



# PRINCIPLES OF THE 4 CITIES TOURNAMENT

Ljubljana, 27. - 30. 6. 2026



Ljubljana, April 2026



## PRINCIPLES OF THE 4 CITIES TOURNAMENT

The following basic principles shall apply to the organisation of the 4 Cities Tournament:

1. The Tournament participants are Bratislava, Budapest, Ljubljana and Zagreb.
2. The main goals of the 4 Cities Tournament shall be sports competitions and meeting among young people during sports activities and giving them an opportunity to learn about the host city. These should be taken into consideration by the organiser when determining the programme and locations of the competition and accommodation venues.
3. This challenge trophy competition shall bear the name The 4 Cities Tournament with the ordinal number of the Tournament, the name of the host city and the year when the Tournament is held.
4. Teams from the participating cities shall participate in the Tournament with competitors who were born in 2010 and younger.
5. The Tournament shall be held every year in June. The order of the host cities shall be as follows: Zagreb – Budapest – Bratislava – Ljubljana.
6. The number of participants from each participating city shall be determined by the transportation capacity of two buses - 101 people at the most.
7. The Tournament programme and the selection of sports, of which there are six, shall be suitable for the above mentioned number of participants. Therefore, every city shall have 6 teams and the sports will include: athletics - boys and girls, table tennis - boys and girls, basketball - girls, football - boys, volleyball - girls and handball - boys.
8. The tournament programme shall last four days. The first day shall include arrivals; the Team Leaders Meetings shall take place in the afternoon and the Opening Ceremony in the evening. Competitions shall take place on the second and third day. The Victory Ceremonies and the Closing Ceremony shall be held in the evening of the third day. The fourth day, after breakfast departure of the delegation.
9. The organiser shall cover the following Tournament costs:
  - three full boards and snack for departure,
  - competition organization,
  - cups and medals.

Teams shall be taken to the competition and sightseeing by their own buses.



10. The organisation shall include:
  - a reception for delegation officials by the mayor of the host city
  - the Opening and the Closing Ceremony, announcement of results and presentation of awards.
  
  - decoration of all competition venues with the flags of all four cities (flags at competition venues in all six sports and at the opening ceremony of the Tournament).
11. Challenge trophies shall be awarded to the winners of each sport and for the overall victory, while permanent cups shall be awarded to all participating teams.
12. Before the Tournament, generally in May, organizer shall convene a two-day meeting of the representatives of the city administrations in charge of sports, that is, the representatives of the cities participating in the Tournament, if necessary. The organizer shall bear the costs of food (from lunch on the day of arrival to lunch on the day of departure) and accommodation for a maximum of three representatives of each delegation, whose main tasks are:
  - confirming the holding of the Tournament and discussing its organization;
  - inspecting the venues and accommodation facilities;
  - discussing the organization of sports in the cities participating in the Tournament;
  - handing over the challenge trophies to the host city
13. The official languages of the Tournament shall be English and the language of the host city.



## 1. THE RULES OF THE 4 CITIES TOURNAMENT

### I. GENERAL TERMS

#### 1. Number of Participants

Each city's team shall consist of 101 members: 76 competitors, 12 coaches and 6 team leaders, 5 official delegation members and 2 bus drivers.

	Boys	Girls	Coaches	Leaders	Total
Basketball		12	2	1	15
Football	16		2	1	19
Volleyball		12	2	1	15
Athletics	8	8	2	1	19
Handball	14		2	1	17
Table tennis	3	3	2	1	9
<b>TOTAL</b>	<b>40</b>	<b>34</b>	<b>12</b>	<b>6</b>	<b>94</b>
Bus drivers					2
Delegation officials					5
<b>TOTAL</b>					<b>101</b>

#### 2. Official Delegation

The official delegation of each participating city shall have up to 5 members. A special programme shall be organised for delegations, which, among other things, could include a reception by the mayor of the host city, if it is possible.

#### 3. Team Registration Forms

Tournament participants shall enter teams using the form to be found on the website of the Tournament host.

Participants not older than 16 years are eligible to compete (born in 2010 or younger).

The registration form for competitors shall include the following information: first name; surname; sex; date of birth; position in team; shirt number; identification document (ID card or passport) and number.

The registration form for coaches and team leaders shall contain the following information: first name; surname; sex; date of birth; identification document (ID card or passport) and number.

The forms are to be posted by the host organiser on the website no later than three weeks before the Tournament. At the same time, the Tournament host shall send each participating city the details to access the registration forms.



