



Inspection Report

IFBB World Children Fitness Championships

Bratislava, Slovakia, July 2 – 5, 2010

WELCOME

The organizing Committee of the Slovak Bodybuilding, Fitness and Powerlifting Association is pleased to invite all IFBB National Federations –to participate in the upcoming World Children Fitness Championships, which will take place in the capital of Slovak Republic, Bratislava, from July 2nd to July 5th, 2010.

ABOUT BRATISLAVA



Bratislava is one of the youngest capitals of Europe and belongs to the cities with a rich history two thousand years old. The location of the city in the heart of Europe at the bank of the Danube river pre-destinated Bratislava to be a crossroad and destination of business travel and a center of many civilizations. The real door to history was opened also in the second century B.C. by the Celtic tribe of Boia which found a prestigious center with defense function there. The Celtic Oppidum which took up the whole castle hill reached to the space of today's Square of Liberty in the north and to the banks of Danube river in the south. The Oppidum of Bratislava became famous by the means of golden coins with inscription „Biatec“. The fall of Oppidum is supposed to be in the half of the seventh century B.C. under the influence of the Dacian. Once economical strong, blooming center of Celtic power stopped to exist. However the remain of Celtic population had survived there since the Roman occupation of the right bank of Danube river.

In the eighteenth century Bratislava became not only the biggest and the most influential city of the whole Hungary. In that century there were built a lot of splendour palaces of Hungarian aristocracy, churches, monasteries and other religious buildings, the Castle was rebuilt and enlarged, new streets were built and amount of population increased three times. There were held sessions of corporate councils, coronations of kings and queens and an active cultural and social life pulsed there. The period of the biggest development of city was during the rule of Maria Teresia (1740-1780). Since her entry the Building bureau had started to regulate building development in the city.

Big construction changes were made in the Castle which became a representative royal residence and the centre of social and political life on the higher level. The rule of Josef 2nd meant decline of fame for Bratislava. Bratislava stopped to be the capital of Hungary.



The First World War was a memorable milestone of the history of Bratislava. Battles did not strike Bratislava directly but the war regressed inhabitants heavily. The end of the First World War in November 1918 brought changes on the map of Europe. Austrian-Hungary was broken and Czechoslovak republic was set up. There was approved name Bratislava for the city which was called Pressburg or Pozsony or Presporok. The new name of the city was ratified on 27th of March, 1919.

In 1939 after broken Czechoslovakia Bratislava became the capital of the independent Slovakia. After the second World War a situation in Bratislava was changed in principle and in 1948 Czechoslovakia became a part of socialistic bloc. In the beginning of ninetieth years of 20th century visitors of Bratislava spoke about that it was the city where the war had finished. In the present time Bratislava consider the one of the most dynamical developing and the most perspective in Europe. Bratislava has been the capital of the independent Slovak Republic since 1.1.1993.

Bratislava is primarily an influential center of chemical industry (Slovnaft, Istrochem), rubber industry (Matador), machine industry (Volkswagen), electronic industry (Kablo, Tesla, Siemens), glass industry and food processing industry. Bratislava is a center of Slovak schools – The Comenius University, The Slovak Technical University, The Economical University, The University of Muses Arts and the University of Fine Arts. There are also scientific and research institutes, The Slovak Academy of Science, The Slovak National Gallery, The Slovak National Museum, The Slovak National Philharmonic in Bratislava. Bratislava has been changed to better the last twenty years. Many buildings were renovated, lot of new ones were built. During walking of the city you can find a lot of historical monuments and each of them could tell an interesting story:

The Bratislava Castle, The Cathedral of Saint Martin, A.Grassalkovich Palace, Michalska Gate, The Slovak National Theatre, The Primacial Palace, The Slovak Philharmonic, The Old City Hall and lot of others.

OFFICIAL HOTEL: DOM SPORTU HOTEL



Dom Sportu hotel is located in the city centre of Bratislava, opposite to the Polus City centre, near the Kuchajda lake. There are football stadiums ŠK Slovan and Inter, swimming pool, National tennis centre – NTC, sport centre, cultural and congress centre Istropolis close to the hotel. It is about 10 minutes far from the Bratislava airport, near the railway station Bratislava – Nove Mesto.



Accommodation: there are 71 double-bed rooms, 18 double bed rooms with shared bathroom (2/2, 1 bathroom, 1 toilet), 15 rooms with family beds, 1 apartment for 4 people, 1 luxurious apartment in the hotel.

The all-day hotel restaurant offers Slovak and international dishes, chicken, fish and other meat dishes, which can be requested from the menu list.

Address of the hotel : Junácka 6, 832 80 Bratislava, tel. +421 2 4924 9398.

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations for all Official Participants (Athletes and Delegates) and extra delegates, including accommodations before the Official Arrival date of Friday, July 2, 2010 and/or after the Official Departure Date of Monday July 5, 2010

REGISTRATION FEE

Each Official A-team Athlete and Delegate must pay the special IFBB Registration Fee of 25.- EURO.

