



## WFF/WBBF EUROPEAN & NABBA LATVIA OPEN FITNESS AND BODYBUILDING CHAMPIONSHIP 'LIEPĀJA CLASSIC 2023'

### REGULATIONS:

#### 1. Goals and tasks

- Promotion of bodybuilding and fitness among the residents of Latvia;
- Promotion of healthy lifestyle;
- Attraction of young people to active lifestyle, including bodybuilding and athletic fitness exercises;
- Selection of the strongest Latvian athletes to the national team.

#### 2. Venue and time

Championship will take place on 1<sup>th</sup> October, 2023, at 13.00

Address: Liepājas Olimpiskais Centrs, Brīvības iela 39, Liepāja, LV-3401 [info@loc.lv](mailto:info@loc.lv)

#### 3. Organization and management of the competition

- Championship is organized by: NABBA/WFF Latvia, Gym Lacplesis
- A head judge: Elvis Siksnā
- Participants of the championship will also be evaluated by a panel of international independent judges consisting of five to seven people.
- Official languages of the championship: Latvian and English.

#### 4. Competitors

##### Female categories:

##### 1. Bikini Open.

Weight of the participants must be as follows: **height in cm minus 113 or less**. The assessment of a symmetrically developed physique, level of overall muscle tone, participants' hair and make-up. The physique should be according to Bikini regulations. Athletes presenting themselves in a two-piece bikini in T-walk on stage, 4 comparison turns, free self presenting poses.

##### 2. Shape ( Fitness )

Weight of the participants must be as follows: **height in cm minus 110 or less**.

The assessment of a symmetrically developed physique, level of overall muscle tone, and participants' hair and make-up. The physique should not be excessively muscular and has to be free from deep muscle separation. Championship in one round with athletes presenting themselves in a two-piece bikini by mandatory poses & free routine up to 45 sec.

##### 3. Figure (Physique )

The assessment of a symmetrically developed physique, level of overall muscle tone, and participants' hair and make-up. The physique should be toned, feminine muscular and with visible muscle separation. Championship in one round with athletes presenting themselves in a two-piece bikini by mandatory poses & free routine up to 45 sec.

##### 4. Female Senior Open Fitness category 35+ ( born on 1988 and older )

## Male categories:

### 1. Men's Physique. Models.

Weight of participants must be as follows:

- Up to 175 cm, weight/height ratio is height minus 100, - 2 kg;
- 175 – 180 cm, weight/height ratio is height minus 100, + 0 kg

The assessment of body proportion, V-shape sculpture, fitness model look, and healthy visual appearance. Acne, striations, inappropriate and dirty pants all are marked down in the overall athletic appearance of the physique. The assessment in one round. Comparison of mandatory poses, and pose down.

### 2. Mr. Athletic / Classic Bodybuilding

- Up to 175 cm, weight/height ratio is height minus 100, +2kg;
- 175 – 180 cm, weight/height ratio is height minus 100+4 kg;
- Over 180 cm, weight/height ratio is height minus 100+6kg;

### 3. Men Open bodybuilding category

### 4. Additional Male bodybuilding categories:

1. Bodybuilding Juniors up to 23 yr., born on 2000 & younger;
2. Bodybuilding Senior Open category 45+ (born on 1978 and older )

The assessment of height proportion, visual muscle separation and skin tonus. Inappropriate, dirty stage outfit will be marked down in assessment of the overall athletic appearance. The assessment in two rounds. Comparison of mandatory poses & free routine up to 60 sec.

\*Organizers have the rights to change the number of categories, depending on the amount of applications.

### 5. Participation fee

Application:

- On-line 01.09 - 20.09. = 50 EUR
- After 20.09 and on site (*cash only*) = 60 EUR ( NABBA & WFF official members = 50 EUR )

The amount of the participation fee is determined according to the date on which it is paid, not the date of application. If the participation fee is not received until the championship day, a full fee should be paid on the championship day!

For participants who do not arrive at the championship on any of personal reasons (except proved Force Majore), the paid fee will not be returned.

By applying to the championship, every athlete commits to provide a passport or a personal identity document on the spot, participant should bring to registration printed copy of his money transfer and to certify in writing that she/he has consulted the doctor and takes full responsibility for her/his health condition.

### 6. Participation fee covers the following expenses

- Competitor's numbers; dressing room; championship stage; drinking water; medical assistance;
- prizes from the championship sponsors and supporters; photographs during the championship.

#### 6.1. Official competition Hotel – LĪVA

**Adress:** Lielā street 11, Liepāja, LV-3401, Ph: +371 634420102

Reservation/ discount code **LIEPAJA CLASSIC** Active from 29.09.2023 – 03.10.2023.

Make reservation on : <https://www.livahotel.lv/>

### 7. On-line pre-registration of participants

To pre-register online from 1. - 20. September, 2023, make sure to do the following:

Send your participation request to [liepajaclassic@inbox.lv](mailto:liepajaclassic@inbox.lv)

You will receive 'Liepāja Classic 2023' championship application form, fill it & send it back.