Tournament participants shall fill in and return the forms no later than one week before coming to the competition.

#### **4. Administration**

Team leaders will briefly discuss possibly still open details regarding their sport immediately after arrival.

Team leaders shall present copies of identification documents (ID card or passport) to the technical delegate in each sport.

The host teams will play second and third games in the Tournament.

#### **5. Protocol**

After the competitions in all sports have ended, medals shall be presented to the three top-ranked teams or competitors in individual sports. In athletics, medals shall be presented 10-30 minutes after the end of each athletics event.

After the competitions have ended, the host shall organise a ceremony during the final dinner party to present the challenge trophies and hand over the official flags of the Tournament.

On this occasion, the host shall hand over a set of four flags of the participating cities to the next organiser of the Tournament.

#### **6. Trophies**

For the results achieved in the team competition in all 6 sports and the overall ranking, the winners shall receive challenge trophies.

The overall winner of the Tournament shall be presented a challenge trophy.

Cities having won the challenge trophies shall return these to the organiser of the next Tournament at the preparatory meeting or at the Tournament.

#### **7. Competition Venues**

The Tournament shall be organised at venues, which comply with the rules of the respective sport. If possible, the venues shall be located close to each other so that Tournament participants can watch other sports.

#### **8. Language**

The official languages of the 4 Cities Tournament shall be English and the language of the host city.

#### **9. Preparatory Meeting**

No later than one month before the start of the Tournament, the host city shall convene a two-day meeting of representatives of the participating cities if necessary. At the meeting,



Tournament organization will be discussed and accommodation and competition venues will be visited.

Delegations of the participating cities shall have up to 3 members.

The competition schedule shall be adopted at the preparatory meeting.



## II. COMPETITION RULES

### 1. Identification Document Check (ID card or passport)

Team leaders shall give copies of the identification documents (ID card or passport) to the technical delegate of each sport before the competition. The technical delegate shall keep the copies of the identification documents until the end of the competition and allow access to the copies to other team leaders upon their request.

### 2. Overall Ranking

Only the city teams competing in all six sports will be considered in the overall rankings. The sports are: basketball, football, volleyball, athletics, table tennis and handball.

Points that can be won in each sport:

- 1<sup>st</sup> place: 5 points
- 2<sup>nd</sup> place: 3 points
- 3<sup>rd</sup> place: 2 points
- 4<sup>th</sup> place: 1 point

If two teams have an equal number of points in the overall ranking, the following will decide:

1. more 1<sup>st</sup> places in all sports
2. more 2<sup>nd</sup> places in all sports
3. more 3<sup>rd</sup> places in all sports

In athletics and table tennis, the overall ranking is calculated for both male and female teams together.

### 3. Equipment

All participants will receive the official tournaments T-shirts.

All competitors on a team shall wear identical T-shirts.

Each team shall have sport clothing in two colours available (light and dark with the same number).

### 4. Referees

All referees shall be appointed by the organizing committee of the host city of the 4 Cities Tournament and must have the appropriate referee licenses.

### 5. Complaints

Complaints may be filed only by the team leader in the respective sport 15 minutes after the end of the game or competition.

Complaints shall be handled by a committee consisting of three members, which shall include leaders of the teams not involved in the given incident. The complaints procedure shall be chaired by the technical delegate of the host city in charge of the respective sport.

The committee's decision shall be final.



Complaints not concerning an individual sport but the overall ranking or any other issues relating to the competition or organisation, shall be dealt with by a committee consisting of four members, which will include the delegation leaders of all participating cities or their authorised representatives.

### III. SPORTS

#### BASKETBALL – girls

1. Competition system:

- round-robin format;

2. Rules:

- the competition shall be conducted in accordance with the FIBA rules in effect, with the amendments indicated herein; it shall be played with the ball size 6.

3. Time of play:

- 4 x 10 minutes without interruptions, with a 10-minute break between the second and third quarter;

4. Points:

- the winning team shall be awarded 2 points and the losing team 1 point;

5. Ranking:

- shall be determined by the higher number of points won;
- if two or more teams have an equal number of points, the team that has won their head-to-head game (the game played against each other), shall be ranked higher. If the tie still remains, the point difference between them will decide. The final criterion is the overall point difference during the whole Tournament.

6. Awards:

- in the overall ranking, all teams shall receive a cup to keep permanently, and the three top-ranked teams shall also receive 15 medals each.



