



EUROPEAN SUMO CHAMPIONSHIPS

U21 – Men and Women

U23 – Men and Women

OFFICIAL ANNOUNCEMENT
& TOURNAMENT INFORMATION
Poland, Warsaw, 11-13 September 2026

The European U21 & U23 will be held in the capital of Poland – Warsaw in the royal district – Wilanów. Wilanów gained this designation because of its rich history as the summer residence of King John III Sobieski. We warmly invite you and look forward to welcoming you to Poland.

I. PURPOSE:

To internationally popularize and promote Sumo as well as establish mutual friendship and goodwill among participating European countries.

II. CO-ORGANIZERS & SUPPORTERS:

- European Sumo Federation
- Polish Sumo Federation
- Ministry of Sport and Tourism of Poland
- The Capital City of Warsaw
- The Wilanów District
- The Marshal's Office of the Mazowieckie Voivodeship

III. IMPORTANT DATES:

27 July 2026 (Monday)	to inform if the national sumo federation will participate in the ESC.
31 July (Friday)	to inform how many participants approximately will take part in ESC (athletes, referees, coaches and other – all members of your team, who want to be accredited) and if you already know, by which kind of transportation your team will come.
9 August 2026 (Sunday)	the deadline for hotel reservation, transportation reservation = sending accreditation sheet – please make sure to provide data to issue an invoice by Polish Sumo Federation
	the deadline for referees application by sumocup.com and also mark it in accreditation sheet
	the TUE deadline (see item Doping Control)
24 August 2026 (Monday)	the deadline for payment package and transportation
	the deadline for enter athletes by sumocup.com and inform by email: europesumofederation@gmail.com that they are already registered – EFS will issue invoice. Please enter athletes also to open category and team.
	The deadline for sending photos and passport copies.
6 September 2026 (Sunday)	the deadline for payment the invoice for entry fees.

IV. COMPETITION VENUE:

The competition will take place at Sports Centre of Wilanów: Wiertnicza Street 26A, 02-952 Warsaw. Accreditation centre and weigh – in room will be organized in O3 Hotel (Mangalia Street 1, 02-758 Warsaw).

THE TERMS OF PARTICIPATION:

Participants shall be from national federations – members of the European Sumo Federation and countries approved by the EFS to start.

Competitors shall be men and women (U21, U23) who are registered to the Sumo Federation of each participating country. A competitor may participate in the competition only under the nationality appearing on his passport, unless there was other decision of Board of EFS.

There shall be 3 competitors participating in a team of a country for the team competition and 1 substitute (a minimum of 2 competitors are allowed to participate in the team competition).

Only accredited participants will have access to the field of play and the surrounding area. Previously mentioned areas will be protected by security.

V. ACCOMMODATION AND MEALS:

Accreditation: All participating athletes and officials with positions need their accreditation.

Official Package: **290 euro per person (3 nights/4 days)**

This package includes;

- accreditation cost
- visa support
- 3 nights at hotel
- breakfast in hotel (3 days)
- lunch on competition days (2 lunches)
- Event gift

Single rooms are limited. For single use of a room has a 55 EUR/night extra cost.

Accreditation is available to all athletes, coaches, referees and officials. The participant's accreditation for the ESC is issued only on condition of accommodation in official hotels, provided by the organizer.

Please make sure to send your booking requests as soon as possible.

If you miss the booking deadline, the organizer will try to find the accommodation, but the price will be higher.

Costs of accommodation has to be paid for account of organizer before competition (see item III.). It is mandatory. After sending accreditation sheet, organizer will prepare invoice to make payment. Please fill the billing informations in accreditation sheet.

Cancellation policy

In case of cancellation, charges will be made in the percentage of the total accreditation cost.
Cancellations made 14 days prior to check-in: 50%
Cancellations made 13-5 days prior to check-in: 75%
Cancellations made 4 – 1 days prior to check-in or no-show: 100%

NB! 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.

VI. TRANSPORT:

Transportation shall be provided to all accredited participants who registered. Local transportation includes transport from and to Chopin Airport (WAW), hotel and competition venue. These transportation arrangements are only made for accredited participants who stay in the official accommodations reserved through the Organizers. Using official transportation is not mandatory, you can arrange it by yourself.

Transportation Fee: 50 EUR per person

Non-local Travel: The cost of airline flights for all participating athletes and officials between the participating country and airport will be borne by the participating country.

VII. APPLICATIONS:

Documents must be completed and submitted:

1. By system – sumocup.com

- Registration of athletes (instead of entry forms)
- Referees Application (every referee have to register in sumocup.com and prepare application also by sumocup.com)

2. By email biuro@pzsumo.org and europesumofederation@gmail.com

- Photos for prepare accreditation (jpg or pdf form, approximate 200 pixels/inch) (each individual)
- Passport Copies (scanned in jpg or pdf form, indicating name, passport number, expiry date, photo) (each individual)
- Accreditation sheet

When you send photos for ID card, please send all in one e-mail, if the size is too large, you can send link to download.

VIII. FEES:

Entry Fees:

1. U21 of € 50.00 per individual start and team of € 60,00.
2. U23 of € 50.00 per individual start and team of € 60,00.

Entry fees should be paid before competition by bank transfer. See item III (Important dates).

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

IX. COMPETITION RULES:

Accreditation:

When you arrive at O3 Hotel, the volunteers will accompany you to the Accreditation Centre. There, you will receive your accreditation and after that room key -----> After that, you can go to your room (there is a complex of hotels located next to each other, you will be informed which hotel is for you) leave your luggage, change into your weigh-in attire, and then put on your tracksuit -----> You will then return to the Accreditation Centre, where you will be directed to the designated area in which you can leave your tracksuit and any other personal belongings you will not need during the weigh-in -----> There will be two separate changing areas—one for men and one for women. In addition, there will be two separate weigh-in rooms, named Ring 1 and Ring 2. There is no need to worry—our volunteers will be available throughout the process to assist you every step of the way.

