd will take place at the players' and officials' accommodations, the ARCHE Polonez Hotel, allowing teams to seamlessly combine sporting and formal matters. Training sessions will take place in a designated room called "Zamek Janów Podlaski." The training room measures 120 m². Registration for individual sessions will be done via the registration form located in the "Trainings program" section. There will be one training tatami in the room



Training area – Arena Ursynów

The warm-up room at the Ursynów Arena is a 186m² space. Located on the first floor, it connects the meeting point to the starting line.



Regulations

International regulations

The organization of the EUC Karate shall be mainly based on the most recent Technical Regulations of the European Karate Federation (EKF).

Competition format

According to the Memorandum of Understanding between EKF and EUSA, the championship will be held according to WKF and EKF standards and rules.

Ranking and Seeding

Medalist from previous EUSA karate tournament (in this case EUG Miskolc-Debrecen 2024) are seeded with condition that they compete in the same category

Playing Scheme

The format of the tournament will be decided by CTC taking into consideration the number of athletes entered. Only one weighting will be organized for the whole competition.

Uniforms

All karate gi (kimono and protections) must be World Karate Federation (WKF) approved. Teams can only have university marks on their karate gi. All other markings must be removed from the karate gi. Medal winners are required to come to the medal ceremony in karate gi. Coaches are required to wear uniforms in final matches.



Referees

Each NUSA that has registered one or more universities competing with a minimum of 4 (four) competitors is obliged to send at least one judge with an EKF license; the relevant EKF license must be submitted within the Quantitative entry deadline. Accommodation and food for the referee must be provided by the Organizing Committee without charging a participation fee; a referee fee is not provided. Referees will be approved by the Technical Delegate in cooperation with the EKF Referee Commission according to the required quota and licenses. If the quota is not fulfilled, the OC will fill it with referees from the ranks of the national sports federation with a minimum title of the highest national rank.

Draw, Seeding

The draw will be done at the GTM using WKF approved software, taking into account the last EUSA Championships. Teams and individual competitors who have won a medal at the last EUSA Championship will have seed places in the draw if they have not changed category.

Financial Obligations

All karate gis (uniforms and protective gear) must be in line with the World Karate Federation (WKF). Team members are only permitted to have university logos on their karate gis, tracksuits, and t-shirts. All other markings must be removed from the karate gi. Medal winners are required to wear their karate gi at the medal ceremony.

Competition programme

The competitions consist of 3 (three) days. The General Technical Meeting, where the presence of each head of the delegation is obligatory, will be held one day prior to the start of the competition

21st August (Thursday)	Arrival Day	
22nd August (Friday)	Weigh-in GTM Opening Ceremony	Hotel ARCHE Polonez RaceCourse Służewiec
23rd August (Saturday)	KATA MEN and WOMEN, KUMITE MEN (-75 kg, -84kg, +84 kg), KUMITE WOMEN (-68kg, +68kg)	Arena Ursynów
24th August (Sunday)	KUMITE MEN (-60kg, -67 kg) and WOMEN (-50kg, -55kg, -61kg), KATA TEAM TOURNAMENT (MEN and WOMEN), KUMITE TEAM TOURNAMENT (MEN and WOMEN)	Arena Ursynów
25th August (Monday)	Finals and Awarding Ceremonies (Individual and Team) Closing Ceremony	Arena Ursynów
26th August (Tuesday)	Departure Day	

**Individual Tournaments:**

KUMITE MEN: -60 kg, -67 kg, -75 kg, -84 kg, +84 kg,

KUMITE WOMEN: -50 kg, -55 kg, -61 kg, -68 kg, +68 kg,

KATA INDIVIDUAL MEN'S tournament

KATA INDIVIDUAL WOMEN'S tournament

Team Tournaments:

Teams must be composed of individuals from the same university, with one (1) competitor allowed from a different university within the same NUSA, as follows:

TEAM KATA MEN

TEAM KATA WOMEN

TEAM KUMITE MEN

TEAM KUMITE WOMEN

Delegation

The delegation will consist of athletes and officials from their respective university and athletes from different universities according to the regulation KAR 5. The head of the delegation must be appointed. Athletes shall have minimum 2nd Kyu in Kumite and minimum of 1st Dan in Kata.

Team composition

TEAM KUMITE MEN and WOMEN - minimum of three (3) and maximum of five (5) registered competitors per team (one (1) competitor from a different university is allowed if a minimum of two (2) are registered from the same university). In both men's and women's kumite team competitions, matches will consist of three (3) bouts (instead of five as was previously the case in mens competiton).

TEAM KUMITE MEN and WOMEN - minimum of three (3) and maximum of five (5) registered competitors per team (one (1) competitor from a different university is allowed if a minimum of two (2) are registered from the same university). In both men's and women's kumite team competitions, matches will consist of three (3) bouts (instead of five as was previously the case in mens competiton).

Awards

	Achievement	Competition Category	Title for winner
Cups	1 st	University	European Universities Champion
	1 st , 2 nd , 3 rd , 3 rd	Team	
Medals	1 st , 2 nd , 3 rd , 3 rd	3rd Team (athletes)	European Universities Champion
		Individual (athlete)	



Trainings

Training opportunities will be available throughout the entire competition. The training venues will be the ARCHE Polonez Hotel (accommodation venue) and the Ursynów Arena (competition venue). There will be one tatami available at the accommodation, which can be used with prior reservation. In the case of the sports facility, there will be tatami available in the Warm-up Room (dedicated to competitors preparing for fights on a given day) and tatami spread out on the facility available at any time without prior reservation.