## FOOTBALL – boys

### 1. Competition system:

- round-robin format;

### 2. Rules:

- the competition shall be conducted in accordance with the FIFA rules in effect, with the amendments indicated herein;
- matches shall be played on a natural pitch, and if weather conditions are poor it is possible to play on an artificial turf pitch;

### 3. Time of play:

- 2 x 30 minutes, with a 10-minute break between the two half times;

### 4. Penalties:

- yellow card: a player with two yellow cards in one game shall receive a red card (the player is sent off);
- yellow card shall not be transferred to the next game, i.e. not carried over and punished by suspension;
- red card: the player shall be sent off and not allowed to play in the next game;

### 5. Equipment:

- the use of shin pads is mandatory;
- boots with metal studs are not allowed, and special shoes are to be used for playing on artificial turf;

### 6. Substitution:

- each team can make 5 substitutions during a game;

### 7. Points:

- the winning team shall be awarded 3 points, the losing team 0 points, and for a tie each team shall be awarded 1 point;

### 8. Ranking:

- shall be determined by the greater number of points won;
- if two teams have an equal number of points, the team that has won their head-to-head game (the game they played against each other) shall be ranked higher;
- if more teams have an equal number of points, the team with higher number of points from all games, which played against each other);



- If there is still a tie, the goal difference between them will decide;
- the final criterium is the overall goal difference during the whole Tournament;

#### 9. Awards:

- in the overall ranking all teams shall receive a cup to keep permanently, and the three top-ranked teams shall also receive 19 medals each.

### VOLLEYBALL – girls

#### 1. Competition system:

- round-robin format;

#### 2. Rules:

- the competition shall be conducted in accordance with the FIVB rules in effect, with the amendments indicated herein; without technical breaks, out of the 12 players two persons can be designated as liberos;
- the net height is 224 cm;

#### 3. Method of playing:

- best of 5 (the match shall be won by the team that wins three sets);

#### 4. Points:

- in case of a 3-0 or 3-1 win, the team shall be awarded 3 points, for a 3-2 win the team shall be awarded 2 points, for a 2-3 defeat the team shall be awarded 1 point, and for a 1-3 or 0-3 defeat the team shall be awarded 0 points;

#### 5. Ranking:

- the ranking shall be determined according to the following criteria:
  - 1<sup>st</sup> criterion: number of wins;
  - 2<sup>nd</sup> criterion: number of points won;
  - 3<sup>rd</sup> criterion: set ratio;
  - 4<sup>th</sup> criterion: point ratio;
  - 5<sup>th</sup> criterion: head-to-head matches;

#### 6. Awards:

- for the overall ranking, all teams shall receive a cup to keep permanently, and the three top-ranked teams shall also receive 15 medals each.



## ATHLETICS – boys and girls

### 1. Competition events:

- 100 m girls, boys;
- 400 m girls, boys;
- 800 m girls, boys;
- 4 x 100 m girls, boys;
- High jump girls, boys;
- Long jump - 6 jumps girls, boys;
- Shot put - 6 throws girls, boys;

### 2. Rules:

- the competition shall be conducted in accordance with the WA Rules and Regulations in force;
- shot put - the shot weight for girls shall be 3 kg and for boys 5 kg;
- high jump:
  - girls – bar height: 120, 125, 130, 135, 140, 145, 148 cm and thereafter every 3 cm;
  - boys – bar height: 130, 135, 140, 145, 150, 155, 158 cm and thereafter every 3 cm;

### 3. Competitors:

- each city may enter two competitors in each event;
- each city shall have one team in the relay;
- one competitor may start in two events and in the relay;

### 4. Competition Venue:

- the competition shall take place in a venue with a tartan track;
- an electronic timekeeping system shall be used;

### 5. Points:

- individual: 1<sup>st</sup> place - 8 points, 2<sup>nd</sup> place - 7 points, ... 8<sup>th</sup> place - 1 point;
- relay: 1<sup>st</sup> place - 16 points, 2<sup>nd</sup> place - 14 points, 3<sup>rd</sup> place - 12 points, 4<sup>th</sup> place - 10 points;
- competitors and relays not finishing the event will receive no points;

### 6. Ranking:

- girls' and boys' events will be evaluated separately according to the points;
- the overall rankings will be calculated by adding the points won in both the boys' and girls' categories (1<sup>st</sup> place – 5 points, 2<sup>nd</sup> place – 3 points, 3<sup>rd</sup> place – 2 points, 4<sup>th</sup> place – 1 point);



- the ranking shall be determined based on the number of points won;
- if two or more teams win an equal number of points, the team whose competitors have won more first places shall be ranked higher;
- if the teams are still tied, the better placing in the relay races shall decide;

## 7. Medals:

- medals shall be presented to those finishing 1<sup>st</sup> – 3<sup>rd</sup> in each event;
- In athletics, all teams shall receive a cup for the overall ranking (separate cups for girls' and boys' categories).

