

67th IFBB Men's World Amateur Bodybuilding Championships and International Congress



**3rd to 8th November 2013
Marrakech, Morocco**



Inspection Report

Welcome

The Organizing Committee of the Moroccan Bodybuilding Federation takes this opportunity to welcome all National Federations of the world to participate in the 67th IFBB Men's World Amateur Bodybuilding Championships and International Congress in Marrakech, Morocco, Sunday 3rd to Friday 8th November 2013.

About Marrakech

Marrakech is a major city in the northwest African nation of Morocco. It is the fourth largest city in the country after Casablanca, Fes and Rabat, and is the capital of the mid-southwestern economic region of Marrakech-Tensift-El Haouz. Located to the north of the foothills of the snow-capped Atlas Mountains, by road Marrakech is located 580 km (360 mi) southwest of Tangier, 327 km (203 mi) southwest of the Moroccan capital of Rabat, 239 km (149 mi) southwest of Casablanca, and 246 km (153 mi) northeast of Agadir.

Marrakech is the most important of Morocco's four former imperial cities. Inhabited by Berber farmers from Neolithic times, the city was founded in 1062 by Abu Bakr ibn Umar, chieftain and cousin of Almoravid king Yusuf ibn Tashfin. In the 12th century, the Almoravids built many madrasas (Koranic schools) and mosques in Marrakech that bear Andalusian influences. The red walls of the city, built by Ali ibn Yusuf in 1122-1123, and various buildings constructed in red sandstone during this period, have given the city the nickname of the "Red City" or "Ochre City". Marrakech grew rapidly and established itself as a cultural, religious, and trading centre for the Maghreb and sub-Saharan Africa; Jemaa el-Fnaa is the busiest square in Africa. After a period of decline, the city was surpassed by Fes, but in the early 16th century, Marrakech again became the capital of the kingdom. The city regained its preeminence under wealthy Saadian sultans Abu Abdallah al-Qaim and Ahmad al-Mansur, who embellished the city with sumptuous palaces such as the El Badi Palace (1578) and restored many ruined monuments. Beginning in the 17th century, the city became popular among Sufi pilgrims for Morocco's seven patron saints, who are entombed here. In 1912 the French Protectorate in Morocco was established and T'hami El Glaoui became Pasha of Marrakech and held this position nearly throughout the duration of the protectorate until the role was dissolved upon independence of Morocco and the reestablishment of the monarchy in 1956. In 2009, Marrakech mayor Fatima Zahra Mansouri became the second woman to be elected mayor in Morocco.

Tourism is strongly advocated by the reigning Moroccan monarch, Mohammed VI, with the goal of doubling the number of tourists visiting Morocco to 20 million by 2020. Despite the economic recession, real estate and hotel development in Marrakech has grown dramatically in the 21st century. Marrakech is particularly popular with the French, and numerous French celebrities own property in the city. Marrakech has the largest traditional Berber market (souk) in Morocco, with some 18 souks selling wares ranging from traditional Berber carpets to modern consumer electronics. Crafts employ a significant percentage of the population, who primarily sell their products to tourists.



Official Hotels

The official Championships Hotel will be **Reyad Mogador Agdal** located at:

Zone Touristique Agdal - Marrakech - Morocco

Tél : +212 05 24 38 81 00

Fax : +212 05 24 38 81 05

hagdalresa@ryadmogador.com

The main activities, like the registration, weigh-in, and the World Congress, will all happen in the same Hotel. All meals for officials and athletes will also be served in the official Hotel.



Accommodations

The organizing committee will provide free-of-charge accommodations and three (3) meals per day for all official participants (athletes & delegates) from the national federations according to the following IFBB rules:

- Three or more competitors: two delegates permitted.
- Two competitors or less: only one delegate is permitted.

National federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.

The term "Official Participant" means 1) an Athlete who is duly authorized by his national federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

Official arrival date is Monday 4th November 2013 and the official departure date is Friday 8th November 2013

IMPORTANT NOTICE: All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the Technical Meeting (3:00 pm on 5th November 2013). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his/her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a trainer, it is recommended that your Federation nominate this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

Hotel security deposit

A hotel security deposit of 100 Euros per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

IMPORTANT NOTICE: You must pay the Hotel Security Deposit and IFBB Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives in Marrakech without their Team manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the IFBB Registration Fee **BEFORE** a room can be assigned.

