



2024 IFBB EUROPEAN CHILDREN FITNESS CHAMPIONSHIPS

KIELCE, POLAND

November 08th - 11th, 2024

INSPECTION REPORT



WELCOME:

The Organizing Committee of the Polish Bodybuilding, Fitness & Powerlifting Federation and Targi Kielce S.A. extends a warm welcome to IFBB National Federations from Europe planning to participate in the 2024 IFBB European Children Fitness Championships to be held in

Kielce, Poland, from November 08th to 11th, 2024

ACCOMMODATION

OFFICIAL HOTEL:

Hotel Maraton - 1 Leszka Drogosza Str, Kielce

Contact: Ms. Anna Kubicka

Phone: (+48) 41 36 51 237

Mobile: (+48) 604 484 212

e-mail: kubicka.anna@targikielce.pl



Hotel Sill - 13 Urzednicza Str, Kielce

Contact: Ms. Anna Kubicka

Horeca Section

Phone: (+48) 41 36 51 237

Mobile: (+48) 604 484 212

e-mail: kubicka.anna@targikielce.pl



HOTEL S7 – 7 Przeslowa Str, Kielce

Contact: Ms. Anna Kubicka
Horeca Section
Phone: (+48) 41 36 51 237
Mobile: (+48) 604 484 212
e-mail: kubicka.anna@targikielce.pl



HOTEL Teczowy Mlyn – 4 Zakladowa Str, Kielce

Contact: Ms. Anna Kubicka
Horeca Section
Phone: (+48) 41 36 51 237
Mobile: (+48) 604 484 212
e-mail: kubicka.anna@targikielce.pl



IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE coming to the Registration on Friday on Nov 08th, 2024 (from 12:00 to 17:00 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.

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 a 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, tickets to the Farewell Banquet, and onsite transportation* at a cost of EUR €300 per person (double/triple room) and €400 per person in a single room.

VENUE SITE:

Congress Centre combines innovation and professionalism. Thanks to many years of experience it is a guarantee of high quality of services in the scope of organizing large events like congresses or conferences, through seminars, to small exhibitions and art viewings.



**Stage dimensions 10 x 8 m with fitness tatami mats
Congress Center Targi Kielce, 1 Zakladowa Str.**



**Stage dimensions 10 x 8 m with fitness tatami mats
Congress Center Targi Kielce, 1 Zakladowa Str.**

OFFICIAL AIRPORT

Justyna Zarska

Phone: (+48) 41 36 513 96

Mobile: (+48) 510 928 958

e-mail: zarska.justyna@targikielce.pl

Warsaw Chopin International Airport

180 km far from Kielce - with the new highway you can reach Kielce from Warsaw in an hour and a half!

Please be advised that the OFFICIAL AIRPORT of the European Children Fitness Championships in Kielce, Poland will be the Warsaw Chopin Airport.

The organizer will arrange for those National Delegations arriving to the Warsaw Chopin Airport, special Shuttle Bus on the following conditions:

1. Two-way (airport-hotel-airport) transfer will be EUR €80 per person.
2. The deadline of booking of this service will be October 21st, 2024.
3. Without the 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 your arrival/departure details no later than October 21st, 2024, 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 WARSAW CHOPIN AIRPORT TO THE HOTEL.

Krakow John Paul II International Airport

120 km far from Kielce - with the new highway you can reach Kielce from Krakow in an hour and a half!

The organizer will arrange for those National Delegations arriving to the Krakow John Paul II International Airport a special Shuttle Bus on the following conditions:

1. Two-way (airport-hotel-airport) transfer will be EUR €80 per person.
2. The deadline of booking of this service will be October 21st, 2024.
3. Without the 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 your arrival/departure details not later than October 21th, 2024, 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 KRAKOW AIRPORT TO HOTEL.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, Nov. 08th, 2024.

The Official Departure Date is Monday, Nov. 11th, 2024.

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date of Nov. 08th, 2024. and/or staying on after the Official Departure Date of Nov. 11th, 2024 will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

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 Poland 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 IFBB-affiliated National Federations from Europe. Each eligible National Federation may enter an unlimited number of athletes. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.
- All competitors shall compete for placings and awards, including the Best National Team award.

