

# EUROPEAN SUMO CHAMPIONSHIPS 2026

SATURDAY, JUNE 26TH-28TH

UNIVERSITY OF STIRLING  
SPORTS CENTRE



## EUROPEAN SUMO CHAMPIONSHIPS 2026

Seniors – Men & Women  
Stirling, Scotland

Competition Date: Saturday 27 June 2026  
Event Weekend: 26–28 June 2026

### Official Invitation

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#### WELCOME TO SCOTLAND

For the first time in history, the European Sumo Championships will be hosted in Scotland.

As the official governing body for Sumo in Scotland, SumoScotland is honoured to welcome Europe's finest athletes, officials, and federations to Stirling — the historic heart of Scotland.

This championship represents a landmark moment not only for Scottish Sumo, but for the continued growth of the sport across the United Kingdom.

Our ambition is clear:

- To grow Sumo in Scotland and across the UK
- To elevate Sumo alongside Scotland's major sports
- To deliver a world-class European Championship fully aligned with EFS standards
- To showcase Scottish culture, heritage, and hospitality to Europe
- To create an unforgettable championship experience on and off the dohyo

We are not simply hosting a competition — we are creating a complete European Sumo experience immersed in Scottish tradition, scenery, and celebration.

## I. PURPOSE

- To promote and develop Sumo across Europe
  - To strengthen friendship and goodwill between European nations
  - To support the continued expansion of Sumo within Scotland, England and Wales
  - To deliver a professionally organised championship aligned with all EFS regulations and standards
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## II. KEY DEADLINES

**06 April 2026**

- Confirmation of federation participation
- Deadline for visa help requests
- Extended stay requests

**11 April 2026**

- Accreditation/accommodation package selection

**27 April 2026**

- Minimum 50% deposit payment required
- FINAL CONFIRMATION OF ATTENDEE NUMBERS FROM EACH COUNTRY
- T-shirt sizes required for accreditation packages. Failure to do so could result in the incorrect size being given.

**15 May 2026**

- Final amendments (injury replacements, athlete changes)
- Final Deadline for entering athletes into the EFS online registration system – please note after this date, the online registration system will be CLOSED.

**31 May 2026**

- Accreditation/accommodation packages (section VI) fees to be paid IN FULL
- Transport details submission (arrival/departure times & airport information)

**08 Jun 2026**

- Transport package fees to be paid in full

**Please note: Extensions MAY be granted upon special request but you MUST request this and specify timelines within 14 days of you receiving this invite.**

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### **III. COMPETITION VENUE**

**University of Stirling Sports Centre  
University Rd W  
Stirling FK9 4LA  
<http://www.sports.stir.ac.uk/>**

**The University of Stirling is one of Europe's premier high-performance sporting campuses.**

**All competition, accommodation, dining, and meeting facilities are located within a stunning 330-acre campus.**

**Maps of the area, sightseeing information, and local transport information around Stirling can be provided on request.**

**Full campus and sports facilities Include:**

**(Athletes will have full access to training and recovery facilities throughout the weekend)**

- **International-standard sports arena**
- **Private male and female weigh-in rooms**
- **Dedicated Sumo athlete locker rooms on competition day**
- **General assembly and federation meeting rooms**
- **Purpose-built strength & conditioning gym including:**
  - **Olympic racks**
  - **Barbells, discs, and dumbbells**
  - **Functional training equipment**
- **60m indoor sprint track**
- **On-site physiotherapy room**
- **Olympic-standard swimming pool**
- **Full gym access**
- **13 restaurants and cafés**
- **Pharmacy and supermarket**
- **Cinema and arts centre**
- **ATM facilities**
- **Free parking**

**A professional event photographer will organise group photography opportunities overlooking the campus throughout the weekend for all package holders. Photos will be sent to participants after the event free of charge**

**Athletes will be given access to private locker rooms at the venue on competition day.**

**Full schedule and itinerary, including weigh-in/accreditation times and location, will follow very shortly.**

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## **IV. EVENT REGISTRATION**

**This year will be the first year that the ESC entry form will be paper-free. Every national federation will have own profile onto the EFS's online system. Each federation will get their own login and password in order to enter their athletes into each competition category.**

**Training on use of the online system will be organized by online platform shortly.**

**Entry Fees (please note, to be paid in EUR):**

**Senior athletes of € 70.00 per individual category, and team categories of € 110,00. Every federation also has to ensure they have paid EFS annual membership fee to EFS: € 150.**

**Entry fees should be paid either during accreditation to Committee: Mr. Rolf Rotnes (Treasurer of EFS), Ms. Magdalena Pawlik (Senior Manager of EFS) or before competition by bank transfer, due to the issued invoice – please inform the EFS by email if you want to pay by bank transfer.**