22nd August (Friday)	8:00 AM – 5:00 PM	Hotel ARCHE Polonez*
23rd August (Saturday)	8:00 AM – 7:00 PM	Hotel ARCHE Polonez*
	8:00 AM – 8:00 PM	Arena Ursynów
24th August (Sunday)	8:00 AM – 8:00 PM	Arena Ursynów
25th August (Monday)	8:00 AM – 3:00 PM	Arena Ursynów

*Registration is required via a form that will be available at the accreditation desk.

General Technical Meeting

The **General Technical Meeting (GTM)** for Karate will take place on **August 22, 2025**, at **2:00 PM** in **the conference room** at Hotel Arche Poloneza. This is the same hotel where the athletes are accommodated.





VIII. Judo

1. Welcome messages

Message from the EUSA Technical Delegate of Judo

Dear Judo Family, EUSA Members!

On behalf of the European University Sport Association, I am delighted to welcome you to the European Judo Championships Students 2025. It is my great pleasure to welcome you to EUSA event. It is a true privilege for Poland and Warsaw to host this remarkable event, bringing together the continent's most promising young students judokas. We are proud to open our city to such exceptional talent, dedication, and passion for the sport. We believe that all judoka, coaches and all judo enthusiasts will feel our hospitality and create only positive memories from here. They will showcase not only their skills but also the discipline and perseverance that define our sport. May you perform at your very best and make the most of this opportunity. I am confident that Poland will provide a wonderful stage for this exciting and memorable championship. Big thanks belong also to all staff, volunteers and to everybody who contributed to this event. May all of you have a prosperous and fair competition, good health, and a great experience in Warsaw. I wish all judoka good luck, and to all referees and EUSA officials a pleasant stay in Poland!



Yours in judo,

Dr hab. Wiesław Blach

EUSA Judo Technical Delegate



Message from the National Technical Delegate of Judo

Dear Competitors, Coaches, Referees, and Distinguished Guests,

On behalf of the Polish Judo Association, it is my honor and pleasure to welcome you to Warsaw for the European University Championships. We are delighted to host such a large group of student competitors and fans.

I wish all participants great success, unforgettable sporting emotions, and a pleasant stay in Poland. May these competitions be a celebration of friendship, passion, and competition in the spirit of fair play!



Krzysztof Witkomirski

President of the Polish Judo Association

Organizing Committee

EUSA Technical Delegate	Dr. Wiesław Blach
EJU Event Administrator	Mr. Tero Partanen
EJU Referee Commissioner	Mr. Metin Ozkan
Local Assistant	Ms. Anna Elsner



2. Introduction & History

Judo was created in 1882 by **Jigoro Kano** as a martial art and a way of life. It distinguishes itself from its predecessors, primarily jujutsu styles like Tenjin Shinyo-ryu and Kitō-ryū, by emphasizing **randori** (free practice) over a strict focus on **kata** (pre-arranged forms). Kano also removed dangerous elements such as striking and weapon training from the competitive aspect of the art. The primary objective of competitive judo is to throw an opponent to the mat, immobilize them with a pin, or force them to submit with a joint lock or a choke. While strikes and weapons are included in some kata, they are illegal in modern judo competition and free practice.

Judo's status as a major international sport was solidified with its inclusion in the **1964 Tokyo Olympic Games**. This marked a significant turning point, and while it helped spread the sport globally, it also led to a greater emphasis on competition and scoring rather than purely educational and philosophical aspects.

European judokas are often characterized by a style that combines physical strength with technical versatility. They are known for their excellent gripping and throwing techniques, as well as aggressive and effective groundwork. As the sport has globalized, European judo has evolved, adapting to changing rules and tactics, but it remains one of the most popular and respected martial arts on the continent.

