



**CONFEDERACION SUDAMERICANA
DE FISICO CULTURISMO Y FITNESS**

Reconocida por la IFBB desde 2006



Argentina - Aruba - Bolivia - Brasil - Colombia - Chile - Ecuador - Panama - Paraguay - Peru - Surinam - Uruguay - Venezuela

JUNIOR WORLD CHAMPIONSHIP AND WORLD MASTER CUP



2018

NOVEMBER 30 TO DECEMBER 3, 2018

QUITO – ECUADOR



Caranqui OE6-110 y Av. Mariscal Sucre

Email: csff.ifbb@gmail.com

Edificio FEGAL 5to. piso

Teléfonos: +593 26020107

www.csff-ifbb.com

La Magdalena Quito - Ecuador

+593 999614465



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Quito, September 10th, 2018

To:
PRESIDENTS OF THE NATIONAL FEDERATIONS OF BODYBUILDING AND FITNESS
AFFILIATES OF THE IFBB
City.-

First and foremost, we want to extend a sincere greeting and warmest wishes in all your endeavors.

The Ecuadorian Federation, the South American Confederation and the International Federation of Bodybuilding and Fitness, have the honor to invite your National Federation to participate in the **JUNIOR WORLD CHAMPIONSHIP AND MASTER WORLD CUP**, which will take place in the city of Quito - Ecuador from November 30th to December 3rd of the current year, according to the attached program.

We look forward to your presence at the event and thank you for your continued support and hard work for the betterment of our beloved sport.

Sincerely,

Lcdo. Juan Fernando Paredes
PRESIDENT FEFICULP – CSFF

Dr. Rafael Santonja Gómez
PRESIDENT IFBB



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ORGANIZING COMMITTEE:

The Junior World Championship and the Master World Cup are organized by the Ecuadorian Federation FEFICULP, the South American Confederation CSFF and the International Federation of Bodybuilding and Fitness IFBB.

EVENT CITY:

Quito, capital of Ecuador, surrounded by large volcanoes, formed by streets and colonial houses, is a city where people try to preserve their colorful traditions. Located at 2,800 meters above sea level, on a horizontal strip between beautiful Andean mountains at the foot of the Pichincha volcano. The natural splendor of the city, a spring-like climate all year round, combined with its attractive squares, parks and monuments as well as the warmth of its people, make Quito a unique and unforgettable place.



Churches, museums and convents marvelously preserved and their large buildings provide a contrast between contemporary architecture and modern Quito, a cosmopolitan city of great cultural diversity, declared by UNESCO as "Cultural Heritage of Humanity".



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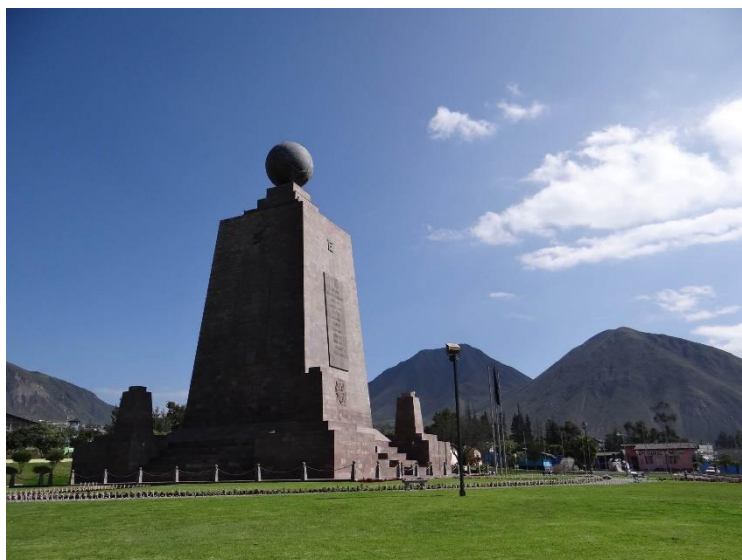
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At north of the city is the monument to the Middle of the World, which aims to highlight the exact location of the Equator or Ecuador, from which the country takes its name. A small city surrounding the monument acts as a tourist center, offering a replica of a Spanish colonial city called "Ciudad Mitad del Mundo", located on an imaginary line that divides Planet Earth into two equal hemispheres, one to the North and one to the South.



