

28th JKA European Karate Championships



**Bergen, Norway
8 - 9 May 2026**

<https://jkaec2026.com>



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Foreword by the President of JKA Europe

I am proud, on behalf of JKA Europe, to write this foreword and to welcome you to the JKA European Championships 2026.

Thanks must go to JKA Norway, its President and organising team for accepting the role of hosting our Championships this time. Their dedication and hard work will, I am sure, be reflected in the delivery of this event. The Japan Karate Association is 'The Keeper of the Highest Traditions of Karate' and our competitions are the finest examples of this belief.

To the organisers, referees and marshals I say thank you for all your hard work. To family and friends coming to support the competitors I say that I hope your energy will fill the stadium and to the competitors I say 'Gambatte' and 'lykke til'.

Oss!

Tony Cronk

President, JKA Europe





Foreword by the President of JKA Norway

Welcome to the JKA European Karate Championships in Bergen 2026

Dear karate friends,

On behalf of JKA Norway I am delighted to warmly welcome you to the JKA European Karate Championships, which will be held in beautiful Bergen in May 2026.

It is an honour for us to host these prestigious championships, and we look forward to bringing together athletes, referees, coaches and supporters from all over Europe for a few days filled with true karate spirit, friendship and great athletic performances.

Bergen, with its rich history, magnificent nature and warm hospitality, provides the perfect setting for this event. We hope you will have memorable experiences both on and off the tatami.

We wish all participants the best of luck in their preparations and look forward to welcoming you to Norway and Bergen in May!

Best regards,

Lisbeth Skodvin

President, JKA Norway





Welcome to Bergen, Norway



Bergen is the second largest city in Norway and is often referred to as the *Gateway to the Fjords*. It is a picturesque city on the country's west coast, framed by seven mountains and the North Sea. Known for its colourful wooden houses along the UNESCO-listed Bryggen wharf and its lively fish market, Bergen is both a historic port and a vibrant cultural hub.

Read more about Bergen here:

[Visit Bergen - Official Bergen \(Norway\) Tourist Information Site](#)

Currency

The local currency is the Norwegian Krone (NOK). Card payments are widely accepted and there is no need of cash. Most restaurants are open every day, while shops are typically open from Monday to Saturday (some exceptions for certain grocery stores which are open also on Sundays).

Weather

Bergen is known for its rainy climate, characterised by mild winters and cool summers. Whilst May is considered one of Bergen's driest months, occasional rain showers are still common. During this time, average daytime temperatures range from 11 to 14°C, with nighttime lows around 5 to 7°C.



The Venue

The championships will be held at Haukelandshallen, a spacious venue renowned for hosting a variety of international tournaments. Conveniently located just 10 minutes from the city centre, it provides easy access for all visitors.

Haukelandshallen

Address: St. Olavs vei 50, 5052 Bergen





Transportation

Bergen has a well-developed and affordable public transportation system. As such we expect that visitors will manage their own transportation during their stay.

Recommended Pass:

We suggest purchasing a 7-day pass with SKYSS, which allows unlimited travel within the 7-day period. This pass includes:

- Transportation to and from the airport with the light rail.
- To and from the venue with the light rail.
- 4 children 6-17 years old travel for free together with one paying adult above 18 years.
- Price for one adult with up to 4 children for free is 272 kroner (price as of 18/11-2025. All of Bergen city centre and the whole of Bergen municipality is zone A. You only need to purchase zone A).

For judges, a dedicated bus service will be provided from the Scandic City (Official Hotel) to Haukelandshallen on Friday and Saturday.

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More information:

For details about the Bergen light rail and ticket purchasing, visit: [Skyss buses, Light Rail and some boat connections](#)



The Skyss 7-day pass can be purchased online using the link above. Note. When you purchase the pass, the pass validation starts immediately. Thus, please only get it once you arrive in Norway. Direct link to the site about the Skyss App; [Skyss Ticket app](#)

Important note:

Tickets cannot be purchased on board the Bergen light rail.

Travel to and from Bergen Airport (Flesland)

To travel to and from the airport, we recommend using the 7-day pass for the light rail.

Take line number 1 of the Bybanen (Bergen Light Rail), with a travel time of approximately 45 minutes. There is only one light rail line to and from the airport. After arriving at the last stop in the city, it's just a 5-minute walk to your hotel.