Special packages rates for extra delegates, supporters, media & others

The organizing committee has established a full special package rate, which includes four (4) nights' accommodations with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a cost of 500 Euros per person in a twin bedded room or 650 Euros per person in a single bedded room.

IFBB Registration Fees :Each athlete (both A and B team) and Official Delegate must pay the IFBB registration fee of 150.00 Euros each (Three or more competitors: two Official Delegates permitted. Two competitors or less: only one Official Delegate is permitted). This fee is payable to the IFBB upon arrival at the official Hotel in Marrakech. The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card will have to pay 180.00 Euros, which includes the international card and the registration fee.

Airport The official arrival airport is Ménara International Airport in Marrakech. The organizing committee will pick you up at the international airport on arrival and transport you to the official hotels. It is very important that every national federation provide to the organizing committee the complete arrival & departure details of its team, including the number of people in each delegation. Your cooperation is essential to ensuring adequate transportation for your team.

Early arrivals & late departures Any national federation, including any of its individual team members, arriving before the **official arrival date of 4th November 2013 and/or staying after the official departure date of 8th November 2013** will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the official arrival date and after the official departure date will be approximately 300 Euros per day per room for twin bedded lodging and 250 Euros per day per person for single bedded room. You must notify the organizing committee of any early arrivals and/or any late departures no later than 30th September 2013.

Flight reconfirmation

To reconfirm your flight to and from Marrakech, please contact the secretariat within 24 hours before your departure.

Bodyweight categories

- Flyweight Up to & Incl. 60kg (132 lbs)
- Bantam weight Up to & Incl. 65Kg (143 lbs)
- Light weight Up to & Incl. 70Kg (154 lbs)
- Welter weight Up to & Incl. 75Kg (165 lbs)
- Light-Middle weight Up to & Incl. 80Kg (176 lbs)
- Middle weight Up to & Incl. 85Kg (187 lbs)
- Light-Heavy weight Up to & Incl. 90Kg (198 lbs)
- Heavy weight Up to & Incl. 100Kg (220 lbs)
- Super-Heavy weight Over 100Kg (220 lbs)

a) National federations will be permitted to enter an "A" team of up to a maximum of nine (9) athletes with no more than two (2) athletes in the same weight category.

b) Each National Federation may enter a "B" team according to the rules specified below. The maximum allowable number of competitors in the "B" team is 9.

The National Federation shall be obliged to pay the Package Rate of 350 Euros for each "B" team competitor. This package shall comprise of the competitor's accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet.

The "B" team competitors shall compete for placing and awards, excluding the Best National Team award.

A National Federation must fully declare its "B" team competitors on the Final Entry Form and must register the "B" team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

Athletes and Team Managers Meeting

There will be an Athletes and Team Managers Meeting before the Weigh-in on Tuesday 5th November. All athletes will be obliged to attend this meeting.

Secretariat

The organizing committee will manage a Secretariat at the official hotel from 9.00 AM on 4th of November 2013 to 7.00 PM on the 8th November 2013. You may obtain information and assistance from the Secretariat.

Parade of the nations

The mandatory dress code for all delegates participating in the Parade of Nations will be IFBB attire, e.g. black dress shoes, grey dress pants with shirt, IFBB tie and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

Camera / video tape equipment

Cameras and/or video tape equipments shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

Posing music

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC

Judges

In order to assist the judges committee in their selection of the judges at the world championships, please forward your nominations for judges from your federation as soon as possible to:

Mr. Pawel Filleborn Chairman, IFBB Judges Committee Email: pawelfilleborn@gmail.com

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international cards to Marrakech.

PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS

IMPORTANT NOTICE: All judges who wish to be included in the judges panels at these championships should be specified on the Final Entry Form. The test judges should also be specified on the Final Entry Form. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

Green cards

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

Five (5) or more athletes – two (2) green cards.

Less than (5) athletes – one (1) green card.

Doping Controls

Doping controls will be conducted by the IFBB medical commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form **(available in the appendix)**

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at IFBB international competitions.

Visas

A valid passport is required for entry into Morocco. Please contact the embassy of Morocco in your country to determine if you need a visa. An official letter of invitation will be made available, if required.

Time difference

Time in Marrakech = GMT.

Currency

The official currency of Morocco is the Derham (MAD)

approx 1 Derham = 0.12 US Dollar

approx 1 Derham = 0.090 Euro

Credit cards

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

Climate

During the month of November, the average temperature oscillates between 22 to 25 degrees centigrade.