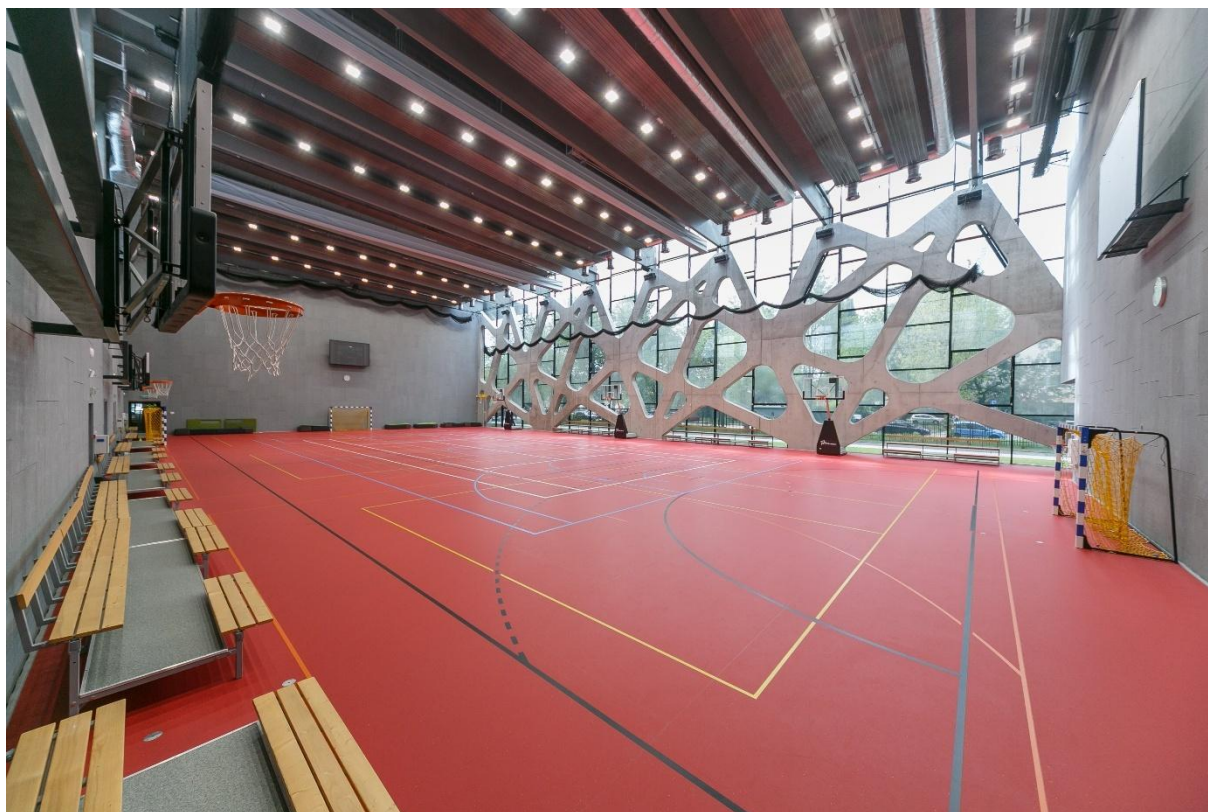




3. Competition information

Competition & training venues

Training venue - CSR WUM ul. Księcia Trojdena 2C, 02-109 Warsaw



Competition venue – OSiR Wlochy Sports Hall ul. Gładka 18, 02-172 Warsaw





Regulations

International Regulations

The organization of the EUC Judo shall be mainly based on the most recent Technical Regulations of the European Judo Union (EJU) and International Judo Federation (IJF).

Competitions

Individual Tournaments:

- Women individual categories: up to and including 48 kg, 48 to 52 kg, 52 to 57 kg, 57 to 63 kg, 63 to 70 kg, 70 to 78 kg, over 78 kg,
- Men individual categories: up to and including 60 kg, 60 to 66 kg, 66 to 73 kg, 73 to 81 kg, 81 to 90 kg, 90 to 100 kg, over 100 kg.

Mixed Team Tournament:

Teams can be composed of individuals from different universities and shall represent the respective NUSA.

The weight categories for the team tournament are as follows:

- Women (48 kg, 52 kg, 57 kg*) up to and including 57 kg,
- Men (60 kg, 66 kg, 73 kg*) up to and including 73 kg,
- Women (63 kg, 70 kg*) up to and including 70 kg,
- Men (81 kg, 90 kg*) up to and including 90 kg,
- Women (78 kg, +78 kg*) over 70 kg,
- Men (100 kg, +100 kg*) over 90 kg.

Athletes which are taking part in individual categories may register their participants for team tournament. Registration only to the team tournament is not possible.

Delegation

The delegation will consist of athletes and officials from their respective university. The head of the delegation must be appointed. Athlete shall have minimum brown belt. At the first General Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of athletes. Any entry not duly confirmed at the first General Technical Meeting, will not be taken into consideration except for force majeure. In team tournament each team will consist of up to six (6) athletes (3 women and 3 men) and has the possibility to have up to four (4) reserves. If there are injuries or illness during the competition a team can compete with a minimum of four (4) athletes. A total of 10 athletes can be inscribed with a maximum of two (2) athletes per category.

Referees

OC shall provide referees in cooperation with EJU.

The delegation may, at its own cost, include a referee with at least the highest national license; the relevant license of the national Judo Federation must be submitted within the Quantitative entry deadline. Accommodation and food for the referee must be provided by the Organizing Committee without charging the participation fee; no refereeing fee is provided.



Playing scheme

The format of the tournament will be decided by CTC taking into consideration the number of athletes entered. The official weigh-in for each category will take place the day before the competition in each category. For the team tournaments there is 2 kg tolerance for athletes who competed in the individual Championships the day before the team weight-in, while athletes who compete on the day on which the team weight-in is scheduled do not need to weigh themselves (Categories: W: -70 kg, -78 kg, +78 kg; M: -81 kg, -90 kg, -100 kg, +100 kg). The random weigh-in will be organised before the first contests on each day (Start of random weigh-in 45 minutes before the start of the competition). There will be no random weighting for team events.

Weight-in

Weight in will take place at Arche Hotel Krakowska ul. Aleja Krakowska 237, 02-180 Warszawa in rooms Indygo and Heban

Friday (22.08): 16-16:45

Saturday (23.08): 18-18:45

Sunday (24.08): 18-18:45



Draw, seeding

The draw will be done in the presence of EUSA Representative taking into account EUSA Judo, IJF and EJU ranking. The draw will be carried out by a software authorised by IJF. Teams from the same country shall, whenever possible, be placed in different pools.



Financial obligations

In order to participate, all financial obligations towards EUSA and Organizing Committee need to be settled by the specified dates, as per EUSA Rules and Regulations.

Uniforms

White and blue IJF approved judogi are obligatory and all competitors must have both types, with official IJF back number. All judogi must conform to the current regulations regarding size, materials etc., but it is not required that a judogi is purchased from the currently selected IJF manufacturers list of suppliers. The judogi and belt size will be controlled by sokuteiki.

Medical and security services

EUSA – regulated medical care and an ambulance will be provided at all sites.

Security Services will be provided in all the venues, to for entrance control and to assure all participants' safety.

Competition programme

The competitions consist of 3 (three) days. The General Technical Meeting, where the presence of each head of the delegation is obligatory, will be held 1 (one) day prior to the start of the competition.