Other Airport Transportation Options

Airport Express Bus

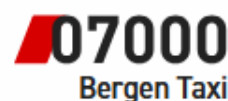
The Flybussen Bergen departs from stop **A5**, located outside the main terminal of the airport. With six stops in the city centre, it is conveniently close to most hotels. For the best rates, purchase your ticket in advance at flybussen.no. Buying a return ticket offers additional savings. While tickets can be purchased on the bus, they will be at a higher price pre-purchased tickets.

Price: 179 NOK per adult.

Total Travel Time: Approximately 35 minutes from the airport to the city centre.

Taxis in Bergen

Bergen has several taxi companies, and we recommend using only 07000 Bergen Taxi. Their services are available via an app with fixed defined prices. You can pre-book a taxi at your hotel, or call (+47) 55 99 7000 for immediate service. Easiest way is to download the app. Follow this link for the app:



Welcome to Bergen - Bergen Taxi

The table below shows fixed fares between the city and the airport with Bergen taxi.

Airport shuttle – guaranteed fares



We offer guaranteed maximum fares for all rides between Bergen Flesland Airport and downtown Bergen. This means that you will pay the meter fare, but never more than the designated maximum fare for the time of your journey. Maximum fares are as follows:

MAXIMUM TAXI FARES FLESLAND – BERGEN

Valid from 15.05.24

	Weekdays Mon-Fri 06-22	Nights, weekends & holidays Mon-Fri 22-06, Sat/Sun
1-4 passengers	580	630
5-8 passengers	820	890

Toll fee **NOK 7** applies to all transports in Bergen. Airport tax of **NOK 10** will apply for all taxi rides *from* the airport.

Valid between Bergen Airport Flesland and all addresses with postal codes 5003-5008 / 5010-5018, see map below. Applies to direct bookings and spot rides in both directions.

Would you like a more personal service, with a driver that greets you with a name sign in the arrivals hall? Just contact us via booking@bergentaxi.no or phone +47 55 99 70 00 for a price quote!



Transport to and from Haukelandshallen

We recommend using the Bergen light rail, Bybanen, and using the same 7-day pass to get to the venue, Haukelandshallen. Choose either the line number 1 or line number 2 from the city centre to the “Kronstad” station. Haukelandshallen is just a 5-minute walk from the Kronstad stop.



Map: Walking directions from Bergen Light Rail Stations to Haukelandshallen.



Bus Transfer for judges to Haukelandshallen on May 8th and 9th

This bus service is for judges only.

Departure Times:

Scandic City to Haukelandshallen:

Friday: 10:45

Saturday: 07:45

Haukelandshallen to Scandic City:

Friday: 19:15

Saturday: 18:15





Accommodation

The official championship hotel is Scandic Bergen City, located in the city centre. Representatives from JKA Norway will be present at the hotel reception for registration Thursday 10:00-21:00 and Friday 08:00-18:00.

Scandic Bergen City

Address: Håkonsgaten 2-7, BERGEN

Contact us: [+47 55333300](tel:+4755333300) Email: bergencity@scandichotels.com



Prices and Booking

Reservation number for the booking: 97926737

To secure the rates listed below, please ensure that your room is booked before **February 15, 2026**.



Hotels:

Reservations can be made through the following link hosted by Scandic Hotels.
scandichotels.no/form/jka-em-bergen2

Date	Type of room	Price
6 May 2026	Single room	1790 NOK per room per night
	Twin room/double	1990 NOK per room per night
	Triple room	2190 NOK per room per night
7-10 May 2026	Single room	1590 NOK per room per night
	Twin room/double	1790 NOK per room per night
	Triple room	2090 NOK per room per night

Breakfast is included for all guests staying at the hotel.

Dining at the Hotel

Good and nutritious food is important. Therefore, together with chefs and nutrition specialist, we have developed our own sports menu focusing on healthy ingredients and tasty dishes - perfect for sporting events.

The buffet can be pre- booked for Thursday and Friday. Reservations can be made on the landing page created by Scandic Hotels: scandichotels.no/form/jka-em-bergen2

Please note: The buffet must be booked before **February 15, 2026**, to secure the prices below.

