



# AB HANDBALL

INVITES YOU TO

## CHRISTMAS CUP '25

28.-30. December

### Welcome to AB JuleCup

The Youth Department of AB Handball & the SAVE Association hereby invites you to join the handball tournament AB Christmas Cup 2025.

Again this year we invite teams from the twin towns of Gladsaxe Municipality and other interested handball clubs to participate in this handball event, to give this tournament an international value.

The tournament is held during the days 28., 29. and 30. December 2025.

Each team is guaranteed to play a minimum of 5 games and games on all 3 days.

There will be prizes for the finalists of both A-finals and B-finals.

As previous years it will be possible to use the Gladsaxe Bowling free of charge.

We look forward to seeing you and your team!

### REGISTRATION:

#### PARTICIPATION FEE FOR THE TEAM

Deadline for registration of participation is **15. November 2025.**

Team participation fee **EUR 200**

#### PARTICIPANT REGISTRATION

Deadline for registration of each team member and coaches and the deadline for payment is **1. December 2025.**

Please register online through the website [www.abjulecup.dk](http://www.abjulecup.dk)

Please contact [ABjulecup@gmail.com](mailto:ABjulecup@gmail.com) if you have any questions.

#### Early bird discount

Register the team before 15. september and save 20 % on the team participation fee.

By early registration the team participation fee is EUR 160

#### PARTICIPATION FEE PER TEAM MEMBER

includes accommodation and meals for 3 nights with arrival on 27. dec.

Meals include 3 x breakfast, 2 x lunch, 3 x dinner

Participation fee per team member **EUR 120**

If you are from a twin town, your payment fee per team member is **EUR 40.** Gladsaxe Municipality pays EUR 80 to cover for meals and accommodation for participants from their twin towns.

#### ACCOMMODATION FOR BUS DRIVERS

It is possible to arrange accommodation for bus drivers. Payment per bus driver for three days is **EUR 275 (or the cost of a hotel room + meals.**

Busdrivers need to be registered as an extra leader/coach in the team registration.

LOOKING FORWARD TO SEEING YOU!





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### PRACTICAL INFO - the tournament

#### THE TOURNAMENT:

AB JuleCup 2025 will be held in 9 venues in Gladsaxe, Denmark. The tournament is held for teams in the age groups U9 to U15 (players born between 2010-2016)

Each team is guaranteed a minimum of 4-5 games.

- 28. dec.: Preliminary round
- 29. dec.: Preliminary + playoff rounds
- 30. dec.: Playoffs and Finals (A + B finals)
- All A-finals take place at the AB venue with entrance, speak, music and prize ceremonies.

#### JUDGES, GAME RULES AND FAIRPLAY

All matches will be judged by Union judges. We request everyone to show positive attitudes and fairness towards our judges at all matches. Please accept all volunteers at the judges' tables and encourage fairplay spirit.

#### TEAM CARDS HAVE TO BE FILLED OUT

Team cards have to be filled out in MyTeam via ProCup prior to the first match. You receive login via e-mail following your registration.

#### PRIZES

There will be prizes and medals for all winning teams - in all age groups.

#### TOURNAMENT REGULATIONS

The game is played in accordance to the Danish DHØ-tournament regulations for 2025/26 with the following additions:

The team first mentioned in the match programme lines up below the scoreboard and starts with the ball.

a) The other team changes jerseys in the event of identical playing uniforms. Extra jerseys are available in all venues to pull over.

b) All teams bring their own ball in accordance with regulations.

The teams must be ready no later than 10 minutes before the start of the match.

Please note the provisions mentioned on the last page.

