



**NOVA BOKSEKLUBB**  
TRONDHEIM

# INVITATION

**SUPER NOVA – INTERNATIONAL BOXING TOURNAMENT**

29. – 31. MAY 2026

ELITE/ SENIOR – YOUTH – JUNIOR – DIPLOMA – MICRO DIPLOMA

MALE – FEMALE - A – B - C



Location: Industriveien 3B, Heimdal, Trondheim, Norway

Web: [nova.bokseklubb.no/super-nova](http://nova.bokseklubb.no/super-nova)

IG/ FB: @novabokseklubb



# NOVA BOKSEKLUBB

T R O N D H E I M

## Competition schedule

### May 29th (Friday)

18.00: Weigh-in and medical

Evening: Bout list is published on our website and shared on SoMe.

### May 30th (Saturday)

10.00-18.00: Competition Day 1          Semifinals - Finals

### May 31th (Sunday)

10.00-15.30: Competition Day 2          Finals

15.30: Prize Ceremony

## BOXERS EQUIPMENT

- Each boxer can compete in their club colors, but must follow the form of approved technical Competition Rules
- Boxer can use his own headguard but must be approved and will be used according to international approved rules.
- The organizer will provide gloves that are licensed, approved and MUST be used by all boxers in competition, the gloves will be handed out right beside the ring, before the bout.
- Gloves: 10 and 12 oz gloves will be used according to approved rules
- All Boxers must bring to the General Weigh-In the following documents:
  - International approved Competition Record Book and medical exams up to date.

Each R/J must have his international approved Record Book as well as medical exams up to date.

## ENTRY

Clubs from abroad enter by e-mail to [nova@bokseklubb.no](mailto:nova@bokseklubb.no). The information needed: Boxer's name and sex, date of birth, weight class, number of bouts, club/team and nationality. Note: the boxer will compete in the weight they have on Friday the 29th of May. Last date of entry: January 28th – 2026.

## PAYMENT

The entry fee is paid in advance by transfer to bank account:



# NOVA BOKSEKLUBB

T R O N D H E I M

## CATEGORIES

Category	Year of Birth	Number of bouts	Rounds/ length
Elite A	2007-1986	15 +	3 x 3 min
Elite B	2007-1986	6-14	3 x 3 min
Elite C	2007-1984	0-5	3 x 2 min
Youth A (U19)	2008-2009	15 +	3 x 3 min
Youth B (U19)	2008-2009	6-14	3 x 3 min
Youth C (U19)	2008-2009	0-5	3 x 2 min
Junior A (U17)	2010-2011	7 +	3 x 2 min
Youth B (U17)	2010-2011	0-6	3 x 2 min
Diploma A	2013-2012	n/a	3 x 2 min
Diploma B	2015-2014	n/a	3 x 1,5 min
Micro diploma	2018-2016	n/a	3 x 1 min

## WEIGHT CLASSES

Elite male	50 kg, 55kg, 60kg, 65kg, 70kg 75kg, 80kg, 85kg, 90kg, 90+kg.
Elite female	48kg, 51kg, 54kg, 57kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80+kg.
Youth male	50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 90+kg.
Youth female	48kg, 51kg, 54kg, 57kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80+ kg
Junior male and female	46kg, 48kg, 50kg, 52kg, 54kg, 57kg, 60kg, 63kg, 66kg, 70kg, 75kg, 80kg, 80+kg
Diploma	28 kg, 30 kg, 32 kg, 34 kg, 36 kg, 38 kg, 40 kg, 42 kg, 44 kg, 46 kg, 48 kg, 50 kg, 52 kg, 54 kg, 57 kg, 60 kg, 63 kg, 66 kg, 70 kg, 75 kg, 80 kg, 86 kg, 86+ kg

## SCORING SYSTEM

Approved Scoring System will be used based on the “Ten Point Must” System,.

Note that **diploma boxing** is boxed by rules set by the Norwegian Boxing Federation:

<https://boksing.no/media/4d5bij40/diplomboksing-regler-fra-01-01-2019.pdf>

Contact Chief organizer to if you want an English extract of the rules.



# NOVA BOKSEKLUBB

T R O N D H E I M

## VISA

If you need entry VISA to visit Norway, please let us know so we can help you with invitation.

## TRANSPORTATION

All teams are responsible for their own travel expenses.

The nearest airport is Værnes airport north of Trondheim, 40 km from the hotel. Easiest and cheapest way is to prebook a taxi at [www.trondertaxi.no](http://www.trondertaxi.no). The organizer can help book the taxis for you, but the teams are responsible for all travel expenses that would be paid to respective taxis.

## ACCOMODATION FOR TEAMS

Quality Hotel Panorama is the preferred hotel for the participants.

Special price for participants:

- Single room: NOK 1140 each night
- Double room: NOK 1340 each night

Rooms can be booked using this link; <https://app.mews.com/distributor/36851ee6-af58-4371-8987-b099015ff343?mewsAvailabilityBlockId=f4e3201e-ab76-490f-961f-b41100910e75&mewsStart=2026-05-29&mewsEnd=2026-05-31>

Contact information for hotel:

Quality Hotel Panorama, Adress: Ivar Lykkes veg 1, 7075 Tiller, Norway.  
Phone: +47 72 90 05 00. Email: [q.panorama@strawberry.no](mailto:q.panorama@strawberry.no)

## MEALS

The teams are responsible for their own meals, several restaurants are around the hotel. At the venue there is a cafeteria that sell some food, coffee and refreshments.

## STREAMING

There will be no live streaming from the tournament due to national regulation.



# NOVA BOKSEKLUBB

T R O N D H E I M

## PRIZES

There will be gold, silver and bronze medals in all categories.

In micro diploma no winner is announced, but both boxers receive gold medals.

In addition, the following prizes can be won:

- Best ordinary boxer male/ female (belts)
- Best diploma boxer male/ female (trophies)
- Best Club/Team (trophy)
- Best referee/ judge (trophy)

We really look forward meeting you at **The SUPER NOVA 2026**

Laila T. Kristjansson

President/ Chief organizer

Contact: +47 99 53 12 34

E-mail: [nova@bokseklubb.no](mailto:nova@bokseklubb.no)