Participation fee have to be transfer to the bank account of the organizers:

Biedrība "NABBA LATVIA"

Registration Number 40008262424,

AS "CITADELES BANKA"

PARX

LV - *account number will be announced in beginning of September*

Payment reference: Competitor's name, surname and category.

\* Upon online registering for the championship, the athlete commits to provide a personal identity document (a passport or an ID card) on the spot.

\* Upon online registering to the championship, the athlete submits the high quality one minute long music recording in USB format on the spot.

### **8. Registration on the day of the championship on the spot**

On the day of the championship, October the 1st, the application and the pay for participation shall be carried out on the spot, at the registration desk.

Registration of the participants takes place starting from 10:30 to 12:30 at the LOC. Registration is performed by secretary staff & under supervision of the head judge of the championship.

Upon registering for the championship on the spot, the athlete commits to:

- providing a personal identity document (a passport or an ID card);
- filling the application to the championship;
- paying the participation fee in cash (60 Euro) ;
- submitting the high quality one minute long music recording in USB format.

### **9. Championship's program**

Registration: 10:30 – 12:30

Joint judge meeting: 12:30 – 12:50

Championship duration: 13:00 – 18:00

\*Sequence of the categories and timings shall be published on the day of the championship.

### **10. Determination of winners**

Winners and award-winning competitors are determined by the smallest sum of won points. Should the equal sum of won points appear, the competitor whom the panel of judges awarded the highest number of places, leads the standing. If the score is equal –athlete with the best free routine score takes the best place.

### **11. Awarding ceremony**

All winners and award-winning competitors in each category are awarded with:

- 1st to 3rd place – Cups and Diplomas;
- 4th to 5th place – Medals and Diplomas.

All participants of the championship must take part in the awarding ceremony. In case of no show-up, the participant will not receive the prize.

### **12. Protests**

Any championship participant who considers that she/he has been inappropriately judged may submit a request to the head judge, indicating the exact claim of the protest. The appeal must be submitted to the head judge in writing within 15 minutes after the end of the awarding of the respective category, paying 50 EUR claim fee, which shall be returned should the appeal be satisfied. The request will be examined by the head judge and the international independent panel of seven judges.

### **13. Disqualification**

Presence under the influence of drugs or alcohol and other intoxicating substances.

Any unsportsmanlike, rude behavior or fraudulent activity.

Presence in not required athletic body shape & condition.

By inappropriate use of prosiing tan – making dirty walls, floor, doors, curtains etc.

### **14. Results**

Names and surnames of the participants, place won within the championship, all will be published in the 'Results' section of the championship 'Liepāja Classic 2023' website [www.gymnacplexis.lv](http://www.gymnacplexis.lv) and Facebook: NABBA Latvia

### **15. Costs**

Organizers cover all costs related to the planning and organization of the competition. An athlete is responsible for covering his/her own costs for travel, meals and other championship related expenses.

### **16. Championship regulations, modifications**

Organizers are not responsible for the non-compliance of championship participants with the Championship Regulations.

Organizers have the rights to make modifications or changes in the Regulations depending on the amount of participants.

You may receive additional information via phone:

**+371 29234715**

or via e-mail: [liepajaclassic@inbox.lv](mailto:liepajaclassic@inbox.lv)

The head judge has the rights to decide on issues others than those referred in the Championship Regulations.

Last changes, if necessary, to these Regulations will be made on September 20th, 2023.

## 17. Personal data protection

‘NATIONAL ATHLETIC COMMITTEE LATVIA –KURZEME’ Association as the organizer of the championship respects the privacy of the championship’s participants. The organization’s Data Privacy Policy is available on the [www.nackurzeme.lv](http://www.nackurzeme.lv) website.

The Data controller is the Association ‘NATIONAL ATHLETIC COMMITTEE LATVIA –KURZEME’, address: Liepāja, Ugāles Street 1/3-132.

When applying for a championship, the participant agrees with the processing of his/her personal data for the organization of the championship. For a fair assessment and delivery of the championship results, it is necessary to indicate the name, surname, gender, birth data, height, weight, country, mobile number, e-mail of the participant and selected category. Other data may be submitted by choice.

The displayed results show the category of the participant, the name, surname and the won place. If a participant does not wish to be presented on the publicly displayed lists, he/she has to inform the organizer via e-mail: [liepajaclassic@inbox.lv](mailto:liepajaclassic@inbox.lv) In this case, the participant will be indicated as “Anonymous” in the publicly displayed listings. An anonymous participant may not qualify and renounces any awards presented to the participants of the championship.

A participant of the championship has the rights to request deletion or corrections to his/her personal data at any time.

Championship participants agree to use of photos and videos for the needs of the championship’s organizer, including, but not limited to publishing on the website in Latvian media and social media.

When applying for the championship, a participant specifies his/her e-mail. It is included in the participants’ database in order to inform the participant about news or changes in the championship information, and on other related activities. A participant can unsubscribe from the news at any time by sending his/her preferences to the e-mail: [liepajaclassic@inbox.lv](mailto:liepajaclassic@inbox.lv)

Regulations approved by:

Head Judge of competition

Elvis Sikсна

President of NABBA Latvia Federation

Maris Sveiduks