

**2018 IFBB WORLD CHILDREN  
FITNESS CHAMPIONSHIPS  
BRATISLAVA, SLOVAKIA  
June 15<sup>th</sup> - 17<sup>th</sup>, 2018**

## WELCOME

The Organizing Committee of the SLOVAK FITNESS, BODYBUILDING AND POWERLIFTING ASSOCIATION - SFBPA extend a warm welcome to all IFBB National Federations to participate in the IFBB World Children Fitness Championships in Bratislava on 15th - 17th June 2018.

## 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 and 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 (Ráb) and the Moravian city of Brno is an important Central European metropolitan region of CENTROPE.



## OFFICIAL HOTEL

Hotel NIVY \*\*\*

Líščie nivy 3

821 08 Bratislava 2

Slovakia

Hotel NIVY is a three-star hotel located in the town of Ružinov, in a quiet environment near Lake Štrkovec. 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 Košice 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 are the winter stadium, sports halls, Slovan and Inter football clubs, the Istropolis cultural and congress center, the old and new market, the Polus City Center and the newly built Central Business Center.



## IMPORTANT NOTICE

Only the organizing committee is authorized to provide hotel reservations (including accommodation before the official arrival day on Friday, June 15th, 2018 and/or the official departure day on Sunday, June 17th, 2018) 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 A-Team 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 in A-Team or B-Team, and 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 in A-Team or B-Team 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, June 15th, 2018.

The official departure date is Sunday, June 17th, 2018.

## IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Registration; by Friday, June 15th, 2018. 18:00 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 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 two (2) 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 EURO €200 per person in a double-bedded room or EURO €250 for a single-bedded standard room.

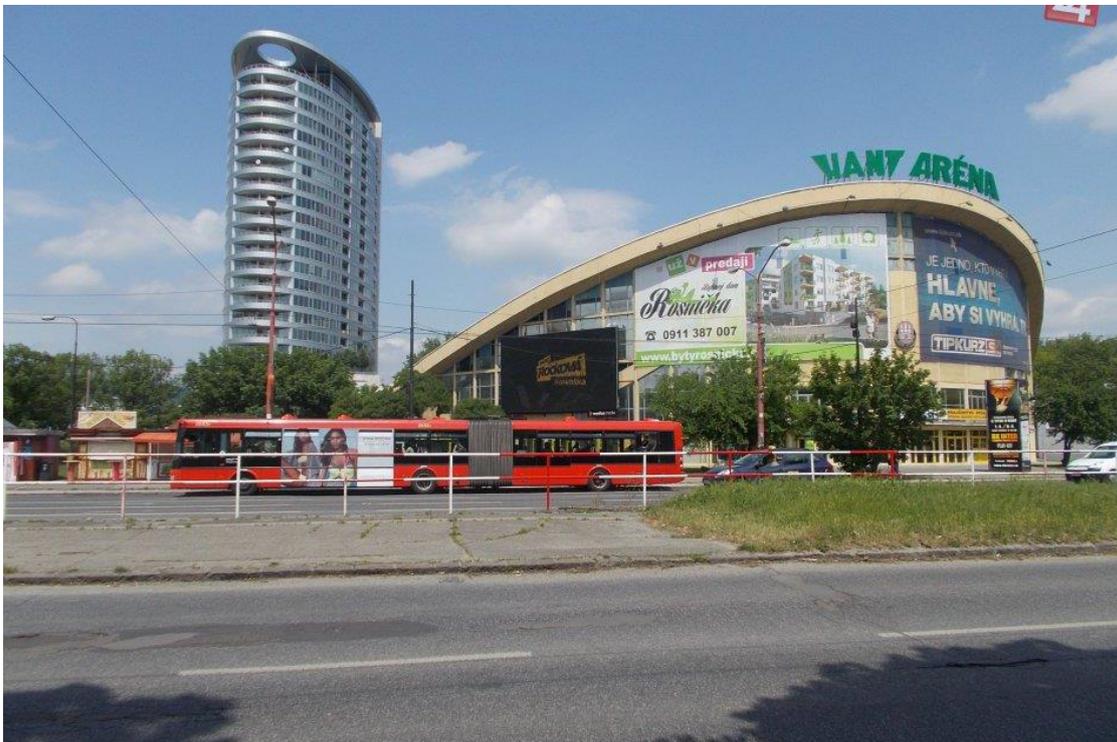
The Organizer has also established a **Partial Special Package Rate**, which includes tickets to the

Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation\* at a cost of €100. **Full Package for B-Team Competitors is €200** (which includes participation fee of €50, accommodations and three meals per day, farewell banquet and onsite transportation\*).

**Onsite transportation\*** - limited to transportation between the competition venue site and official hotel for the Prejudging and Finals.

## VENUE SITE:

Inter Hall Pasienky, now known as HANT arena, is a sports hall in the Bratislava part of Nové Mesto Trnavská cesta 29. The Sports Hall is a typological type of building serving sports and its supporters. It has enormous spatial and dispositional requirements for how to solve playgrounds in terms of maximum versatility, viewing capacity and a technical solution for audience viewers - viewership, sitting, visibility curve, fire safety, as well as social facilities and boarding.



## OFFICIAL AIRPORT

M. R. Štefánik Airport (IATA code: BTS), also called Bratislava Airport, located approximately 9 km (5.6 mi) northeast of Bratislava city center is the main international airport of Slovakia.

Please notify the Organizing Committee of the details of your arrival time by June 4th, 2017. 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 AIRPORT TO HOTEL NIVY.**

## EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is **Friday, June 15th, 2018**.

The Official Departure Date is **Sunday, June 17th, 2018**.

