



Welcome to HFH Open 2025

Registration

to register your boxers please send all information to Arnor@hfh.is with full name, weight, date of birth, number of fights and team name

Final date of registration is 1st of March

The Tournament

the tournament will take place during Friday 21st - Saturday 22nd of march

HFH OPEN is held according to the rules of the Icelandic boxing federation

Each group consists of max four boxers

The boxers will be matched according to number of fights, age and weight class

We will be using A,B and C format for matching boxers to the best of our ability

A = 15+ fights

B = 5-15 fights

C = under 5 fights

If a boxer is without a match and can be brought up or down within these margins the boxers team with less experience will be asked to accept the move

The weight classes used are the updated World Boxing weight categories for the year 2025

All boxers need to have their boxing record books up to date to participate in the tournament

Boxers who lost in the semifinals in a group of four will box for bronze on finals day

Venue

Semi-finals will be held in VBC, Smiðjuvegur 28, Kopavogur

Finals and Bronze matches will be in "Íþrottahús Strandgötu" (Strandagata 53, 220 Hafnarfjörður)

If you require assistance with how to get to the venues please do not hesitate to contact Arnor on whatsapp or email (all contact info is at the bottom of this invite)

Program

Friday 21st of march 2025.

08:00 - 10:00 Weigh in of all boxers in HFH Boxing Club at Dalshraun 10, 220 Hafnarfjörður

Match list will be available before the weigh in and updated as early as possible after the weigh in.

16:00 referees/judges meeting

17:00 first semi-final bout starts at VBC (Smiðjuvegur 28, Kopavogur”

Saturday 22nd of march 2025

08:00 - 09:30 weigh in for all boxers in HFH Boxing Club at Dalshraun 10, 220 Hafnarfjörður

Updated match list will be available as soon as possible

13:00 referees/judges meeting

14:00 first bout starts at “Strandgata 53”

At the end of the tournament the price for best boxer of the tournament, best fight and best team will be awarded

Participants:

Age divisions for male and female boxers.

Elite = 2006

U19 = 2007-2008

U17 = 2009-2010

Weight categories according to World Boxing

Accomodation:

We have a special price for tournament participants with Fjorukrain - Hotel Viking, which is next to the finals venue with less than a minute walk away. Please book through their email and mention you are with the tournament to receive a discount

<https://www.fjorukrain.is/rooms>

We also recommend:

Lava Hostel:

Website (<https://lavahostel.is/farfuglaheimili/>)

Email (info@lavahostel.is)

Lava hostel is only about 1km away from the finals venue and is cheap

Hotel Vellir:

Website (<https://hotelvellir.com/>)

Email (info@hotelvellir.com)

Hotel Vellir is a bit further away than the others but not too far.

For more information or questions please contact Arnor by email or whatsapp

email: Arnor@hfh.is

whatsapp: **+354 762 4078**

We look forward to seeing you!