



Boxing tournament for all ages and levels

Boxers of all levels can participate in this international tournament; from Microdiploma (8 years) to Elite, boys and girls, beginners and experts.

Accommodation

Accommodation and all facilities are located close to the sports arena where the Legacy Box Cup is held; we offer hard floor accommodation FOR FREE to our participants and are given special prices on hotel nearby.

The Legacy

The sport of boxing has a tradition of passing forward the knowledge learnt from the previous generation and onto the next generation. B-30 was created in 1930 and since then we have seen passionate coaches and leaders develop boxers to reach goals even themselves found impossible.

Many boxers continue as coaches and leaders after they have boxed their last fight, passing their knowledge forward. As we know this corresponds to boxing clubs throughout the world. In our travels we experience the global boxing family taking care of each other's athletes to contribute to their development and success.

By Legacy Box Cup our club honours the trainers, leaders and boxers that has inspired so many to train hard in the noble sport we all love. By Legacy Box Cup we want to honour the sport of boxing and the values that it represents; respect, discipline, hard work and humility. And Glory.

*Welcome to Legacy Box Cup 2019 to fight for
"The Legacy Belt".*

25-27. Oct 2019

**Trondheim,
NORWAY**

Preliminary program:

Friday

18.00-19.00: Weigh-in women

19.00-21.00: Weigh-in men

Saturday

8.00: Daily Weigh-in

9.00: Coach Meeting

10.00: Judge Meeting

10.30: Matches starts

Sunday

8.00: Daily Weigh-in

10.00: Matches starts

Ca 15.00: End of matches

**Participants Fee
of NOK 300 each boxer
to be paid at weigh-in.**

We accept Visa/ Mastercard/ cash.

B-30 BOXING CLUB

Østre Rosten 39,
7075 Tiller, Norway

www.b-30.no





Prizes: "The Legacy Belt" to best male and female boxer. Cups to best boxer in each class. Medals to all finalists.

Transport: Travel to Trondheim Airport Værnes by plane, or Trondheim Central Station by train, www.nsb.no

From the city centre you travel 15 min with bus (bus no. 46 from Pirbadet/ Prinsenkrysset) or 10-12 minutes with taxi.

Referees/ judges: We encourage all clubs to bring judges/ referees to the tournament to ensure a broad panel of judges.

Food: It will be possible to buy something light to eat and drink at the sports arena.

The sports arena is located close to an area with shopping and restaurants.

Accommodation:

Hotel: Quality Hotel Panorama!
Adress: Ivar Lykkes vei 1, 7075 Tiller.
www.nordicchoicehotels.no

Room prices inclusive breakfast:
Single room: NOK 990 per night
Double room: NOK 1190 per night

Order directly to the hotel by e-mail:
q.panorama@choice.no or phone: + 47 72 90 05 00

Everybody orders and pay their own room.

Hard floor: We offer hard floor accommodation for free very close to the sports arena. Please contact mail@legacyboxcup.com for further information.

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**More information
and entries on:
www.legacyboxcup.com**

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Classes: Men and women in all classes below

Elite born 2000 and older	Elite A	16+ matches	3 x 3 min
	Elite B	7-15 matches	3 x 3 min
	Elite C	0-6 matches	3 x 2 min
Youth born 2001-2002	Youth A	16+ matches	3 x 3 min
	Youth B	6-15 matches	3 x 3 min
	Youth C	0-5 matches	3 x 2 min
Junior born 2003-2004	Junior A	7+ matches	3 x 2 min
	Junior B	0-6 matches	3 x 2 min
Schoolbox	Only born 2005		3 x 1,5 min
Diploma boxing <i>(technical boxing)</i>	A (born 2005-2006)		3 x 1,5 min
	B (born 2007-2008)		3 x 1,5 min
Microdiploma <i>(no winner)</i>	Born 2009-2011		3 x 1 min

If there are more than 4 boxers in a class, it will be divided. The organizer will move a boxer up or down, between the classes, if they see this better for the boxing.

Weight categories:

Men: Elite and Youth. 46-49, 52, 56, 60, 64, 69, 75, 81, 91 and +91 kg

Women: Elite and Youth. 45-48, 51, 54, 57, 60, 64, 69, 75, 81 and +81 kg

Junior and schoolbox: Girls/ boys. 44-46, 48, 50, 52, 54, 57, 60, 63, 66, 70, 75, 80 and +80 kg

Diploma and microdiploma: Girls/ boys. 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 57, 60, 63, 66, 70, 75, 80 and +80 kg

Entries by international participants are made over www.legacyboxcup.com/en/prover

Visa Rules in Norway:

<https://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway/>

For questions and information, please contact: Laila Kristjansson

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WELCOME TO A GREAT WEEKEND OF BOXING IN TRONDHEIM