**Coaches, referees, guests, officials do not need to pay this entry fee.**

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## **V. ACCREDITATION & EVENT EXPERIENCE**

**All participants, referees, coaches, officials and all staff MUST hold official accreditation. Please note: this is SEPARATE from Registration/Entry (section IV).**

**Each of our outstanding accreditation/accommodation packages include:**

- **Accommodation (26 June – 29 June 2026)**
- **Championship accreditation**
- **Visa assistance if required – must be requested by deadline mentioned in section III**
- **Official ESC 2026 gift bag with ESC customised gifts**  
**Event T-shirt (sizes required in advance)**
- **Invitation to the Official ESC 2026 Black-Tie After-Party**
- **Full access to event facilities**

Check-ins for packages are FRIDAY 26 JUNE 3PM, check out MONDAY 29 JUNE 10AM. Extended stays must be requested by 31 March 2026.

To secure your accommodation, please fill in the accreditation/accommodation package sheet and send to [clansumo1@gmail.com](mailto:clansumo1@gmail.com) and [europesumofederation@gmail.com](mailto:europesumofederation@gmail.com)

**PLEASE NOTE:** The medalling ceremony will be performed at the end of the ESC June 27<sup>th</sup>; however special prizes and extra awards, as well as gifts and accreditation gift bags, will be awarded at the after party June 28<sup>th</sup>.

Please note, due to booking commitments with the venue and hotel, last-minute cancellations or withdrawals will be subject to a cancellation fee:

14-30 days before ESC: 50% of charge  
Less than 14 days before ESC: 100% charge

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## VI. THE ESC 2026 AFTER-PARTY EXPERIENCE

Held at Stirling Court Hotel.

Sunday evening will transform into a formal European Championship black-tie celebration. Guests are respectfully invited to wear formal attire (black tie, evening wear, or elegant alternatives). Traditional national dress is warmly welcomed as part of the cultural celebration.

This formal evening will include:

- Three-course seated dinner
- Live music
- Entertainment
- Special championship awards
- Additional honorary recognitions
- Distribution of official accreditation gift bags
- Full EFS group recognition
- Traditional Scottish Ceilidh dance to conclude the evening

The evening is designed to:

- Celebrate Europe's athletes
- Strengthen federation relationships
- Provide cultural immersion
- Offer a memorable celebration following competition

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## VII. OFFICIAL ACCREDITATION/ACCOMMODATION PACKAGES

(All packages include accreditation and after-party invitation)

### Package A – Campus 4★ Ensuite Accommodation (B&B)

£280 per person

- Single ensuite room
- Wi-Fi throughout
- Shared kitchen, dining & living area
- Access to gym & swimming pool
- Breakfast included

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### Package A.1 – Campus 4★ Ensuite Accommodation (Full Board)

£460 per person

Includes everything in Package A plus:

- Athlete performance lunch (including lunch on competition day)
- Dinner
- Bespoke athlete-focused catering
- Locally sourced Scottish ingredients
- Menus tailored to elite performance

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### Package B – Stirling Court Hotel (B&B)

£380 per person (Twin Sharing)  
£460 per person (Single Occupancy)

Located on campus. Includes:

- Ensuite hotel room
  - Free Wi-Fi
  - Tea & coffee facilities
  - Flatscreen TV
  - Desk and workspace
  - Access to 29 conference spaces
  - Accessible rooms available
  
  - Breakfast at hotel
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### **Package B.1 – Stirling Court Hotel (Full Board)**

**£450 per person (Twin Sharing)  
£695 per person (Single Occupancy)**

**Includes everything in package B plus:**

- Athlete performance lunch (including lunch on competition day)
  - Dinner
  - Bespoke athlete-focused catering
  - Locally sourced Scottish ingredients
  - Menus tailored to elite performance
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### **Package C – Chalet Accommodation (Self-Catering)**

**£230 per person (6 persons per chalet)**

- Self-contained team chalet
  - Located on campus grounds
  - Ideal for team
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### **Package C.1 – Chalet Accommodation (Full Board)**

**£410 per person (6 persons per chalet)**

**Includes:**

- Breakfast
- Athlete performance lunch
- Dinner
- Bespoke catering

**Limited availability on chalets – early booking recommended.**

**Please note: If participants do not use accommodations provided by the organizer, they will be required to pay a fee of 200€ per person for accreditation otherwise they will not be allowed to participate.**

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## **Transport Package**

**£60 per person**

**Includes airport transfers (Glasgow or Edinburgh).  
Pick up and drop off included in price**

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## **Lunch Package**

**£16 per person**

**Those choosing our B&B Accommodation packages can add on the 2-course lunch on competition day, using locally-sourced Scottish ingredients, for £16 per person.**

