



OUTDOOR - TUG OF WAR - 2026 - FRILLESÅS - SWEDEN  
EUROPEAN CHAMPIONSHIP

# WELCOME TO FRILLESÅS!

25th – 26th July 2026



*Löftadalens  
Dragkampklubb*



SVENSKA  
DRAGKAMPFÖRBUNDET





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**We offer accommodation in schools and sport hall for:**

**3 NIGHTS – 1800 SEK** (ca.165 € in today currency)

**2 NIGHTS – 1200 SEK** (ca.110 € in today currency)

**1 NIGHT – 600 SEK** (ca.55 € in today currency)

**Air mattress, sheet, blanket, pillow, breakfast and dinner included.**

After 31/5 2026 the price will rise with 20%.

If anyone want other accommodation you need to book that yourself.

We can give you contacts.

**A Participation fee of 1400 SEK/ person** (ca.125 € in today currency) **must be paid by all participants. Participation and entrance fee included**

TRANSPORT TO/FROM THE ARENA CAN BE PURCHASED

ENTRY FEE EUROPEAN CUP (Club teams) 80 € per team.

ENTRY FEE EUROPEAN CHAMPIONSHIPS (National teams) 80 € per team.

Information to be updated.





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## **EUROPEAN CHAMPIONSHIP**

**Frillesås is a coastal village at the west coast of Sweden  
located in Halland. 50 km south Göteborg.  
With a population of around 3.000 people,  
it's a summer village with good sand beaches for bath.**



**This beach is really nice summertime!**



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## **Program**

<b>Friday 24<sup>th</sup> July</b>	<b>Arrival and Weigh In: Weigh In starts at 13.00</b>
<b>Saturday 25<sup>th</sup> July</b>	<b>European Championships (National Teams)</b> <b>Morning classes: Woman 540 kg and Men 680kg.</b> (7-9 pullers/team) <b>Afternoon classes: Senior Mixed 600 kg</b> (4 men and 4 women 600 kg) <b>and U23 Mixed 580 kg.</b> (Rules as European U23 cup)
<b>Sunday 26<sup>th</sup> July</b>	<b>European Cup (Club teams) (Open for all)</b> <b>Morning classes: Woman 540 and Men 680.</b> (7-9 pullers/team) <b>Afternoon classes: Senior Mixed 600 kg</b> (4 men and 4 women 600 kg) <b>and U23 Mixed 580 kg.</b> (Rules as European U23 cup)
<b>Monday 27<sup>th</sup> July</b>	<b>Departure</b>

### **We want to do something new!**

We have chosen this weight classes for the reason all can participate and without any health issue. We don't want to many weights on a championship which can give us late evenings. We don't even want to many days that can make it too expensive for persons to participate.

#### **Competition Rules U23**

TWIF rules will be used with the following exceptions:

1. A puller, she or he, is eligible to participate in the U23 tournament from the beginning of the year in which, she or he, reaches the age of 14 years until the end of the year in which, she or he, reaches the age of 22 years.
2. Mixed teams are allowed.
3. Weight class is 580 kg.
4. A team will consist from 7 to 10 participants.
5. Lining up girls in a team will give a bonus of 10kgs for each girl, limited up to 620 kg.
6. Two substitutions are possible, one for women and one for men.
7. Every member country can enter 2 national teams (A+B).
8. A team may consist of pullers from different nations in the European cup.
9. A puller must be a member in a national federation or a member in a club accepted by the national federation (insurance reason).



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**Competition Rules seniors**

TWIF rules will be used with the following exceptions:

1. Men and women categories teams can be 7-9 pullers.
2. Men weight class is 680 kg and woman weight class is 540 kg.
3. Mixed 4x4 weight class is 600 kg.
4. Every member country can enter 2 national teams (A+B) in each weight class.



**Svenska Dragkampförbundet**

Swedish Tug of War Federation

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