- The Organizer will provide accommodation, meals and access to the Prejudging, Finals and Farewell Banquet to a competitors and 2 (two) delegates from each National Federation. They only have to pay the IFBB Registration Fee of EUR €300 (double/triple room) per person for each of these competitors and delegates (according to the IFBB Rules, see point ACCOMMODATION).

Single room EUR €400.

Fees should be paid to the Organizer's account:

Beneficiary: *Targi Kielce S.A.*

Bank: **BNP PARIBAS**; Account No: **PL89 1600 0003 1080 5461 9000 0021**; SWIFT: **PPABPLPK**

- Extra delegates and supporters will have to pay the Full Special Package Rate of EUR €300 (double/triple room) per person. This package shall **comprise accommodation**, meals, onsite transportation, **and access to the** Prejudging, Finals and Farewell Banquet and includes the IFBB Registration Fee. Single room EUR €400.

Beneficiary: **Targi Kielce S.A.**

Bank: **BNP PARIBAS**; Account No: **PL89 1600 0003 1080 5461 9000 0021**; SWIFT: **PPABPLPK**

- **CROSSOVERS: EUR €20 per each of the additional categories.**

OFFICIAL ATHLETE REGISTRATION

Athlete registration will be run on Friday, Nov. 08th, 2024, from 12:00 till 17:00 hrs, in the Congress Center Targi Kielce, 1 Zakladowa Str.

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 USB drive. The athlete's name must be affixed on the USB 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 wrist band at the Registration. This wrist band allows daily admission to the competition venue and should not be removed.

CATEGORIES

Categories open for competition at these Championships are:

ACROBATIC FITNESS GIRLS

Class A:	up to & incl. 7 years of age
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

ARTISTIC FITNESS GIRLS

Art	Class A:	up to & incl. 7 years of age
	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 BOYS

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

Children participate in their age group through the whole year in which they reach their upper age limit.

A category can only be run if there are not less than 5 athletes in a category. If less than 5 athletes, the category will be combined with older class.

Maximum duration of the routine for all categories is 90 seconds. This is a two-day contest and will be scored according to the IFBB Rules for such an event.

Compulsory attire for routine rounds:

- **Girls:** G-strings or bikini-type pants are strictly prohibited. G-strings or bikini-type pants cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings or bikini-type pants cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The minimum required attire: tank top and tight shorts. The shorts will cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight.

For the routine rounds: the belly/abdomen must be covered by tank top, the back can be open.

- **Boys:** Bodybuilding-style trunks are strictly prohibited. The minimum required attire: tight shorts. The shorts will cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight.

The use of props is limited. A competitor shall be allowed a small item, either worn or handheld.

Compulsory attire for quarter turns rounds:

- **Girls:** Top bra and tight shorts, should be plain, opaque, matt in texture (no shiny material) and black in colour. The shorts will cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight. G-strings and classic two-piece bikini are strictly prohibited.

- **Boys:** Tight shorts, like in Men's Fitness:

Plain opaque in style, solid black in colour, cloth fabric in material (no plastic, rubberized, or similar material), matt in texture (no shiny material), no ornamentation, frills, lacework edges and/or borders. The trunks should cover the whole gluteus maximus. Their lower edge should be parallel to the floor, when standing straight.

The IFBB has banned all tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will not be allowed to enter to the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging.

Detailed information in IFBB Rules: Section 10: Children Fitness.

CHILDREN FITNESS CHALLENGE

FITNESS CHALLENGE MINI (Girls and Boys)	
6-8 years of age	
9-10 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

IFBB CHILDREN'S FITNESS CHALLENGE consists of a circuit with exercises in 6 stations where athletes try to perform the maximum number of repetitions in 1 minute.

Stations:

1st station: FULL-SQUATS WITH HANDS STRAIGHT FORWARD

2nd station: PUSH-UPS AT 45° ANGLE

3rd station: JUMPING JAX

4th station: SIT-UPS WITH BODYWEIGHT

5th station: SIDE JUMPS OVER ROPE

6th station: REGULAR PLANK

Details available at: <https://ifbb.com/wp-content/uploads/2024/10/CHILDREN-FITNESS-CHALLENGE-MINI-CATEGORIES.pdf>

Total time in each station is 1 minute (run) + 1 minute (station change).

