

[WWW.BOKSEKLUBBEN.DK/BOXCUP](http://WWW.BOKSEKLUBBEN.DK/BOXCUP)

2019

Hillerød Sports Klub presents

# HSK BOX CUP

**11 -13. OCTOBER**

10 NATIONS – 400 FIGHTERS

3 BOXING RINGS

FrederiksborgCentret • Milnersvej 39 • DK - 3400 Hillerød

# WELCOME TO HSK BOX CUP 2019

More than 3 centuries of HSK BOX CUP!

And we are looking forward to yet another great tournament.

Final date of enrolment "1. October 2019"

Register your team and read more about HSK BOX CUP:

[www.bokseklubben.dk/boxcup](http://www.bokseklubben.dk/boxcup)

Other questions, contact:

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## THE TOURNAMENT

HSK BOX CUP is held according to the rules of Danish boxing federation.

Each group consists of max four boxers.

The individual boxer can only box one match a day.

The boxers will be matched according to numbers of fights and results of their matches to avoid overmatching. This way we will get the best matches.

The maximum differences between two boxers in each group are 3 kg. and two years.

The bouts will be boxed in three rings. Boxers will have their medical check at the specific ring in which the boxer will be boxing in. The medical check will be at ringside.

## PARTICIPANTS

Elite = 1979 – 2000

U19 = 2001 – 2002

U17 = 2003 – 2004

U15 = 2005 – 2008 (2008 depends on day of birth)

All groups are open for female boxers.

# PROGRAMME

## FRIDAY 11TH OF OCTOBER 2019.

17:00-22:00 Weigh-in at Frederiksborg Centret

## SATURDAY 12TH OF OCTOBER 2019.

06:00 First list of the matches.

08:30 Group-leader meeting. (held by center ring)

09:00 Referees meeting.

10:00 Opening ceremony and the first matches.

12:30 Break

14:00 Matches continue.

17:00 Break

19:00 Evening event – a range of matches continues

## SUNDAY 13TH OF OCTOBER 2019.

07:00 Weigh-in

07:30 List of the final matches.

08:30 Referees meeting.

09:00 Finals begin.

12:30 Break

14:00 Finals continue.

The end of HSK BOX CUP approximately at 16.00 followed by the presentation of cups to the best boxers in each Ring.

**Starting fee (Boxers): 195,- Dkr./27 €**

**Starting fee (Coaches, managers... etc.): 75,- Dkr./10 €**

## ACCOMMODATION AT THE SPORTS CENTER

Accommodation at the sports center (Friday to Sunday): 100,- Dkr./15 €

Price per person for 2 nights

Remember sleeping bag and mattresses.

## FOOD ARRANGEMENTS

The catering is transferred to the Frederiksborg Center. This means that it will be possible to buy food and drinks at the tournament facilities as always under good conditions and at reasonable prices.

Preorder food arrangements directly on HSK website: [www.bokseklubben.dk](http://www.bokseklubben.dk)

Referees who are active during the tournament, will receive the food arrangement and hotel for free. Hillerød Sports Klub will arrange booking in the hotel.

HILLERØD SPORTS KLUB