Electrical current

220 Volts

Language

Moroccan's main language is Arabic & French. English is fluently spoken by most of the people.

People

Moroccan people are friendly, hospitable and modest. They also have a sense of balance and moderation.

Training facility

There is a fully equipped training center at the official Hotel.

Media accreditation

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB media accreditation form. You may contact the IFBB press commission to obtain this form:
amichalak5@gmail.com

Attendance at the IFBB International Congress

It is the duty and responsibility of each national federation to ensure that it is represented at the IFBB International Congress meeting. All national federations officially participating in the championships must also attend the congress, including national federations with athletes and no delegates. In this case the athlete must attend and represent his country at the Congress.

Athletes without delegates

All athletes competing at the IFBB World Championships must be members in good standing of their national federations. Any athlete who arrives without a delegate must carry an **OFFICIAL LETTER OF PARTICIPATION** from his national federation, failing which the athlete will not be allowed to participate.

Misrepresentation

Misrepresentation is a serious breach of the **IFBB CODE OF ETHICS** and occurs where an "official" of a National Federation deliberately misrepresents the number of athletes and delegates so as to obtain free of charge accommodations, meals, onsite transportation, access to the prejudging, finals, and farewell banquet, and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an athlete only to have that so-called athlete fail to officially register as a competitor at the weigh-in or, once having officially registered, fail to compete. Any national federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined an amount equal to the Special Package Rate for each person involved.

Preliminary Entry Form (PEF)

The deadline for the Preliminary Entry Form (**available in the Appendix**) is 4th September 2013. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (athletes and delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

Final Entry Form (FEF)

The deadline for the Final Entry Form is **October 24th, 2013**. National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date.

Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

If the Final Entry Form returns to the Organizing Committee after October 24th, then this National Federation will have to pay the full package of **Euro €500** in a double room or **Euro €650** in a single room for each member of its National Team (athletes and delegates) instead of the Registration Fee.

Medical Withdrawal

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

Please send all correspondence to:

Moroccan Bodybuilding Federation
Mr. Demnati Abdelmaguid, President
Tele: 00212522490853
Mobil: 00212661214427
E-mail: frmbbuilding@hotmail.fr & bodycult2011@gmail.com

Please copy all correspondence to:

IFBB Head Office - Madrid, Spain
Phone: +34 91 535 2819
Fax: +35 91 535 0320
E-mail: internacional@santonja.com

And:

Dr. Eng. Adel Fahim
IFBB Executive Assistant to the President
IFBB Vice President
IFBB Cairo Office - Cairo, Egypt
Phone: +20222726812 / +20226707366
Fax: 20222726812 / +20226707366
E-mail: ifbbcairo@gmail.com OR efbb@link.net

And:

Wanda Tierney
IFBB Liverpool Office
E-mail: wanda.tierney@ifbb-uk.com

**67th IFBB Men's World Amateur Bodybuilding Championships
Marrakech, Morocco 3rd – 8th November 2013
Tentative Schedule**

Sunday, 3rd November 2013

7.00 am – 7.00pm **Arrival of the IFBB Executive Council Members**
8.00 pm **Dinner for the IFBB Executive Council Members**

Monday, 4th November 2013

7.00 am – 7.00pm **Arrival of delegates and competitors Registration and Check-in**
12.00 pm – 3.00pm **Lunch**
3.00 pm **The IFBB Executive Council Meeting**
7.00 pm **Welcome Dinner**

Tuesday, 5th November 2013

7.00 am – 9.30 am **Breakfast**
12.30 pm – 3.00pm **Lunch**
3:00 pm **Technical Meeting**
4:00 pm **Team Managers and Athletes Meeting**
5:00 pm **Weigh-in, Registration**
8:00 pm **Dinner**

Wednesday, 6th November 2013

7.00 am – 9.00am **Breakfast**
10.00 am **Prejudging**
7.00 pm – 9.pm **Dinner**

Thursday, 7th November 2013

7.00 am – 9.00am **Breakfast**

8.30 am	The IFBB Congress
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12.00 pm – 2.00pm **Lunch**
3.00 pm **Finals**
9.00 pm **Farewell Banquet**

Friday, 8th November 2013

7.00 am – 10.00am **Breakfast**
12.00 Noon **Departures**