



## EUROPEAN SUMO FEDERATION 歐洲相撲聯盟



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### Invitation to **EUROPEAN SUMO CUP 2025 Senior**

Lambertseter/Oslo, Norway, 4 October 2025



#### Organizers:

- European Sumo Federation
- Norwegian Wrestling Federation
- Lambertseter Bryteklubb

**European Sumo Federation, Norwegian Wrestling Federation and Lambertseter Bryteklubb invites to European Sumo Cup in Norway, Saturday 4<sup>th</sup> of October 2025.**

<b>Place of event:</b>	Lambertseter Flerbrukshall (sports hall), Feltspatveien 19 1155 Oslo, Norway
<b>Application:</b>	This is the final invitation sent to all members of the European Sumo Federation (EFS). Entry forms have to be returned to the organizer 20 <sup>th</sup> of September 2025.
<b>Conditions of participation:</b>	To take part in the tournament athletes have to be born in 2009 or earlier – in amount of at most 4 athletes from one country per category.
<b>Weight categories:</b>	Women categories: -50 kg, -55 kg, -60 kg, -65 kg, -73 kg, -80 kg, +80 kg, open. Men categories: -70 kg, -77 kg, -85 kg, -92 kg, -100 kg, -115 kg, +115 kg, open. The matches will start with the highest weight categories for women and men respectively, until the lowest weight categories. The open weight categories will be held last.
<b>Tournament system:</b>	European Sumo Cup will be organized in accordance with system of ESF – if amount of athletes in weight category will be less than or equal 5, will be used round robin system, if more – double repechage.  ESF ensure computer and computer program to run tournament. ESF will designate Head Referee of tournament, as well as person who will manage the computer program. All national federations may nominate candidates for being referees by sending application (which will be submitted together with entry form).  We would like to point out that in compliance with Norwegian law, all deliberate strikes at the face and head will be strictly prohibited. Breaches of this prohibition will result in caution, match loss, or disqualification, depending on the severity of the offence. As such, all face slaps (harite), as well as tsuppuri and tachi-ai with hands striking directly at the head, will be forbidden (kinjite). By applying to participate in this event, all athletes and referees automatically pledge to abide by this.
<b>Schedule:</b>	<b>Friday 3<sup>th</sup> of October 2025</b> 17:00 – 19:00* – Weigh-in and accreditation, <b>in tournament hotel</b> Quality Hotel Olavsgaard. *or upon arrival, by agreement <b>Saturday 4<sup>th</sup> of October 2025</b> 07:45 – 08:45 – Weigh-in ( <b>in the sports hall</b> ) 09:30 – 10:00 – Draw-in 10:00 – 10:30 – Opening ceremony From 10:30 — Competition in all above-mentioned categories.

	<p>Awarding Ceremony - right after the matches.</p> <p>The schedule may be adjusted, but will in that case be well informed of.</p>
<b>Entry fee:</b>	30 € per each start.
<b>Prizes:</b>	<p>Gold, silver and two bronze medalists will receive medals.</p> <p>In addition, the best athlete throughout this year's three European Cups will be awarded an engraved cup.</p>
<b>Transportation costs:</b>	<p>Organizer offer transport:</p> <ul style="list-style-type: none"> <li>▪ From airport to weight-in location (Friday at Quality Hotel Olavsgaard)</li> <li>From Quality Hotel Olavsgaard to sports hall and back Saturday</li> <li>▪ From Quality Hotel Olavsgaard to airport Sunday.</li> </ul> <p>Cost of transport service is 45 € per person.</p> <p>Participants are free to organize their own transport.</p>
<b>Accommodation costs:</b>	<p>Costs of accommodation have to be covered by participants of tournament. Organizer provides accommodation at Quality Hotel Olavsgaard, at address: Hvamstubben 11, 2013 Skjetten, Norway.</p> <p>Due to fluctuating exchange rates and no margin on hotel prices, the accommodation costs are set in Norwegian kroner (NOK). The prices are:</p> <ul style="list-style-type: none"> <li>▪ Singel room: 1090 NOK per night, inclusive breakfast</li> <li>▪ Two person room: 695 NOK per person per night, inclusive breakfast</li> <li>▪ Three person room: 565 NOK per person per night, inclusive breakfast</li> <li>▪ Four person room: 500 NOK per person per night, inclusive breakfast</li> </ul> <p>Deadline for sending information about accommodation offer is 1th September 2025.</p> <p>Accommodation costs can be paid upon arrival, either by card or cash. However, the hotel is open to receiving reservations immediately and until 1th September 2025. Those who wish to book quickly at the prices above can send their reservation to <a href="mailto:booking@olavsgaard.no">booking@olavsgaard.no</a>.</p> <p>Please mark the booking: EC Sumo - "the name of the nation". Please also specify the type of room, number of people, and number of nights. The hotel will then send a payment link.</p> <p>Please also indicate the number of people who wish to attend the Sanoyara party with buffet dinner (see below).</p>

	<p>Those who wish to wait until the deadline of 20th September can use the provided accommodation sheet.</p> <p>Participants are free to use alternative accommodation at their own expense.</p>
<b>Meals:</b>	The organizers will offer food that can be bought in the sports hall
<b>Sanoyara party:</b>	At 20:00 the organizer will offer a Sanoyara party at Quality Hotel Olavsgaard. Traditional Norwegian dishes will be served in the form of a buffet. The price will be €50, and participation should be confirmed upon registration/weigh-in. After dining, everyone is invited to the hotel's nightclub.

**Questions can be directed to:** Rolf Røtnes,  
Phone: +47 970 43 859 (after 17:00)  
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***Welcome!***