Dining at the Hotel

Date		
7 May 2026	Sports buffet 19:00 - 21:30	310 NOK
8 May 2026	Sports buffet 19:00 - 21:30	310 NOK



Tournament Rules

Age Categories

- **Youth:** 14 - 15 years old
- **Juniors:** 16 - 17 years old
- **Seniors:** 18 - 20 years old
- **Adults:** 21 years old and above

Kata Rules

- Until 16: Flag system: SHITEI KATA: Heian 2 - Tekki 1
- Until 8: Flag system: SENTEI KATA: Bassai Dai, Kanku Dai, Enpi, Jion
- Until 4: Point system: SENTEI KATA: Bassai Dai, Kanku Dai, Enpi, Jion

Finals (best 4): Point System

The top 4 from semifinals will be randomly ordered for the finals, as generated by the software.

Youth Individuals – Kata Choices

Participants may choose from:

BASSAI DAI – KANKU DAI – JION – ENPI - HANGETSU (other than elimination kata)

Juniors Individuals – Kata Choices

Participants may choose from:

BASSAI DAI – KANKU DAI – JION – ENPI - HANGETSU (other than elimination kata)
or TEKKI 2 – TEKKI 3 – JITTE – GANKAKU

Seniors and Adults Individuals – Tokui Kata

- Participants will select from JKA Shotokan Kata (not Shitei Kata).

TEAM Kata - Youth

- One kata for eliminations
- One new kata in the finals (different from the elimination kata)

Participants may choose only from, both elimination and finals:

BASSAI DAI – KANKU DAI – JION – ENPI – HANGETSU

TEAM Kata - Juniors

- One kata for eliminations
- One new kata in the finals (different from the elimination kata)

Participants may choose only from, both elimination and finals:

BASSAI DAI – KANKU DAI – JION – ENPI – HANGETSU - TEKKI 2 – TEKKI 3 – JITTE
– GANKAKU



TEAM Kata - Seniors and Adults

- One kata for eliminations
- One new kata in the finals (different from the elimination kata)
- Choice of TOKUI KATA: JKA Shotokan Kata (not Shitei Kata)

Standardization of Kata

The standardization of Kata for these championships will adhere to the current JKA HQ Karate-Do Kata books: **Kata Volume 1, 2, 3 and 4.**

Kumite Rules

- **Eliminations and Finals:** IPPON SHOBU; JKA rules,

Additional information:

- Except for senior men, which will be SANBON SHOBU (3 minutes) in the finals, the eliminations and finals will be :
 - 2 minutes
 - Sakidori shobu (2 minutes)

Number of Entries

Individual events:

- Kumite: **Men and women, maximum of 4 participants per category**
- Kata: **Men and women, maximum of 4 participants per category**

Team events:

- Kumite: **3 men (+ 1 reserve), 3 women (+ 1 reserve) per category**
- Kata: **3 men (+ 1 reserve), 3 women (+ 1 reserve) per category**

Other Matters

Important notes:

- All participants are required to hold a JKA master's degree, with a minimum of 2nd Kyu or Dan). If there is a doubt, a copy of the certificate will be requested as verification.
- Participants are allowed to only compete in one category (youth, juniors, seniors, or adults).

Disclaimer

The Organizers and JKA Europe shall not be held responsible or liable for any compensation claims related to accidents, injuries or other incidents in connection with the championship event. All contestants are strongly encouraged to arrange their own insurance coverage.



Disqualification

Any contestant who is required to stop or withdraw from a match by the officially appointed tournament medical doctor will be requested to withdraw and will not be allowed to continue.

Preparation of Protection Gear

Each contestant is required to bring their own protection gear, which includes

- **Gloves:** JKA-approved types (only white).
- **Teeth Protection:** Translucent mouthguards are mandatory.
- **Chest Protectors:** Required for female contestants.
- **Groin Protection:** Recommended for male contestants.

Contestants who wear contact lenses should bring a spare pair. In the event of a loss during a match, the contestant must replace the lens within 2 minutes.

Delegation Representation

Each country is allowed one delegation only. For countries with multiple organizations, leaders must agree on a single delegation in accordance with JKA regulations.

Medical Staff

Officially appointed tournament doctors and staff will be present to administer first aid. The doctors have the authority to determine whether an injured contestant can continue participating or must withdraw. Any contestant required to stop or withdraw from a match by the official tournament medical doctor will be disqualified and unable to continue.

Health Insurance

Each contestant must carry personal health insurance and is responsible for their own healthcare. Contestants shall have no claims against the tournament medical team or the tournament organizers.

Visa Requirements

It is the responsibility of each participating country to verify their visa requirements for entry into the host country. The organizing country cannot be held liable for any refusal of entry.

