



OFFICIAL REGULATION

International Kurash Association
Kurash Confederation of Asia
Tajikistan Kurash Federation
The XV Asian Senior Kurash Championships IKI
International Refereeing Seminar
IKA 1-2 Star International Refereeing Exam
IKA Ranking event



Dushanbe, Tajikistan
June 11-15, 2026



Dear Presidents of National Federations, athletes, coaches, and representatives of the Kurash Family,

I sincerely invite you to the XV Asian Senior Kurash Championship, which will be held from 11 to 15 June 2026 in the city of Dushanbe.

This championship is of great importance in further developing the sport of Kurash across the Asian continent, strengthening the atmosphere of mutual competition and friendship among athletes, as well as elevating cooperation between national federations to a new level.

I am fully confident that the land of Tajikistan, long known for its hospitality and rich cultural heritage, will serve as a worthy host for this prestigious competition.

I express my sincere gratitude to the Tajikistan Kurash Federation, the Organising Committee, and all partners for their efforts in ensuring the championship to be organised at a high level.

I am convinced that the XV Asian Championship will be remembered not only for strong Kurash contests, but also for promoting peace, friendship, respect, and human values.

I call upon all national federations affiliated to the KCA to actively participate in this continental championship.

Yours faithfully,



Komil Ruziev

**President of the Kurash
Confederation of Asia**

Khush Omaded! Welcome!

Dear participants and guests!

We are delighted to welcome you to the 15th Asian Senior Kurash Championship, which will take place in the capital of our country, Dushanbe, from June 11 to 15.

This championship is a tangible demonstration of the high priority given to Kurash in Tajikistan and the results of systematic efforts to develop the sport. For us, hosting these competitions is not only a great responsibility but also an opportunity to further strengthen our close cooperation with the Asian Kurash Community.

We are proud that the Tajik people are hosting the Continental Championship for the second time.

In 2022, the Asian Senior Championship was also held at a high level.

The Organizing Committee is paying special attention to conducting the competition in accordance with international standards and creating a comfortable and safe environment for the participants.

We believe that during this championship, Dushanbe will become not only a venue for competition but also a place that strengthens friendship and mutual respect.

We wish everyone a successful competition, vivid impressions, and unforgettable moments.



Abdulmalik Orifov

**President of the Tajikistan
Kurash Federation**

COMPETITION INFORMATION

Organizer

Kurash Confederatio of Asia & Tajikistan Kurash Federation

Contact

**Shamsiya Saidova
General Secretary**

Email

kurash_tjk@mail.ru

Emergency Number

+992 918666695

Competition venue:

Dushanbe Tennis Palace and Water Sport Complex



AIMS

The XV Asian Senior Kurash Championships shall be held to determine the strongest Kurash athletes of Asia in respective weight categories, and to qualification for WSP and Asian Games

VENUE AND DATES

Dushanbe – Tajikistan

VENUE: Dushanbe Tennis Palace and Water Sport Complex

DATES: 11-15 June 2026

The championships organized and held by International Kurash Association, Kurash Confederation of Asia (KCA) and Tajikistan Kurash Federation (TKA).

Organizing Committee under the supervision International Kurash Association (IKA).

ELIGIBILITY & CATEGORIES **Seniors**

Age limit: Above 17 Years

Categories of Men: -60kg, -66kg, -73kg, -81kg, -90kg, -100kg, -120kg
+120kg Categories of

Women: -48kg, -52kg, -57kg, -63kg, -70kg, -78kg, -87kg, +87kg.

Men: 4 minutes

Women: 3 minutes

Each Nation can enter maximum 1 player in each weight category.

All players must be citizens of the country they represent in order to compete.

Refugee Team may participate (IKA Approval)

The players representing only National Kurash Federations – Official members of the IKA can compete at Asian championship.

Each nation can enter 1 Referee with International 1,2 or 3 stars at their own expense.

AWARDS

Medalists of the XV Asian Senior Kurash Championships will be awarded with medals/diplomas and will obtain IKA Ranking Points (Seniors)

DEADLINE FOR SENDING APPLICATIONS FOR PARTICIPATION

Federations which fail to submit application and travel schedule before these deadlines, shall not be able to receive free hotel accommodation and meal.

Copies of the official application form, the travel schedule form are attached. Properly filled forms, scanned passport copies and color passport size photos of each delegate should be submitted by IKA Registration system www.registration.kurash.org

Deadline: 4th June 2026

DRAW

The draw will be conducted automatically one day before competition by IKA official Software

LIABILITY

Neither KCA nor TKA (Tajikistan Kurash Federation) shall hold any liability in case of injury or any personal loss experienced by the delegates throughout their visit.

The delegates are liable for their own insurance.

RULES OF THE COMPETITIONS

The championships will be governed by the International Kurash Association rules (E.O.R).

The English language version of the rules is available at the IKA official site www.kurash-ika.org

Please note under new rules approved in 2017 any player without standard Yakhtak will be automatically disqualified once on the Gilam.

