



**LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS
FEDERATION**



RĪGAS DOME

Invite to participate in

**IFBB INTERNATIONAL TOURNAMENT
“RIGA CHILDREN FITNESS CUP 2011”**

**RIGA, LATVIA
1-3 JULY, 2011**

Dear Friends,

On behalf of the Latvian Bodybuilding, fitness and bodyfitness federation I have the great pleasure of inviting you to participate in RIGA CHILDREN FITNESS CUP 2011 which will be held on 1st – 3rd July, 2011 in Riga, Latvia.

Please find enclosed the regulations of the competition and the other necessary information.

We look forward to host your delegation in Riga.

Yours Sincerely,

Christina Vedernikova
President
Latvian Bodybuilding, Fitness and Bodyfitness Federation

WELCOME

The Latvian Bodybuilding, Fitness and Bodyfitness Federation extend a warm welcome to European National Federations to participate in the IFBB International Tournament for Children RIGA FITNESS CUP 2011 in Riga, Latvia on July 1-3, 2011.

ABOUT RIGA



Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea at the southern coast of the Gulf of Riga. The historical core of Riga is situated on the right bank of the Daugava River, about 10 kilometres from where the Daugava flows into the Gulf of Riga.



Climate in Riga is influenced by its proximity to the sea; therefore it is moderately warm and humid. Summers are comparatively cool and cloudy (average temperature in July +18.9 C; average precipitation (rainfall) – 85 mm). Winters are comparatively warm (average temperature in January – 4, 7C). Snow covers forms in the middle of December and remains through the middle of March.



Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important centre of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.

Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic centre, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. In some districts of Riga, for various reasons, complex wooden constructions of that time have still been preserved, and that is an amazing phenomenon in the 21st century. In 1997 the historic center of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List.

Riga belongs to the cultural space of Western Europe. For the city, dynamic and diverse music and arts activities are typical. Over centuries, the creative atmosphere evolved in Riga and inspired composers, poets and artists.



Riga has hundreds of ways for enticing visitors – its rich history, architecture, spacious gardens and parks, museums, art galleries and world-class opera...and daily treats like a walk in the enormous colorful central market or going to a cosy café, club or pub.



ACCOMODATION

The Latvian Bodybuilding, fitness and bodyfitness federation will cover 2 night's accommodation and meals, starting with dinner on Friday, July 1, 2011 **FOR A-TEAM** competitors and official delegates. The delegacy - **A-TEAM** include 8 (eight) sportsmen and 2 (two) officials of the team.

All Athletes and Delegates will be accommodated in double rooms (two persons per room).

The members of B-TEAM must pay for the SPECIAL PACKAGE.

All **B-TEAM** athletes, coaches, extra delegates, supporters will be responsible for his or her own expenses. A **SPECIAL PACKAGE** for a price of **EUR 125** per person has been established for B-TEAM competitors, extra delegates and supporters which include:

1. 2 night's hotel accommodation (from July 1 till July 3, 2011)
2. three meals per day (from dinner on July 1 to breakfast on July 3, 2011)
3. tickets to the venue site
4. transportation from/to airport
5. registration fee

All National Team Official Participants (athletes and delegates) must check-in **BEFORE** the start of the Weigh-in and Registration; by Friday, July 1, 2011, 4:00 pm.

OFFICIAL HOTEL

The Official Arrival Date is Friday, July 1, 2011.

The Official Departure Date is Sunday, July 3, 2011.

Avitar Hotel

Address: Kr.Valdemāra Street 127, LV 1013 Riga, Latvia

The Hotel is located in the centre of Riga, near the Arena Riga and Olympic Sport Centre.



Avitar Hotel was renovated on 2001 and offers all facilities and services which might be expect in a three star hotel. The hotel is located in the quiet centre of Riga, just 5 minutes walk from the Venue Site of Competition and 15 minutes from Old Riga.

VENUE SITE

Olympic Sport Centre is located in the city centre of Riga. Venue Site is only 5 minutes walk from Avitar Hotel, 15 minutes walk from the Old Riga, 25 minutes drive from the Riga Airport.

The Olympic Sport Centre in Riga was opened in 2005 in order to establish the multi-functional sports facilities for continuous and perfect athlete trainings and preparation for competitions. Olympic Sport Centre covers the area of approximately 24.000 square meters and can be visited by about 2.000 people per day. The Centre has all the equipment and prepared halls for football, basketball, volleyball, athletic, swimming, gym and aerobic trainings. In 2009, Olympic Sport Centre was awarded the status of “European healthy stadium”.



