

## INTERNATIONAL CROATIAN CHAMPIONSHIPS 2019 IFBB INTERNATIONAL & 22nd CROATIAN NATIONAL CHAMPIONSHIPS IN FITNESS & BODYBUILDING

**Amateur IFBB International Competition in bikini fitness, wellness fitness, men's & women's physique, bodybuilding, classic bodybuilding and bodyfitness**

**April 20th 2019, Sisak, Croatia**

### INFORMATIONS

#### **WELCOME**

The Organizing Committee of Croatian fitness & bodybuilding federation and Body building club „SISAK“ take this opportunity to welcome all National Federations to participate on the INTERNATIONAL CROATIAN CHAMPIONSHIPS – IFBB International fitness & bodybuilding competition 2019, which will take place on 20th of April 2019 in Croatian town Sisak, under the supervision of Croatian fitness & bodybuilding federation (in short: HFBBS) .

#### **LOCATION**

#### **CITY OF SISAK**

Sisak (Croatian: [sǐ:sak]; Hungarian: *Sziszek* ['sisek]; also known by other alternative names) is a city and episcopal see in central Croatia, located at the confluence of the Kupa, Sava and Odra rivers, 57 km (35 mi) southeast of the Croatian capital Zagreb, and is usually considered to be where the Posavina (Sava basin) begins, with an elevation of 99 m. The city's total population in 2011 was 47,768 of which 33,322 live in the urban settlement.

Sisak is the administrative centre of the Sisak-Moslavina County, Croatia's biggest river port and a centre of river shipping industry (Dunavski Lloyd). It lies on the main road Zagreb-Sisak-Petrinja (M12.2) and the railroad Zagreb-Sisak-Sunja. Sisak is a regional economic, cultural and historical center. The largest oil refinery in Croatia is located here.

Town Sisak is situated on three rivers: Kupa, Sava and Odra which meander in its centre, with the river banks rich in vegetation, pleasant for walks and relaxation. Sisak history dates to the Illyrian times. The remains of rich and vivid history are built in the foundations of the town itself. These are presented in the archaeological sites and the museum exhibitions. In the vicinity of the town there is Lonjsko Polje Nature park, untouched corner of nature. This the most important tourist destination should be present not only on the tourist map of Sisak but also that one of the continental Croatia.

## **SEGESTICA-fortified Celtic town**

The oldest inhabitants from the prehistoric period did not leave even a name. Only some remains of tools and some small statues of idols witness their existence. The archaeological remains tell us about the native Illyrian tribes that were conquered by the Celts who came to this area in the 4th century BC. The Celts mixed with the Illyrians ethnically and culturally and they founded the settlement of Segestica. The Illyrian-Celtic peoples managed to resist the Roman pressure until 35 BC, when, after a 30-day siege, Octavian conquered and destroyed Segestica.

## **SISCIA – Roman town**

In the Roman Empire Siscia changed its status from a military camp, then a fortified town to a town of full Roman law. In the middle of the 3rd century a famous mint was set up, and Siscia reached its peak in 297 when it became the centre of Pannonia Savia Province. During that period the town was an important intersection of the Roman roads and crafts centres, as well as the centre of the Imperial Office for tax collecting.

Christianity, which was expanding unstoppably throughout the Empire despite persecution, rooted in Siscia, too. The first well-known bishop was Quirinus of Siscia who was Bishop from 284 to his martyr death, probably in 303.

After declining of the Roman Empire, the significance of Sisak as a centre was lost. Moreover, the Great migration of peoples brought the Huns, the Gaels, the Avars and the Slavs, devastating and to a large extent destroying Antique Culture.

## **SISSEK – mediaeval Croatian settlement**

Several centuries of Sisak history remained unclear all through the 9th century when it appeared in the history of Croats. At the beginning of the 9th century Croats recognized the rule of the Franks, who Duke of Pannonian Croatia Ljudevit Posavski came in conflict with. In 819, Ljudevit Posavski chose Sisak as the stronghold of resistance and fight for independence, which confirmed that even then the town had preconditions for life and defence. By establishing Diocese of Zagreb in 1094, Sisak and its surroundings became the property of the Bishop of Zagreb.

During the rule of Bela IV Sisak got the status of the town municipality with the town government and court, and by the beginning of the 16th century that town municipality was characterized by relatively peaceful period in which the inhabitants were occupied with agriculture and cattle breeding. Such peaceful life was disturbed by the invasion of the Turks, who were disastrously defeated on 22 June 1593. The victory of the Croatian Army in defending Sisak resounded throughout Europe so Sisak became part of the Antemurale Christianitatis.

During the 18th century a more peaceful life favoured development of trading and transport roads, which had an impact on development of Sisak. There could be found a church, a school, a doctor and a chemist, a grain warehouse and a grain fair.

## **SZISZEK – the biggest Croatian river port**

The beginning of the 19th century caught a divided Sisak, the one on the left bank of the Kupa River which belonged to Kaptol, and the one on the right bank under direct government of the Military Frontier. In

1838 Sisak got the status of the free market town with the town hall and coat of arms, and during the Illyrian movement, Sisak Illirians on 2 October 1839 performed the play 'Juran and Sofija' by Ivan Kukuljević, thereby marking the beginning of Stokavian drama in Newer Croatian literature.

The role of Sisak in the industrial life of Croatia became more important by opening the waterway along the Sava and the Kupa in 1842, and especially by constructing the railway line in 1862. After the abatement of the Military Frontier, civil and military Sisak united in one town municipality, so in 1874 Sisak became a free royal town.

