

# FREM-Cup 21.02.2026

The wrestling club A.K. FREM Randers has the pleasure of inviting you to the international wrestling tournament FREM-Cup 2026.

**Lokation:** Arena Randers, Fyensgade 1, 8900 Randers, Denmark

**Weigh-in:** Friday 20.02.2026 at 18.00-21.00 (Valid start license must be presented).

Saturday 21.02.2026 at 07.30-09.30 (Valid start license must be presented).

**Schedule:** Saturday 08.45 March

Saturday 09.00 Competition start

## Katagorier:

**Boys U10 born 2016, 2017, 2018, 2019 (Greco)**

19/20, 22, 24, 26, 29, 32, 35, 38, 42, 47, 47/53kg.

**Boys U14 born 2012, 2013, 2014, 2015 (Greco)**

29/34, 38, 41, 44, 48, 52, 57, 62, 68, 75kg, 85kg

**Youth U17 born 2011, 2010, 2009 (Greco)**

41/45, 48, 51, 55, 60, 65, 71, 80, 92, 110kg

**Junior/Senior born 2008 and older (Greco)**

55, 60, 63, 67, 72, 77, 82, 87, 97, 130kg

**Girls born 2012, 2013, , 2015, 2016, 2017, 2018, 2019 (Freestyle)**

24/29, 33, 39, 42, 46, 50kg

**Women born 2011 and older (freestyle)**

40/46, 50, 53, 57, 62, 68, 78kg

**According to UWW rules, with Nordic A/B pool system, Boys U10 runs 12 excess points and Fall, Boys U14 and girls/women 10 excess points and Fall, Junior/senior 8 excess points and Fall.**

**Prizes:** medal for no. 1-3 in each weight class, Overall best club and best wrestler per category receives a trophy.

**Enrollment fee:** 200kr. per participant, referee fee 350kr. Per club, each referee receives 500kr. in fee. Possible to pay in Euro also.

**Accommodation:** You can stay overnight at school from Friday to Saturday, price per night 50kr. Participant, breakfast can be ordered for an additional 50kr. Pr. participant.

Food and drink can be purchased in the hall.

**Registration:** No later than 11.02.2026 by email [Kennethjensen0205@gmail.com](mailto:Kennethjensen0205@gmail.com), or on website [www.frem-cup.dk](http://www.frem-cup.dk) Maximum 400 participants.

Referees are registered with wrestlers. Scan the code for online registration.

**Additional info:** Please contact Kenneth Jensen +45 27532546

**A.K. FREM**