Seeding and Draws

There will be no seeding of competitors based on previous championships. Draws will be conducted randomly made by computer.



Final Schedule

All finals will take place immediately after the eliminations, with the exception of the senior finals, where all finals (Super Finals) will be held on two separate shiai-jo.

- Senior team kata Super Finals will be held on Friday.
- Senior individual kata and kumite, and team kumite Super Finals will be held on Saturday.

Medal Ceremony

Medal Ceremonies will take place immediately after each final for the youth, junior and senior categories in a designated area.

Adult medal ceremonies, which include national anthems, will be held at the end of the championship each day. Please refer to the time schedule for details.

Shiai-jo Usage

The championship will be conducted on six shiai-jo.

Contestants

Contestant Dress Code

- Contestants must wear a clean, all plain white karate uniform.
- No taping is allowed to cover any publicity or advertising. Any form of publicity or advertising on the uniform is strictly prohibited (except for standard badges at the bottom of the jacket and by the trouser lining).
- The jacket, when secured around the waist with the belt, must be long enough to cover the hips.
- The sleeves of the jacket must extend at least halfway down the forearm and must not be rolled up. Additionally, the sleeves should not cover the wrists.
- The trousers must be long enough to cover at least two-thirds of the shins, but they should not cover over the ankles.
- The belt must be of sufficient length to leave approximately 15 centimetres of excess on both ends after being properly tied around the waist. Black belt should also be about 5 centimetres in width.

In case the contestant does not respect this dress code rule, the referee can refuse him/her to compete at the tournament or the referee may request change for a proper karate uniform.

Other rules to be followed, see item 16: Dress code for participants, in the JKA Tournament Rules and Regulations, General Rules.



A national badge may be worn, with a maximum size of 10 cm by 10 cm. The badge should be positioned on the left breast of the karate-gi.

Contestant Other Matters

- Each contestant must maintain clean hair, cut to a length that does not obstruct the smooth conduct of the match. Beads, fancy colouring, and similar adornments are not permitted. Hachimaki (head band) is not permitted.
- If the judge deems a contestant's hair too long or unclean, they may disqualify the contestant from the match with the Chief Judge's approval.
- Hair slides, as well as metal and hard-plastic hair grips, are prohibited.
- Contestants must keep their toenails and fingernails short and must not wear metallic or similar objects.
- Soft contact lenses may be worn at the contestant's own risk.
- The wearing of unauthorized clothing or equipment is strictly forbidden.
- Female contestants may wear a plain white t-shirt beneath the karate jacket.
- Women are allowed to wear additional protective equipment approved by the JKA Technical Committee.
- Each competitor must display an identification number on the back, positioned below the belt.
- In all Kumite matches and in all Kata Flag System matches, one contestant must wear a red belt for identification purposes. Contestants are not allowed to remove their own belts.



Judges

- The Technical Director for this year's Championship will be appointed by the JKA Technical Committee.
- Each country may send a maximum of six judges.
- Only judges with a JKA Europe or JKA World Federation C-license or higher will be accepted.

Judge Dress Code

Judges are required to wear the official uniform designated by the JKA Technical Committee at all tournaments, courses and examinations.

The official uniform consists of the following:

- A single-breasted navy-blue blazer
- A long-sleeved white shirt
- An official JKA judge necktie
- Plain light grey trousers
- Unpatterned dark blue or black socks, along with black shoes for use outside the match area
- **Important Note:** No shoes or socks are permitted while judging a match.

Grand Champion Trophy

The **Grand Champion Trophy** will be awarded to both the top female and male competitor in the Adult 21+ category.

The award will be determined in the following order:

1. The competitor must have won medals in both individual kata and kumite, with at least one of them being a gold medal.
2. If the second individual medal is silver, it ranks higher than a bronze.
3. If a tie still remains, the competitor who won an individual gold medal in kata will win.





Time Schedule

Please note that this schedule is tentative, and subject to change.

