

IFBB EUROPEAN CHILDREN'S FITNESS CHAMPIONSHIPS 2023

Under the auspices of the Slovak Olympic and Sports Committee

Children's Fitness • Fitness • Agility • Fitness Challenge

NOVEMBER
18 - 19, 2023

Sport hall, Junacka 8
831 04 Bratislava

PROGRAM:

November
18-19, 2023
starts at 9,00



 **MINISTRY**
OF EDUCATION, SCIENCE,
RESEARCH AND SPORT
OF THE SLOVAK REPUBLIC



 **SLOVAK**
OLYMPIC
AND SPORTS
COMMITTEE

The Organizing Committee of the SLOVAK FITNESS, BODYBUILDING AND POWERLIFTING ASSOCIATION - SFBPA extends a warm welcome to all IFBB National Federations to participate in the 2023 IFBB European Children's Fitness Championships in Bratislava from November 17th till 20th, 2023.

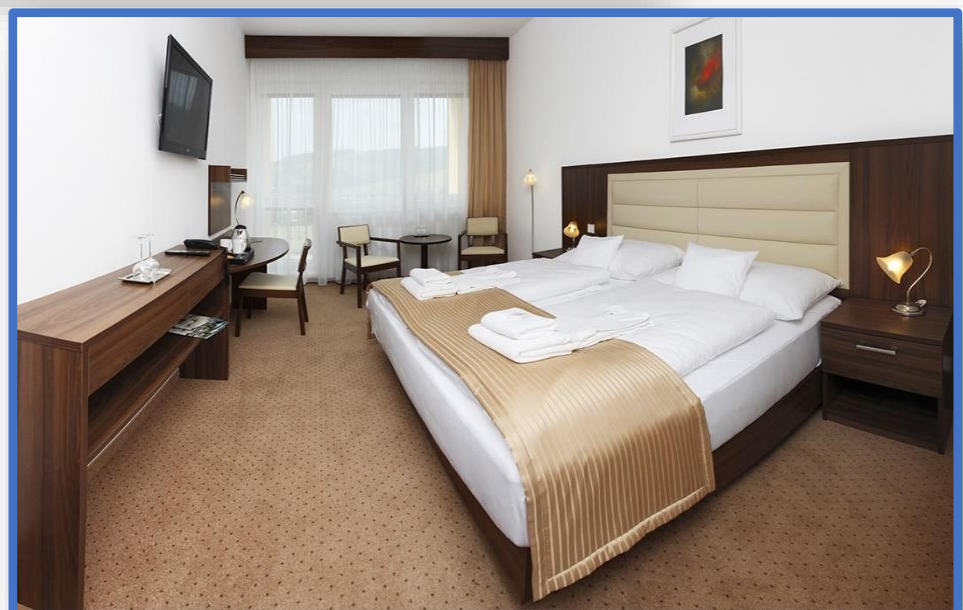
ABOUT BRATISLAVA

Bratislava is the capital and size of the population as well as the largest city of the Slovak Republic. It is a city rich in monuments, many of which are located in Old Town. The town monument reservation is one of the largest in Slovakia. The dominant feature is the four-storey Bratislava castle, next to which is the building of the National Council of the Slovak Republic, not far from the Cathedral of St. Martin. The most striking modern building is the SNP Bridge on the Danube, the world's largest suspension bridge with one pillar and one hanging plane. In 2001, it was declared the construction of a century in Slovakia in the category of bridge construction.

Bratislava is located in Central Europe, at the coordinates of 17 ° 10'75 " east longitude, 48 ° 14'90 " N, 126 - 514 m above sea level. It spreads along both banks of the Danube, on the hilltop of the Little Carpathians. It lies in the immediate vicinity of Austria and Hungary. It is the only capital city in the world that borders both countries (in the south with Hungary, on the west with Austria). It is located 60 km east of Vienna, which forms part of the busiest grouping of two major cities in Europe and Vienna, the Hungarian city of Győr (Rab) and the Moravian city of Brno is an important Central European metropolitan region of CENTROPE.



OFFICIAL
HOTELS
Hotel NIVY
Liscie nivy 3
821 08
Bratislava 2
Slovakia



Hotel NIVY is a very nice hotel **located 20 minutes by walking to the Venue - the Sports hall Junacka 8, Bratislava.** Hotel is in the town of Ruzinov, in a quiet environment near Lake Strkovec. It is among the famous and popular hotels of the economic class. It was built in 1974 and has been continuously reconstructed since 1996. There is barrier-free access to all hotel facilities. Wifi internet access is available throughout the hotel - free of charge.