1st day of competition - Individual Tournament:

W: -48 kg, -52 kg, -57 kg, -63 kg; M: -60 kg, -66 kg, -73 kg

2nd day of competition - Individual Tournament:

W: -70 kg, -78 kg, +78 kg; M: -81 kg, -90 kg, -100 kg, +100 kg

3rd day of competition - MIXED TEAMS Tournament

21st August (Thursday)	Arrival Day	
22nd August (Friday)	GTM Training* Opening Ceremony	Szturmowa Trojdena RaceCourse Służewiec
23rd August (Saturday)	Individual Tournament: W: -48 kg, -52 kg, -57 kg, -63 kg; M: -60 kg, -66 kg, -73 kg	Osir Gładka
24th August (Sunday)	Individual Tournament: W: -70 kg, -78 kg, +78 kg; M: -81 kg, -90 kg, -100 kg, +100 kg	Osir Gładka
25th August (Monday)	MIXED TEAMS Tournament Closing Ceremony	Osir Gładka Arena Ursynów
26th August (Tuesday)	Departure Day	

* Registration is required via a form that will be available at the accreditation desk.



General Technical Meeting

The GTM is a mandatory part of competition and will be held at the Faculty of Management University of Warsaw (Address: Poland, 02-678, Warsaw, Szturmowa 1/3) on 22nd of August at 14:00 CEST

Awards

	ACHIEVEMENT	COMPETITION CATEGORY	TITLE FOR WINNER
Cups	1 st	University	European Universities Champion
Cups	1 st , 2 nd , 3 rd , 3 rd	Team	European Universities Champion
Medals	1 st , 2 nd , 3 rd , 3 rd	Individual (athletes)	European Universities Champion





IX. Taekwondo

1. Welcome messages

Message from the EUSA Technical Delegate of Taekwondo

Dear athletes, coaches and officials,

On behalf of the EUSA, I am honoured to welcome all of you to the “European Universities Combat Sports Championships 2025” in Warsaw/Poland.

My gratitude goes to the organization committee for the organizing such a great international sport event. Your support enables us to create an unforgettable experience for everyone involved.

I hope that the European University Athletes participating in the EUSA European Universities Combat Championship 2025 will deepen their acquaintance with one another, advance further, and enrich European university athletics through respect, fair play, and sportsmanship.

Looking forward to a great tournament and wish all of you a lot of success, a pleasant stay and an unforgettable experience in Warsaw.

Dr. Nuri M. Shirali

EUSA Taekwondo Technical Delegate





Message from the National Technical Delegate of Taekwondo

Dear athletes, coaches, and officials,

On behalf of the Polish Taekwondo Federation, I would like to extend a warm welcome to all participants of the EUSA Combat Sports 2025 in Warsaw.

It is a great honor for us that Taekwondo, as one of the disciplines included in this prestigious event, can showcase its dynamic spirit and sportsmanship alongside other martial arts. University sport is a unique space where values such as respect, determination, and mutual understanding come to life – both on and off the mat.

We hope you will find inspiration, strong competition, and unforgettable experiences during your stay in Warsaw. May the Championships be not only a test of skills, but also a celebration of student sport and international friendship.

Wishing you great success and fair matches,



Artur Chmielarz

President of the Polish Taekwondo Federation

Organizing Committee

EUSA Technical Delegate	Mr. Nuri Shirali
EUSA Assistant Technical Delegate	Ms. Johanna Bliem
OC Technical Delegate	Mr. Wojciech Pyzel
Head Referee	Mr. Reza Shojaie
Local Assistant	Ms. Katarzyna Janiak



2. Introduction & History

Taekwondo is a Korean martial art characterized by punching and kicking techniques, with a strong emphasis on head-height kicks, spinning jump kicks, and fast kicking. Two competitive formats exist: **Poomsae** and **Kyorugi**.

Taekwondo became an official Olympic sport at the Sydney 2000 Olympic Games. After being part of the World University sports program since 1986, taekwondo events have been contested at the Universiade since the 2003 Games in South Korea. This spectacular discipline continues to attract more and more students from around the world. With an increasing number of European student competitors, taekwondo was included in the EUSA Program in 2009.



Poomsae competitions were included at the 3rd edition of the European Universities Games (EUG) in 2016 in Croatia. Changes in the scoring method have been implemented to increase the accuracy and fairness of the scoring process. In the past, scores were determined by the subjective judgment of referees. However, the electronic protector and scoring system (**PSS**) was developed and introduced to achieve better objectivity and transparency. Since its introduction in 2006, the upgraded PSS was first adopted for Olympic competition at the London 2012 Games.

Today, taekwondo is practiced by an estimated 80 million people in 209 countries, administered by five Continental Unions, making it one of the world's most popular sports. The European Taekwondo Union (**ETU**) is the official continental governing body of European Taekwondo. Successful and skilled taekwondo practitioners can be found all over the world, including Poland. Polish Taekwondo has top-class athletes who have won medals at WT-sanctioned official international championships.



3. Competition Information

Regulations

International Regulations

The organization of the EUC Taekwondo shall be mainly based on the latest Technical Regulations of the World Taekwondo (WT) and the European Taekwondo Union (ETU).