Thursday, May 7

Time	What	Where	Additional information
13.00 - 15.00	JKA Technical Committee Meeting	HQ Hotel	
16.00 - 19.00	JKA Judge Meeting	HQ Hotel	
20.00 - 21.00	JKA Coach Meeting	HQ Hotel	

Friday, May 8

Time	What	Where	Additional information
08.30 - 10.30	JKA Europe Congress	HQ Hotel	
12.00 - 18.00	14-15 years old (youth) - Kata individual - Kumite individual - Team Kata - Team Kumite	Sports Arena	Finals – consecutive. Medal Ceremony - consecutive. Both male and female
12.00 - 18.00	16-17 years old (junior) - Kata individual - Kumite individual - Team Kata - Team Kumite	Sports Arena	Finals – consecutive. Medal Ceremony - consecutive. Both male and female
12.00 - 18.00	Team kata 18-20 years old (senior)	Sports Arena	Finals – consecutive. Medal Ceremony - consecutive. Both male and female
15.00 - 18.00	Team kata 21+ years old (adult) preliminary round	Sports Arena	Both male and female
18.00 - 19.00	Team kata 21+ years old (adults) Super Finals (4)	Sports Arena	Super Finals on two shiai-jo Medal Ceremony after both finals. Both male and female



Saturday, May 9

Time	What	Where	Additional information
09.00 - 15.00	18-20 years old (seniors) - Kata individual - Kumite individual - Team Kumite	Sports Arena	Finals – consecutive. Medal Ceremony - consecutive. Both male and female
09.00 - 15.00	21+ years old (adults) - Kata individual - Kumite individual - Team Kumite	Sports Arena	Both male and female
15.30 - 17.00	Super Finals (adults) - 21+, kata (4) - 21+ kumite (4) (semifinals and final) - 21+ Team kumite (2)	Sports Arena	Super Finals on two shiai-jo Both male and female Medal Ceremony
20.00 – 02.00	Sayonara party	HQ Hotel	Requires registration beforehand

Schedule for Training at Haukelandshallen

Registration for national training at the venue is now open.

The arena will be available for national training on the following dates and times:

- **Thursday May 7: 12:00 PM - 8:00 PM.**
- **Friday May 8: 09:30 AM - 11:00 AM.**

Please note that due to event preparations, training will not take place in the main hall but in dedicated sports halls within the same building.

Training Duration:

Each session is limited to a maximum of 90 minutes. To reserve your training time, please register latest by April 18, 2026, using following form:

<https://forms.office.com/e/y4pMBt43QM>



Online Registration System

JKA Norway has prepared a dedicated registration system in order to manage all competition entries efficiently and ensuring a smooth and efficient experience for all participants.

Key Points:

- Only one representative from each country will be allowed to register their athletes for the competition.
- In addition to athletes, all referees, coaches, officials and participants attending the Sayonara party must also be registered within this system.
- Please note that athletes must be registered for each discipline separately. For example, if an athlete is competing in both kata and kumite, she/he must be entered in both the kata category and the kumite category. The same applies to team registrations.

Link to Registration System:

<https://register.jkaec2026.com/>

A registration process manual is available on our championships webpage:

<https://jkaec2026.com>

**LAST DATE FOR REGISTRATION
FOR COMPETITION:
1 April 2026**

Important Note: The draws will be conducted approximately two weeks before the championships.



Competition Fees and Payment Information

Competition Fees

- Individual Kata: €35 per person
- Individual Kumite: €35 per person
- Teams: €40 per team

Payment Information

All participation fees must be paid by April 10, 2026, to ensure your registration is processed.

Payment Instructions:

Please make your payment in Euro to:

JKA Norway, EM26

IBAN: NO02 3626 6703 869

BIC (SWIFT): SPAVNOBBXXX

Bank: Sparebanken Norge

Important Note: You are responsible for covering any bank transfer fees.

- Competition fees are in EURO€
- Hotel, party, dining at hotel are in NOK prices.



Sayonara Party

As all good things must come to an end, it's time for us to come together, share laughter, and create one final beautiful memory!

Join us for an unforgettable Sayonara Party at Scandic City on Saturday night! Enjoy a delicious buffet, live entertainment, and an outstanding DJ to pump up the volume at the dance floor!

Buffet opens at 20:00.



Registration Details:

- **Registration deadline:** 15 February 2026
- **How to register:** Use the same system as for championship participation.
- **Price for party with buffet:** 500 NOK
- **Payment:** Same method as the participation fee.

Important note: All participants, along with friends and family, are welcome to attend the party. However, please note that there is an 18-year age limit for alcohol service in Norway. Each country must register participants by age, and wristbands of different colours will be distributed accordingly.



Contact

For any question, please reach us at: JKAEC2026@jkanorway.no

Welcome to the 28th JKA European Championships

