



MR OLYMPIA AMATEUR SPAIN

June, 10th to 12th 2016

(Marbella - Málaga, Spain)



**MARBELLA
MÁLAGA**



INSPECTION REPORT





welcome

IFBB

President, PhD. Rafael Santonja, welcomes to the second edition of the Olympia Amateur Spain Mr. Olympia Amateur is a prestigious IFBB international event, an amateur version of the famous Mr. Olympia Pro competition, started by the inspirational concept of bodybuilding pioneer and promoter Joe Weider in 1965. Beside traditional men's bodybuilding, our amateur version will also

include men's classic bodybuilding, men's physique as well as women's bodyfitness and bikini-fitness – full spectrum of the spectacular physique sports performed in the IFBB nowadays.

PRO CARDS FOR OVERALL WINNERS AT BODYFITNESS, BIKINI FITNESS, BODYBUILDING AND MEN'S PHYSIQUE.

Location



Mr Olympia Amateur Spain will be celebrating in **Marbella**; a nice world renowned touristic city, capital of the famous **Costa del Sol** just by side to Málaga only away 50 kms from this big capital. Marbella is situated on the Mediterranean Sea, between Málaga and the Strait of Gibraltar, in the foothills of the Sierra Blanca. The municipality covers an area of 117 square kilometers (45 sq mi) crossed by highways on

the coast, which are its main entrances.

Marbella is a paradise in Europe: nice weather all the yearlong, beautiful beaches, touristic activities (Congress, Culture's, Commercials trading's, etc...). Marbella is one of the best touristic sites in the World, **30.000 beds and 100 hotels (+10 hotels 5****)**. Malaga's International Airport is only 25 minutes from Marbella.



venue

This Mr Olympia Amateur Spain will be held at the **Palacio de Congresos Adolfo Suárez de Marbella** (address: c/ José Meliá 2, 29603 Marbella-Spain). The main auditorium for 1.520 seats with working desks. The distribution in amphitheater allows a great vision from any side of the room. They are provided with the most advanced technical and audio-visual equipment, such as Wi-Fi system.



recommended hotels

ALANDA HOTEL MARBELLA

Bulevar Príncipe Alfonso de Hohenlohe, s/n
(CN-340, km. 176,6)
29602 Marbella - 952 89 96 00 /
www.alandahotelmarbella.com
GPS: Latitud: 36,50515 Longitud: -4,924943
952 76 48 46
reservations@alandahotelmarbella.com

BARCELÓ MARBELLA

Urb. Guadalmina Alta - C/ de Granadillas, s/n
29670 San Pedro Alcántara
952 88 90 99 / 952 88 79 66
www.barcelo.com
GPS: N:36.48375o w: 05.00684o
marbella@barcelo.com

AGENCIA SUGERIDA para hoteles en Marbella: **ATLANTOUR dmc, S.L.**
TEL: 00 34 959 251 793 viajes@atlantour.es

For information about hotels, visit website Tourist Office in Marbella, Malaga
<http://www.esp.andalucia.com/provincia/malaga/occidental/marbella/touristoffice.htm>

important advice on hotel booking

These dates will be at the beginning of summer, so to find out accommodation in the Costa del Sol, one of the most popular touristic zones in Europe, it is recommended to book the hotels as soon as possible. Please, book your hotel enough in advance to get a convenient accommodation in those dates.

Please keep in contact with the IFB Headquarters for more information.

important arrival and check-in notices

The IFBB Registration Fee of EUR 200,00 (euros) will have to be paid in advance online through credit/debit card or PayPal at <http://www.ifbb.com/registration> for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

Registrations payments made after May 25th or at the registration day will be 250€.

registration and weight-in

Registration and weigh-in will be run from 10:00 am. to 08:00 pm. at the **Palacio de Congresos Adolfo Suárez de Marbella**, on Friday 10th June 2016.

Remember that all athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at registration. IFBB International Cards are 30 Euros per year and are mandatory from 2011.

IFBB amateur event starts on Saturday June 11th and will continue on Sunday, June 12th. Athletes should begin warming up at 9:00am on Saturday 11th; competition will begin at 10:00am. More information about running order and other competition details will be forwarded nearer the time. Please check www.ifbb.com for regular updates. We report from tentative schedule as soon as possible.

tentative schedule of activities

FRIDAY, JUNE 10TH, 2016

ARRIVALS OF ALL NATIONAL TEAMS

From 10:00 to 20:00 h.: Continuous Weigh-in and Registration (all categories)

Palacio de Congresos Adolfo Suarez (Venue Event)

18:00 h.: Technical & Judges Meeting -

Palacio de Congresos Adolfo Suarez (Venue Event)

SATURDAY, JUNE 11TH, 2016:

From 10:00 to 20:00 h.: Prejudging and Finals of categories

National beginners championship will be run between Victory Ceremony:

men's Bodybuilding and Women's Bodyfitness up to 163 cm.

