



## REGULATIONS

### of the 21<sup>th</sup> International Tournament “Sun Cup” and the 42<sup>th</sup> Championship of Lithuania Šiauliai Region

#### I. AIMS AND TASKS

To popularize bodybuilding and fitness, to determine the strongest youth, veteran and adult athletes, their coaches and clubs.

#### II. COMPETITION TIME, VENUE AND ORGANIZATORS

The competitions will take place on 11 May 2019 at the Šiauliai “Saule”, the concert hall (at the address Tilžės street 140).

Participants' weighting and registration:	10:00-13:00
Discussion:	13:00-13:45
Start of the competition:	14:00

Organizer:	Vidmantas Lukys (+370 6 98 16158) <a href="mailto:lukysv@gmail.com">lukysv@gmail.com</a>
Senior Judge:	Kristina Vedernikova
Coordinator:	Elėja Lukytė +370 650 50084
Senior Secretary:	Natalja Fetisova
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The organizers shall ensure medical servicing of the competition, proper work conditions for the judges, the secretariat and media representatives.

#### III. PROGRAMME

**The competitions shall be held in accordance with the rules of IFBB.**

1. Junior Men's Bodybuilding up to 18 years
2. Junior Men's Bodybuilding up to 23 years
3. Junior Men's Classic Bodybuilding up to 23 years
4. Junior Woman's Body fitness up to 23 years
5. Woman's Newcomer Bikini fitness
6. Woman's Newcomer Bodyfitness
7. Men's Newcomer Bodybuilding

8. Woman's Bodyfitness (absolute category)
9. Men's Physique (absolute category)
10. Woman's Bikini up to 169cm. and over 169cm.
11. Wellness Bikini fitness (absolute category)
12. Men's Classic Bodybuilding (absolute category)
13. Men's Bodybuilding (absolute category)
14. Absolute Bodybuilding Category of Men Šiauliai Dwellers
15. Absolute Bodybuilding Category of Ladies Šiauliai Dwellers
16. Determination of the Absolute Winner of "Sun Cup"

Muscles and free programmes shall be assessed individually (2 body assessments + 1 programme assessment). The competition will be held in accordance with the prepared scenario, indicating the approximate times of participants' shows.

### **Absolute Bodybuilding Category of Ladies Šiauliai Dwellers**

The participants of the bodyfitness category shall participate. 4 poses will be performed.

### **Absolute Bodybuilding Category of Men Šiauliai Dwellers**

The participants of the bodybuilding and classic bodybuilding categories shall participate. 4 poses will be performed.

### **Determination of the Absolute Winner of "Sun Cup"**

Participants: winners of all men's and men's newcomer categories, junior men's under-23 and 18 bodybuilding and classic bodybuilding absolute categories. 7 compulsory poses will be performed.

## IV. PARTICIPANTS

The teams of the clubs of Lithuanian cities and districts and guests from abroad will participate in the competition. The assignment of participants to the teams will be established in accordance with applications submitted by the teams (see Annex 1). Athletes will be able to participate individually.

## V. APPLICATIONS

Original applications and participants' personal documents shall be submitted to the Judge Panel on the day of the competition (during weighing and registration).

## VI. REGISTRATION OF PARTICIPANTS

Registration of participants shall take place on the day of the competitions (11 May 2019) from 10:00 to 13:00. at the Šiauliai "Saulė", the concert hall (at the address Tilžės street 140).

*Start fee per one participant – 30 EUR.*

*Participant fee for the teams consisting of more than 5 athletes – 25 EUR. If the competitor is not IFBB member the participant fee is 50EUR.*

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**Šiaulių apskrities kultūrizmo federacija**

During registration, the weight and height of athletes participating in the men's classic bodybuilding category will be measured.

During the registration, the athletes shall wear competition outfit (swim briefs, bikini), present a personal identity document, and provide an appropriately marked music record (surname, category) for the free programme: a CD in its case, with the record in the beginning (it is recommended to record it in two formats - \*.mp3 and \*.wav).

#### VII. EVENTS AND SCORING

The competitions are organized for the award of the principal prize "Sun Cup"; the competitions shall be individual-team competitions. The same athlete shall not be allowed to participate in the events of several categories. Exception is granted for the categories of Šiauliai dwellers and the absolute category of the tournament "Sun Cup".

The team club scoring shall include the scores of all athletes (1<sup>st</sup> place – 16 points, 2<sup>nd</sup> place – 12 points, 3<sup>rd</sup> place – 9 points, 4<sup>th</sup> place – 7 points, 5<sup>th</sup> place – 6 points, etc. (10<sup>th</sup> place – 1 point).

#### VIII. AWARDS

The winners will be awarded with cups, medals and valuable prizes. All participants (participating in the finals or no) shall be awarded with diplomas. In addition, 1 best clubs shall be awarded with diplomas. **Absolute Winner of "Sun Cup" wins 1000eu!**

#### IX. RECEPTION AFTER THE COMPETITIONS