### **SISAK – Town of Croatian Victories**

The twentieth century brought industrialization of Sisak which would particularly intensify after World War I, when the population increased and the demographic structure changed. Before the World War II, Sisak was an important centre of river traffic, and metallurgic, chemical, wood and food industry. A great number of industrial workers favoured strong development of workers' and union movement. A logical sequence of that all was the organization of the Sisak Partisan Detachment. After World War II Sisak became one of industrially most developed towns of Croatia.

The inevitability of self defence from Serbian-Chetnik formations as well as from units of the so called JNA having been recognized, at the Police Directorate in Sisak a Special Police Unit was formed during March of 1991, as well as the first military unit of National Guard of The Republic of Croatia in April. In Sisak battlefield, as well as in battlefields throughout Croatia, the 2nd Guard Brigade 'Thunder' and MUP formations had a significant role. From September 2nd 1991 to August 7th 1995 the town of Sisak lived under danger of the enemy's bombshells. The town paid the price of the Homeland War and Croatian independence by over 250 dead and missing Croatian knights.

**VENUE SITE:** Address: Hall of Oil Refinery Sisak (**Dom rafinerije nafte Sisak**),

**Ante Kovačića 1, SISAK, Croatia, EUROPE**

### **ACCOMMODATION/ RECOMMENDED HOTELS**

One-day motel accommodation (in motel Viktorovac, Perivoj Viktorovac 7, Sisak) with breakfast is responsibility of organizer. If competitor or delegate want to stay one night more (before or after the competition), the cost is their responsibility.

### **ARRIVALS**

All national federation arrivals are day before the competition, or on day of the competition. The most suitable arrival day is Friday, April 19th.

### **VISAS**

A valid passport is required to entry into Republic Croatia. Please consult the Croatian Embassy in your country to determine if you need a visa. The Organizing Committee of INTERNATIONAL CROATIAN CHAMPIONSHIPS 2019 will help to arrange the visas for all athletes and officials.

## **CURRENCY**

The national currency in Republic Croatia is the KUNA (abbreviated KN). One Euro is approximately 7,4 Kuna. All major credit cards are accepted in hotels, restaurants and most of the shops.

## **OFFICIAL LANGUAGE**

The official language is Croatian, but English is widely used in hotels, shopping and sports centers, tourist areas.

## **TIME DIFFERENCE**

The time in Sisak is in CET+1.

## **CLIMATE**

During the months of April, the temperature is about 15-20°C and probably this year and higher.

## **WEIGHT-IN AND MEASUREMENT OF ATHLETES**

Weigh-in and registration of competitors will take place on a venue site at Hall of Oil Refinery Sisak, street: Ante Kovačića 1, Sisak, Croatia April 20th from 10:30 AM – 12:00 PM. It is the responsibility of the chief delegate or team leader to make sure that the athletes are there on time. Any athletes who are late will not be accepted to participate.

All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.

You will receive your starting numbers and badges for athletes and coaches at the Registration.

## **NATIONAL TEAM**

All national team federations are free to send as many competitors as they have, ready to compete, who are not on any sanction what so ever.

Only IFBB amateur competitors who are recommended by their respective IFBB National Federations are eligible to compete. The organizers reserves the right to decline entry to any athlete who does not meet these requirements.

Entry Forms should be sent by National Federations. The deadline is April 07th, 2019.

## **CATEGORIES OPEN FOR COMPETITION**

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

- men's juniors bodybuilding: OPEN
- men's juniors physique: OPEN
- women's juniors bikini fitness: OPEN
- women's bikini fitness: SHORT, TALL
- women's bodyfitness: OPEN
- women's wellness fitness: OPEN
- women's physique: OPEN

-men's bodybuilding: -80 kg, - 90 kg, + 90 kg

-men's classic bodybuilding: SHORT, TALL

-men's physique: SHORT, TALL

-men's masters bodybuilding: OPEN

-women's masters bikini fitness: OPEN

Juniors can compete in the senior category, but they also need to sign up in senior category.

Masters can compete in the senior category, but they also need to sign up in senior category.

We reserve the right to change (increase or decrease) the number of categories.

The category will be held with at least 3 (three) competitors in the category.

## ***REGISTRATION FEE***

There is **NO REGISTRATION FEE** for foreign athletes on „INTERNATIONAL CROATIAN CHAMPIONSHIPS 2019“ at 20th April 2019.

## ***TANNING/MAKEUP NEEDS***

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

## ***BACKSTAGE/DRESSING ROOM ACCES***

Access to the backstage area and dressing room area shall be strictly limited to essential personnel ONLY. Coaches and trainers who assist athletes.

## ***AWARDS***

Trophies, medals, diplomas and sponsorship awards will be presented for all competitors.

## ***PASSPORT***

Competitors must provide their PASSPORT or valid ID documents during the registration.

## ***PASSPORT / MUSIC***

Competitors must provide their PASSPORT and MUSIC for categories: men's classic bodybuilding, men's bodybuilding and women's physique (on CD, with one track) during the registration. The music must be on 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.

## ***FINAL ENTRY FORMS***

Please confirm your participation not later than April 7th, e-mail: [crobbsf@gmail.com](mailto:crobbsf@gmail.com)

National Federations must submit the actual names of all Official Participants (Athletes by category with corresponding height and weight, Delegates names, including the Judges) in e-mail. Also include arrival and departure information should be submitted along.

## ***TENTATIVE SCHEDULE***

**Saturday, April 20th 2019**

10:30 – 12:00 Weight in and registration of athletes

14:00 – 19:00 Semifinals and finals together

19:00 - .... Farewell banquet

## ***CONTACT INFORMATION***

Please send all correspondence to:

**Croatian bodybuilding Federation**

**Tel/fax 00385 1 3496-919**

**E-mail: [crobbf@gmail.com](mailto:crobbf@gmail.com)**