Palacio de Congresos Adolfo Suarez (Venue Event)

SUNDAY, JUNE 12TH, 2016:

From 10:00 to 16:00 h.: Prejudging and finals of categories

Palacio de Congresos Adolfo Suarez (Venue Event)

MONDAY, JUNE 13TH, 2016:

Departures of National Teams

tanning 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.



IMPORTANT INFORMATION

All the costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

participation

This competition is open for ALL the IFBB-affiliated National Federations from all over the world.

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms should be e-mailed: officemanager@ifbb.com, amichalak5@gmail.com



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. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

important notice to competitors

Each athlete, participating in the championship will be provided with an accreditation card or wristband at the weigh-in. This identification allows daily admission and should not be removed.

visas

A valid passport is required to enter Spain. EU-country citizens do not need to obtain a visa. All other countries should consult the Spanish Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing, Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

entry form contact details

PLEASE FORWARD ALL ENTRY FORMS TO

PLEASE SEND ENTRY FORM NO LATER THAN MAY 27TH TO 2016 TO:

Andrzej Michalak (IFBB Technical Commission)
amichalak5@gmail.com

PLEASE SEND A COPY TO:

International Federation of Bodybuilding and Fitness
Phone: +34 91 535 2819
E-mail: officemanager@ifbb.com

IFBB National Federations are informed that participation in to this championship is **unlimited**. Remember that all athletes will have to produce their IFBB International card at the registration. Any athlete who has not yet purchased this IFBB International card will have to buy one at registration. IFBB International cards are 30 Euros per year and are mandatory from 2011.

judges

All National Federations are reminded that their nominations for judges must be also included in the Entry Forms according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn at: pawelfilleborn@gmail.com

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, said form which must be remitted to the IFBB by e-mail at officemanager@ifbb.com, amichalak5@gmail.com no later than **May 27th to 2016**.

green cards

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

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

backstage access / dressing room access

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

camera / videotape equipment

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

time difference

UTC/GMT +1 hour

currency

The national currency in Spain is EURO. All major credit cards are widely accepted at most major hotels, department stores and restaurants.



climate

During the month of June, the average daily temperature is 24-26 °C.

electrical current

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.

language

The official language in Marbella is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

athletes without delegates

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an Official Letter of Authorization of Participation from his National Federation, failing which the Athlete will not be allowed to participate.



categories open for this competition



BODYFITNESS

Up to & including 163 cm
Over 163 cm

Overall winner will be eligible to apply for the IFBB PRO Card.

BIKINI-FITNESS

Up to & including 160 cm
Up to & including 163 cm
Up to & including 166 cm
Up to & including 169 cm
Up to & including 172 cm
Over 172 cm

Overall winner will be eligible to apply for the IFBB PRO Card.
Bikini-Fitness Masters (+35 years old)



BODYBUILDING

- Up to & including 70 kg
- Up to & including 80 kg
- Up to & including 85 kg
- Up to & including 90 kg
- Up to & including 100 kg
- Over 100 kg Men's

Overall winners will be eligible to apply for the IFBB PRO Card

CLASSIC BODYBUILDING

(Height/weight limits)*

- Up to & including 171 cm
- Up to & including 175 cm
- Up to & including 180 cm
- Over 180 cm

Overall winners WILL NOT BE eligible to apply for the IFBB PRO Card.


MEN'S PHYSIQUE

- Up to & including 170 cm
- Up to & including 174 cm
- Up to & including 178 cm
- Over 178 cm

Muscular Men Physique Open
Overall winner will be eligible to apply for the IFBB PRO Card.

*MAXIMUM BODYWEIGHT LIMITS [IN KG] FOR CLASSIC BODYBUILDING

Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	(Athlete's height [in cm] minus 100) + 2
Up to 175 cm	(Athlete's height [in cm] minus 100) + 4
Up to 180 cm	(Athlete's height [in cm] minus 100) + 6
Up to 190 cm	(Athlete's height [in cm] minus 100) + 8
Up to 198 cm	(Athlete's height [in cm] minus 100) + 9
Over 198 cm	(Athlete's height [in cm] minus 100) + 10



JOE WEIDER'S
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