#### TOURNAMENT OFFICE

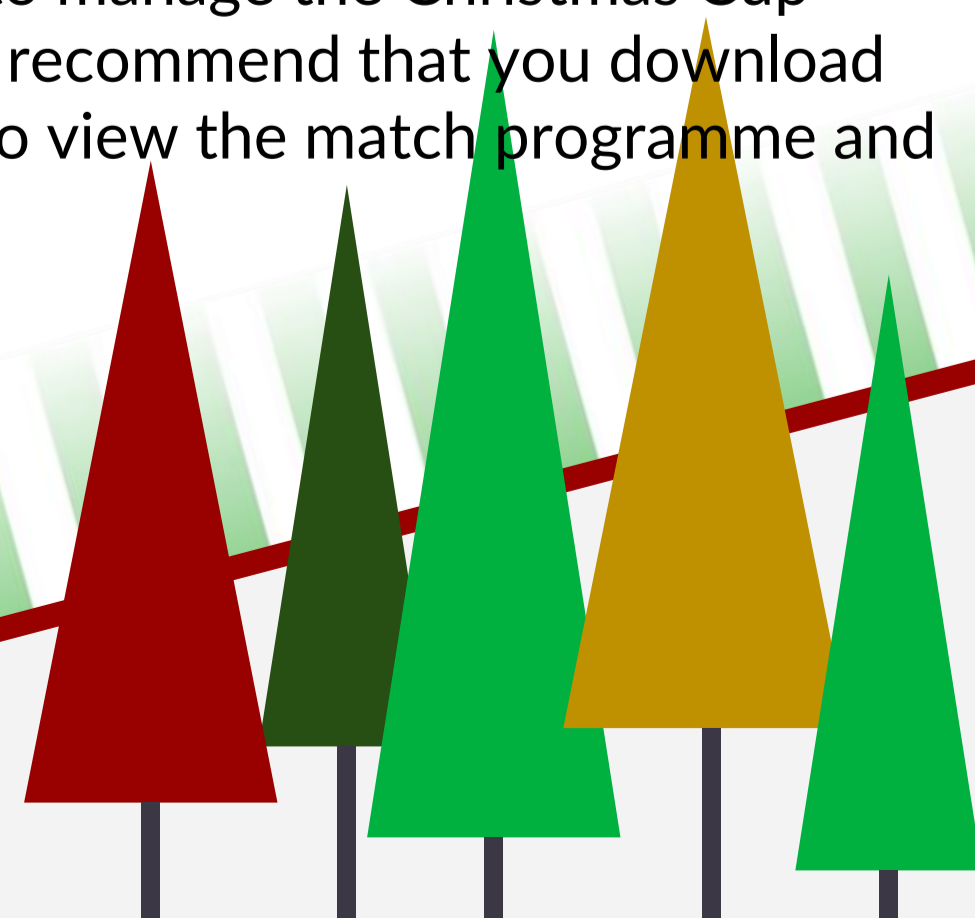
The tournament office will be open from 28. december at 07:30 until the last match has been played and registered. The tournament office is open all days of the tournament and is located on the 1st floor of the AB venue.

Contact the Tournament office by phone +45 6051 0446 and e-mail [abjulecup@gmail.com](mailto:abjulecup@gmail.com)

#### PROCUP APP FOR MATCHES AND TOURNAMENT

We use ProCup to manage the Christmas Cup Tournament. We recommend that you download the ProCup app to view the match programme and results.

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### PRACTICAL INFO

#### ADRESSES FOR VENUES

AB venue (3 courts)  
Skovdiget 1, 2880 Bagsværd

Gladsaxe Sportscenter (1 court)  
Vandtårnsvej 55 2860 Søborg

Buddinge School (1 court)  
Kildebakkegårds Allé 155, 2860 Søborg

Bagsværd School (1 court)  
Bagsværd Hovedgade 62, 2880 Bagsværd

Skovbrynet School (1 court)  
Værebrovej 156, 2880 Bagsværd

Grønnemose School (1 court)  
Skolesvinget 8, 2860 Søborg

#### BUSSES AND TRANSPORTATION

Transportation by busses between venues is arranged to enable transport between Buddinge School and all venues during the days. Busses are fee of charge.

We aim to arrange the matches so that each team will play most matches in the same venue during each day.

Timetable for the busses will be available at all venues.

#### FOOD & DRINKS

Buying food and drinks at a reasonable price will be possible at all venues.