EVENT VENUE:

The competitions will be held at the National Theater of the House of Ecuadorian Culture, a modern and elegant stage, with capacity to accommodate 2200 guests, has a large stage and large dressing rooms.



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RECEPTION OF DELEGATIONS:

The delegations can plan their flights to the Mariscal Sucre International Airport in the city of Quito. The Organizing Committee will have delegates at the airport coordinating the arrival of each delegation.

The reception of the delegations will be hosted by the FEFICULP on the days established as official: arrival **November 30** and departure **December 3**. Those who travel on other dates must make their own travel arrangements.

CONFIRMATION OF ARRIVAL AND FLIGHT:

Please confirm your arrival with your flight information by **November 19**, to the following email feficulp.feficulp@gmail.com

INTERNAL TRANSPORTATION:

The transport airport - hotel - airport will cost **20 dollars for each member of the delegation**.

ACCOMMODATION:

The Organizing Committee will provide accommodation for **3 nights and 3 meals a day**, to the athletes and delegates duly registered, from the official arrival day **Friday, November 30th to Monday, December 3rd**, day of departure of the delegations.

In accordance to the regulations of the IFBB:

- ✓ Three or more competitors: Two delegates
- ✓ Less than three competitors: One delegate

Two hotels are available, located 100 meters from the place of competition:

TAMBO REAL Hotel, 4 stars, located on Av. 12 de Octubre y Patria.

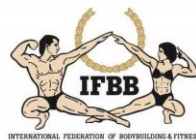


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HILTON COLON Hotel, 5 stars, located in Av. Patria y Amazonas.



FEFICULP will not be responsible for the payment of costs caused by additional days of lodging, consumption and / or extra delegates. These will be under total responsibility of each National Federation.

If a National Federation sends its registration and does not attend, that Federation must pay to the Ecuadorian Federation the expenses incurred for that group.

Any judge, coach or delegate who is not an official participant will be responsible for all their expenses.

SPECIAL PACKAGES FOR EXTRA DELEGATES:

The Organizing Committee has established a special complete package, which includes three (3) nights of accommodation, with three (3) meals per day (breakfast, lunch and dinner), tickets for competitions and internal transportation, at a cost of \$ 400 per person in a double room or \$550 per person in a single room.

EARLY ARRIVALS / LATE DEPARTURES:

The National Delegation or one of the team members, who arrives before the official arrival date of **November 30th** and / or stays after the official departure date of **December 3rd**, will be responsible for all their expenses, including the arrangement of transportation from the airport to the hotel or vice versa.

The Organizing Committee can facilitate transportation before and after the official arrival and departure dates at a cost of 30 dollars per person per trip. The accommodation at the official hotel before the official arrival date and after the official departure date will cost approximately 70 dollars per person per night in a double room, breakfast included. It is necessary to notify until November 19th about early arrivals and / or late departures.



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HOTEL SECURITY DEPOSIT:

The Head of the Delegation must deposit **100 dollars for each member of the delegation**, at the time of check-in at the hotel, this value will be used as warranty against possible damages caused during the stay in sheets, towels, carpets and / or furniture.

This deposit will be refunded once all the rooms of the Delegation are checked out.

MEALS:

The Organizing Committee will provide meals from lunch on Friday, November 30th to breakfast on Monday, December 3rd.

REGISTRATION FEE:

Each athlete and official delegate must pay to the IFBB registration fee of **300 dollars** per participant, which must be paid in advance by credit / debit card or PayPal on the IFBB website: <http://www.ifbb.com/competition-registration>. Please add your name during the online payment and bring a copy of your payment confirmation to the register.

The deadline to make the payment online is Monday, November 19th until 24:00 (European time). If you pay in the register on November 30th, you will be charged an additional 50 dollar fee per participant.

The hotel security deposit and the IFBB registration fee must be paid before the team members can stay.

INTERNATIONAL IFBB CARD:

Athletes must present their International IFBB Card to compete, it costs 40 dollars or 30 Euros for those who do not have it or must renew their annual membership.

