

Main organizer **EUROPEAN POWERFIT BRATISLAVA**

Competition date: 11.05.2024

Place: Ružinovská 2747/28, 821 04 Ružinov

**Promoter of competition:** Iveta Hauserová

**Leader of competitors:** Jakub Kollár

**Judges:** 5

**Applications and informations:** Applications can be submitted electronically by May

<https://www.zbodyfit.com/el-prihlaska-na-sutaz/cestne-prehlasenie.php?sutaz=169&lang=sk>

Competition rules:

<https://naturalbodybuilding.eu/categories/>

Competitors will pay for the startup at registration!

Informations: <mailto:ivetfit@gmail.com>

[ivetfit@gmail.com](mailto:ivetfit@gmail.com)

**Entry fee competition:** 60,- euro European Powerfit Natural Cup.

**Ticket:** 10,- euro

Only competitors and trainers will have access to changing room and warm-up area. Trainers will be paid **10 euros** for entry to changing room. The organizer will make the most of effort to prevent theft, but warns of alertness. Organizer is not responsible for any loss.

We ask competitors and also trainers to take care about their colors and don't pull out seats, carpets and walls too.

Pollution of the premises outside of changing room by competitors will be penalized by 50 €

Contestants at 1st – place in each category will receive medals, diplomas and prizes  
2-3 place in each category

Reservation competition Sank spray pain Protan

<https://protansk.sk>

HOTELS

[www.hotelbaronka.sk](http://www.hotelbaronka.sk)

[www.hotelbratislava.sk](http://www.hotelbratislava.sk)

## **PROPOSITION FOR COMPETITION OF POWERFIT NATURAL CUP BRATISLAVA INFORMATION**

Presentaion 10.05.2024 time 17.00-19.30 the place competition

11.05.2024

7.00 – 9.00 – presentation of all competitors

9.15 – 9.30 – meeting of competitors, trainers, judges

9.45 – 18.00 – semi-final +announcement results

Bodybuilding Teenage (15-18 rokov)

Bodybuilding junior (to 23 years) up to 175 cm

Bodybuilding junior (to 23 years) over 175 cm

Fitness bikini junior (to 23 years) up to 164 cm

Fitness bikini junior (to 23 years) over 164 cm

Fitness bikini up to 164 cm

Fitness bikini up to 170 cm

Fitness bikini over 170 cm

Bikini Mamas

Bikini over 35 years

Wellness

Ms. Physique

Masters I –(40-50) years

Masters II – (50-60) years

Masters III – ( over 60) years

Fitness figure – up to 165 cm

Fitness figure – over 165 cm

Fitness figure – over 35 years

Sport model – up to 163 cm

Sport model – up to 168 cm

Sport model – over 168 cm

Sport model – over 35 years

Mr. Physique – up to 23 years

Mr. Physique – up to 180 cm

Mr. Physique – over 180 cm

Clasic physique man

Mens up to 175 cm

Mens up to 180 cm

Mens up over 180 cm

Men Athletic

Physical disability

Mixed pairs

Competitors will be presented with identity card/passport and valid registration card with valid license for 2024 with CD disc where will be only one music recording on free presentation yourself on stage (unless the music is recorded in the electronic application form). Only coach will have access to presentation whose competitor has previously entered in the application with the number of his/her ID card/passport, he will get from organizer signification as a „coach“ this signification he is necessary

wear on and if he is requested by the organizer he is forced to submit identity card of competitors as well as himself.

The competition is intended for athletes who are prepared to compete natural way, it means without using any prohibited substances and adherence to the Anti-Doping Codex.

Competitors compete in accordance with applicable rules and competition rules for natural bodybuilding and fitness. The competitors fully accept the competition rules and penalties in case of violation.

If the organizer discovers that the competitor does not meet certain conditions resulting from the competition order will be eliminated from the competition/disqualified.

Timely completed and sent electronic application form at [www.sank.sk](http://www.sank.sk) The competitors will pay the starting fee for the presentation of the 60 € start and 20 € contribution to the doping tests. The deadline for applications is 12.05.2024

Good healthy status – By signing the applications for competition, the competitors confirm that they compete on their own accountability at the same time we recommend to each participant a healthy check-up at your doctor.