Access to the hotel from the main roads from Budapest, Vienna, Prague and Kosice is very simple. The hotel is only 4 km away from the historical center of Bratislava, with easy access to public transport in 15 minutes.

Close to the hotel is also the old and new market, the VIVO! Bratislava - shopping mall and the Central Business Center.

Distance from the hotel to the Sports hall is 1,5 km, 20 minutes by walk.

Double Tree by Hilton Bratislava

Trnavska cesta 27/A

831 04 Bratislava, Slovakia



This Hotel is located in the historic part of the Slovak capital, within easy reach of the city's business, cultural, sports and historical parts, making it an excellent base for all visitors traveling for work or pleasure.

This modern hotel is located ten minutes from the historic center of Bratislava, seven minutes from Bratislava International Airport and only 50 minutes from Vienna International Airport.

Distance from the hotel to the Sports hall is 1,2 km, 15 minutes by walk.

All rooms offer free-of-charge high-speed internet connections. Hotel guests are invited to use the fitness centre with modern equipment and wellness. This hotel guarantees a rich breakfast and a range of advantages for regular guests. Each staff member will personally undertake to do their best to satisfy customers' needs.

IMPORTANT NOTICE

Only the organizing committee is authorized to provide hotel reservations (including accommodation before **the official arrival day on Friday, November 17th, 2023** and/or **the official departure day on Monday, November 20th, 2023**) for all official participants (athletes and delegates) and additional delegates.

ACCOMMODATION

The Organizing Committee will provide free-of-charge accommodations and three meals per day for all Athletes and Delegates pursuant to the following IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitor or less = one (1) delegate

The term "Official Participant" means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB Rules.

National Federations with no athlete(s) may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses.

All Athletes and Delegates will be accommodated in double rooms (two persons per room) and triple rooms (three persons per room).

The official arrival date is Friday, November 17th, 2023.

The official departure date is Monday, November 20th, 2023.

IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check in BEFORE the start of

the Registration; by Friday, November 17th, 2023 16:00 hrs. Any Official Participant not checked in by this deadline will be classified as an “extra delegate” and will be responsible for all of his or her expenses. In case of early or late arrival, please contact the organizer at safkst@gmail.com

Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach, or trainer, it is recommended that your Federation select this individual to be an A-Team member (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

SPECIAL & GROUP PACKAGES

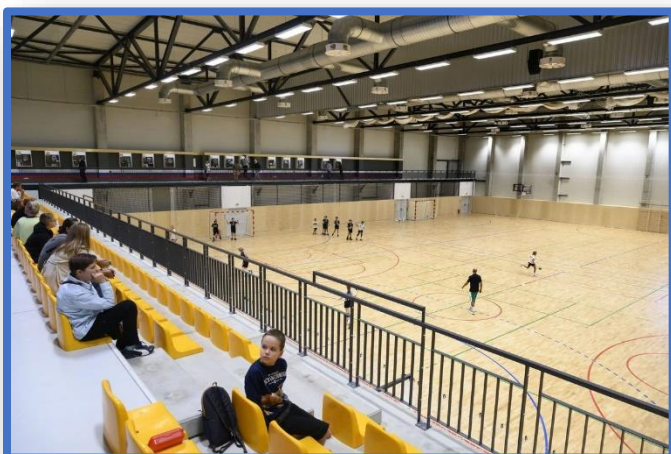
SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS:

The Organizing Committee has established a **Full Special Package Rate**, which includes three (3) nights' accommodations with three (3) meals per day (breakfast, lunch, and dinner), tickets to the Prejudging and Finals at a cost of **€250 per person in a double-bedded standard room €350 for a single-bedded standard room**, which has to be paid in cash at the Registration on November 17th, 2023.

The Organizer has also established a **Partial Special Package Rate**, which includes the ticket to the banquet and tickets to the Prejudging and Finals, at a cost of **€100**.

VENUE SITE: Sport hall DOM Sportu, Junacka 8, Bratislava, SLOVAKIA

This is the new Multifunctional Sports hall, officially opened in 2020, in 2022 it was the venue of the European Men's Handball Championships. Various sports events are regularly organized here during the year. The number of seats is 234, and the size of the sports area is 80 x 40 m.



OFFICIAL AIRPORT

The Vienna-Schwechat Airport (IATA code: VIE) is an international airport and is one of the busiest European airports. Bratislava is 50 km away.