## TABLE TENNIS – boys and girls

### 1. Competition system and rules:

The competition is conducted in accordance with the applicable ITTF rules, with the following amendments:

- Team competition:
  - the matches will be played in the Corbillon-cup system;
  - the team consists of 2 players and a substitute;
  - match order: A - X, B - Y, doubles, A - Y , B - X . All matches are played best of five games;
  - after the 1st round of matches, the third player on the list may substitute in the match;
  - possible match result: 3: 0, 3: 1, 3: 2;
  - counting of results: 2 points for a win and 1 point for a loss;
  - if two or more teams have an equal number of points, the winner is determined by the result of the matches played between them;
  - if this result is also equal, the difference in the number of sets won in the matches between them must be considered;
  - the ranking will be determined by the higher number of points earned;
- Individual event:
  - each participant plays in a mixed system;
  - in the first stage, the 12 players are divided into 4 groups of 3, where the competitors determine the order within the group through round – Round Robin system. (Team results will be taken into account to determine the top 4 seeds, players from the same city cannot play against each other);



- the winner from each group advance to the second stage (semifinals, then finals).  
The semifinal losers will play for the 3rd place;

## 2. Scoring and ranking:

- team event: 1<sup>st</sup> place: 8 points, 2<sup>nd</sup> place: 6 points, 3<sup>rd</sup> place: 4 points, 4<sup>th</sup> place: 2 points;
- Individual event: 1<sup>st</sup> place: 4 points, 2<sup>nd</sup> place: 3 points, 3<sup>rd</sup> place: 2 points, 4<sup>th</sup> place: 1 point;

The overall ranking is determined by the total points earned in team and individual competition.

## 3. Award trophies:

Awards trophies and medals are awarded separately in the boys' and girls' categories; in the overall ranking, every 1<sup>st</sup> placed team receive a trophy, which they keep permanently; the first, second and third athletes in individuals and team events receive medals.

## HANDBALL - boys

### 1. Competition system:

- round-robin format;

### 2. Rules:

- the competition shall be conducted in accordance with the IHF rules in effect, with the amendments indicated herein;

### 3. Time of play:

- 2 x 25 minutes, with a 10-minute break between the half times;

### 4. Points:

- the winning team shall be awarded 2 points, the losing team 0 point, and for a tie each team shall be awarded 1 point;

### 5. Ranking:

- shall be determined by the number of points won;



- if two or more teams have an equal number of points, the team that has won their head-to-head game (the game they played against each other) shall be ranked higher. If the tie still remains, the goal difference between them will decide. The final criterion is the overall goal difference during the whole Tournament;

6. Awards:

- for the overall ranking, all teams shall receive a cup to keep permanently, and the three top-ranked teams shall also receive 17 medals each.



## IV. COMPETITION SCHEDULE PROPOSAL

- 1 LJUBLJANA
- 2 ZAGREB
- 3 BRATISLAVA
- 4 BUDAPEST

	KOŠARKA	NOGOMET	ODBOJKA	ROKOMET	NAMIZNI TENIS	ATLETIKA
LOKACIJA	SREDNJA ZDRAVSTVENA ŠOLA LJUBLJANA	NOGOMETNI STADION KODELJEVO	BAZA ŠPORTA	ŠPORTNA DVORANA KODELJEVO	VEČNAMENSKA DVORANA KODELJEVO	ATLETSKI STADION KODELJEVO
<b>Sobota, 27. junij 2026</b>	Otvoritev 20:00					
<b>Nedelja, 28. junij 2026</b>	1 - 3 09:00	1 - 2 09:00	2 - 3 09:30	3 - 4 09:30	ekipno 9:30 - 17:00	
	2 - 4 11:00	3 - 4 10:30	1 - 4 09:30	1 - 2 11:00		
	1 - 2 15:00	2 - 3 15:00	1 - 2 16:00	2 - 3 16:00		
	3 - 4 17:00	1 - 4 16:30	3 - 4 16:00	1 - 4 17:30		trening 17:30 - 19:30
	4 - 1 09:30	4 - 2 09:00	4 - 2 09:30	1 - 3 10:00		
	2 - 3 11:30	1 - 3 10:30	1 - 3 09:30	4 - 2 11:30	posamezno 10:00 - 12:00	
<b>Ponedeljek, 29. junij 2026</b>						tekma 16:00 - 18:00
	Zaključek 20:00					