WEIGHING AND REGISTRATION OF ATHLETES:

The weighing and registration of the athletes will take place on Friday, **November 30th**, from 10:00 a.m. to 8:00 p.m. at the Tambo Real Hotel, Av. 12 de Octubre y Patria.

Athletes will have to present their passport or identity document and the international IFBB card for registration.

Each athlete will receive a bracelet from the competition during the registration, this allows entry to the place of competition and other activities of the Championship, should not be removed.

COMPETITION MUSIC:

During the weighing, each athlete must deliver a properly identified USB drive, which must contain only the competition music in MP3 format, with the time established in the regulations of each modality. The use of profane, vulgar and offensive language is strictly prohibited in the music of posing.



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PARTICIPATION:

This Championship and World Cup are open to all the National Federations affiliated to the IFBB from all over the world. The participation of athletes is unlimited, registration can only be done through their National Federations.

It is important to take into account that it is the total responsibility and obligation of the National Federations to verify that each of the athletes who register for this international event are not suspended, or fulfilling a period of ineligibility due to an anti-doping rule violation or any another disciplinary case at national or international level.

COMPETITION TANNING:

Tanning booths will be available, book your appointment and request information at protanecuador@gmail.com - Whatsapp +593993588944. PRO TAN tanning and hot stuff will also be available for sale.

CATEGORIES OPEN FOR COMPETITION:

JUNIOR WORLD CHAMPIONSHIP	
JUNIOR MEN'S BODYBUILDING	
1	Junior Men's Bodybuilding from 16 up to & incl. 23 years - 80 Kg
2	Junior Men's Bodybuilding from 16 up to & incl. 23 years - over 80 Kg
JUNIOR MEN'S CLASSIC BODYBUILDING	
3	Junior Men's Classic Bodybuilding from 16 up to & incl. 20 years
4	Junior Men's Classic Bodybuilding from 21 up to & incl. 23 years - 175 cm
5	Junior Men's Classic Bodybuilding from 21 up to & incl. 23 years - over 175 cm
JUNIOR MEN'S PHYSIQUE	
6	Junior Men's Physique from 16 up to & incl. 19 years
7	Junior Men's Physique from 20 up to & incl. 21 years
8	Junior Men's Physique from 22 up to & incl. 23 years - 173 cm
9	Junior Men's Physique from 22 up to & incl. 23 years - over 173 cm
JUNIOR MEN'S FITNESS	
10	Junior Men's Fitness from 16 up to & incl. 20 years
11	Junior Men's Fitness from 21 up to & incl. 23 years
JUNIOR WOMEN'S FITNESS	
12	Junior Women's Fitness from 16 up to & incl. 20 years
13	Junior Women's Fitness from 21 up to & incl. 23 years
JUNIOR BODY FITNESS	
14	Junior Body Fitness from 16 up to & incl. 23 years
JUNIOR BIKINI FITNESS	
15	Junior Bikini Fitness from 16 up to & incl. 19 years
16	Junior Bikini Fitness from 20 up to & incl. 21 years
17	Junior Bikini Fitness from 22 up to & incl. 23 years - 164 cm
18	Junior Bikini Fitness from 22 up to & incl. 23 years - over 164 cm
JUNIOR WELLNESS FITNESS	
19	Junior Wellness Fitness from 19 up to & incl. 23 years



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MASTER WORLD CUP	
MASTER MEN'S BODYBUILDING	
1	Master Men's Bodybuilding from 40 up to & incl. 44 years - 70 Kg
2	Master Men's Bodybuilding from 40 up to & incl. 44 years - 80 Kg
3	Master Men's Bodybuilding from 40 up to & incl. 44 years - over 80 Kg
4	Master Men's Bodybuilding from 45 up to & incl. 49 years - 70 Kg
5	Master Men's Bodybuilding from 45 up to & incl. 49 years - 80 Kg
6	Master Men's Bodybuilding from 45 up to & incl. 49 years - over 80 Kg
7	Master Men's Bodybuilding from 50 up to & incl. 54 years
8	Master Men's Bodybuilding over 55 years
MASTER MEN'S CLASSIC BODYBUILDING	
9	Master Men's Classic Bodybuilding over 40 years
MASTER MEN'S CLASSIC PHYSIQUE	
10	Master Men's Classic Physique over 40 years
MASTER MEN'S PHYSIQUE	
11	Master Men's Physique over 40 years
MASTER WOMEN'S PHYSIQUE	
12	Master Women's Physique over 40 years
MASTER BODY FITNESS	
13	Master Body Fitness over 35 years
14	Master Body Fitness over 45 years
MASTER BIKINI FITNESS	
15	Master Bikini Fitness over 35 years - 164 cm
16	Master Bikini Fitness over 35 years - over 164 cm
MASTER WELLNESS FITNESS	
17	Master Wellness Fitness over 35 years