The organizer will arrange for those National Delegations arriving at The Vienna-Schwechat Airport, a special Shuttle Bus on the following conditions:

- 1. The collecting point will be at the terminal no. - to be advised.**
- 2. The price per person, two-way (airport-hotel-airport), will be €60**
- 3. The deadline for booking will be November 4th, 2023.**
- 4. Without confirmation by the organizer, no person or official participant will be able to use this shuttle. Please make sure that you have received the booking confirmation.**

Please notify the Organizing Committee of the details of your arrival time by November 4th, 2023 so that suitable transportation can be arranged for your National Team members.

IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE VIENNA-SCHWECHAT AIRPORT TO HOTEL NIVY.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, November 17th, 2023.

The Official Departure Date is Monday, November 20th, 2023.

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date of November 17th, 2023, and/or staying on after the Official Departure Date of November 20th, 2023, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

IMPORTANT NOTICE

Please contact the Organizing Committee **NO LATER THAN November 4th, 2023** for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa (only an Identity Card). All other persons should consult the Slovak Embassy or Consulate in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

PARTICIPATION

This competition is open for **ALL the IFBB-affiliated National Federations** from all over Europe. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation providing their names in the Final Entry Form. The final decision to allow an athlete to compete in this event rests with the IFBB.

OFFICIAL ATHLETE REGISTRATION

Athlete registration will be run on Friday, November 17th, 2023 12:00-16:00 hrs, in the Hotel Nivy lobby.

All athletes will have to produce their Passports or Identity Cards (with exact date of birth) as well as their music for posing routines, failing which the competitor will not be registered. The music must be on CD or USB flash memory only, at the start of the CD or USB flash. The athlete's name must be affixed on the CD or USB flash for identification purposes. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

Each athlete participating in the Championship will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the competition venue and should not be removed.

CATEGORIES

Categories that are open for competitors at this Championships are:

FITNESS BOYS:

- Class A: age up to & incl. 7 years
- Class B: 8 – 9 years of age
- Class C: 10 – 11 years of age
- Class D: 12 – 13 years of age
- Class E: 14 – 15 years of age

FITNESS GIRLS:

- Class A: age up to & incl. 7 years
- Class B: 8 years of age
- Class C: 9 years of age
- Class D: 10 years of age
- Class E: 11 years of age
- Class F: 12 years of age
- Class G: 13 years of age
- Class H: 14 years of age
- Class I: 15 years of age

FITNESS AGILITY GIRLS

- Girls up to 8 years
- Girls from 9 to 10 years
- Girls from 11 to 12 years

FITNESS AGILITY BOYS

- Boys up to 8 years
- Boys from 9 to 10 years
- Boys from 11 to 12 years

FITNESS CHALLENGE MINI (Girls and Boys)

- 6-10 years of age

FITNESS CHALLENGE GIRLS

- Class A: 11-13 years of age
- Class B: 14-15 years of age

FITNESS CHALLENGE BOYS

- Class A 11-13 years of age
- Class B 14-15 years of age

CHILDREN FITNESS TEAMS

THE NATIONAL TEAM

1. Each National Federation may enter a team. The maximum allowable number of competitors in the team is **unlimited**.
2. The maximum allowable number of competitors per National Federation in any one category is also **unlimited**.
3. The National Federation shall be obliged to pay the **Full Special Package Rate of €200** for each competitor in a double room and **€300 for a single room**. This package shall comprise accommodations, which include three (3) nights' accommodations with three (3) meals per day (breakfast, lunch, and dinner) meals.
4. Competitors shall compete for placements and awards, including the Best National Team award.
5. A National Federation must fully declare its competitors on the Final Entry Form and must register competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat in the Lobby of the Official Hotel.

HOTEL SECURITY DEPOSIT

No hotel deposit is required. Please inform the members of your team before departure not to create additional expenses. If any damage occurs in a room, the damaged property should be shown to the occupant(s) and his/her team manager and then the decision should be made on the final compensation or additional costs to be paid by the team manager.

IFBB REGISTRATION FEE

Each Official Participant (Athlete and Delegate) must pay the IFBB Registration Fee of EUR 200 per person (in a double room or EUR 300 in a single room), which has to be paid in cash at the Registration on November 17th, 2023.

NATIONAL ANTHEM

All participating National Federations must bring with them a CD or USB flash memory only with their national anthem. The national anthem must be the only music on the CD or USB flash memory only.