INTERNATIONAL AND LOCAL TRANSPORTATION

Airport transfer will be provided by Tajikistan Kurash Federation to the hotel and back border transportation maybe provided if prior arrangements had been agreed up on with Tajikistan Kurash Federation

HOTEL AND MEAL

IKA and the OC - Organizing Committee will cover a delegation of 2 People per country at Tajikistan Dushanbe, in a Double Room FREE OF CHARGE which includes – Local transport /Accommodation (from 11-15 JUNE departure date)/3 Times Meal

Hotel

Name: Atlas

Single Room : 125\$ (USD) Inc. 3 Times Meals

Double Room : 135\$ (USD) Inc. 3 Times Meals

Triple Room : 200\$ (USD) Inc. 3 Times Meals

Hotel

Name: Rumi

Single Room : 130\$ (USD) Inc. 3 Times Meals

Double Room : 170\$ (USD) Inc. 3 Times Meals

Triple Room : 230\$ (USD) Inc. 3 Times Meals

Hotel

Name: Safo

Single Room : 130\$ (USD) Inc. 3 Times Meals

Double Room : 170\$ (USD) Inc. 3 Times Meals

VISA SUPPORT

(1) Applications & Visa Support Deadline: 12.00 noon GMT 1st/June/2026

(2) The Organizing Committee shall provide visa support to participants of the Championship. The visas to enter Tajikistan shall be issued at the Embassies of Tajikistan in respective countries

Applications sent late for a visa do not guarantee the visa on time, and OC has no responsibility whatsoever, all expenses related to visas in this case should be covered by delegations including team Referees

(3) Copies of the official application form. Properly filled forms, scanned passport copies and color passport size photos of each delegate should be submitted by email to the following email

DUTIES OF PARTICIPANTS

All delegations must bring their own standard Kurash uniform - Yakhtak.

IKA INTERNATIONAL REFEREE (1-2 STAR) SEMINAR & EXAM

Eligibility Criteria

The Referee exams quota MAX 2 Per Country for 1 star, 2 per country for 2 stars Exam costs: \$200 for 1 star and \$250 for 2 stars. Please register at <https://kurash-ika.org/2022/06/30/documents-ika/>

Referee exams are taken during the championship. English Language Needed!

All Participants must cover all their costs

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PROGRAM

2026 June/11/THU	14:00-24:00	The arrival of all teams to Tajikistan Seminar Participants / Experts / Referees / VIP / Accreditation Arrival of teams	Dushanbe International Airport
	09:00-24:00	Accreditation / Yakhtak Back Number	Athletes Hotel
	11:00-18:00	Training for Teams (reservation needed)	Dushanbe Tennis Palace
	12:00-14:00	Lunch	Hotels
	18:00-21:00	Dinner	Hotels
	09:00-12:00	Refereeing seminar Theory	Dushanbe Tennis Palace
2026 June/12/FRI	09:00-24:00	Accreditation / Yakhtak Back Number	Athletes Hotel
	12:00-14:00	Lunch	Hotels
	14:00-17:00	Refereeing seminar Practical	Dushanbe Tennis Palace
	14:00-15:00	KCA DC Meeting	TBA
	15:00-16:00	KCA Congress	
	16:00-16:30	Press Conference	
	17:00-19:00	Technical Meeting / Draw All Weights	
	20:00	A Welcome Dinner Party (Presidents and VIP guests)	TBA
2026 June/13/SAT	06:30-07:00	Unofficial weigh-in for Men: -60kg, -66kg, -73kg, -81kg Women: -70kg, -78kg, -87kg, +87kg	Dushanbe Tennis Palace
	07:30-08:00	Official weigh-in for Seniors Men: -60kg, -66kg, -73kg, -81kg Start of Competition Women: -70kg, -78kg, -87kg, +87kg	Dushanbe Tennis Palace
	10:00-13:00	Start of Competition Men: -60kg, -66kg, -73kg, -81kg Women: -70kg, -78kg, -87kg, +87kg	
	14:00-18:00	Semi-finals / Finals / Awarding Awarding ceremony	

2026 June/14/SUN	06:30-07:00	Unofficial weigh-in for Men: -90kg, -100kg, -120kg, +120kg Women: -48kg, -52kg, -57kg, -63kg	Dushanbe Tennis Palace
	07:30-08:00	Official weigh-in for Seniors Men: -90kg, -100kg, -120kg, +120kg Women: -48kg, -52kg, -57kg, -63kg	
	10:00-13:00	Start of Competition Men: -60kg, -66kg, -73kg, - 81kg Women: -48kg, -52kg, -57kg, -63kg	Dushanbe Tennis Palace
	14:00-18:00	Semi-finals/Finals/Awarding Awarding ceremony	
2026 June/15/MON	00:00-24:00	Departure for all	Dushanbe International Airport