

WORK PLAN



26th SLOVAK AEROBIC OPEN, BRATISLAVA (SVK), 9th – 13th of APRIL 2025

FIG ID 18107

Dear FIG-affiliated Member Federation,

The Slovak Gymnastics Federation has the honour to welcome **17 countries** to participate in the aforementioned official FIG International Event – the **26th Slovak Aerobic Open**. The information is also available at <https://sao.sgf.sk/en/slovak-aerobic-open-2025-en/>

1. PARTICIPATING COUNTRIES

ALGERIA, AUSTRIA, BELGIUM, BULGARIA, CZECHIA, FRANCE, GERMANY,
GREAT BRITAIN, GREECE, HUNGARY, KYRGYZSTAN, LITHUANIA, PORTUGAL,
ROMANIA, TURKEY, UKRAINE & SLOVAKIA

2. COMPETITION VENUE

Multifunctional Sports Hall – ŠPORTOVÁ HALA (MSH)

Junácka 8, 831 04 Bratislava (nearby **Shopping Centre VIVO**).

[https://www.google.sk/search?biw=1707&bih=817&tbs=lf:1,lf_ui:2&tbm=lcl&sxsrf=APq-WBuNe1YvLSFbJYbUI96MhjMwRWf3lQ:1648111564379&q=%C5%A0portov%C3%A1+hal+a+Jun%C3%A1cka&rflfq=1&num=10#rflf=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-WBuNe1YvLSFbJYbUI96MhjMwRWf3lQ:1648111564379&q=%C5%A0portov%C3%A1+hal+a+Jun%C3%A1cka&rflfq=1&num=10#rflf=hd:;si:4780298144192964342;mv:[[48.1706498,17.142390199999998],[48.114863299999996,17.0994904)



3. COMPETITION DAYS

10.04. – 12.04.2024

4. APPARATUS SUPPLIER

SPIETH: Aerobics Floor "Baku", FIG – certified, Ref. Q623731

5. ORGANIZING COMMITTEE CONTACT

Slovak Gymnastics Federation, Olympijské námestie 1, 832 80 Bratislava, Slovakia,

www.sgf.sk

Phone: +421 2 492 491 49

Fax: +421 2 492 49 538

e-mail: office@sgf.sk

Contact person:

Mrs. Alexandra Fitošová, fitosova@sgf.sk / piackova@sgf.sk +421 945 459 442

6. ACCREDITATION

To speed up the accreditation process, please send the necessary documents (insurance declaration and passports) in advance to the email: palka@sgf.sk Please send the documents by April 6, 2025. Attachments can be sent password-protected and the password sent separately for security reasons.

7. 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.

In accordance with the Directives, please enter all valid FIG licenses into the QScore system <http://admin.gymaerobic.com> (via REGISTRATIONS).

Additional information:

An International event for YOUTH (12-14) and ND (8-11) in the categories IW/IM/MP/TR/GR/AD/AS, as well as Junior and Senior in AD/AS, 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 (Olympic cycle 2025-2028) 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. QUALIFICATIONS

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

11. FINALS

- **National Development, YOUTH, Juniors, and Seniors:**

Each final (IW, IM, MP, TR, GR, AD): maximum of ten (10) competitors: **7 best foreign competitors (max. 2 per nation) + 3 Slovak competitors (maximum).**

- **Aerobic Dance / Step additional information:** 5-10 gymnasts are allowed to participate in each unit. An exception in the age is possible as follows: max. two (2) of the gymnasts could be from a lower / higher age group.