The weigh – in procedure:

Will be organized in two separate rooms –one for women and one for men. Moreover, the male athletes take part in this procedure wearing short leggings. Taking off it is not allowed. The weight, which will be shown by scale, will be reduce of 100 gram/per every male athlete as a weight of leggings. The female athletes have to wear a leotard. Taking of it is not allowed. The weight, which will be shown by scale, will be reduce of 200 gram/per every female athlete as a weight of leotard.

Tournament system:

The tournament shall be conducted based on the Regulations on Competition and Regulations on Refereeing of the International Sumo Federation and European Sumo Federation. ESC will be organized in accordance with system of EFS –if amount of athletes in weight category will be less

than or equal 5, will be used round robin system, if more – double repechage. EFS ensure computer and computer program to run tournament.

Referees issues:

ESF will designate Head Referee of tournament and person, who will manage computer program. All national federations may nominate candidate for being referee by sending application. After verification of application by Chief of Referee in cooperation with designed Head Referee of ESC and Vice president of refereeing matters of EFS, EFS will announce referees. Sending the application does not mean that referee will work during the tournament. Work of referees will be paid by European Sumo Federation and the rate will depends on class. To ensure impartial refereeing, the Head Referee will be appointed by the ESF from a country other than the organizer of the European Sumo Championships.

Athletes' outfit:

- Competitors must wear mawashi (white or black) approved by the European Sumo Federation.
- Underpants must be worn by male competitors and must be in black colour only. Other colours are not allowed. The length of the underpants must cover half of the thigh, but cannot cover the knees. Due to the decision of General Assembly of EFS in November of 2023 - No male athlete will be allowed to start without underpants.
- Female competitors must wear a leotard under the mawashi. The colour of the leotard is not restricted.
- Each competitor is responsible for bringing his own mawashi, underpants or leotard.
- Country identification (Zekken) supplied by the host federation must be worn.
- Other rules:
- A maximum of 3 competitors (Senpo, Chuken, and Taisho) and 1 substitute may register for the Team Competition in the tournament. There is no weight limit.
- In the team competition, the championships shall be determined through the tournament system.
- A substitute competitor may be swapped in the team competition only once.

Weight Categories:

W/M – U21 (born 2009 - 2005):

W	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	+75kg	Open
M	-65kg	-70kg	-77kg	-85kg	-92kg	-100kg	+100kg	Open

W/M – U23 (born 2009-2003):

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

Competitors in the individual competition are also able to participate in the team competition. Up to two competitors from one country can compete in one weight category.

X. COMPETITION PROGRAM:

11 September 2026 (Friday) Accreditation and weigh-in day		
14:00 – 18:00	Accreditation and weigh-in for U21, U23.	O3 Hotel
19:00 – 20:00	Technical meeting and draw for U21 – meeting for coaches and also attendance of referees is required	O3 Hotel
20:15 -	Dinner for invited team's leaders and guests	Will be announced later
12 September (Saturday) Day of U21		
9:30 - 10:00	Referee meeting	Sports centre
10:00 -	Competition U21, Men and Women After fights - Awarding Ceremony	Sports centre
14:00 - 14:30/14:45	Opening Ceremony	Sports centre
16:00 – 17:00	Additional weigh in for U23	Sports centre
*19:00 - 20:00	Technical meeting and draw for U23 – *approximately, the draw will be organize just after end of awarding ceremony	Sports centre
20:15 -	Dinner for invited teams' leader and guests	Will be announced later
13 September 2026 (Sunday) Day of U23		
9:30 - 10:00	Referee meeting	Sports centre
10:00 -	Competition U23, Men and Women After fights - Awarding Ceremony	Sports centre
*17:30 -	General Assembly and after that dinner for invited teams' leader and guests – it is only approximately, GA will be just after awarding ceremony	Sports centre (conference room)

XI. AWARDING:

Winners will receive a medal and diploma. Athletes who win a medal must attend the awarding ceremony to receive their medal in person. Male competitors must wear mawashi and underpants and female competitors must leotard and mawashi. Training wear is not allowed at the ceremony.

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

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 TUE Form (updated form, please use the current form) from the IFS website <http://www.ifs-sumo.org>, complete the form and send all the necessary documents to: europesumofederation@gmail.com

No exceptions will be made.

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

any other accidents. The organizers will not be able to treat any other ailments not due to injury (such as headache or stomach-ache).

XIV. MEDIA

Participants have been informed and accept that all media rights including but not limited to TV rights, image, internet and new media rights are the exclusive property of EFS.

Individual Champion and Team Champion must accept an interview after the final match. Other medalists may also be interviewed.

XV. OTHER ISSUES

The Sports Centre has a swimming pool. If you would like to use it, it will be available free of charge on Friday, 11 September. Simply present your accreditation at the entrance. The swimming pool is open until 10:00 p.m., with the last admission at 9:00 p.m. Before ESC you will also receive a map of the Wilanów District, information about local attractions, recommended restaurants, and the programme for Wilanów Days, the district's annual celebration, which you are welcome to attend during your stay.

XVI. CONTACTS:

European Sumo Federation: +48 516 893 094 – Ms Magdalena Pawlik (ENGLISH language)

European Sumo Federation: +48 601 983 698 – Mr Dariusz Rozum (RUSSIAN language)