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date of June 15th, 2018 and/or staying on after the Official Departure Date of June 17th, 2018, 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 June 4th, 2018** 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 the world. 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, June 15th, 2018, from 12:00 till 17:00 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, at the start of the CD. The athlete's name must be affixed on the CD 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 that are open for competition at these Championships are:

### FITNESS GIRLS

Class A	up to &incl. 7years 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 this category. If less than 5 athletes, categories will be combined with older class.

Maximum duration of routine for all categories is 90 seconds.

#### **According to the IFBB Rules, Section 10, Children Fitness, Art. 5:**

The attire for Elimination Round, Round 2 and Round 4 will conform to the following criteria:

- **Girls:** Top bra and tight shorts.

G-strings and classic two-piece bikini are strictly prohibited.

- **Boys:** Tight shorts, like in Men's Fitness (see Section 5: Men's Fitness, Art. 6).

Bodybuilding-style trunks are strictly prohibited.

The costume will be plain opaque in style.

2. The colour of the attire should be black.

3. Competitors will perform barefoot.

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 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.

The rules regarding A- and B-teams for this event are as follows:

### **THE A-TEAM**

1. Each National Federation may enter an A-team. The maximum allowable number of competitors in the A-team shall be equal to the total number of categories (thirteen) open for competition at the Championships (**5 boys and 8 girls**)

2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed **two (2)**.

3. Pursuant to IFBB Rules, Section 10, Children Fitness, Art. 2, 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 and delegates.

4. Each National Federation shall pay the **IFBB Registration Fee of EUR €50** for each A-team competitor and delegate.

5. The A-team competitors shall compete for placements and awards, including the Best National Team Award.

6. A National Federation must fully declare its A-team competitors on the Final Entry Form and must register the A-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

### **THE B-TEAM**

1. Each National Federation may enter a B-team according to the rules specified below. The maximum allowable number of competitors in B-team is **unlimited**.

2. The maximum allowable number of B-team 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 EUR €200** for each B-team competitor (which includes the IFBB Registration Fee of EUR €50). This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

4. The B-team competitors shall compete for placements and awards, including 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.

## **THE BEST TEAMS CLASSIFICATION**

The Best National Teams scoring includes top 5 girls and top 2 boys from each National Team.

## **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**

All Official Participants (A-Team Athletes and Delegates as well as B-Team athletes) will be required to pay the **IFBB Registration Fee of EUR €50** upon check-in. The Team Manager shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

## **NATIONAL ANTHEM**

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

**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. One (1) delegate per country must take part in the Parade of Nations.

## JUDGES

All National Federations are reminded that their nominations for judges must be forwarded to Mr. Pawel Filleborn, Chairman, IFBB Judges Committee, e-mail: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com) no later than **June 4th, 2018**. Names of the nominated judges should be included in the Final Entry Form. No judges test will be run during this competition.

All IFBB International Amateur Judges must be in possession of a valid Judges Card, failing which they will not be allowed to judge.

## JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that it's nominated judges and its chief official and/or team manager attends 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

All media accreditation, excepting Serbian 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](mailto:amichalak5@gmail.com) no later than **June 4th, 2017**.

Contact us on email: [safkst@gmail.com](mailto:safkst@gmail.com)

## 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.

## USEFUL 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. 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 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.

## PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **May 21th, 2018**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federations 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 download Preliminary entry form [HERE >>>](#)

Or contact us on email: [safkst@gmail.com](mailto:safkst@gmail.com)

## FINAL ENTRY FORM

The deadline date for the FinalEntryForm is **June 4th, 2018**. 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.

Please download Final Entry Form [HERE >>>](#)

Or contact us on email: [safkst@gmail.com](mailto:safkst@gmail.com)

## BRATISLAVA - TENTATIVE SCHEDULE

### Friday, June 15th, 2018.

12:00 - 17:00	OFFICIAL ATHLETE REGISTRATION - HOTEL NIVY LOBBY
13:00 - 16:00	LUNCH
17:30 - 18:00	JUDGES/TEAM MANAGERS MEETING
20:00 - 22:00	DINNER

### Saturday, June 16th, 2018.

(HANT ARENA - Inter Hall Pasienky, Bratislava)

07:00 - 09:00	BREAKFAST
10:00 - 15:00	SEMIFINALS AND FINALS - PART 1
13:00 - 16:00	LUNCH PACKAGE (at venue site)
16:00	OPENING CEREMONY, SEMIFINALS AND FINALS - PART 2
21:00	FAREWELL BANQUET

### Sunday, June 17th, 2017.up to 12:00 Departures of National Teams

07:00 - 09:00	BREAKFAST
Till 12:00	DEPARTURES

## CORRESPONDENCE AND CONTACT INFORMATION

SLOVAK FITNESS, BODYBUILDING AND POWERLIFTING ASSOCIATION

Mgr. Boris MLSNA, **PRESIDENT**

Organizing Committee CHAIRMAN - Mgr. Boris MLSNA, Junácka 6, 832 80 Bratislava, Slovakia

*Preliminary and Final Entry Forms must be sent to:*

Mr. Viliam Sabol

Organizing Committee SECRETARY

- E-mail: [safkst@gmail.com](mailto:safkst@gmail.com)
- Tel.: +421 2 49 249 199
- Tel.: +421 908 965 156

*With a copy to:*

IFBB Head Office

E-mail: [info@ifbb.com](mailto:info@ifbb.com)

And:

IFBB Technical Committee:

Eng. Andrew Michalak E-mail: [amichalak5@gmail.com](mailto: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, 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.