

Kolbotn Wrestling Club invites you to Kolbotn Cup 2025, November 21.-23.

Kolbotn Wrestling club has the distinct pleasure of inviting you to Norway's largest wrestling tournament for age-specific categories over the weekend of 21. to 23. November 2025. The disciplines competed in will be Greco-Roman for males, and Womens wrestling for females on Saturday, and Freestyle for men on Sunday.

Detailed information about the tournaments can be found on page 2 and on www.kolbotncup.no

Kolbotn Cup GR men/WW women, November 22.:

Age categories for females: U12, U15, and U20 (U17 competes in U20). Travelweight +1 kg allowed for U20.

Age categories for males GR: U12, U15, U17 and U20. Travelweight +1 kg for U17 and U20.

Please note: The weight table may change due to changes in UWW. Our website will be updated!

Girls 12 (2014-2013)	Boys 12 (2014-2013)	Girls 15 (2012-2010)	Boys 15 (2012-2010)	U20 Women (2009-2005)	U17 Men (2009-2008)	U20 Men (2007-2005)
24-27 kg	24-27 kg	29-33 kg	33-35 kg	50 kg (+1 kg)	45 kg (+1 kg)	55 kg (+1 kg)
30 kg	30 kg	36 kg	38 kg	53 kg (+1 kg)	48 kg (+1 kg)	60 kg (+1 kg)
33 kg	33 kg	39 kg	41 kg	55 kg (+1 kg)	51 kg (+1 kg)	63 kg (+1 kg)
37 kg	37 kg	42 kg	44 kg	57 kg (+1 kg)	55 kg (+1 kg)	67 kg (+1 kg)
41 kg	41 kg	46 kg	48 kg	59 kg (+1 kg)	60 kg (+1 kg)	72 kg (+1 kg)
45 kg	45 kg	50 kg	52 kg	62 kg (+1 kg)	65 kg (+1 kg)	77 kg (+1 kg)
50 kg	50 kg	54 kg	57 kg	65 kg (+1 kg)	71 kg (+1 kg)	82 kg (+1 kg)
55 kg	55 kg	58 kg	62 kg	68 kg (+1 kg)	80 kg (+1 kg)	87 kg (+1 kg)
60 kg	60 kg	62 kg	68 kg	72 kg (+1 kg)	92 kg (+1 kg)	97 kg (+1 kg)
65 kg	65 kg	66 kg	75 kg	76 kg (+1 kg)	110 kg (+1 kg)	130 kg (+1 kg)
70 kg	70 kg	72 kg	85 kg	80 kg (+1 kg)		
75 kg	75 kg	78 kg	95 kg	85 kg (+1 kg)		
80 kg	80 kg	85 kg				
85 kg	85 kg					

Kolbotn Cup Freestyle men, November 23.:

Sunday November 23 is Boys and Mens Freestyle. You can sign up for both days. The tournament is small, but growing yearly. Please contact us for further details.
Please note: The weight table may change due to changes in UWW. Our website will be updated!



U12 boys (2014-2013)	U15 boys (2012-2010)	U17 men (2009-2008)	Senior men (2007 and older)
27kg	38 kg	45 kg (+1 kg)	57 kg (+1 kg)
30kg	41 kg	48 kg (+1 kg)	61 kg (+1 kg)
33kg	44 kg	51 kg (+1 kg)	65 kg (+1 kg)
37kg	48 kg	55 kg (+1 kg)	70 kg (+1 kg)
41kg	52 kg	60 kg (+1 kg)	74 kg (+1 kg)
45kg	57 kg	65 kg (+1 kg)	79 kg (+1 kg)
50kg	62 kg	71 kg (+1 kg)	86 kg (+1 kg)
55kg	68 kg	80 kg (+1 kg)	92 kg (+1 kg)
60 kg	75 kg	92 kg (+1 kg)	97 kg (+1 kg)
65 kg	85 kg	110 kg (+1 kg)	125 kg (+1 kg)
70 kg	90 kg		
75 kg	95 kg		
80 kg			
85 kg			

More information: www.kolbotncup.no

About the tournaments:

Arena

Stil Arena, Gamle Vevelstadvei 34, 1405 Langhus, Norway. Please see: <https://www.kolbotncup.no/arena/>

Sauna

Sauna is not available in the tournament hall.

Cafeteria

There will be a wide range of reasonably priced meal-alternatives served at the arena, including vegetarian alternatives.

Weigh-in and medical

Kolbotn Cup Saturday: November 21 from 7 pm to 9 pm. The weigh-in takes place in Stil Arena.

Kolbotn Cup Freestyle: November 22. from 5-6 pm. November 23. 8-8:15 am. Weigh-in also if you participate both days.

Tournament opening

Kolbotn Cup: Saturday November 22. at 9 am. Kolbotn Cup Freestyle Sunday: November 23. at 10 am.

Rules, fees and weights

Rules, fees and weights are determined by UWW rules with some Norwegian adaptations, available at www.bryting.no. Teamleader are responsible to ensure all participants have compulsory national licenses. Identity cards must be brought for check at weigh-in.

Registrations

For non-Norwegian wrestling clubs, all registrations on <https://www.kolbotncup.no/registration/>

Please sign up for the Kolbotn Cup before November 8. Free cancellation of wrestlers until November 18.

Norwegian clubs register at isonen.no no later than November 1.

There is a NOK 300 (or if paid in EUR cash: EUR 30) registration fee for all participants.

All teams are strongly encouraged to bring a referee. All participants will be listed when ready, please see our website.

Travel information

Airport Oslo Lufthavn Gardermoen, Norway. There are trains from the airport via Oslo Central station to Vevelstad train station which is next to the wrestling arena. We do not recommend Torp airport as it is far away. Please also see travelling tips on the app "Entur" and our website for directions.

Tournament hotel

Our tournament hotel will be available here: <https://www.kolbotncup.no/accommodation/>

We also offer sleeping in school classrooms. The price is NOK 180 (EUR 18) per person per night, breakfast included. Please note that this alternative is only available from Friday to Sunday. Bring your own sleeping bag and sleeping mat.

More information

E-mail kolbotncup@bryting.org

English and nordic languages, please contact Tove Ladstein, +47 97 95 64 54

Russian and Polish, please contact Eduard Aplevich, messenger and phone +47 97 30 65 40

Website: www.kolbotncup.no. Facebook "Kolbotn Cup – wrestling". Please like our page!

CONTACT irishwrestling@outlook.ie for information