Important note: five is the minimum number of competitors to open a category. If there are less than 5 athletes, the categories can be combined, whenever possible.

PRELIMINARY REGISTRATION FORM:

The deadline to submit the preliminary registration form is **October 31st**. The National Federations must confirm the intention to participate by indicating the total number of athletes and delegates that will make up the Delegation.

Send to: feficulp.feficulp@gmail.com – info@ifbb.com – amichalak5@gmail.com

FINAL REGISTRATION FORM:

The deadline to submit the final registration form is Monday, November 19th. The National Federations must send the names of all the participants (athletes by category and delegates, including judges). They must also include flight arrival and departure information. This information is essential to guarantee accommodation in the hotel and adequate transportation for the team.

Send to: feficulp.feficulp@gmail.com – info@ifbb.com – amichalak5@gmail.com



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If a National Federation does not respect the deadline for sending the final registration form, each "official participant" of that federation must pay 400 dollars (double room) or 550 dollars (single room) instead of the registration IFBB fee.

DOPING CONTROLS:

The Doping Commission of the IFBB, in coordination with the National Doping Commission of Ecuador, will be responsible for carrying out the controls, using a laboratory accredited by WADA.

To compete in the World Championship, all athletes must sign a doping test consent and exemption form during the registration.

Doping tests can be done using any of the following methods:

- Random selection: a number of athletes selected at random during the event
- Weighted selection: a number of athletes selected at random from the best finalists
- The IFBB reserves the right to prove any athlete

The IFBB is a signatory to the WADA Code. The participating National Federations have the duty and the obligation to guarantee that the athletes of their national team compete without doping problems in the international events of the IFBB.

JUDGES:

To be considered within the panels of judges of the World Championship, the International Judges as well as the Test Judges must be included in the final registration form sent by each National Federation.

The Judges must bring their international card with the updated payment of 2018 of EUR €50 or USD \$60. The test judges must pay EUR €50 or USD \$60 to carry out their evaluation.

All the judges must be present at the technical meeting on Friday, November 30th, those who do not attend will not be able to judge in the World Championship.

For more information, contact Mr. Pawel Filleborn, Chairman of the Judges Committee of the IFBB pawelfilleborn@gmail.com

GREEN CARDS:

The green cards, used to limit access to the backstage area during the competition, will be delivered at the technical meeting on Friday, November 30th, as follows:

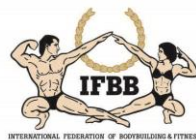
- Five (5) or more competitors - two (2) green cards
- Less than five (5) competitors - one (1) green card

If the officers of the National Federation do not attend the meeting, this federation will not have a green card.



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COACHES - BACKSTAGE:

Only accredited coaches can enter the backstage to assist participating athletes. For this, the IFBB will hand out bracelets and accreditations to the Head of Delegation of each country.

PHOTOGRAPHY AND FILMING:

The IFBB will accredit the press and photography staff that can enter the event, who will have a special area in front of the competition stage and in the dressing rooms. Access to people without authorization will NOT be allowed.

The World Championship will be broadcasted live, through the official web sites: www.ifbb.com / www.csff-ifbb.com. The IFBB has exclusive rights to the event.

Cameras and video recording equipment are strictly prohibited in backstage and dressing rooms, except when used by authorized IFBB personnel and media.

TRAVEL MEDICAL INSURANCE:

It is mandatory that all members of the Delegation have travel medical insurance, covering mainly medical and / or hospital care that may be required during the trip and / or competition. The FEFICULP and the IFBB are not responsible for medical expenses.