Competitions

Individual Tournaments:

- 1 (one) Kyorugi men's tournament – World Weight categories: • -54 kg, +54 kg to 58 kg, +58 kg to 63 kg, +63 kg to 68 kg, +68 kg to 74 kg, +74 kg to 80 kg, +80 kg to 87 kg, +87 kg,
- 1 (one) Kyorugi women's tournament – World Weight categories: • -46 kg, +46 kg to 49 kg, +49 kg to 53 kg, +53 kg to 57 kg, +57 kg to 62 kg, +62 kg to 67 kg, +67 kg to 73 kg, +73 kg,
- 1 (one) Recognized Poomsae men's tournament,
- 1 (one) Recognized Poomsae women's tournament,
- 1 (one) Free-Style Poomsae women's tournament,
- 1 (one) Free-Style Poomsae men's tournament.

Delegation

The delegation will consist of athletes and officials from their respective universities. The head of the delegation and coach must be appointed. Athletes shall have minimum black belt certificate, issued by Kukkiwon or national taekwondo federations.

Referees

OC shall provide international referees in cooperation with EUSA TD and ETU. Appointment of referee chairman and referees are approved by EUSA TD. The delegation may, at its own cost, include a referee with at least the highest national license; the relevant license of the national taekwondo federation must be submitted within the Quantitative entry deadline. Accommodation and food for the referee must be provided by the Organizing Committee without charging the participation fee; no refereeing fee is provided

Draw, Seeding

The draw will be done in the presence of EUSA Representative considering EUSA taekwondo, WT and ETU ranking.



Financial obligations

In order to participate, all financial obligations towards EUSA and Organizing Committee need to be settled by the specified dates, as per EUSA Rules and Regulations

Medical and Security Services

EUSA – regulated medical care and an ambulance will be provided at all sites.

Security Services will be provided in all the venues, to for entrance control and to assure all participants' safety.

Competition Programme

The competitions consist of 3 (three) days. The General Technical Meeting, where the presence of each head of the delegation is obligatory, will be held one day prior to the start of the competition.

21st August (Thursday)	Arrival Day	Place
22nd August (Friday)	GTM Training* Opening Ceremony	Arche Poloneza Arche Puławska RaceCourse Służewiec
23rd August (Saturday)	1 - Poomsae	Szturmowa
24th August (Sunday)	2 - Kyorugi	Szturmowa
25th August (Monday)	3- Kyorugi Closing Ceremony	Szturmowa Arena Ursynów
26th August (Tuesday)	Departure Day	

* Registration is required via a form that will be available at the accreditation desk.

General Technical Meeting

The GTM is a mandatory part of competition and will be held in a conference room (Hotel Arche Poloneza, [Poloneza 87, 02-826 Warsaw](#) on 22nd of August at 3:30 PM.

Playing scheme

The format of the tournament will be decided by CTC taking into consideration the number of athletes entered.



Competition & training venues

Training venue – conference hall, Arche Puławska

Training sessions will take place at the players' and officials' accommodations, the ARCHE Puławska Hotel. Registration for individual sessions will be done via the registration form located in the "Trainings program" section.



Competition area - University of Warsaw, Faculty of Management Sport Hall
Szturmowa 1/3, 02-678 Warsaw





Competition Information

Total courts – Poomsae	1 competition area (Day 1)
Total courts – Kyorugi	2 competition areas (Day 2 &3)

Mode of competitions

Recognized Poomsae	Single Elimination System
Free Style Poomsae	Cut- off system
Kyorugi	Single elimination system – Best of Three

KYORUGI CONTEST

DAEDO GEN2 system

DAEDO GEN2 electronic body protectors with E-helmet will be provided by OC. All athletes must bring their own E-Sensor socks. All athletes must bring their own full equipment according to WT competition rules.

Duration of Contest

Kyorugi 3 rounds of 2 min each, with 1 min rest period Preliminary to Final Competitions (Alterations reserved without notice)

Video Reply (IVR) 1 request per competition

Weigh-In The day before the competitions, the weigh-in will take place. During the official weight-in session, the weight category may be changed. At 8:00 a.m. on the day of the competitions, the Random Weigh-In is conducted.

RECOGNIZED POOMSAE COMPETITION GUIDELINE

Compulsory Poomsae for Individual U30 (Male & Female):

Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae

Method of competitions: Single Elimination Tournament System

Competitions shall be performed in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins. The Poomsae have to be presented in the same order as they were drawn. Two different Poomsae will be performed in each round. The TD & organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary rounds to one (1) Poomsae. Two Poomsae are presented in the semi-final and final rounds.

Competition Rules:

Latest WT Poomsae competition rules and regulations will be applied.

Duration of Contest:

Recognized Poomsae: Individual competitions up to 90 seconds
Break time between 1st poomsae and 2nd poomsae is a minimum of 30 seconds.

**FREE STYLE POOMSAE COMPETITION GUIDELINE** (Alterations reserved without notice)

Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.

Composition of Free Style Poomsae

Music & choreography shall be choice of a contestant. However, it should not contain any political, social and religious content. The Performed techniques must be within boundary of Taekwondo.

Division	Individual (Male / Female)
Duration of Contest	90 to 100 seconds.
Scoring Criteria	Scoring shall be made in accordance with the rules of the WT.

