



Polish Tug of War Association

01-355 Warszawa, ul. Konarskiego 4A/019
e-mail: biuro@pzpl.pl, www.pzpl.pl

TUG OF WAR EURO CUP 2026

INVITATION

We kindly invite your teams to participate in Youth Indoor Tug of War European Cup, Poland 2026

- 1. DATE:** March 28th, 2026 (Saturday);
- 2. PLACE:** Agriculture School: „Zespół Szkół Centrum Kształcenia Rolniczego w Sichowie Dużym”, Poland, Sichów Duży 89, 28-236 Rytwiany;
- 3. ORGANIZER:** “Tug of War Training Center” at SichówDuży;
- 4. PATRONAGES:** European Tug of War Federation (ETWF)
Polish Tug of War Association (PTWA);
- 5. RULES:** approved by ETWF;
- 6. LANGUAGE:** English.

REGULATIONS

1. Aim and Objectives:

- 1.1. To promote youth involvement in team sports, strengthening a healthy and active lifestyle.
- 1.2. To develop and popularize the sport of tug of war in Poland as in other European Countries, fostering youth teams growth and competitiveness at national and international level.
- 1.3. To raise team skill levels by improving cooperation, tactical thinking, and team unity among youth.
- 1.4. To ensure high-quality and well-organized competitions that determine the strongest youth indoor tug of war teams.
- 1.5. To encourage communication, exchange of experience, and a spirit of fair play between international youth teams.

2. Time and Venue:

- 2.1. Sport Arena of "Tug of War Training Center" at the agriculture school.
Name&address: „Zespół Szkół Centrum Kształcenia Rolniczego w Sichowie Dużym”, 28-236 Sichów Duży, Polska / GPS: 50.49483268755006, 21.144745295866407.
- 2.2. The competition regulations and other relevant information are available at:
www.pzpl.pl.

3. Management:

- 3.1. The Competition is organized by the officers of Polish Tug of War Association / Polski Związek Przeciągania Liny under approval of European Tug of War Federation.
- 3.2. Organizing Committee:
Chairman: Andzej Stefanovic, Lithuania
Tel.: +370 (673) 70 778, e-mail: andzej.stefanovic.1977@gmail.com
Vice-chairman: Michael Lalewicz, Poland
Tel.: +48 661 369 687, e-mail: michallalewicz@op.pl
Member & Chief Judge: Kamil Kwiecka, Poland
Tel.: +48 722 051 611, e-mail: k.kwiecka@pzpl.pl
- 3.3. Judging Commission will be proposed by Chief Judge and composed of the persons proposed by the delegations.
Every delegation must either propose a person to the Judging Commission or pay to the organizer a fee of 100 Euro.
The proposed person must have the international experience or be the highest class national judge.
- 3.4. Venue setup, equipment and medical assistance are provided by "Zespół Szkół Centrum Kształcenia Rolniczego w Sichowie Dużym".

4. Competition Procedure:

- 4.1. Competitions follow European Tug of War Federation indoor rules.
- 4.2. Weight class – MIX 375 kg.
- 4.3. Team application must be submitted by email no later than three days before the event by 20:00.
- 4.4. Competition day schedule includes:
- 4.4.1. 08:00 – 10:00: weigh-in / lineup submission / stamping.
- 4.4.2. 10:00 – 10:45: judges' and coaches' briefing.
- 4.4.3. 11:00 – Opening Ceremony and start of the Competitions.

5. Participation Conditions and Team Composition:

- 5.1. U19 category – athletes born in 2007 or later.
- 5.2. No limit on number of athletes per team, but total team weight limit applies.
- 5.3. Each team must be led by a coach, and one assistant is allowed.
- 5.4. One substitution allowed per weight category in accordance with stated limits (substitution may be heavier, but the total weight of the team cannot be exceeded).

6. Athlete Clothing:

Rules regarding shirts, shorts/leggings, belts, grip aids, footwear and uniform appearance for all team members.

7. Competition Rules:

Includes pulling distance (4 m), match formats depending on number of teams, grouping principles, and conditions for teams from same club.

8. Scoring:

Point allocation based on match results:

- 3 points for two consecutive wins;
- 1 point each for split wins;
- additional criteria for ranking ties (head-to-head, wins, penalties, total weight, coin toss).

9. Protests:

Deposit 100 Euro is paid together with filling a protest which must be made on paper. Procedures, review rules, and clarification that competition continues during evaluation. Decision of the Chief Judge is final.

10. Awards:

Top three teams members receive medals, top three teams receive cups.

11. Organizational Matters:

Participants are responsible for their own health, organizers may amend regulations, event media usage rights, prohibition of alcohol/drugs, binding nature of regulations, and cost responsibility.

Participants must have the insurance policy up to an amount sufficient to cover the eventual costs of treatments.

12. Others:

If you have any questions, you directly ask the team mentioned at the point 3.2.. Any further problems you can write the e-mail to the PTWA: biuro@pzpl.pl.

OTHER INFORMATION:

Lodging / Catering information:

Since the competition lasts 1 day, participants are responsible for accommodation / Catering on their own.

Nearest towns and cities with wide spectrum of accommodation and catering services: Staszów - 10 km, Mielec - 38 km, Sandomierz – 60 km, Ostrowiec Świętokrzyski–60 km, Kielce –70 km.

Parking:

Free parking is available at the competition site.

Welcome to Poland!