## ATHLETICS SCHEDULE, 29. 6. 2026

TIME	RUNS	JUMPS	THROWS
16:00	Opening Ceremony		
16:10	100m W	High Jump W	Shot Put 5kg M
16:20	100m M	Long Jump W	
16:40	400m W		
16:50	400m M		
17:00		High Jump M	Shot Put 3 kg W
17:10	800m W	Long Jump M	
17:20	800m M		
17:40	4x 100m W		
17:50	4x 100m M		

\* Award ceremonies will take place 10 - 30 minutes after each event



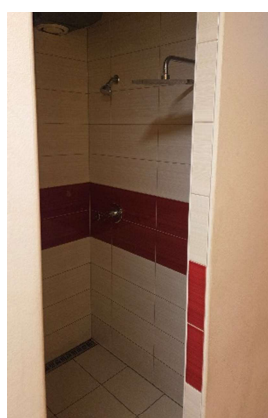
## V. COMPETITION VENUES

### BASKETBALL

#### SREDNJA ZDRAVSTVENA ŠOLA LJUBLJANA

Address: Poljanska cesta 61, 1000 Ljubljana

Map link: <https://maps.app.goo.gl/Gom5KQuKHayMu9iC9>





## ATHLETICS

### PARK KODELJEVO - ATLETSKI STADION (ATHLETIC STADION) KODELJEVO

Address: Gortanova ulica 21, 1000 Ljubljana

Map link: <https://maps.app.goo.gl/EkR5p7nmUiTpfxx97>



## FOOTBALL

### PARK KODELJEVO - NOGOMETNI STADION (FOOTBALL STADIUM) KODELJEVO

Address: Gortanova ulica 21, 1000 Ljubljana

Map link: <https://maps.app.goo.gl/EkR5p7nmUiTpfxx97>



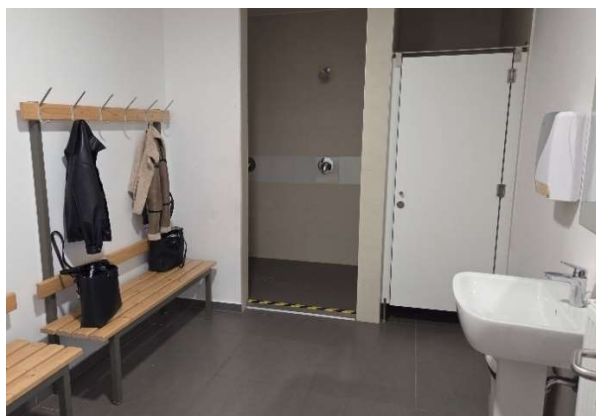
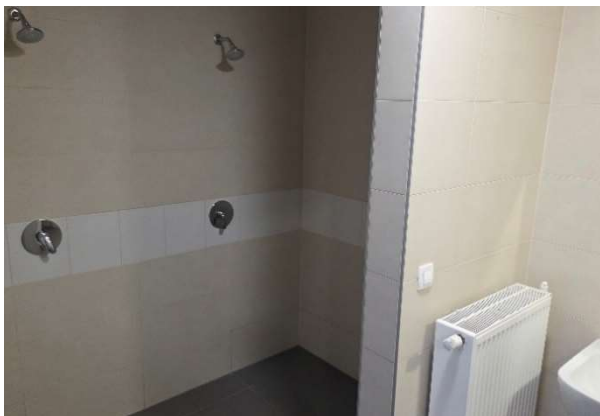