The types of foot techniques designated by WT Poomsae Committee are as follows:

- **Heights of jump – Side kick**
Sidekicks (Yopchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt-height.
- **Number of kicks in a jump / Multiple Kicks in the Air**
No scoring for less than 3 Multiple Kicks in the Air. Multiple kicks in the air should be executed with powerful impact and retracted promptly. There is no point (scoring) for the kicks below the belt-height. Multiple kicks in the air could be any combination of Front, Roundhouse and Sidekicks. Higher basic technical scores shall be given to high-lever performance, better balance and landing, powerful impact and retracted promptly. Higher presentation scores shall be given for more types and a greater number of kicks.
- **Gradient of spins in a spin kick - Spinning hook kick or turning kick**
No scoring for the spinning kicks less than 360°. Spinning-Kicks can be performed body or face level, but a higher spinning kick execution (over face level) has affect in terms of evaluation for higher presentation score. Kicking muss be completed in the air (Must complete kicking before landing). Only Turning without execution of spinning Kick (no kick) will be scored "0".
- **Performance level of consecutive kicks – Kyorugi style kick**
It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks. This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored! Minimum number of consecutive sparring Kicks (7-10 Kicks) should be performed by the same athlete in one direction. It is not allowed to change direction more than 90 degrees. It is not scored for turnaround (change direction by 180 degrees). Punches are not counted for "minimum 7 consecutive sparring kicks". Double kicks are only counted as 1 kick. Triple and more are counted as 2 kicks.
- **Acrobatic actions – All Acrobatic techniques must incorporate Taekwondo kicks.**
TKD kick (s) must be performed with the knee extension (example: Apchagi). It is allowed to include max. 3 acrobatic combinations during the whole performance. An acrobatic combination can be a single acrobatic action (such as Salto forwards, backwards or sideways) or combination of consecutive single acrobatic actions. Each of them will be considered as one acrobatic combination. Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.

Points shall be awarded only if athletes perform the techniques in the above order (Article 4.2).



All the following stances must be included in the performance at least once. All stances must be performed clearly and accurately.

- Dwitkubi (Backward inflection stance)
- Beom-seogi (Tiger stance) &
- Hakdari-seogi (Crane stance)

Music

The music for the free style Poomsae competition has to be brought by the competitors as MP3 on a USB (with name & division of contestant) and is to TD on the Poomsae competition Day. No Performance without music! The music should not have any Words submitted /Lyrics!

Only one round (final round), independent of the number of athletes.





X. Kickboxing

1. Welcome Messages

Message from the EUSA Technical Delegate of Kickboxing

Dear student-athletes, kickboxers, participants of the EUSA Combat Championships – Warsaw 2025

I am especially glad that as the EUSA Technical Delegate for Kickboxing, but also as the Technical Director of the WAKO World Kickboxing Federation, I can welcome you to the EUSA Combat Championships in Warsaw. Kickboxing is the third time in the combat championships program.

Kickboxing is a modern combat sport that has more and more fans in the world. In year 2021, the WAKO World Federation received full recognition from the International Olympic Committee and it is an even greater incentive for us to grow and be better and better every day and to expand among young people - from primary and secondary school students who make up the largest number of our members. to seniors and veterans, and among the student population, as well.

WAKO World Kickboxing Federation today has 134 national member federations from all continents and the competition program is so large that international and national tournaments with thousands of young kickboxers are organized every weekend somewhere in the world. Kickboxing has 7 disciplines, and at these Combat championships students will represent their universities in 4 disciplines - point fighting, kick light (on the tatami) and full contact and K1-Style (in the ring).

These student games in Warsaw will certainly be an incentive for kickboxing to spread even more in the student population and for even more kickboxing students to participate and represent their universities in the future.

I wish all participants a safe travel to the competition, a lot of sports luck, a pleasant stay in Warsaw and to return to their homes and continue their student obligations with fond memories of championship, Warsaw and Poland.

Romeo Desa

EUSA Kickboxing Technical Delegate





Message from the OC Technical Delegate of Kickboxing

Dear Athletes, Coaches, Guests, and Friends of Kickboxing,

It is with great joy and pride that I welcome you on behalf of the Polish Kickboxing Association to the EUSA Combat Championships Warsaw 2025. As the newly elected President of PZKB, I am honored to address you at such a special moment – here, in the heart of our capital city, where you are competing for the highest academic accolades.

Kickboxing is not just a sport. It is a way of life that teaches discipline, respect, humility, but also courage, strength of character, and pushing beyond one's own limits. Today, witnessing your commitment, preparation, and determination, I am deeply convinced that the future of this sport belongs to you – the young, ambitious, and talented athletes.

Events like this are more than just arenas of competition – they are a space where community is built, where mutual respect and the spirit of fair play are just as important as a point, a kick, or a winning round. No matter the discipline you represent – be it tatami or ring – we are united by a shared passion and pride in being part of the kickboxing family.

It is impossible not to mention the growing importance of kickboxing in the world of combat sports – we are part of the rapidly developing WAKO structure, recognized by the International Olympic Committee. Your participation in this championship is not only about competition, but also your contribution to the growth and promotion of kickboxing in the academic environment across Europe.

I would also like to take this opportunity to thank all the coaches, team leaders, referees, organizers, and volunteers – without your hard work, passion, and dedication, this event would not be possible.

Dear Athletes – I wish you safe, thrilling bouts and high-level performances that will be remembered not only for the results but for the heart and soul you put into this sport.

Keep your guard high – and your heads even higher. Poland welcomes you with open arms, and may Warsaw become a symbol of inspiration and sporting brotherhood for all of you.

With great respect,

Grzegorz Wrzesień

President of the Polish Kickboxing Association





2. Introduction & History

KICKBOXING is modern contact fighting sport, which includes several clearly defined disciplines:

POINT FIGHTING	(PF),
LIGHT CONTACT	(LC),
KICK LIGHT	(KL),
FULL CONTACT	(FC),
LOW KICK	(LK),
K1 STYLE	(K1)
MUSICAL FORMS	(MF).

