

# WORK PLAN



# 27<sup>th</sup> SLOVAK AEROBIC OPEN, BRATISLAVA (SVK), April 9–12, 2026

FIG ID 18498

Dear FIG-affiliated Member Federation,

The Slovak Gymnastics Federation has the honor to welcome **15 countries** to participate in the aforementioned official FIG International Event – the **27<sup>th</sup> Slovak Aerobic Open**. Further information is also available at

<https://sao.sgf.sk/en/slovak-aerobic-open-2026-en/>

## 1. PARTICIPATING COUNTRIES

AIN, AUSTRIA, AZERBAIJAN, BULGARIA, CZECHIA, ESTONIA, GERMANY,  
GREAT BRITAIN, GREECE, HUNGARY, LITHUANIA, PORTUGAL, TÜRKİYE, UKRAINE  
&  
SLOVAKIA

## 2. COMPETITION VENUE

**ŠPORTOVÁ HALA** - Multifunctional Sports Hall (MSH)

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

<https://www.google.sk/searchMSHJunacka8>



### Parking Information for Delegations

- Parking is available in the vicinity of the sports hall at Junácka 8. Please note that parking capacity is limited, and parking directly at the sports hall is subject to a fee after the first 15 minutes. The parking fee is 1,50 € per hour.
- Public parking spaces are also available on nearby streets and may be subject to local parking regulations and fees. Delegations are kindly advised to follow all traffic signs and parking rules.
- During weekends, free parking is available at the VIVO! shopping centre, located within walking distance of the venue.
- For buses, short-term drop-off and pick-up near the venue is possible; however, long-term bus parking must be arranged in designated areas.
- We recommend using public transport whenever possible to ensure smooth access to the venue.

# 27<sup>th</sup> SLOVAK AEROBIC OPEN, BRATISLAVA (SVK), April 9–12, 2026

FIG ID 18498

## 3. COMPETITION DAYS

APRIL 9–12, 2026

## 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](http://www.sgf.sk)

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

Contact person: Mgr. Andrea Veizerová, [veizerova@sgf.sk](mailto:veizerova@sgf.sk), +421 905 662 767

## 6. ACCREDITATION

To speed up the accreditation process, please send the required documents (insurance declaration and passports) in advance to: [simko@sgf.sk](mailto:simko@sgf.sk).

Kindly submit the documents by 6 April 2026. Attachments may be sent password-protected; for security reasons, please send the password separately.

## 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 KSIS system

[https://www.rqform.eu/event.php?id\\_prop=9398](https://www.rqform.eu/event.php?id_prop=9398)

### Additional information:

An international competition for Youth (12–14) and ND (8–11) in the categories IW, IM, MP, TR, GR, AD, as well as competitions for Junior and Senior in AD and AS, will also be held.

Please note that this part of the program is not FIG-sanctioned.

## 8. 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.

## 9. QUALIFICATIONS

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

## 10. 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.

## 11. 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

## 12. TRAINING AND COMPETITION AREAS

Warm-up and training areas, as well as the competition podium, are located in a large multifunctional hall on the ground floor. They are divided into **several sections, marked 7×7m and 10×10 m**.

The competition stage is equipped with the official aerobics floor. The competition area is separated from the training areas by a backdrop.

Please note that music will not be allowed in the training areas, as it could disturb podium training and the competition.

Podium training will be organized according to the schedule. There will be 3 training sessions:

- **Podium Training Session 1 (afternoon)** – Thursday, April 9, 2026  
For delegations arriving earlier, including gymnasts competing in the qualification rounds (Friday and Saturday); time per routine: 1 min 30 s
- **Podium Training Session 2 (morning)** – Friday, April 10, 2026  
For delegations arriving later, including gymnasts competing in the qualification rounds (Friday and Saturday); time per routine: 1 min 30 s
- **Podium Training Session 3 (evening)** – Friday, April 10, 2026  
For athletes competing ONLY in the finals (Sunday); time per routine: 1 min 30 s

**Delegations are kindly requested to respect their allocated training times.**

In addition, there will be three (3) optional training sessions (without official use of music):

– Saturday, April 11, 2026 (morning 8:00 – 9:30 and evening 20:10 – 21:00)

– Sunday, April 12, 2026 (morning 8:00 – 9:30)

Nations will be requested to complete the respective forms indicating the order of training.