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## **IX. STIRLING – HISTORY & CULTURE**

**Stirling's historic Old Town is just 15 minutes by bus from campus.**

**Highlights include:**

- **Stirling Castle**
- **The Wallace Monument**
- **The Battle of Bannockburn site**
- **Historic cobbled streets**
- **Traditional Scottish pubs**
- **Live music venues**
- **Local restaurants**
- **Scenic Highland views**

**The championship venue is surrounded by breathtaking Scottish landscapes, lochs, and rolling hills.**

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## X. COMPETITION RULES & PARTICIPATION

- EFS Member federations only
- Maximum 2 athletes per weight category per nation
- Team competition: 3 competitors + 1 substitute
- Substitute may be used once
- No team weight limit
- Passport nationality required

### Weight Categories:

#### Women/Men - Seniors (born 2009 and older):

W	-50kg	-55kg	-60kg	-65kg	-73kg	-80kg	+80kg	Open
M	-70kg	-77kg	-85kg	-92kg	-100kg	-115kg	+115kg	Open

### Weigh-In Procedure

Separate male and female rooms provided.

#### Men:

- Shorts or leggings required
- 0.1 kg deduction

#### Women:

- Leotard required
- 0.2 kg deduction

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### Clothing Regulations

- White or black mawashi
- Black underpants required for male athletes
- Leotard required for female athletes
- Official Zekken must be worn

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## **XI. INSURANCE**

**Each National Federation is responsible for its competitors and must arrange for accident and health insurance as well as the civil liabilities for their competitors and officials during the events of the European Sumo Championships.**

**SumoScotland and EFS will not be responsible and shall not be held liable for injuries or any other accidents during the events. SumoScotland shall provide first aid for injuries sustained during the Championships but shall not be held liable for such injuries or any other accidents.**

**We will not be able to treat any other ailments that are NOT due to injury (such as headache or stomach-ache).**

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## **XII. DOPING**

**Doping tests can be taken by any athlete participating in the European Sumo Championships. This Competition shall be subject to the Doping Control under the IFS Anti-Doping Code. In accordance with the IFS Anti-Doping Code, each athlete in this competition shall be deemed to have agreed to be subject to the Doping Control procedures at the time when she enters this competition.**

**When an athlete in this competition refuses or evades sample collection, whether competition fails to comply with instructions of a Doping Control official, or when an athlete in this competition cannot complete the Doping Control procedures due to personal reasons such as returning home, etc., such conduct or circumstance may be considered to constitute anti-doping control rule violations.**

**If an athlete in this competition is deemed to have committed an anti-doping rule violation, such an athlete shall be subject to sanctions under the IFS Anti-Doping Code.**

**Regardless of In-Competition Testing or Out-of-Competition Testing, an athlete whose blood sample is to be collected is required to take a rest of 2 hours after competition or training.**

**Each athlete is required to confirm the details of the IFS Anti-Doping Code and a doping test on the website of the International Sumo Federation: ([http://www.ifs-sumo.org/pdf/IFS\\_Anti\\_Doping\\_Code\\_.pdf](http://www.ifs-sumo.org/pdf/IFS_Anti_Doping_Code_.pdf))**

**Athletes may have illnesses or conditions that require them to take particular medications or undergo procedures. If the medication required by the athlete to treat her illness or condition happens to be in the WADA Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take the needed medicine or method.**

**To apply for a TUE form, download the current version of the TUE Form from the IFS website (<http://www.ifs-sumo.org>), complete the form and send all the necessary documents to: [europesumofederation@gmail.com](mailto:europesumofederation@gmail.com) PRIOR to the competition. No exceptions will be made.**

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## **A HISTORIC MOMENT FOR EUROPEAN SUMO**

**In June 2026, history will be made.**

**For the very first time, the European Sumo Championship will take place on Scottish soil; and the stage is set in the iconic city of Stirling. ESC 2026 will bring together Europe's finest athletes for an unforgettable showcase of strength, tradition, and sporting excellence.**

**Yes, this may be a championship, but it's so much more than that. It will be an experience.**

**Athletes, officials, staff and fans can expect a world-class event delivered with precision and passion, including:**

- Professional, high-level event organisation**
- Full medical and technical support for athletes**
- High-quality livestream and media production**
- A vibrant celebration of Japanese and European sumo culture**
- An elite competition environment for Europe's top competitors**
- A championship atmosphere that blends tradition, sport, and celebration**

**SumoScotland is fully committed to delivering one of the most exciting and memorable European Sumo Championships ever staged.**

**We are proud to welcome the European sumo community to Scotland and invite you to be part of this historic occasion.**

**See you in Stirling, June 2026.**