Address:

Grostonas Street 6b, Riga, LV-1013

www.ocriga.lv

CATEGORIES OPEN FOR COMPETITION

4 FITNESS GIRLS CATEGORIES:

From 8 up to 9 years of age (born 2002-2003)

From 10 up to 11 years of age (born 2000-2001)

From 12 up to 13 years of age (born 1998 -1999)

From 14 up to 16 years of age (born 1995-1997)

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category.

Maximum 8 competitors per country for A TEAM!

1. Each National Federation may enter an A-TEAM. The maximum allowable number of competitors in the A-TEAM is 8 competitors. The number of delegates allowed is 2.
2. Pursuant to applicable IFBB rules, the Organizer provides free-of-charge accommodations, meals, onsite transportation and access to the Finals to all A-TEAM competitors.
3. Each National Federation shall pay a Registration Fee of EURO 25 for each A-TEAM competitor and delegate.
4. The A-TEAM competitors shall compete for placing and awards.
5. A National Federation must fully declare its A-TEAM competitors on the Final Entry Form.

Maximum 8 competitors per country for B TEAM!

1. Each National Federation may enter a B-TEAM according to the rules specified below.
2. Unless otherwise noted, the maximum allowable number of B-TEAM competitors per National Federation is 8 competitors.
3. The National Federation shall be obliged to pay the Full Special Package Rate of EURO 125 (in double room) or EUR 150 (in single room) for each B-TEAM competitor.
4. The B-TEAM competitors shall compete for placing and awards.
5. A National Federation must fully declare its B-TEAM competitors on the Final Entry Form.

The competition is held according to the rules of the IFBB.

Exclusively according to regulations of fitness children!

Maximum duration of routine for all categories is 90 seconds.

Skin correction using oil or colour is prohibited at the competition of children!

Use of bronzing cream is permitted.

Compulsory clothing for quarter turns: black top and black shorts without shoes!

REGISTRATION FEE

Official **A-TEAM** Athlete and Delegate must pay **EUR 25** (Registration fee). This fee is payable upon Registration at the Olympic Sport Centre.

AWARDS

Trophies, medals and diplomas will be presented for 1-6 places. Trophies and diploma for all competitors.

PASSPORT / MUSIC

All competitors must provide their **PASSPORT** and **MUSIC** at weigh-in/height measurement, 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/or offensive language is strictly prohibited in posing music.

JUDGES

Team of judges will consist of seven judges. All IFBB International Amateur Judges must be in possession of a valid Judging Card.

JUDGES / TEAM MANAGERS MEETING

Each National Federation must ensure that it's nominated judges and/or team manager attends the Judges/Team Managers Meeting.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor **BEFORE** the weigh-in/height measurement and must be given to the LBFBB Registrar at the weigh-in/height measurement. This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

CURRENCY

The official currency is Latvian Lat. One Euro is approximately 0.70 Latvian Lat. One US dollar is approximately 0.50 Latvian Lat.

CLIMATE

During the beginning of the month of July the average temperature is around +25 degrees C.

AIRPORT

The official airport of arrival is "RIGA" Airport of Riga City.

BUS SERVICE

A bus service will be organized to take the athletes and delegates from and to the airport "RIGA" (25 min by bus).

FINAL ENTRY FORMS

Please confirm your team participation till **June 17th, 2011** to christinaifbb@inbox.lv

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form. You must also include arrival and departure information.

TENTATIVE TIME SCHEDULE

Friday, July 1, 2011

Arrivals: from 13:00 check-in Avitar Hotel

Registration: 16:00 – 17:00 at the conference hall Olympic Sport Centre

Judges meeting: from 17:30 to 18:00 at the conference hall Olympic Sport Centre

Dinner: 18:00 café Olympic Sport Centre

Saturday, July 2, 2011

Breakfast: 08:00 – 11:00 in the Restaurant Avitar Hotel

Beginning of contest: 14:00 at Olympic Sport Centre

Lunch: 16:00 – 17:00 café Olympic Sport Centre

Dinner: 19:30 café Olympic Sport Centre

Saturday, July 3, 2011

Breakfast: 08:00 – 11:00 in the Restaurant Avitar Hotel

Departures: 12:00

CONTACT INFORMATION

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