**27<sup>th</sup> SLOVAK AEROBIC OPEN, BRATISLAVA (SVK), April 9–12, 2026**

**FIG ID 18498**

**13. SCHEDULE**

**Thursday, 9<sup>th</sup> April 2026**

All Day	Arrival of the delegations and possible training for those who arrived earlier	Hotels
14:00 – 20:40	Podium training 1 by schedule	MSH
17:00 – 18:00	Accreditation	MSH

**Friday, 10<sup>th</sup> April 2026**

08:30 – 13:30	Podium training 2 by schedule	MSH
09:00 – 12:00	Accreditation	MSH
12:30 – 13:00	<b>Orientation meeting (2-3 persons per nation)</b>	<b>MSH</b>
13:15 – 14:15	<b>Judges meeting &amp; draw</b>	<b>MSH</b>
14:25	Opening of the competition	MSH
14:30 – 19:50	<b>Qualification</b> <b>ND IW/GR &amp; YOUTH TR/AD</b> <b>JR GR</b>	MSH
20:00 – 20:45	Podium training 3 by schedule	MSH

**Saturday, 11<sup>th</sup> April 2026**

08:00 – 9:30	Optional training (no music)	MSH
08:45 – 9:45	<b>Judges meeting &amp; draw</b>	<b>MSH</b>
09:45	<b>Official Opening &amp; Presentation of the nations</b> (8 counts) – max. 8 gymnasts per nation	<b>MSH</b>
10:00 – 20:05	<b>Qualifications</b> <b>ND TR &amp; YOUTH IW/GR</b> <b>JUN IW/TR/AD &amp; SEN IW/TR</b>	MSH
20:10 – 21:00	Optional training (no music)	MSH

**Sunday 12<sup>th</sup> April 2026**

08:00 – 09:30	Optional training (no music)	MSH
08:15 – 09:15	<b>Judges draw - all finals</b>	<b>MSH</b>
09:20	<b>Presentation of the Finalists</b>	MSH
09:30 – 13:35	<b>Finals</b> <b>ND IM/IW/MP/TR/GR/AD</b> <b>YOUTH IM/IW/MP/TR/GR/AD</b>	MSH
13.40	<b>AWARD CEREMONIES for Slovak competitors only</b>	
14:20	<b>Presentation of the Finalists</b>	MSH
14:30 - 19:00	<b>Finals</b> <b>JUN IM/IW/MP/TR/GR/AD/AS</b> <b>SEN IM/IW/MP/TR/GR/AD/AS</b> <b>&amp; AWARD CEREMONIES</b>	MSH

**Monday, 13<sup>th</sup> April 2026**

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

#### 14. MUSIC

To simplify music management and minimize potential technical issues, federations are kindly requested to submit their music in MP3 format via the following link:

[https://www.rqform.eu/event.php?id\\_prop=9398](https://www.rqform.eu/event.php?id_prop=9398)

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 Junior or Senior
- The category (IM, IW, MP, TR, GR, AS, AD)

Example: SVK\_UČŇOVÁ\_Alena\_Senior\_IW1\_mp3

**If you have not done so yet, upload the music immediately!**

**If you have problems, please contact Andrea Veizerová [veizerova@sgf.sk](mailto:veizerova@sgf.sk)**

Delegation members are requested to keep a USB drive containing their music with them for podium training sessions and in case of any technical issues.

#### 15. OPENING CEREMONY

The official opening ceremony will take place on **Saturday, 11<sup>th</sup> of April from 09:45 before 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 schedules. For all award ceremonies gymnasts must wear their national tracksuits.

The **award certificate** will be sent by email after the competition to the contact email address of the federation or club.

#### 17. INSURANCE AND MEDICAL SERVICES

The Host Federation, the Organizing Committee, and the FIG shall not be held responsible for any liabilities in the event of accidents, illness, repatriation, or similar incidents.

According to the FIG Technical Regulations, all participating Federations are responsible for arranging the necessary valid insurance coverage for illness, accidents, and repatriation for all members of their delegation.

The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or a copy of a valid insurance policy). Delegation members with insufficient insurance coverage must inform the LOC in advance.