PLEASE BRING

ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS

PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate per country must take part in the Parade of Nations.

JUDGES

IFBB International Judges must have valid IFBB Judge's Cards with the IFBB yearly judges fee of EUR €50 paid for 2023. This fee may be paid at the European Fitness Championships.

JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that its nominated judges and its chief official and/or team manager attend the Judges/Team Managers Meeting. **All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

MEDIA ACCREDITATION

Accreditation for video and photo producers and video streaming are provided free of charge only for these Organizer's contractors:

- 1) Video streaming – VAFEC, s.r.o
- 2) Video and photo producer – SLIKAR represented by Stanislav Slimak

All other persons wishing to obtain media accreditation for this event must directly contact the event organizer at the email address: safkst@gmail.com.

The event organizer (Slovak Fitness, Bodybuilding and Powerlifting Association) will propose to the IFBB the National media for the event, the IFBB will be the final authority on press accreditation. Only IFBB-approved media personnel shall be issued press accreditation and the ensuing right to cover the event.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor (with the assistance of his/her team manager) BEFORE the registration and must be given to the IFBB Registrar at the registration. This information is used to promote the competitor in the press, on TV, on the website, and in other media.

GREEN CARDS

Green cards, used to limit access to the backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows: five (5) or more competitors - two (2) green cards; less than five (5) competitors - one (1) green card.

IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES/TEAM MANAGERS MEETING, IT WILL NOT BE ISSUED A GREEN CARD.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area is strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and videotape equipment is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

USE-FULL INFORMATION



The electrical outlets are 220 V, 50 Hz.



Type E socket/plug (so-called French type) - a pair of holes for phase and neutral conductors and earthing pin.

The E/F hybrid plug - Today, most of Europe's electrical appliances that require grounding are sold with a hybrid plug type E and F hybrid. The E/F hybrid plug is safe to use in both E and F sockets.

Euro (EUR) is the currency in the Slovak Republic.

Current rates are available at: <https://www.nbs.sk/en/statistics/exchange-rates/ecb-foreign-exchange-reference-rates>.

Hotels, restaurants, and shops do not accept any other menu, but you have a lot of change in the city. Hotels receive most credit cards.

Slovak is the official language. It is not necessary to speak in Slovak. You can speak English in hotels, travel agencies, etc.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation, and other Championship activities. A failure to respect these deadlines is a breach of IFBB Rules. The IFBB reserves the right to deny participation to any National Federation that

does not respect the deadlines for submitting the Final Entry Form.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from the competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **October 16th, 2023**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than the deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate

in the Championships. Please, specify also your request for accommodation.

Please download the Preliminary entry form [HERE >>>](#)

Or contact us by email: safkst@gmail.com

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **November 6th, 2023**. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges). You must also include flight arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned no later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

Please download the Final entry form [HERE >>>](#)

Or contact us by email: safkst@gmail.com

Tentative schedule

Friday, November 17th, 2023		
12:00 – 16:00	Arrivals and Registration of IFBB National Delegations	Hotel Nivy
18:00	Team Managers and Judges Meeting	Hotel Nivy
18:30 – 20:00	Dinner	Hotels
Saturday, November 18th, 2023		
09:00	Semifinals and finals Part 1 Information in the Running Order	Sport Hall Junacka
Sunday, November 19th, 2023		
09:00	Semifinals and finals Part 2 Information in the Running Order	Sport Hall Junacka
Monday, November 20th, 2023		
07:30 – 10:30	Breakfast	Hotels
Departures		

CORRESPONDENCE AND CONTACT INFORMATION

SLOVAK FITNESS, BODYBUILDING AND POWERLIFTING ASSOCIATION

Mgr. Boris MLSNA, **PRESIDENT**

Organizing Committee CHAIRPERSON - Mgr. Boris MLSNA, Junacka 6, 832 80 Bratislava, Slovakia

Preliminary and Final Entry Forms must be sent to:

Ms. Lenka Harvanova

Organizing Committee SECRETARY

- E-mail: safkst@gmail.com
- Tel.: +421 908 965 156

With a copy to:

IFBB Head Office

E-mail: contact@ifbb.com

And:

IFBB Technical Committee:

Eng. Andrew Michalak E-mail: amichalak5@gmail.com

VERY IMPORTANT NOTICE

It is the responsibility of the president or general secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, including the statements contained within this Inspection Report. If any of your athletes and/or delegates are traveling and arriving separately from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection report.