#### ALCOHOL

We do not accept consumption of alcohol on any school or sports venue. Violation may result in banning from the tournament.

#### BOWLING

It will be possible to book bowling free of charge. To book bowling lanes, please contact the tournament office. Bowling is at Gladsaxe Bowling, Gladsaxevej 200, 2860 (near the Gladsaxe Sportscenter and 2 km from Buddinge School).

There are 6 bowling lanes available. To ensure room for everyone, please have 4-6 players per lane..

Bowling is available on 28., 29. and 30. dec. from 11:00 to 16:00.

For booking of lanes please contact the tournament office by phone +45 6051 0446, e-mail [abjulecup@gmail.com](mailto:abjulecup@gmail.com) or come by the office on the 1st floor at AB. Booking is limited to the lanes available, so we can not guarantee available lanes to all teams participating in the tournament.

It is not possible to use the tournament busses to go directly to Gladsaxe Bowling. However, the tournament busses go to Gladsaxe Sportscenter, which is very close.

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### PRACTICAL INFO - accommodation

#### ACCOMMODATION & CHECK IN/OUT

Accommodation is located at Buddinge School, Kildebakkegårds Allé 155, 2860 Søborg.

All teams that have booked accommodation can check in from 27. dec. at 14:00. If you need to check in before then, please contact the tournament office by e-mail [ABjulecup@gmail.com](mailto:ABjulecup@gmail.com)

All rooms must be left in the same condition as upon arrival. Check out is no later than 30. dec. at 12:00 (noon).

There will be an inspection of all rooms after check out. Any missing or broken items must be compensated.

#### SERVING AT BUDDINGE SCHOOL

For all participants staying at the school there will be breakfast, lunch and dinner.

Breakfast is served between 07:00 and 10:00 at Buddinge School.

Lunch may be collected at the venue, where the team is playing during the day.

Dinner is served between 18:00 and 20:30 at Buddinge School.

All meals will be halal and no meals will include pork.

Please make sure to register any allergies at registration of the team.

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#### ACCOMMODATION OF BUSDRIVERS

Will be provided later.

For requests regarding accommodation for busdrivers, please contact [abjulecup@gmail.com](mailto:abjulecup@gmail.com)

Check-In: Call +45 6051 0446 (The tournament office)





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## PRACTICAL INFO

### NEWS and GDPR

Throughout the event we will do our best to share as much news as possible, as well as photos from the

Cup at the facebook page of AB Julecup.

<http://facebook.com/abjulecup>

On this note, we want make sure that GDPR and other privacy policies and regulations are complied to. Thus we ask you to instantly contact the tournament office, if you see content which should be removed from the Facebook-page. Especially if it is pictures of children, which parents or the team does not want to be shared on a social media.

We will remove such pictures and other unwanted material as soon as possible.

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### TOURNAMENT - PROVISIONS

#### AGE GROUPS:

Please find below the ages accepted in each age group. Please note that all age groups must be complied with.

We reserve the right to conduct checks that the teams and team members are registered in the correct age group.

U9 - players born in 2016

U11 - players born in 2014-2015

U13 - players born in 2012-2013

U15 - players born in 2010-2011

Dispensation may be requested for single players. To apply for a compensation, please contact the tournament office.

#### KEY TOURNAMENT REGULATIONS

Please note that the Danish tournament regulations differ from international standards in certain areas. Following are examples of such regulations. Please comply to instructions given by the judges relating to the regulations.

- Man-to-man defence is not allowed for youth players
- Full team pressure is allowed under certain conditions, e.g. that all players are actively seeking to conquer the ball
- U9 and U11 matches are played on a short court

The Danish Handball Union has develop several videos to show examples of allowed and not-allowed man-to-man defence. Examples 1 to 3 are not allowed and examples 4-10 are allowed.

Find the videos on youtube:

[https://www.youtube.com/watch?v=w\\_LGPH1OqIY&ab\\_channel=DanskH%C3%A5ndbold](https://www.youtube.com/watch?v=w_LGPH1OqIY&ab_channel=DanskH%C3%A5ndbold)

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