



**23<sup>rd</sup> Slovak Aerobic Open  
BRATISLAVA (SVK)  
1<sup>st</sup> – 3<sup>rd</sup> April 2022**



**FIG ID 16998**

Dear FIG affiliated Member Federation,

The Slovak Gymnastics Federation has the honour to welcome **12 countries** to participate in the aforementioned official FIG International Event – **23<sup>rd</sup> Slovak Aerobic Open**.

### **1. PARTICIPATING COUNTRIES**

AUSTRIA, BULGARIA, BRAZIL, THE CZECH REPUBLIC, FINLAND, GERMANY, HUNGARY,  
LITHUANIA, PERU, ROMANIA, UKRAINE (to be confirmed), & SLOVAKIA

### **2. COMPETITION VENUE**

#### **Multifunctional Sports Hall – ŠPORTOVÁ HALA (MSH)**

Junacka 6, 831 80 Bratislava (near by **Shopping Centre VIVO**).

[https://www.google.sk/search?biw=1707&bih=817&tbs=lf:1,lf\\_ui:2&tbm=lcl&sxsrf=APq-WBuNe1YvLSFbJYbUI96MhjMwRWf3IQ:1648111564379&q=%C5%A0portov%C3%A1+hala+Jun%C3%A1cka&rflfq=1&num=10#rifi=hd:;si:4780298144192964342;mv:\[\[48.1706498,17.142390199999998\],\[48.114863299999996,17.0994904\]\]](https://www.google.sk/search?biw=1707&bih=817&tbs=lf:1,lf_ui:2&tbm=lcl&sxsrf=APq-WBuNe1YvLSFbJYbUI96MhjMwRWf3IQ:1648111564379&q=%C5%A0portov%C3%A1+hala+Jun%C3%A1cka&rflfq=1&num=10#rifi=hd:;si:4780298144192964342;mv:[[48.1706498,17.142390199999998],[48.114863299999996,17.0994904]])



**3. COMPETITION DAYS:** 1. – 3. 4. 2022

**4. APPARATUS SUPPLIER:** Janssen Fritsen: Aerobics Floor 2014 Ref. 1790560

## 5. ORGANIZING COMMITTEE CONTACT

Slovak Gymnastics Federation, Junácka 6, 832 80 Bratislava, Slovakia, [www.sgf.sk](http://www.sgf.sk)

Phone: +421 2 492 491 49

Fax: +421 2 492 49 538

e-mail: [gymnastics@sgf.sk](mailto:gymnastics@sgf.sk)

### Contact person:

Mrs. Maria Andrejkovicova

00421905662767

e-mail: [andrejkovicova@sgf.sk](mailto:andrejkovicova@sgf.sk)

## 6. ACCREDITATION

The accreditation will take place at the MULTIFUNCTIONAL SPORT HALL, BRATISLAVA upon arrival to the venue, **Friday, 1<sup>th</sup> APRIL, 2022 from 09:00 to 12:00**. Please, respect the time. The accreditations will be handed out only to the Head of Delegation. All delegations must deliver **copies of: insurance declaration, passports of the gymnasts.**

## 7. COVID-19 GUIDELINES

- Entering SLOVAKIA: On arrival unvaccinated person must to prove a negative RT-PCR test result not older than 72 hours.
- Children up to 12 years old - no requirement. They can enter without a vaccine and test.
- Besides the medical guidelines for the particular event, FIG also requires all the participants to follow the standard precautions.
- The FIG requires all participants, judges and officials to take standard precautionary measures, such as frequent hand-washing, wearing masks or face coverings at all times and keeping a physical distance of at least 1.5 metres whenever possible.
- The only situation in which the safety distance does not have to be respected is when a coach provides assistance (catch, lead, spotting) during an athlete's performance. This phase must be kept as short as possible and the assisting person is obliged to wear a mask throughout.
- Gymnasts do not need to wear a mask or face covering while they are performing at the training venue or on the FOP and keeping a physical distance of at least 1.5 metres whenever possible.

