



**24th Slovak Aerobic Open
BRATISLAVA (SVK)
31st March – 2nd of April 2023**



FIG ID 17347

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 – the **24th Slovak Aerobic Open**. The information is also available at <https://sao.sgf.sk/en/home/>.

1. PARTICIPATING COUNTRIES

ARGENTINA, AUSTRIA, AZERBAIJAN, BULGARIA, CZECHIA, GREAT BRITAIN, GREECE,
HUNGARY, LITHUANIA, ROMANIA, UKRAINE & 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+hal+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+hal+Jun%C3%A1cka&rflfq=1&num=10#rifi=hd::si:4780298144192964342;mv:[[48.1706498,17.142390199999998],[48.114863299999996,17.0994904]])



3. COMPETITION DAYS: 31.03. – 02. 04. 2023

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

Phone:+421 2 492 491 49

Fax: +421 2 492 49 538

e-mail: gymnastics@sgf.sk

Contact person:

Mrs. Maria Andrejkovicova

00421905662767

e-mail: andrejkovicova@sgf.sk

6. ACCREDITATION

The accreditation will take place at the MULTIFUNCTIONAL SPORTS HALL, BRATISLAVA upon arrival to the venue, **Friday, 31st March 2023 from 09:00 to 12:00**. Please, respect the time. The accreditations will be handed out only to the Head of the Delegation. All delegations must deliver **copies of the insurance declaration, and passports of the gymnasts.**

7. COVID-19 FIG GUIDELINES

The FIG Medical Guidelines for FIG Competitions and Events are still effective, and they should be used according to the situation with COVID-19 pandemic in the country. Considering the current situation as it is written in the guideline, it is the health situation in your country that prevails.

Current & Extraordinary and protective measurements by Slovak Ministry of Health and regional health authorities can be found at: <https://korona.gov.sk/en/>.

The rules for entering the territory of the Slovak Republic can be found at: <https://korona.gov.sk/en/travelling-to-slovak-republic/> Please note that the regulations may vary according to the actual COVID-19 situation and may change!!!!

8. AGE LIMITS AND LICENCES

Juniors / 15-17 years, Senior/ 18 + years

Juniors & Seniors - All gymnasts in good standing with the correct age and holding a valid FIG license until the end of the event, may participate.

Additional information:

An International event for AG (12-14) and ND (8-11) for the categories IW/ IM/ MP/ TR/ GR / AD will also be held (not FIG sanctioned).

9. JUDGES AND JURIES

Each participating federation must provide a minimum of one judge Cat. 1, 2, 3, or 4. All judges must have a current valid FIG brevet at the time of the event.

For ND, AG Competition only: National judges with the highest national category may be also accepted. The LOC may require proof of the national judging brevet or ask the respective NF for confirmation of the national category.

10. SCHEDULE

Thursday, 30th March 2023

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

Friday, 31st March 2023

08:00 – 14:30	Podium training by schedule	MSH
09:00 – 12:00	Accreditation	MSH
13:00 – 13:30	Orientation meeting (2-3 persons per nation)	MSH
13:30 – 14:00	Judges meeting & draw	MSH
15:00 – 19:00	Qualification ND IW/TR/GR	MSH

Saturday, 1st April 2023

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	Qualifications AG IW/TR/GR JUN IW/TR/GR SEN IW	MSH
16:30 – 20:00	Podium training by schedule FOR THE FINALISTS	MSH

Sunday, 2nd April 2023

08:00 – 09:30	Optional training	MSH
09:00	Judges draw	MSH
09:50	Presentation of the nations	MSH
10:00 – 13:50	Finals ND IM/IW/MP/TR/GR/AD AG IM/IW/MP/TR/GR/AD & AWARD CEREMONIES for Slovak competitors only	MSH
14:30 – 18:30	Finals JUN IM/IW/MP/TR/GR/AD SEN IM/IW/MP/TR/GR/AD & AWARD CEREMONIES	MSH

Monday, 3rd April 2023

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

11. QUALIFICATIONS

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

12. FINALS

- **National Development, Age Group, Juniors 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 additional information: only the FINALS.** In order to promote the category 5-10 gymnasts are allowed to participate in each unit.

13. 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 Juniors and Seniors (IM, IW, MP, TR, GR, AD)
- 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

14. 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 training will be organized according to the schedules (will be sent in a short time). There will be 2 training sessions:

- **Training session 1 - Friday 31st of MARCH** for the athletes who are competing in the Qualifications rounds (Friday and Saturday); **time per routine 1min 30 s.**
- **Training session 2 - Saturday 1st of APRIL** for the Finalists (Sunday); **time per routine 1min 30 s**

Nations will be requested to fill in the respective forms for the Order of the training. In addition, there is 1 more optional training session – Sunday 2nd of April.

Delegations are kindly asked to respect the time of their training.

15. 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, please contact directly Mr. Ales Vykoukal 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 technical problems.

16. OPENING CEREMONY

The official opening ceremony will take place on **Saturday, 1st of April from 10:20 before the beginning of the Qualifications**. Further information will be given during the Orientation Meeting.

17. 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.

18. 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, and 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 coverage must inform the LOC in advance. During the Training and Competitions, the LOC will provide medical services. The appointed person will be available during those times.

19. 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

web site: www.hotelnivy.sk

Hotel Remy** (4,4 km from the competition hall)

Stará Vajnorská 37/A

Tel. +421 (0)2 44455063

e-mail: info@remy.sk

web site: www.hotel-remy.mozello.com

20. MEALS

LOC will not provide the meals in the Sport Hall. Delegations are advised to use restaurants outside (there are many different restaurants close by – Shopping Center VIVO) or order lunch and dinner at the hotels. LOC will provide lunch only for the judges (Saturday & Sunday).

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 organizer WILL NOT PROVIDE THE PLASTIC CUPS as we want to be environment friendly 😊.

21. 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.

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 the 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 1st of April 2023, 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 the Ministry of Education, Science, Research and Sport of the Slovak Republic.

During all 3 days of the competition, there will be a live stream <https://stream.sgf.sk/sign/up>

There will be a **JOJ TV** coverage of the Finals (Sunday, JUN & SEN) as well.

If any other questions concerning the competition do not hesitate to contact us.

Monika ŠIŠKOVÁ
Technical Director of the competition
gymnastics@sgf.sk
+421 905 811 053

Oľga KYSELOVIČOVÁ
Co-ordinator of the competition
olga.kyselovicova@uniba.sk
+421 903 227 582

Mária ANDREJKOVIČOVÁ
Manager of the competition
andrejkovicova@sgf.sk
+421 919 147 998