SPECIAL PACKAGE FOR EXTRA DELEGATES AND „B“-TEAM ATHLETES

Full Special package for extra delegates (per person) is 200 EURO in a double room and/or 300 EURO in a single room.

Package for „B“-Team competitors is 150 EURO in a double room and 200 EURO in a single room (includes participation/registration fee of 25 EURO).

CATEGORIES OPEN TO THE CHAMPIONSHIPS

- Fitness girls
1. From 8 up to and incl. 9 years of age (born 2001-2002)
 2. From 10 up to and incl. 11 years of age (born 1999-2000)
 3. From 12 up to and incl. 13 years of age (born 1997-1998)

Children compete in their own categories during the whole year (until the 31st of December) in which they reach upper limit of their categories.

THE „A“-TEAM

1. Each National Federation may enter an „A“-team. The maximum allowable number of competitors in the „A“-team shall be two (2) per number of categories open for competition at the Championships: in this case 6 competitors.
2. The maximum allowable number of „A“- team competitors in any category, per National Federation, shall not exceed three (3).
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all „A“-team competitors.
4. The „A“-team competitors shall compete for placings and awards, including the best National Team award.
5. A National Federation must fully declare its „A“-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

THE „B“-TEAM

1. Each National Federation may enter a „B“-team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the „B“-team shall not exceed those in the „A“-team – in this case 6 competitors.
2. Unless otherwise noted, the maximum allowable number of „B“- team competitors in any one category, per National Federation, shall not exceed three (3).
3. The National Federation shall be obliged to pay the Full Special Package Rate for each „B“-team competitor. This package is 150 EURO in a double room and/or 200 EURO in a single room (includes participation/registration fee of 25 EURO).
4. The „B“-team competitors shall compete for placings and awards, excluding the Best National Team award.
5. A National Federation must fully declare its „B“-team competitors on the Final Entry Form and must register the „B“-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

VENUE SITE: DOM SPORTU, CONGRESS HALL

The Prejudging and the Finals will take place at the Congress Hall in Dom Sportu, Bratislava, Junacka 6. Stepped auditorium in the Congress Hall has capacity of 350 spectators.

OFFICIAL AND UNOFFICIAL AIRPORT

The official Airport for these Championships is the Bratislava International Airport. The Organizing Committee will provide official transportation for athletes, delegates and registered extra delegates, free of charge on the date of arrival (July 2nd, 2010) and departures (July 5th, 2010). Teams with earlier arrivals and later departures will have to make their own arrangements. In order to provide an efficient transport service it is necessary to have the exact information about date, flight number and arrival time of each National Team well in advance of the event.

The Organizing Committee can also provide transportation from Vienna (Schwechat) Airport to the hotel and back from hotel to the Airport, free of charge. This unofficial transportation will leave the Vienna Airport for the hotel on day of the arrivals (July 2nd, 2010) at 1:00 p.m. and at 5:00 p.m.

IMPORTANT INFORMATION ON VISAS

Please consult in advance the nearest Embassy or Consulate of Slovak Republic in your country for requirements of obtaining a Slovak visa. The members of participating National Federations can receive an Official Letter of Invitation from the Organizer to assist and facilitate acquiring visas.

ARRIVALS/DEPARTURES

Athletes and participants arriving at the Hotel before 12:00 on July 2nd, 2010 and/or leaving the Hotel after 12:00 on July 5th, 2010 will be responsible for all their expenses including transportation.

PASSPORTS/MUSIC

All competitors must provide their passports and music at weigh-in failing which the competitor will not be registered and will not be allowed to compete.

PARADE OF NATIONS

All delegates and officials are reminded that the dress code for the Parade of Nations is the official IFBB uniform.

JUDGES

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments of the Rules. All IFBB International Amateur Judges must be in possession of valid Judging Card and Judging License for 2010.

JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that its nominated judges, including test judges, and its chief official and/or manager attends the Judges/Team Managers Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting. **All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

GREEN CARDS

Green cards, used to limit access to the Presentation and 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 AREAS

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainers who assist athletes in the dressing room must be of the same sex as the athlete they assisting.

CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the back stage area/dressing room except when by duly recognized press personnel.

MEDIA ACCREDITATION

All media accreditation, except the Slovakian 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 by e-mail no later than June 01, 2010.

FAREWELL BANQUET

A-team and B-team members as well as extra delegates who pay the special package will receive a special ticket for the farewell banquet.

CURRENCY

Currency in Slovak Republic is EURO.

FAILURE TO COOPERATE WITH THE ORGANIZER

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending National Federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the Preliminary and/or the Final Entry Form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending National Federation.

PRELIMINARY AND FINAL ENTRY FORM

The deadline date for the **Preliminary Entry Form** is **April 15, 2010**.

National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than 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.