Kickboxing Disciplines

Kickboxing disciplines are divided into two main groups based on specific rules. The main characteristics that determine the group are the allowed hand and leg techniques, the force/contact level of the techniques, and the competition area.

The two main groups are:

1. Tatami Disciplines

- **Disciplines included:** Point Fighting (PF), Light Contact (LC), Kick Light (KL), and Forms (with and without music).
- **Rules:** In these disciplines, it is allowed to use hand and leg techniques with controlled force or "light contact." The primary intention is to score points by landing clean, fast strikes on legal targets. Knockouts are not allowed and can result in disqualification. The fighting area is a mat, also known as a **tatami**.
- **Forms (Musical Forms):** This is a non-fighting discipline where kickboxers perform a choreographed sequence of kickboxing techniques, often to music. The intention is to demonstrate skill, balance, power, and showmanship against an imaginary opponent. This discipline is also performed on a **tatami**.

2. Ring Disciplines

- **Disciplines included:** Full Contact (FC), Low Kick (LK), and K1 Style.
- **Rules:** In these disciplines, hand and leg techniques are used with full power. The basic intention is to defeat the opponent by knockout (KO), technical knockout (TKO), or by winning on points. The fighting area is a boxing-style **ring**.
- **K1 Style:** A key difference in K1 is that it allows for knee strikes, and often leg kicks to the inner and outer thigh, which are typically prohibited in Full Contact.



For the first time, kickboxing, with disciplines including Point Fighting, Kick Light, Full Contact, and K1 Style, was part of the 2019 EUSA Championships. This event was part of the four-sport 2019 Combat Championships, which also featured Karate, Judo, and Taekwondo. The championships took place in Zagreb, Croatia.

More than 1,300 participants were involved across all four sports. Kickboxing contributed 237 participants from 101 universities and 20 different countries.

At the conclusion of the fourth day, the University of Physical Education from Hungary was the overall winner, securing five gold medals and taking the honors in the mixed team competition. They were followed by Charles University from the Czech Republic, Ukraine's Ivano-Frankivsk College of Physical Education, the National and Kapodistrian University of Athens in Greece, and Ireland's Technological University Dublin, which all finished with the same number of points.





3.Competition Information

Organizing Committee

CHAIR	Mrs. Ivana Ertlova / Mr. Rafal Jachimiak
EUSA TECHNICAL DELEGATE	Mr. Romeo Desa
OC TECHNICAL DELEGATE	Mr. Grzegorz Wrzesień
LOCAL ASSISTANT	Mrs. Agata Prokop / Mr. Krzysztof Kaproń

General information

Competitors from the same University in the same weight category must be placed in separate parts of the draw (one in the upper half, the other in the lower half). This ensures they can only meet in the final. If there are more than two kickboxers from the same University, they cannot be scheduled to meet in the first round, provided there are at least an equal number of competitors from other universities.

Every draw list must contain the following data: the name of the tournament, location and date, discipline, gender, age, weight division, competitor's full name, club or nation, and fight number.

All draw lists must be printed in three official copies: one for the Chief Referee, one for the official table, and one for the notice or bulletin board. All three lists must be identical. Any changes must be made on all three copies and validated with the signature of the Chief Referee. Unofficial copies of the draw lists will also be distributed to University team chiefs.

Completed official copies with results, a stamp, and the Technical Delegate's signature are considered official WAKO documents. They will be archived for a minimum of two years.

No alterations can be made to the draw list once it has been produced by the Organizing Committee. The only exception is in the case of a material error (e.g., wrong weight category, age division, or discipline), which must be approved in writing by the Chairman of the Organizing Committee.

Financial obligation

In order to participate, all financial obligations towards EUSA and Organizing Committee need to be settled by the specified dates, as per EUSA Rules and Regulations.



Uniforms and safety equipment

Fighters uniforms according WAKO Rules.

Safety equipment – according WAKO rules (only approved producers)

- all safety equipment in red and blue colours.

Sport Equipment and Material

Tatami approves WAKO and score system Sport Data

Medical and Security Services

EUSA-regulated medical care and an ambulance will be provided at all competition sites.

Security services will be present at all venues to manage entrance control and ensure the safety of all participants.

Technical regulations

Competition will be held following the EUSA document “European Universities Championships Rules and Regulations 2025”.

The organization of the EUC Kickboxing shall be mainly based on the most recent Technical Regulations of the WAKO.

Athletes Sport Equipment and Clothing

Personal safety equipment will be TOP TEN equipment (red and blue gloves and headguards).

There will be possibility to borrow equipment for fights.

Clothes are personal, must be in accordance with WAKO Rules.

Competition Format

The competition will be held on **one tatami** and in **one ring**.

The order of the bouts will be as follows:

- **Qualification Rounds:** 1/8 finals, followed by 1/4 finals.
- **Final Rounds:** Semi-finals and finals.

The competition will follow a **knockout tournament format** (Cup system)

Delegation

The delegation will consist of athletes and officials from their respective university. The head of the delegation must be appointed.



Competition Programme

The competitions consist of 3 (three) days. The General Technical Meeting, where the presence of each head of the delegation is obligatory, will be held one day prior to the start of the competition

21st August (Thursday)	Arrival Day Weight-in	Hotel ARCHE Krakowska
22nd August (Friday)	Weight-in GTM Opening Ceremony	Hotel ARCHE Krakowska Szturmowa, University of Warsaw, Management Faculty RaceTrack Służewiec
23rd August (Saturday)	Competition	Hotel ARCHE Krakowska
24th August (Sunday)	Competition	Hotel ARCHE Krakowska
25th August (Monday)	Competition Closing Ceremony	Hotel ARCHE Krakowska Arena Ursynów
26th August (Tuesday)	Departure Day	

General Technical Meeting

The **General Technical Meeting (GTM)** for Kickboxing will take place on **August 22, 2025, at 3:30 PM** in hall at Faculty of Management University of Warsaw,
Address: Poland, 02-678, Warsaw, Szturmowa 1/3

Transport will be provided by Organising Committee.

