Amager Undervandsrugbyklub hereby invites you to a one-day uw-rugby tournament in Copenhagen, Denmark.

Time and place

The Ladies cup will be held on **March 30th, 2018** from 8:30 – 20:00 (UTC+01:00). First game will start app. 9:00¹. The pool: Frankrigsgade Svømmehal, the address is Frankrigsgade 35, 2300 København S. Entrance is allowed for showering from 8.00. It's right by the Metro, and therefore just 10 minutes from the metro station at the airport. We ARE flexible, should some teams prefer a certain flight etc. We will shape the game schedule to fit better for all.

Need a place to sleep from Saturday?

Should your team need a place to sleep, please ask per mail. Maybe we can help out.

Pool information

The pool dimensions: 12,5m * 10m * 3,8m. The goals are "bolted" to the bottom.

Referees

We have referees and they will take on as many games as possible. But teams will be asked to muster 1 referee at some games.

Game plan and enrollment

We prefer that teams play all vs all, to meet different teams. But this will depend on the number of enrolled teams. We cannot fit in more than 8 teams on this day, and should it be necessary to prioritize who will get to join, we will determine by the payment date.

Rules of the day and participation

• There will be no team leader meeting, instead a mail will be sent some days before the cup with certain guidelines etc. Please follow the Facebook group.

¹ If there are many enrolled teams, we will start a bit earlier. So +/- depending on number of teams.



- Mix teams are naturally allowed (women from different clubs can play on same team). No one can play one more than one team.
- Certain exceptions from the CMAS rules due to time restrictions etc.
 - Shorter games (dependent on the number of teams)
 - o no timeout (again, unless we are fewer teams)

Dinner

There is a nice buffet restaurant close to the pool. It cost around 130 DKK (app. €18 drinks exclusive).

Information & community at Facebook

Stay updated at Amager Ladies Cup

It's easy to shop for groceries/ snacks nearby the pool.

Enrollment & payment

Enrollment price is set at €150. Please transfer €150 to account:

IBAN: DK3520003492959382 Swift address: NDEADKKK

Please remember to identify yourself on the transfer.

Or Danish account info: reg-nr 2105 konto 3492 959 382. Remember to write the team name on the

transaction.

There will be coffee and some snacks at the tournament. Other than this, the enrollment fee will be spent on referees.

When enrolling, please send the following information to: <u>AnnaKFrandsen@gmail.com</u>

- 1) Team name. We have a men's tournament the week after (on April 6th), so please let the enrollment state, that you represent a "women's team for the Ladies Cup".
- 2) Contact person and contact information (mail address and mobile phone).
- 3) Make sure that the Contact person follows the Facebook group.

4 teams need to be enrolled no later than February 19th, for the cup to be executed.



Questions

Please write AnnaKFrandsen@gmail.com for questions.

Lodging - private or hostels?

DanhostelCity is close by.

General appeal

Please help spread the word. Let's make sure at least 4 teams enroll.

We hope to see you all @

www.amager-uv.dk





Maybe this will be the trophy?