## 8. CATEGORIES

National Development	8 - 11 years
Age Group 1	12 - 14 years
Age Group 2	15 - 17 years
Seniors	18 years and older

## 9. SCHEDULE

### Thursday, 31<sup>st</sup> March 2022

All Day	Arrival of the delegations	Hotels
---------	----------------------------	--------

### Friday, 1<sup>st</sup> April 2022

08:00 – 14:30	Podium training by schedule	MSH
09:00 – 12:00	Accreditation	MSH
13:00 – 13:30	Orientation meeting - 2 persons per nation	MSH
13:30 – 14:00	Judges meeting & draw	MSH
15:00 – 19:00	<b>Qualification</b> ND IW/TR/GR	MSH

### Saturday, 2<sup>nd</sup> April 2022

07:30 – 10:15	Optional training	MSH
09:30	Judges draw	MSH
10:20	Official Opening & Presentation of the nations (8 counts) – max. 5 gymnasts per nation	MSH
10:30 – 17:00	<b>Qualifications</b> AG1 IW/TR/GR/AD AG2 IW/TR SEN IW	MSH
16:30 – 20:00	Podium training by schedule FOR THE FINALISTS	MSH

### Sunday, 3<sup>rd</sup> April 2022

08:00 – 09:30	Optional training	MSH
09:00	Judges draw	MSH
09:50	Presentation of the nations	MSH
10:00 – 13:50	<b>Finals</b> ND IM/IW/MP/TR/GR AG1 IM/IW/MP/TR/GR AD ND/AG1/AG2/SEN STEP SEN & AWARD CEREMONIES	MSH
14:30 – 18:30	<b>Finals</b> AG2 IM/IW/MP/TR/GR SEN IM/IW/MP/TR/GR & AWARD CEREMONIES	MSH

### Monday, 4<sup>th</sup> April 2022

All Day	Departure of the delegations	Hotels
---------	------------------------------	--------

## 10. QUALIFICATIONS

There is no qualification if less than 8 competitors (units) in categories (IW, IM, MP, TR, GR).

## 11. FINALS

- **National Development, Age Group 1, Age Group 2 and Seniors:**  
Each final (IW, IM, MP, TR, GR): maximum of ten (10) competitors: **7 best foreign competitors (max. 2 per nation) + 3 Slovak competitors (maximum).**
- **Aerobic Dance & Aerobic Step:**  
Only the finals

## 12. RULES AND REGULATIONS

- The competition is organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in the Directives:
- Statutes
- Code of Ethics
- Code of Conduct
- Technical Regulations
- Code of Discipline
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules
- Anti-Doping Rules
- License rules (except for non competitive events) – only for AG2 and Seniors
- FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
- FIG Medical Guidelines for FIG Competitions and Events
- Media Rules
- Apparatus Norms
- Rules for Sanctioning (approval) of International Events
- Advertising and Publicity Rules
- Regulations for Award Ceremonies
- Accreditation Rules and subsequent decisions of the FIG Executive Committee

## 13. TRAINING AND COMPETITION AREAS

Warm-up and training areas as well as the competition podium are situated in a big multifunctional **stage on the ground floor and are divided into several parts, marked 7x7m and 10x10m. The competition stage is equipped with the official aerobic floor and is divided from the training areas by the background.** Please, note that there will be no music in training areas as it could disturb the podium training and the competition. The Podium trainings will be organised according to the schedules (**App 1**). There will be 2 training sessions:

- **Training session 1 - Friday 1<sup>st</sup> of April** for the athletes who are competing in the Qualifications rounds (Friday and Saturday); **time per routine 1min 30 s.**
- **Training session 2 - Saturday 2<sup>nd</sup> of April** for the Finalists; **time per routine 1min 30 s**

Nations are requested to fill in the respective forms for the Order of the training and send it to [olga.kyselovicova@uniba.sk](mailto:olga.kyselovicova@uniba.sk) by **March 30<sup>th</sup> the latest.**

In addition, there is 1 more optional training session – Sunday 3<sup>rd</sup> of April.  
Delegations are kindly asked to respect time.

