



IRISH OPEN



2026

11th APRIL

SETU ARENA WATERFORD



WORLD
CHAMPIONSHIPS

QUALIFYING EVENT FOR
MADRID 2026



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ISKA Amateur Members Association Irish Open Kickboxing Championships 2026 will be staged on 11th April 2026 at SETU Arena, Waterford.

INTERNATIONAL SPORT KICKBOXING ASSOCIATION

This event will be used as part of the selection campaign for fighters to earn their chance to join Team Ireland for the ISKA AMA World Championships 2026, to be held in Madrid, Spain.

Event will take place on Saturday 11th April 2026 at:

SETU Sports Arena

Waterford

Ireland

The ISKA Irish Open will include Ring Sports, K1 Rules, Low Kick, Full Contact Kick boxing, Muay Thai Boxing, Points Fighting and Light Contact rules.

For further information please contact Daniel "Pinta" Quigley or email ashleennicell@gmail.com

Admission:

€50 entry fee for the first category

€35 per each additional category

Early Bird discount available until 31st January (£5)

Entrance fees for spectators/Coaches:

Spectators €15 pre-paid online €20 on the day entry.

Entrance for coach: to 5 competitor 2 Coach; > 15 competitor 3 Coach; > 30 competitor 4 Coach;

Prize:

Special Medals & Diplomas will be awarded to the:

1st Gold (Medals)

2nd Silver (Medals)

3rd Bronze (Medals)

All competitors will receive a certificate of final position.



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Protective Equipment

Semi Contact

Equipment Compulsory

- T-shirt and long trousers
- Head gear
- Gum shield
- Groin protection
- Shin guards
- Foot/Kick boots
- Women and female juniors: breast protection
- Gloves: Semi-Contact Gloves – Must cover the fingers and thumbs up to the second knuckle.
- Recommended: Female kids (girls): Breast protection

Light contact:

Equipment Compulsory

- T-shirt and long trousers or Karate Gi.:
- Head gear
- Gum shield
- Groin protection
- Shin guards
- Foot protectors
- Women and female juniors: breast protection
- Gloves: 10 ounces gloves
- Recommended: Female kids (girls): Breast protection

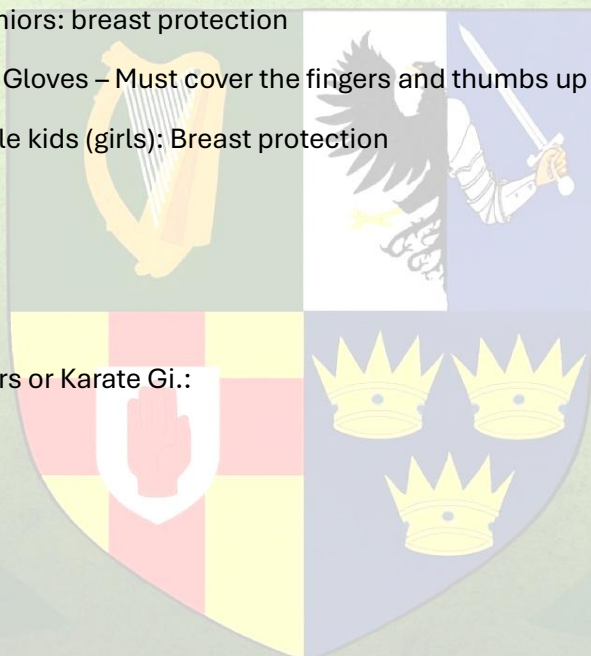
K-1/K1 Light:

Equipment / Compulsory

- Men: Thai, MMA, K-1 or Thai Shorts, Shirtless
- Women: Thai, MMA or K-1 Shorts, T-shirt or ladies top
- Head gear (not for Amat. MMA)



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- Gum shield
- Groin protection
- Shin-Instep guards (Heavy)
- 10 ounces gloves
- Women: breast protection K-1



Thai Boxing:

Equipment / Compulsory

- Men: Thai, MMA, K-1 or Thai Shorts, Shirtless
- Women: Thai, MMA or K-1 Shorts, T-shirt or ladies top
- Head gear (not for Amat. MMA)
- Gum shield
- Groin protection
- Shin-Instep guards (Heavy)
- 10 ounces gloves
- Women: breast protection K-1
- Body Shield to be worn by all junior fighters



Low Kick:

Equipment / Compulsory

- Men: Thai, MMA, K-1 or Thai Shorts, Shirtless
- Women: Thai, MMA or K-1 Shorts, T-shirt or ladies top
- Head gear (not for Amat. MMA)
- Gum shield
- Groin protection
- Shin-Instep guards (Heavy)
- 10 ounces gloves
- Women: breast protection K-1

Full contact:

Equipment / Compulsory

- Men: long trousers, shirtless
- Women: long trousers, T-shirt or ladies top

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- Head gear
- Gum shield
- Groin protection
- Shin guards
- Foot protectors
- 10 ounces gloves
- Women: breast protection



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Number and Duration of Rounds

Light Contact/K1 Light/Points Fighting

- (6-11 Years) 3 x 1 min elimination and final
- (12-17 Years) 3 x 1.5 min elimination and final
- (18+ Years) 3 x 2 min elimination and final

K-1/Low Kick/Full Contact/Thai

- (6-11 Years) 3 x 1 min elimination and final
- (12-17 Years) 3 x 1.5 min elimination and final
- (18+ Years) 3 x 2 min elimination and final



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Divisions

Points Fighting		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
	Female	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

Full Contact		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
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	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

Low Kick		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
	Female	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
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	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

K1		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
	Female	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

K1 – Light (Novice Only)		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
	Female	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

Light Contact (Novice)		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
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18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Divisions

Light Contact (Advance)		
6-11 years	Male	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg +55.1kg
	Female	-25.0kg 25.1-30.0kg 30.1-35.0kg 35.1-40.0kg 40.1-45.0kg +45.1kg
12-14 years	Male	-35.0kg 35.1-40.0kg 40.1-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
	Female	-40.0kg 40.1-45.0kg 45.1-50.0kg +50.1kg
15-17 years	Male	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg +80.1kg
	Female	-45.0kg 45.1-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
18-39 years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg
40+ years	Male	-60.0kg 60.1-65.0kg 65.1-70.0kg 70.1-75.0kg 75.1-80.0kg 80.1-85.0kg 85.1-90.0kg +90.1kg
	Female	-50.0kg 50.1-55.0kg 55.1-60.0kg 60.1-65.0kg +65.1kg



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Schedule of Events				
8am	Registration, Weigh in and Medicals			
10am	Opening of Event			
10.30am	Elimination Rounds and Finals			
*Subject to change time pending	Junior Ring 6-14	Cadet Ring 15-17	Senior Ring 18+	Thai Ring
*Subject to change time pending	Junior Mat 6-14	Cadet Mat 15-17	Senior Mat 18+	
Medals Awarded After Each Category				

Organisers reserve the right to move competitions between areas to keep the event running to time – all timetables will be published and kept live on Kihapp throughout the day

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