

QUÉBEC OPEN



PRESENTED BY CANADA FIGHTING
MAY 29-31, 2026

QUÉBEC OPEN (\$60 for each athlete)

Novice (0 to 10 bouts) & Open Class (11 bouts or more)

Categories : Benjamin to Master, Man and woman



PEPS - University of Laval – Quebec
Amphithéâtre Desjardins
2300 rue de la Terrasse, Québec, G1V 0A6



Registration until May 22, online only.
Limit of 500 entries.





INTERNATIONAL CHAMPIONSHIPS QUÉBEC OPEN

MAY 29-31 2026

It's our pleasure to invite you to the **4th edition of the Québec Open** presented by **Canada Fighting**, which will take place from **May 29 to 31, 2026**, over a total of five sessions.

The competition, organized under the supervision of the Quebec Olympic Boxing Federation (FQBO) in collaboration with **Energybox**, will take place at the **PEPS** at **Laval University** in Quebec City, 15 minutes from Jean Lesage International Airport.

This spectacular event will bring together athletes from **all categories: novice (0-5 bouts) and open class (11 or more bouts)**.

With a competition area featuring **four rings**, this championship will provide a high-level competitive setting for all participants.

Registration will begin on April 22 (online only) and will close on Friday, May 22, at 11:59 p.m. (Limited registration).

The weight categories entered on the form are final and cannot be changed after this date

We look forward to welcoming you and making this competition a great sporting success once again.

Best regards,

Lissia Laflamme
Events & Communications Director
+ 1 514 252-3047 | llaflamme@fqbo.qc.ca



SCHEDULE

WEIGHING, MEDICAL EXAM,
ACCREDITATION & FIGHTING

MAY
29



WEIGHING : 7:30 AM TO 9:00 AM



ACCREDITATION : 8:00 TO 10:00 AM,
12:00 TO 14:00 PM, 18:00 TO 20:00 PM

1:00 PM : QUARTER FINALS

7:00 PM : QUARTER FINALS

MAY
30



WEIGHING : 7:30 AM TO 9:00 AM



ACCREDITATION : 12:00 TO 14:00 PM,
18:00 TO 20:00 PM

1:00 PM : SEMI-FINALS & FINALS

7:00 PM : SEMI-FINALS & FINALS

MAY
31



WEIGHING : 8:00 AM TO 9:00 AM

12:00 PM : FINALS



WEIGHING & MEDICAL EXAM



LOCKER ROOM · AMPHITHÉÂTRE DESJARDINS



ACCREDITATION



AMPHITHÉÂTRE DESJARDINS



FIGHTING



AMPHITHÉÂTRE DESJARDINS



ELIGIBILITY

All boxers :

NOVICE (0 to 10 bouts)

OPEN CLASS (11 matches and more)

Categories : Benjamin to Master, Man and Woman

Benjamin à Maître, Homme et femme

- All boxers must have their registration number.
- Coaches: Your 2026 card or proof is required to go into the corners.
- Boxers' booklet: photo & 2026 sticker are mandatory.
- Helmets: Approved by a recognized authority in Canada. Corner color (red/blue).

For information on **how to calculate the number of matches**, see page 5.

Note: This championship does not qualify for free registration for clubs that have registered 40 or more recreational members with the FQBO.

A coach who submits a false declaration will be expelled on the spot, along with his or her athlete.

REGISTRATION

REGISTRATION FEES : 60\$

** Registration fees must be paid online.*

REGISTRATION OPENS : April 22, 2026

MAXIMUM REGISTRATIONS : 500

Priority for FQBO members and affiliated clubs

REGISTRATION CLOSURES :

Friday May 22, 2026, 11:59 PM

***Registrations are online only.**



IMPORTANT REMINDERS

How to calculate YOUR number of fights ?

All fights done in all combat sports (kickboxing, MMA, Ju-jitsu etc.) and any presence in a ring or cage in competition (demo, challenge, fight etc.).

A boxer with at least 5 fights but who does not have 11 fights may be upgraded to open class if his or her trainer so requests.

Please note that a coach who has requested that an athlete be upgraded to the open class (11 fights or more) will not be able to return the athlete to the novice class at a later date.

A coach who submits a false declaration will be expelled on the spot, along with his or her athlete.

WEIGHING & MEDICAL EXAM

- Medical exam and weighing are required only for athletes scheduled to compete on the same day.
- No changes to weight classes will be accepted after 11:59 p.m. on FRIDAY, May 22, 2026.

The weight categories entered on the form are final and cannot be changed after this date.

WALK-OVER

Any withdrawal will result in a loss being added to the record of any boxer who withdraws from a tournament without a valid reason.





