



**Akkaren Sport Diving Club** hereby invites you to The Oslo Cup in Underwater Rugby, Saturday 5<sup>th</sup> of September 2015. This is a one-day tournament in Oslo with long traditions and teams in Europe are invited.

Our hope is to have teams from Norway, Denmark, Sweden, Germany, Finland, Italy and Spain, but teams from “new” countries to Oslo Cup are for sure welcome too.

**Place:** Lambertseter Swimming pool (Lambertseter school), Glimmerveien 42, 1155 Oslo, Norway

**Time:** Saturday 5<sup>th</sup> of September at 08.00, team leader meeting. Match start 08.30. The games will be over around 20.00, depending on the number of participating teams.

**Rules:** CMAS international rules, with exception of:  
- Playing and pause time adjusted to the number of participating teams.  
- Rules with respect to penalty competition etc will be informed about.

**Registration:**

Registration and team information should be sent by e-mail to:

Tove M Håland, Phone: +47 45 63 67 08

E-mail: [tovemargrethe@gmail.com](mailto:tovemargrethe@gmail.com)

**Registration is valid only after the registration fee has been paid, deadline is 8th of August.**

Akkaren Sportsdykker Klubb,  
Postboks 5227, Majorstuen, 0303 Oslo  
Bankgiro : 7076.14.15938  
Internet: <http://www.akkaren.no>





**Payment:**

Registration fee per team is **NOK 1500 before 20th of July**, and **NOK 2000 after 20th of July** to:

Akkaren SDK  
Postboks 5227, Majorstuen  
N-0303 Oslo, Norway

National payment: 7076 1415938

International payment:

IBAN: NO81 7076 1415938  
SWIFT/BIC: DNBANOKK  
Bank name: DNBNor,Oslo, Norway

**Referees:**

All teams must supply two referees (named upon registration).

The fee for lack of referees is NOK 500,- per team.

Any referees that don't show up to an announced game will be fined an extra fee of 150,- NOK per referee per game.

**Referee/Team leader meeting:**

Saturday morning, 08.00 at Lambertseter swimming pool.

**Game schedule:**

Will be sent out by e-mail to the contact person on each team.

**Café:**

There will be a café during the day with a good selection of food.

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### **Overnight accommodations:**

Cheap hotels/hostels in the city center:

Perminalen

Øvre Slottsgate 2

0157 Oslo

ph: (+47) 23 09 30 81

<http://www.perminalen.com/>

Cochs Pensjonat

Parkveien 25

0350 Oslo

ph: (+47) 23 33 24 00

<http://www.cochspensjonat.no/>

Outside city:

Haraldsheim

Haraldheimveien 4

0538 Oslo

Ph: (+47) 22 22 69 25

<http://www.haraldsheim.oslo.no>

In the city center:

Anker hostel

Storgata55

0182 Oslo

Ph: (+47) 22 99 72 10

<http://www.ankerhostel.no/>

To get to the pool, take the subway from downtown Oslo to Lambertseter (line 4 to Bergkrystallen), see <http://www.ruter.no>.

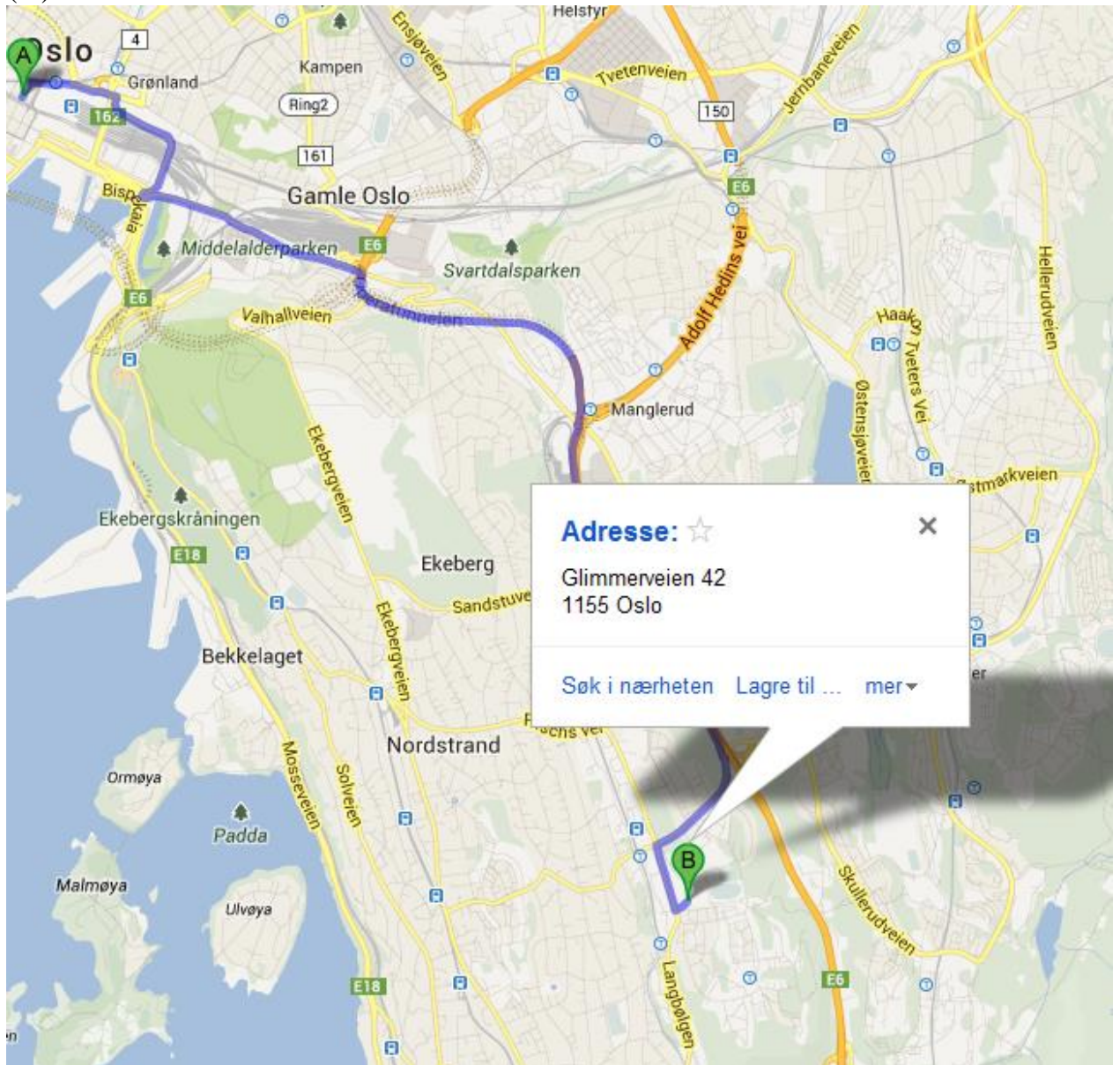
If you are interested in sleeping in the gym at Lambertseter School (next door to the swimming pool), send us an email.

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Map to Lambertseter Swimming pool (B) from Oslo Central Station (A):



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