Draw, seeding

Drawing on the EUSA Combat Championship will be organized and leaded by WAKO Organizing committee minimum 12 hours after finished official competition registration and minimum 24 hours before the start the competitions.

Drawing will be done according to final confirmed registration of kickboxers.

The Draw Procedure

The draw will be done in the presence of EUSA Representative and WAKO organizing Committee taking into account WAKO Rules. The World and European Champions (if any) will have the advantage in the draw and will be separated from each other to meet in the final.



Competition categories

Kickboxing competitions will be in four disciplines: K1 Styles, Full Contact, Point Fighting, Kick Light.

Ring disciplines:

K1 Styles

Male: -67 kg, -71 kg, -75 kg, -81 kg, -86 kg

Female: -56 kg, -60 kg, -65 kg

Qualifying, semifinals and final fights will be held on 1 ring.

Full Contact:

Male: -67 kg, -71 kg, -75 kg, -81 kg, -86 kg

Female: -56 kg, -60 kg, -65 kg

Qualifying, semifinals and final fights will be held on 1 ring.

Tatami disciplines:

Point Fighting

Male: -63 kg, -74 kg, -84 kg, +84 kg

Female: -55 kg, -65 kg, +65 kg

Qualifying, semifinals and final fights will be held on 1 tatami.

Kick Light

Male: -63 kg, -74 kg, -84 kg, +84 kg

Female: -55 kg, -65 kg, +65 kg

Qualifying, semifinals and final fights will be held on 1 tatami.

Point fighting and Kick Light on tatami on tatami (as semi contact disciplines) and Full Contact and K1 (as a full contact/power disciplines).

Fighters on tatami can participate in two weight categories and two tatami disciplines.

Fighters in the ring (full contact or K1) can participate in only one weight category and one ring discipline. No double starts.



Competition and training venues

Competition venues:

Arche Hotel Krakowska ul. Aleja Krakowska, 237 02-180 Warszawa, PL



Training venue:

CSR WUM ul. Księcia Trojdena 2C, 02-109 Warszawa



Trainings

Training rooms will be available for participants that would like to train, but advance reservations are required. Form for registration will be available at the accreditation desk.



Awards

ACHIEVEMENT		COMPETITION CATEGORY	TITLE FOR WINNER
Cups	1 st	University University in Point Fighting University in Kick Light University in Full Contact University in K1	European Universities Champion
Medals	1 st , 2 nd , 3 rd , 3 rd	Individual (athlete)	European Universities Champion

Protests

Procedure of prompting the protest

Competition protests / appeal

- The written protest must describe clearly the problem. The Chief referee must deliver the protest to the Appeal protest Committee who will consider the problem and handle it immediately.

Official Appeal Protest Committee

- Official Appeal protest Committee is composed of the following:
- Chairman of Referee Committee of ring or tatami
- Supervisor / Observer
- Technical director (who will act as a chairman of Appeal Protest Committee)

No two members of Appeal Protest Committee may be appointed from the same nation.

The Chairman of the Referee Committee shall appoint three additional members, designated numerically from 1 to 3, who will serve as automatic substitutes. These substitutes will replace any of the originally appointed Appeals Jury members in the event of a conflict-of-interest situation. Such situations include, but are not limited to, shared nationality, a familial relationship, or direct involvement in the alleged incident or issue under protest.

The following sequence must be followed when making a protest. It is hoped that at each stage the priority is for an amicable resolution, but if not then.

Procedure of prompting the protest

A coach or their representative who wishes to file a protest must declare their intention immediately after the conclusion of the fight.

They must obtain an Official WAKO Protest Form from the Chief of the ring or tatami, complete it, and return it to the same official within **10 minutes** of the fight's end.



The Appeal Protest Committee will examine the protest and issue a decision no later than **15 minutes** after receiving the form. The entire process, from submitting the form to receiving a decision, is intended to be completed within 15 minutes.

The Official Appeal Protest Committee will review the protest and its decision will be considered final. If the protest is successful, the initial decision will be changed.

Irregular protests

Irregular protests regarding disagreements of decisions, where kickboxer's protests by delaying further program in the ring / tatami, such as sitting down in the ring / tatami, decided by himself or stimulated by his coach / team to do so is not allowed

In case of such irregular protest, reaction will be made by Chief referee, Supervisor and Technical director of ring or tatami.

The consequence for such behaviour can be that the total team of the discipline can be excluded.

In case of further escalation of conflict due to this action and if security staff has to intervene, it will lead to immediately disqualification of the whole national team.

The decision of above situation will be made by TD with EUSA representative and chief referee.

A protest will only be accepted in a written letter and a protest will not be handled if actions mentioned above are in place.

Video evidence

- Video footage is not applicable to WAKO competition events.
- Video footage may not be used to resolve or review any queries, complaints or points of clarification.

Special violations of rules

If a kickboxer, coach, or an entire team protests a decision by entering or not leaving the ring or tatami immediately after a fight, the interim committee (composed of the Technical Delegate, the EUSA Representative, and the Chief Referee) is authorized to disqualify the entire university team.

See you soon
in **Warsaw!**



Warsaw 2025

europa