## TABLE TENNIS

### PARK KODELJEVO – VEČNAMENSKA DVORANA (MULTI-USE HALL) KODELJEVO

Address: Gortanova ulica 21, 1000 Ljubljana

Map link: <https://maps.app.goo.gl/FdVXrdZQbAJWbsLo6>





## VOLLEYBALL

### BAZA ŠPORTA

**Address:** Pesarska cesta 12, 1000 Ljubljana

**Map link:** <https://maps.app.goo.gl/rnNGYddPwDxxG8We7>



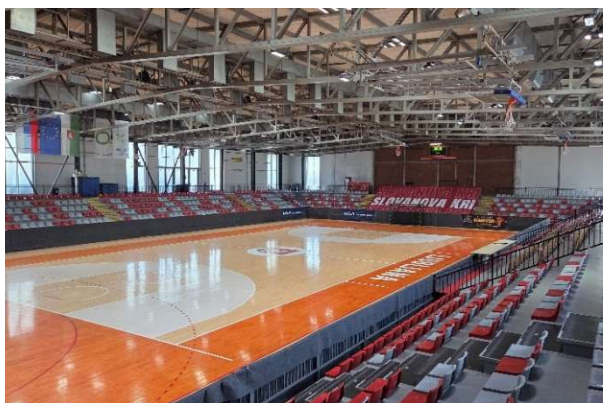


## HANDBALL

### PARK KODELJEVO – ŠPORTNA DVORANA (SPORTS HALL) KODELJEVO

Address: Gortanova ulica 21, 1000 Ljubljana

Map link: <https://maps.app.goo.gl/FdVXrdZQbAJWbsLo6>



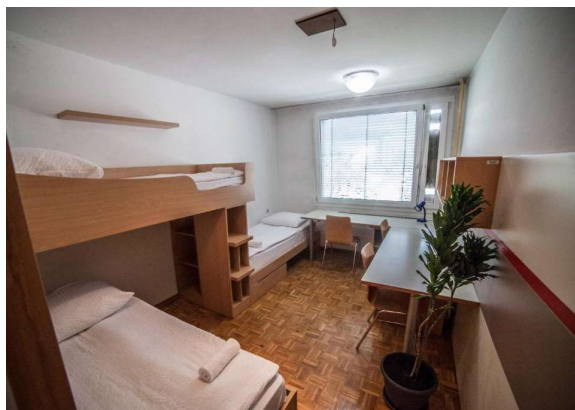


## VI. ACCOMMODATION VENUES

### HOSTEL DIC

**Address:** Poljanska cesta 26, stavba, B, 1000 Ljubljana

**Map link:** <https://maps.app.goo.gl/Tw6ZaYbgxbz9Zmor8>



### CITY HOTEL LJUBLJANA

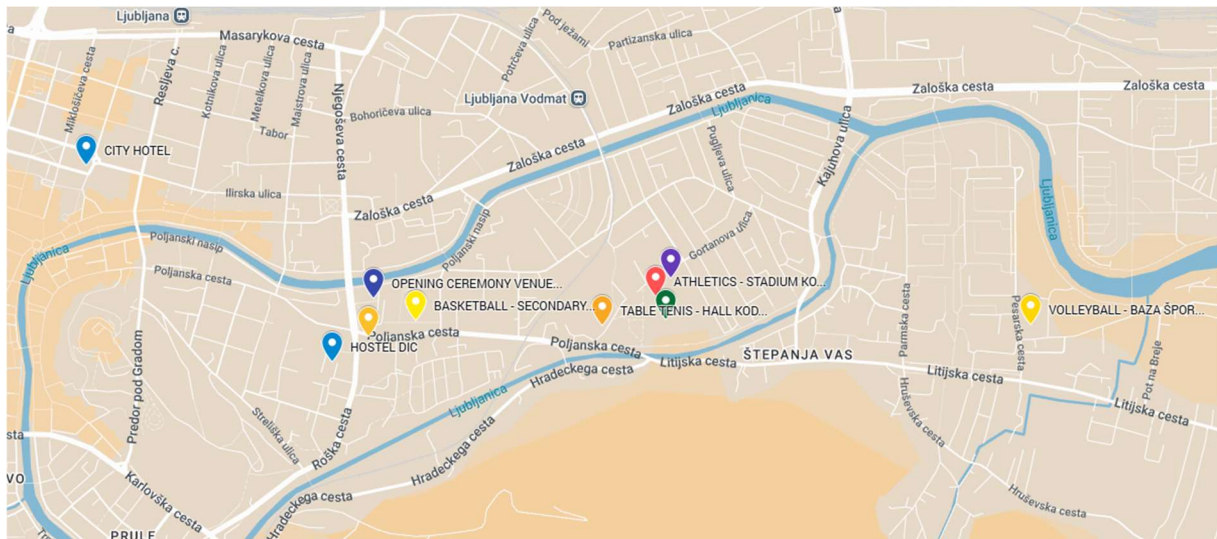
**Address:** Dalmatinova ulica 15, 1000 Ljubljana

**Map link:** <https://maps.app.goo.gl/b2Mjj1w3nBHh7uLE6>





## VII. LOCATIONS MAP



## VIII. REPRESENTATIVES OF PARTICIPATING CITIES

City	Representative (Name)	Function
BUDAPEST		
BRATISLAVA		
LJUBLJANA		
ZAGREB		