During training sessions and competitions, the LOC will provide medical services. Appointed medical personnel will be available at all times during these activities.

#### 18. ACCOMMODATION

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

Seberíniho 9, 821 03 Bratislava, phone: +421 (0)2 55 41 03 90

[hotelbratislava@hotelbratislava.sk](mailto:hotelbratislava@hotelbratislava.sk), [www.hotelbratislava.sk](http://www.hotelbratislava.sk)

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

Líščie nivy 3, 821 08 Bratislava, phone: +421 (0)2 55 41 03 90

[hotel@hotelnivy.sk](mailto:hotel@hotelnivy.sk), [www.hotelnivy.sk](http://www.hotelnivy.sk)

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

Stará Vajnorská 37, 831 04 Bratislava, phone: +421 (0)2 44253124

[hotel@hotelprim.sk](mailto:hotel@hotelprim.sk), [www.hotelprim.com](http://www.hotelprim.com)

## 19. MEALS

A buffet offering a wide selection of snacks, baguettes, fruit, soft drinks, and coffee will be available within the sports hall.

Delegations may also dine at nearby restaurants (a variety of options are available around the VIVO! Shopping Centre) or arrange dinner at their hotels.

Meals at the hotels can be ordered in advance. In case of interest, please contact us by email at [veizerova@sgf.sk](mailto:veizerova@sgf.sk).

**The LOC will provide lunch only for the judges.**

Refreshment machines are available inside the hall.

**Water dispensers will be available in 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 would like to be environmentally friendly 😊.

## 20. LOCAL TRANSPORTATION

The LOC will not provide transportation from the official hotels to the competition hall and back. Delegations could request tickets for public transport by selecting the **CITY BUS** option in the hotel form during registration, for a **fee of 10€**. Further information will be provided during the Orientation Meeting.

## 21. 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 11<sup>th</sup> of April 2026, Saturday evening by e-mail, and also to find in KSIS system. The complete set of results (Result Book) will be sent to each participating federation by e-mail, after the competition.

## 22. EVENT ENTRY

**TICKETS** online here: <https://tickets.sgf.sk/sao-tickets/?ref=sao&consent=all>

### IN-PERSON ATTENDANCE

---

<b>5 € / 1 DAY</b>	Competitors, coaches, and members of the team officially registered and
<b>8 € / 2 DAYS</b>	accredited through the Slovak Gymnastics Federation have their entry
<b>10 € / 3 DAYS</b>	included in their accreditation, so they do not need to purchase it.

### ONLINE ATTENDANCE

---

<b>4,99 € / 1 DAY</b>
<b>12,99 € / 3 DAYS</b>

## 23. ACKNOWLEDGMENT

The event is supported by the Ministry of Tourism and Sports of the Slovak Republic, the Municipal Authority of the Slovak Republic, and the Sports Support Fund.

## 24. OUR PARTNERS



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

**27<sup>th</sup> SLOVAK AEROBIC OPEN, BRATISLAVA (SVK), April 9–12, 2026**

**FIG ID 18498**

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

LOC:  
Technical Director of the competition  
Silvia Ruščinová  
[office@sgf.sk](mailto:office@sgf.sk)

Manager of the competition  
Andrea Veizerová  
[veizerova@sgf.sk](mailto:veizerova@sgf.sk)  
+421 905 662 767

Judges' Issues  
Ol'ga KYSELOVIČOVÁ  
[olga.kyselovicova@uniba.sk](mailto:olga.kyselovicova@uniba.sk)  
+421 903 227 582

**ALL NECESSARY INFORMATION ABOUT THE EVENT CAN BE FOUND HERE**



[https://www.rqform.eu/event.php?id\\_prop=9398](https://www.rqform.eu/event.php?id_prop=9398)



<https://sao.sgf.sk/>

New **KSIS** app for android available on Google Play



<https://play.google.com/store/apps/details?id=eu.ksis.mobile>

**JOIN THE DELEGATIONS / LOC APP GROUP:**

**SAO 2026**

Skupina WhatsApp



[https://chat.whatsapp.com/EFKUc5abv3gEuDsAltU09b?mode=gi\\_t](https://chat.whatsapp.com/EFKUc5abv3gEuDsAltU09b?mode=gi_t)