FINAL ENTRY FORM

The deadline date for the **Final Entry Form** is **June 18, 2010**. National Federations must submit the actual names of all Official Participants (Athletes by age 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 co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

Rules for Children's Fitness

ARTICLE 1

All of the competitors have to be registered in starting lists depending on age category and they have to provide music for their compilation. CD has to be labelled by name and country. Record has to be set at the start of the CD. All the competitors need to be legitimated by credible document of birth (a copy of school report, insurance card, birth certificate).

Competitors of Children's Fitness compete in following categories:

FITNESS GIRLS

1. From 8 up to and including 9 years of age
2. From 10 up to and including 11 years of age
3. From 12 up to and including 13 years of age

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category.

Maximum duration of routine for all categories is 90 seconds.

Skin correction using oil or colour is prohibited!

ARTICLE 2

COMPETITION DISCIPLINES

(in the following order)

ROUND 1: FITNESS ROUTINE (ROUTINE IS ASSESSED TWO TIMES!)

Spatial parameters: exercises in an area of minimally 7x7 meters.

Recommended difficulty:

- swinging exercises (quick acrobatics – e.g. handsprings, somersaults, ...)
- tensile exercises (slow acrobatics – e.g. handstand by lift, headstand by lift,...)
- strength exercises (e.g. push-ups, endurances while stretching forward and straddling one's legs,....)
- flexibility elements (e.g. straddled seat head on and sideways – „straddled vaults“, „splits“,.....)
- dancing and acrobatic jumping (e.g. jumps, turns,...)

Artistic requirements:

The evaluation rules of fitness routines impose the inclusion of a sufficient number of acrobatic, gymnastic and strength-based exercise configurations, as well as flexibility elements and the choreographic interpretation of the above. A fitness routine should represent the character, temperament and motoric abilities of each competitor, presented during the routine.

Routine should contain a principal thought expressed by movement, music, costumes. Stage props are allowed. Routine should be done with a use of showmanship, which may decide the final ranking if points are the same.

Judges decide the ranking of competitors – the best one gets the lowest number, while the judge cannot put more than one competitor on the same place.

Attire – according to the choice of the competitor

Criteria of routine rating:

- exercises from gymnastics
- gymnastics combinations
- elements of STRENGTH
- elements of FLEXIBILITY
- elements of DANCE
- showmanship
- costumes
- theme
- choreography
- speed or tempo of the routine
- elegance, grace

ROUND 2 – QUARTER TURNS (BODY SHAPE PRESENTATION)

All competitors enter the stage in the order according to their starting numbers from left to right (according to the organizer's facilities) from the point of view of the judges. With the competitors the main judge shows four principal postures – quarter turns. Afterwards, following the main judge's instructions, the head of the competitors takes the whole category away from the stage.

Attire:

Girls – tight top and tight shorts

Shoes permitted according to main judge's instructions

Skin correction or make-up is not permitted.

Criteria of body shape rating take into account the age of the child.

Judges decide the ranking of competitors – the best one with the lowest number, while the judge can't put more than one competitor on the same place.

ARTICLE 3 **ASSESSMENT OF THE COMPETITION**

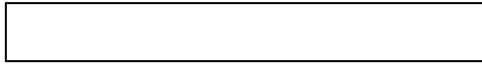
Secretary of the chief judge cancels two best and two worst placing of contestant and sums up residual five assessments and writes them in the column /A/ for physique appraisal and into the column /B/ for appraisal of routine. Because routine is assessed two times, column /B/ is multiplied by two and is written in the column /C/. Columns /A/ and /C/ have to be summed up and the final order ranking is made, which is to be written in the column /D/ /the lowest number of points means the best position/. If the number of the points is identical, the winner is the contestant who has higher number of better placing for her routine.

CONTACT INFORMATION

Preliminary and Final Entry Forms must be sent to the Organizer:

Organizing Committee SBFPA
Peter Uricek
General Secretary

Please copy all correspondence to:
IFBB Headquarters, Madrid
Tel: +34 91 535 2819



TENTATIVE SCHEDULE

July 2, 2010 – Friday :

After 12:00 - Arrival of delegates and competitors
13:00 – 14:30 - Lunch
17:00 - Technical meeting (Dom športu)
18:00 - Judges meeting (Dom športu)
19:00 - Registration of competitors (Dom športu)
20:30 – 22:00 - Dinner

July 3, 2010 – Saturday :

7:00 – 9:30 - Breakfast
10:30 – 14:30 - Prejudging (Dom športu)
13:00 – 15:30 - Lunch (Dom športu)
19:00 – 21:00 - Dinner

July 4, 2010 – Sunday :

7:00 – 10:00 - Breakfast
10:00 – 12:00 - Sight-seeing tour Bratislava
12:30 – 14:00 - Lunch
15:30 – 16:00 - Opening ceremony (Dom športu)
16:00 – 18:00 - Finals – 10 best competitors in their routines only
(Dom športu)
19:00 – 22:00 - Banquet and Disco (Dom športu)

July 5, 2010 – Monday :

7:00 – 10:00 - Breakfast
8:00 – 12:00 - Departure of competitors and delegates