The minimum required attire:

-tank top which covers the abdominals

-shorts which cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight

-sport shoes.

Any wrist bands, knee bands, jewellery, glasses, watches, pendants, necklaces, wigs or using body oil are not allowed.

FITNESS AGILITY

a. Girls up to 8 years,

Girls from 9 to 10 years,

Girls from 11 to 12 years,

b. Boys up to 8 years,

Boys from 9 to 10 years,

Boys from 11 to 12 years

Fitness Agility Rules available at:

<https://ifbb.com/wp-content/uploads/2024/06/IFBB-FITNESS-AGILITY.pdf>

CHILDREN FITNESS TEAM

Every nation can form a team of 3-7 members from among their children's competitors, who can

perform a kind of show exercise with a two-minute music. Each participant of team must compete in individual categories as well.

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat in the Congress Center Targi Kielce, 1 Zakladowa Str.

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**.

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 and one (1) competitor per country must take part in the Parade of Nations.

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

IMPOTANT NOTICE: IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2024. This fee may also be paid at the Championships in **Kielce**.

All judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting, will not be allowed to judge at these Championships.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the Championships.

TEAM MANAGERS & JUDGES MEETING

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

MEDIA ACCREDITATION

All media accreditation, excepting Polish National and local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB Press Commission by e-mail: amichalak5@gmail.com no later than Oct 21st, 2024.

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 – three (3) green cards; less than five (5) competitors – two (2) green cards **IF A NATIONAL FEDERATION DOES NOT ATTEND THE TEAM MANAGERS & JUDGES 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.

USEFUL INFORMATION

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries. More information at: <http://www.worldstandards.eu/electricity/plug-voltage-by-country/>
Polish Zloty (PLN) is the currency in Poland. Exchange rates:
EUR 1.00 = PLN 4.30 (end of September)

Hotels, restaurants and shops are not accepting any other currency, but you have many exchange offices.

Hotels are accepting major credit cards.

Polish is the official language, although English is widely spoken. It is not necessary to speak Polish.

English is spoken in hotels, travel agencies, shops, 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 and Farewell Banquet.

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 Farewell Banquet, 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 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.

FINAL ENTRY FORM

The deadline date for sending the Final Entry Form is **October 21st, 2024**. 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 not later than the deadline date.

Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

<p>Final Entry Forms must be sent to: Polish Federation General Secretary Mr. Radoslaw Grzechnik E-mail: pzkfits@pzkfits.pl</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p>	<p><u>Please send a copy to:</u></p> <p>International Fitness & Bodybuilding Federation Head Office: Ms. Daria E-mail: contact@ifbb.com</p>

TENTATIVE SCHEDULE

Friday, November 08th, 2024.

12:00 – 17:00	Official Athlete Registration - Congress Center Targi Kielce, 1 Zakladowa Str.
17:30 – 18:00	Team Managers & Judges Meeting - Congress Center Targi Kielce
17:00 – 19:00	Dinner – Congress Center Targi Kielce

Saturday, November 09th, 2024.

(Venue site: Congress Center Targi Kielce, 1 Zakladowa Str.)

07:00 – 09:00	Breakfast
10:00 – 14:00	Semifinals – Part 1
14:00 – 15:00	Lunch Package (at the venue)
15:00	Opening Ceremony
15:30	Semifinals – Part 2

Sunday, November 10th, 2024.

(Venue site: Congress Center Targi Kielce, 1 Zakladowa Str.)

07:00 – 09:00	Breakfast
10:00 – 14:00	Finals – Part 1
14:00 – 15:00	Lunch Package (at the venue)
15:00	Finals – Part 2
20:00-23:00	Farewell Banquet - Congress Center Targi Kielce

Monday, November 11th, 2024, up to 12:00

07:00 – 09:00	Breakfast
Up to 12:00	Departures of National Teams

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, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.