CATEGORIES AGE AND WEIGHT - 2026

Funbox - Benjamin - Cadet	Juvenile	Junior - Élite - Maître	Junior - Élite - Maître
Homme-Femme	Homme-Femme	Homme	Femme
28 kg	46 kg	50 kg	48 kg
30 kg	48 kg	55 kg	51 kg
32 kg	50 kg	60 kg	54 kg
34 kg	52 kg	65 kg	57 kg
37 kg	54 kg	70 kg	60 kg
39 kg	57 kg	75 kg	65 kg
41 kg	60 kg	80 kg	70 kg
43 kg	63 kg	85 kg	75 kg
46 kg	66 kg	90 kg	80 kg
48 kg	70 kg	(+) 90 kg	(+) 80 kg
50 kg	75 kg		
52 kg	80 kg		
54 kg	(+) 80 kg		
57 kg			
60 kg			
63 kg			
66 kg			
70 kg			
75 kg			
80 kg			
(+) 80 kg			

CATÉGORIES D'ÂGES :

ELITE Boxeurs nés entre 1986 et 2007
JUNIOR Boxeurs nés entre 2008 et 2009
JUVÉNILE Boxeurs nés entre 2010 et 2011
CADET Boxeurs nés entre 2012 et 2013
BENJAMIN Boxeurs nés entre 2014 et 2015

DURÉE DES COMBATS :

FB (H&F) (12 mois d'écart max) 3 ROUNDS X 1:00
BENJAMINS (H&F) 3 ROUNDS X 1:00
CADET (H&F) 3 ROUNDS X 1:30
JUVÉNILE (H&F) 3 ROUNDS X 2:00
JUNIOR & ÉLITE (H&F) NOVICE 3 ROUNDS X 2:00
CLASSE OUVERTE (11 COMBATS et +) 3 ROUNDS X 3:00

IMPORTANT REMINDERS

ACCREDITATION

ATHLETES AND COACHES :

To enter the venue, you must have your accreditation wristbands.

- A maximum of 4 free COACHS accreditations per 10 registered athletes
- Additional wristbands available for 2026-affiliated coaches at a cost of \$30
- For the schedule, please refer to page 3 of this document.

***\$60 to replace a lost wristband.**



ACCREDITATION WRISTBANDS CHART

Number of registered athletes	Number of accreditations
1 à 9	3 wristbands
10 et +	4 wristbands



IMPORTANT REMINDERS



DRESS CODE

BOXERS

- Corner-coloured camisole (red/blue) mandatory
- Helmets: Approved by a recognized authority in Canada. Corner color (red/blue).
- Boxer's logbook (photo required)
- Annual medical exam up to dat

COACHES

- Sportswear is mandatory in the corners - no shorts or Bermuda shorts.
- Caps, hats and hoods forbidden.

PORTABLE PHONE

Use prohibited for corner coaches during bouts.

WATER BOTTLE

Only water is permitted for boxers during bouts.



Bienvenue

ACCOMMODATION

PEPS RESIDENCES

Located on the Université Laval campus, just 15 minutes from downtown Québec City, the Housing Office offers accommodations near Université Laval's PEPS.

Standard university room (shared bathroom)

These rooms have two single beds and feature all the amenities usually available in hotels or bed linen and towels, shampoo and soap, free wireless internet access and free local calls.

Superior university room (private bathroom)

These rooms are equipped with a bathroom, a Queens bed, a double sofa bed, a TV, a microwave oven, refrigerator and telephone. They usually have all the amenities offered by hotels or bed linen and towels, shampoo and soap, free wireless internet access and free local calls.

[LINK -BOOKING](#)

BOOKING

(418) 656-5632
hebergement@sres.ulaval.ca
Event number #357548

ADDRESS

Pavillon Alphonse-Marie-Parent
2255, rue de l'Université,
Québec (Québec) G1V 0A7

STANDARD ROOM :

Simple : \$55.50 CAD + tx/night
Double : \$71.50 CAD + tx /night

SUPERIOR ROOM:

125\$ CAD +tx/night



ACCOMMODATION HOME2 SUITES

OPTION 2 - Accommodation Home2 SUITES

* Located less than 10 minutes' drive from Université Laval's Peps.

Rooms available - Home2 Suites by Hilton Quebec City

[LINK-BOOKING](#)

Reservations must be made by April 29, 2026.

HOME2 SUITES by Hilton Quebec City is pleased to offer studio apartment including :

Kitchenette with refrigerator, dishwasher, microwave, coffeemaker, countertop, sink, utensils and functional kitchen appliances

ADDED VALUES :

Complimentary hot and cold breakfast, Hilton Honors loyalty program, ultra-fast Wi-Fi and free local calls, free outdoor parking, indoor pool and fitness center, digital key / Hilton app, coffee, tea, and herbal tea available 24/7 at no charge.

CANCELLATION POLICY

Changes or cancellations made up to 7 days before the arrival date are free of charge. After this deadline, a cancellation fee equal to the cost of the first night's stay will be charged.

STUDIO APARTMENT : 225\$ CAD + tx/night

KING: 1 king-size bed + sofa bed + kitchenette

DOUBLE QUEEN : 2 queen-size beds + sofa bed + kitchenette

Free for children 17 and under
\$15 per additional adult per night



ADDRESS

7088 Boulevard Wilfrid-Hamel
Québec (Québec) G2G 1B5

Québec 