## 14. MUSIC

In order to simplify the management of the music and to limit the technical problems the federation are asked to submit the music in MP3 format **ONLINE** <http://admin.gymaerobic.com>

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category (IM, IW, MP, TR, GR, AS, AD);
- The Junior or Senior

Example: SVK\_LAMOSOVA\_Anita\_Senior\_IW1\_mp3

**If you have not done so yet, upload the music immediately (section – Starting list)!!!  
If you have problems contact directly Mr. Ales Vykoukal [ales.vykoukal@gmail.com](mailto:ales.vykoukal@gmail.com)**

Delegation members are requested to keep in their possession a USB key of their music for their podium training sessions and in case of a technical problems.

## 15. OPENING CEREMONY

The official opening ceremony will take place on **Saturday, 2<sup>st</sup> of April from :20 before the beginning of the Qualifications**. Further information will be given during the Orientation Meeting.

## 16. AWARD CEREMONIES

The ceremonies will take place in the competition venue according to the competition schedule. For all award ceremonies gymnasts must wear their national tracksuits.

## 17. INSURANCE AND MEDICAL SERVICES

The Host Federation, the Organizing Committee and the FIG will not be responsible for any liabilities in case of accidents, illness, repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance. During the Trainings and Competitions the LOC will provide medical services. Appointed person will be available during those times.

## 18. ACCOMMODATION

**Hotel NIVY \*\*\*\*** (800m from the competition hall, walking distance – 10 min.)

Liscie nivy 3

821 08 Bratislava

Tel. +421 (0)2 55 41 03 90

e-mail: [hotel@hotelnivy.sk](mailto:hotel@hotelnivy.sk)

web site: [www.hotelnivy.sk](http://www.hotelnivy.sk)

The costs per **room**/night are as follows:

78 € (double room, including breakfast)

78 € (twin room, including breakfast)

88 € (twin room comfort, including breakfast)

97 € (triple room comfort, including breakfast)

## 19. MEALS

Due to a Covid-19 regulations LOC will not provide the meals in the Sport Hall. Delegations are advised to use restaurants outside (there is many different restaurants close by – Shopping Center VIVO) or order lunch and dinner at the hotels.

**Refreshments machines are available inside the hall.**

**Water tanks will be available inside the training and competition hall.**

**Gymnasts and all officials are requested to use THEIR OWN BOTTLES.** The organiser WILL NOT PROVIDE THE PLASTIC CUPS as we want to be environment friendly 😊.

## **20. LOCAL TRANSPORTATION**

The LOC will not provide transportation from the official hotels to the competition hall and back. Delegations will receive the tickets for the public transport by request. Further information will be given during the Orientation Meeting.

## **21. RETURNING BACK HOME**

We suggest that each Nation checks the requirements to enter their country when going back from Slovakia. Depending on the requirements of your country you can do PCR test or Rapid Antigen Test, organised by LOC. This information has been already distributed to the delegations.

## **22. DISTRIBUTION OF INFORMATION, RESULTS, SCHEDULES**

Each Nation is responsible to have the Work Plan in advance. Only changes to it and additional/ new schedules will be handed electronically via e-mail address of each delegation given during the accreditation. The same will be done with the Starting tables for the Finals – they will be sent on 2<sup>nd</sup> of April 2022, Saturday evening by e-mail. The complete set of Results will be sent to each participating Federation by e-mail, after the competition.

## **23. ACKNOWLEDGMENT**

The event is supported by Ministry of Education, Science, Research and Sport of the Slovak Republic.

There will be a live **JOJ TV** broadcasting of the Finals (Sunday, JUN & SEN).

*If any other question concerning competition do not hesitate to contact us.*

Monika ŠIŠKOVÁ  
Technical Director of the competition  
[gymnastics@sgf.sk](mailto:gymnastics@sgf.sk)  
+421 905 811 053

Oľga KYSELOVIČOVÁ  
SGF AG -TC President  
[olga.kyselovicova@uniba.sk](mailto:olga.kyselovicova@uniba.sk)  
+421 903 227 582

Mária ANDREJKOVIČOVÁ  
AG co-ordinator SGF  
[andrejkovicova@sgf.sk](mailto:andrejkovicova@sgf.sk)  
+421 919 147 998