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12. SCHEDULE

Wednesday, 9th April 2025

All Day	Arrival of the delegations	Hotels
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Thursday, 10th April 2025

07:30 – 15:10	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 – 14:15	Judges meeting & draw	MSH
15:20 – 20:40	Qualification ND IW/GR/AD & YOUTH TR/AD JR GR	MSH
20:45	Podium training by schedule	MSH

Friday, 11th April 2025

08:00 – 9:00	Optional training (no music)	MSH
08:30	Judges draw	MSH
09:30	Official Opening & Presentation of the nations (8 counts) – max. 8 gymnasts per nation	MSH
09:45 – 20:35	Qualifications ND TR & YOUTH IW/GR JUN IW/TR/AD & SEN IW/TR	MSH
20:35 – 21:30	Optional training (no music)	MSH

Saturday, 12th April 2025

08:00 – 09:00	Optional training (no music)	MSH
09:00 – 09:45	Judges draw - all finals	MSH
09:50	Presentation of the nations (8 counts)	MSH
10:00 – 14:15	Finals ND IM/IW/MP/TR/GR/AD YOUTH IM/IW/MP/TR/GR/AD & AWARD CEREMONIES for Slovak competitors only	MSH
15:00 – 18:45	Finals JUN IM/IW/MP/TR/GR/AD/AS SEN IM/IW/MP/TR/GR/AD/AS & AWARD CEREMONIES	MSH

Sunday, 13th April 2025

All Day	Departure of the delegations	Hotels
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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)
- 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 aerobics floor. Competition area 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. There will be 2 training sessions:

- **Podium training session 1 (morning) – Thursday, 10th of April** for the athletes competing in the Qualifications rounds (Thursday and Friday); time per routine 1min30s.
- **Podium training session 2 (evening) - Thursday, 10th of April** for the athletes competing ONLY in the Final (Saturday) and exceptional ALG & AUT seniors IW; time per routine 1min30s.

Nations will be requested to fill in the respective forms for the Order of the training.

In addition, there are two (2) more optional training sessions (without official use of music)– Friday evening, 11th of April (evening after the qualifications) and Saturday morning, 12th of April (before the finals).

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

15. MUSIC

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

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Example: SVK_ UČŇOVÁ_Alena_Senior_IW1_mp3

If you have not done so yet, upload the music immediately (via 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 **Friday, 11th of April from 09:30 before 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 schedules. 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

CITY hotel Bratislava*(3,8 km from the competition hall)***

Seberíniho 9

821 03 Bratislava

+421 (0)2 55 41 03 90

hotelbratislava@hotelbratislava.sk

www.hotelbratislava.sk

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

Liscie nivy 3

821 08 Bratislava

+421 (0)2 55 41 03 90

hotel@hotelnivy.sk

www.hotelnivy.sk

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

Stará Vajnorská 37/A

+421 (0)2 44455063

info@remy.sk

www.hotel-remy.mozello.com

Hotel Prim** (9,2 km from the competition hall)

Stará Vajnorská 37

+421 (0)2 44253124

hotel@hotelprim.sk

www.hotelprim.com

20. MEALS

A buffet with a wide range of snacks, baguettes, fruits, soft drinks, and coffee will be located within the sports hall.

Or delegations can use restaurants outside (there are many restaurants nearby Shopping Centre VIVO) or order lunch and dinner at the hotels. LOC will provide lunch only for the judges.

Refreshment machines are available inside the hall.

Water tanks will be available inside the training and competition halls.

Gymnasts and all officials are requested to use THEIR OWN BOTTLES. The organizer WILL NOT PROVIDE THE PLASTIC CUPS as we would like to be environmentally 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 11th of April 2025, Friday evening by e-mail. The complete set of results (Result Book) will be sent to each participating federation by e-mail, after the competition.

23. ACKNOWLEDGMENT

The event is supported by the Ministry of Tourism and Sports of the Slovak Republic

All 3 days of the competition will be live streamed <https://stream.sgf.sk/sign/up>

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

LOC:

Technical Director of the competition

Silvia Ruščinová

office@sgf.sk

Manager of the competition

Alexandra Fitošová

fitosova@sgf.sk / piackova@sgf.sk

Judges issues:

Oľga KYSELOVIČOVÁ

olga.kyselovicova@uniba.sk

+421 903 227 582

ALL NECESSARY INFORMATION ABOUT THE EVENT CAN BE FOUND HERE