MISREPRESENTATION:

Misrepresentation is a serious violation of the IFBB Code of Ethics and occurs when an "official" of a National Federation deliberately misrepresents the number of athletes and delegates to obtain free accommodation, meals, internal transportation, access to competitions, farewell dinner and other services by the organizer.

Part of this misrepresentation may be a false claim that a person is an athlete only to have the benefits of being one but, is not officially registered as a competitor at the weigh-in, or once they have registered they do not show up to compete.

The National Federation declared guilty of misrepresentation will be immediately disqualified from the World Championship and a fine equivalent to the special package fee will be imposed for each person involved.

MEDICAL WITHDRAWAL:

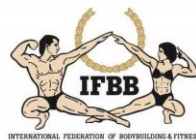
Once it has been officially registered, no Athlete may withdraw from the competition without the prior approval of the Chief Judge of the IFBB. It is not acceptable for a National Federation to unilaterally withdraw an athlete without the prior approval of the IFBB. The Chief Judge has the right to verify the reason for the withdrawal.

The National Federation that does not request the prior approval of the IFBB Main Judge before withdrawing an athlete, will be fined with an amount equal to the special package rate.



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FAILURE OF COOPERATION:

The lack of cooperation with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary sanctions.

VISAS:

A valid passport is required to enter Ecuador, most countries do not require a visa, however it is important that you verify the information of your country: <https://www.cancilleria.gob.ec/>

An official letter of invitation will be available if necessary. It is the responsibility of the National Federations to obtain the entry visa if this is the case.

CERTIFICATES:

The FEFICULP will deliver official certificates to all participants in the World Championship, duly signed by the authorities.

FLAGS AND NATIONAL ANTHEMS:

The participating countries must bring the music of their respective national anthems (abbreviated version) on a compact disc (CD). Similarly, national flags with a measure of 2.5 x 1.5 meters.

PARADE OF NATIONS:

The mandatory dress code for all delegates participating in the Parade of Nations will be the official uniform of the IFBB.

CLIMATE:

For the month of December, the average temperature in Quito is 10 to 20 degrees Celsius.

TIME DIFFERENCE:

GMT - 5 hours

CURRENCY:

The official currency of Ecuador is the American Dollar.

ELECTRICAL CURRENT:

Voltage: 120 V
Frequency: 60 Hz
Plugs: Type A / B

LANGUAGE:

The official language of Ecuador is Spanish, but English is widely spoken.



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GENERAL PROGRAM OF THE CHAMPIONSHIP AND WORLD CUP:

THURSDAY, NOVEMBER 29		
All day	Arrival of the IFBB Executive Committee	Hilton Colon Hotel
13H00 - 15H00	Lunch	
18H00 - 19H30	Meeting of the IFBB Executive Committee	
20H00 - 22H00	Dinner	
FRIDAY, NOVEMBER 30		
08H00 - 20H00	Official arrival of the National Delegations	Tambo Real Hotel
10H00 - 21H00	Registration of athletes	
12H00 - 14H00	Lunch	
18H00 - 19H30	Technical meeting of Judges and Team Managers	
20H00 - 22H00	Dinner	
SATURDAY, DECEMBER 1		
07H00 - 10H00	Breakfast	Hotels
11H00 - 13H00	Semifinals and finals - Part 1	National theater
13H00 - 14H30	Lunch	
14H30 - 18H30	Semifinals and finals - Part 2	
19H00 - 22H00	Dinner	Hotels
SUNDAY, DECEMBER 2		
07H00 - 10H00	Breakfast	Hotels
11H00 - 13H00	Semifinals and finals - Part 1	National theater
13H00 - 14H30	Lunch	
14H30 - 18H30	Semifinals and finals - Part 2	
20H00 - 24H00	Farewell Banquet	Hilton Colon Hotel
MONDAY, DECEMBER 3		
07H00 - 10H00	Breakfast	Hotels
07H00 - 14H00	Departure of Delegations	

CORRESPONDENCE / CONTACT INFORMATION:

FEFICULP

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IFBB General Office

Diana Mozos

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IFBB Technical Committee

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com