



## I ESTONIAN BIKINI FITNESS OPEN CHAMPIONSHIPS

### INVITATION

Dear Friends,

On behalf of the Estonian Bodybuilding and Fitness Federation I have the great pleasure of inviting You to participate in

#### **I Estonian Bikini Fitness Open Championships**

which will be held on September 27, 2015 in Tallinn.

We look forward to welcome Your delegation in Tallinn!

Yours Sincerely,  
Arnold Tokko

President  
Estonian Bodybuilding and Fitness Federation  
August 17th, 2015  
Tallinn, Estonia

# I ESTONIAN BIKINI FITNESS OPEN CHAMPIONSHIPS

## TIME AND PLACE

Competitions will be held in Tallinn on September 27, 2015.

Venue: Tondiraba Icehall, Varraku st.14, 13917 Tallinn

[www.tondirabaicehall.ee](http://www.tondirabaicehall.ee)

## COMPETITION REGISTRATION & ENTRY FORM

Registration of athletes is the responsibility of their National Federation. Entry Form must be sent as soon as possible but no later than September 14, 2015.

## SCHEDULE OF ACTIVITIES (September 27, 2015)

12:00 - 13:00 Weight-in / measurement

18:00 Beginning of the Competition

21:00 Farewell Banquet

## COMPETITION RULES

The competition is held according to the rules of the IFBB and include the following categories:

Juniors (birth years 1992-1999): -160, -166, 166+ cm

Women: -160, -163, -166, -169, -172, 172+ cm

Masters (age 35+): open

NB! Categories with less than 4 competitors will be combined.

- Shoes must have a sole thickness of up to 1 cm at the thickest point and stiletto height no more than 12 cm. Platform shoes are not allowed.
- Competitors wear an opaque two-piece bikini and high heels. The color, fabric, texture, ornamentation and style of the bikini as well as the color and style of the high-heels will be left to the competitor's discretion, except as indicated. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and all of the frontal area.
- At weight-in / measurement competitors must wear competition attire and show the shoes.
- Tanning: the IFBB has banned all tans and bronzers that can be wiped off. An official will check the tan of all athletes backstage. If the tan comes off by simply wiping, the athlete will be told to remove it.

The Chief Judge is entitled to remove from competition any athlete in case of not corresponding the standards and regulations.

In case of non-enforcement of the judges, the athlete will be disqualified and her results would be canceled.

## REQUIREMENTS

All contestants must present ID card or passports.

## **AWARDS CEREMONY**

Best six athletes will be awarded a trophy. Coach of a winning athlete will be awarded a medal.

Sponsors will award selected contestants with valuable prizes over 500€ each: Euronics with electronic device (phone or TV), Sportland with sport equipment (outfits), Victory Style bikini with an exclusive competition bikini set.

## **DOPING CONTROLS**

Doping Controls will be conducted by Estonian Antidoping Agency.

Selection of athletes may be conducted using any or all of the following methods: random (drawing of lots) and target testing.

## **ENTRY FEE**

Entry fee is 50 EUR and is payable at registration / weigh-in or to the Estonian Bodybuilding and Fitness Federation bank account:

**EE912200001120231185 (SWIFT /BIC: HABAE2X )**

Federation's name must be added to payment explanation.

## **IMPORTANT INFORMATION**

All the costs for travelling, accommodation and meals are the responsibilities of the athletes and delegates themselves.

## **ACCOMMODATION/ RECOMMENDED HOTELS**

Organizing Committee will help all the National teams with hotel reservations and suggest the best available hotels.

### **Braavo Spa Hotel**

[www.braavohotel.com](http://www.braavohotel.com)

1 night\*

Single room – 52 € /per night\*\*

Twin room – 58 € /per night

2 nights

Single room – 50 € /per night

Twin room – 55 € /per night

\*Room rates include Buffet breakfast, free usage of the hotel sports club & water park for every day between 06:00 – 22:00, free WiFi wireless internet connection.

\*\*Special code to make this reservation is BRFIT, please use it to get special rates.

Everybody, who wants to make reservation please contact hotel by phone +372 6999 777 or by email: [sales@braavohotel.com](mailto:sales@braavohotel.com).

### **Nordic Hotel Forum**

[www.nordichotels.eu/en/](http://www.nordichotels.eu/en/)

1 night\*

Single room – 95 € /per night\*\*

Twin room – 105 € /per night

2 nights

Single room – 89 € /per night

Twin room – 94 € /per night

\*Accommodation price includes rich buffet breakfast, free WiFi and usage of Leisure centre with indoor pool, jacuzzi and 2 saunas.

\*\*Special code to make this reservation is BKFIT, please use it to get special rates. Everybody, who wants to make reservation please contact hotel by phone +3726222999 or by email: [forum@nordichotels.eu](mailto:forum@nordichotels.eu)

### **VISAS**

A valid passport is required to enter Estonia. Please consult the Estonian Embassy in your country to determine if you need a visa. The Organizing Committee will help to arrange invitations for the visas for all the athletes and officials.

### **CURRENCY**

The currency in Estonia is Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

### **CHAMPIONCHIP TICKETS**

Tickets costing from 10 up to 50 EUR are available at Piletilevi: [www.piletilevi.ee](http://www.piletilevi.ee)

### **INFORMATION ABOUT THE COMPETITION:**

Phone: +372 677 4666

Mail: [info@ifbb.ee](mailto:info@ifbb.ee)

Additional information: [www.fitness.ee](http://www.fitness.ee)

