



**IFBB AMATEUR MEN CLASSIC
BODYBUILDING WORLD
CHAMPIONSHIPS
&
WORLD AMATEUR BODYBUILDING,
FITNESS & BODYFITNESS
CUP**

INSPECTION REPORT



BUDAPEST, HUNGARY

November 19 – November 22, 2010

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WELCOME

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB Amateur World Men Classic Bodybuilding and World Amateur Bodybuilding, Fitness & Bodyfitness Cup in Budapest, Hungary, November 19 – November 22, 2010.

ABOUT BUDAPEST



The phrase „Central European” is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe’s Carpatian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian peoples and shared certain anthropological and cultural traits with the Turks.

Budapest’s most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the „City of Festivals”; several major cultural events are held in and around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections include: the Museum of Applied Arts, the Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It is definitely worth mentioning the Synagogue on Budapest’s Dohány Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has a unique collection of traditional Jewish artifacts.

Budapest is visited by 40 million tourists per year.

Both the hotel and the venue site are in the city center. They are only 200 meters apart from each other. The Buda Castle, the Basilica, the Synagogue, the Coronation Church, the Citadella, the shopping centers and the shopping street (called Váci utca) are reachable by few minutes walk.

We advice everybody to go for discovery trip – Budapest by night is fascinating.

The two parts of the city are connected by fantastic bridges. The Erzsébet bridge is only 1 km from the hotel from where we can enjoy the fantastic panorama.

<http://www.youtube.com/watch?v=e0wkokaybWA>

OFFICIAL HOTEL

Continental Hotel Zara ****Superior Budapest

H-1074 Budapest Dohány utca 42-44



The new four star superior design hotel is located in Budapest's downtown, offering 272 rooms - superior, executive, deluxe, suites- reflected by art deco features, perfect harmony and fine elegance combining a modern world of colours and forms. The hotel welcomes guests, providing business and tailor-made services with well-equipped conference rooms, Boutique Spa with wellness and fitness center, restaurant with terrace, Gallery café and lounge bar, underground private parking garage, two courtyards and Roof garden.

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the Official Arrival Date, after the Official Departure Date and during the Championships, for all Official Participants (Athletes and Delegates), extra delegates, supporters, media and others.

ACCOMMODATIONS

The Organiser will provide free-of-charge accommodations and three meals per day, starting with dinner on Friday, November 19 till breakfast on November 22, 2010 for all Official Participants* pursuant to IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

**The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules.*

National Federations with no athlete may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses.

The Official Arrival Date is Friday, November 19, 2010.

The Official Departure Date is Monday, November 22, 2010.

IMPORTANT NOTICE

All National Team Official Participants (athletes, delegates) must check in BEFORE the start of Technical Meeting (November 19, 2010, 5:00pm). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all of his or her own expenses.

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

SPECIAL PACKAGES

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The Organizing Committee has established a **Full Special Package Rate**, which includes three (3) nights accommodations with three (3) meals per day (breakfast, lunch and dinner), tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation* at a cost of **Euro €400 per person in a double-bedded room or Euro €500 for a single-bedded standard room.**

The Organizer has also established **Partial Special Package Rate** as follows:

Partial Special Package Rate, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet at a cost of **Euro €100.**

IMPORTANT NOTICE: anybody wishes to have a Partial Special Package must inform the Organising Committee no later than 15 October, 2010.

The capacity of the venue site is limited and there will NOT be an opportunity to buy a ticket at the venue site!!!!!!!!!!

For more information, please contact the Organizing Committee..

VENUE SITE

Uránia Nemzeti Filmszínház Budapest

H- 1088 Budapest Rákóczi út 21.

The Uránia Nemzeti Filmszínház was built around the middle of the 1890 at was then called the Kerepesi street (nowdays called Rákóczi street) as a reveller.

A cultural government renovated the building to its original beauty in 2002. Near the salon 2 new chambers were built also.

The building was reopened in April 2002 and since that time it has been used as a cinema in which they are organising different film festivals, programs, gala premiers, and other events.

In 2006 the Urania Nemzeti Filmszínház received the Europa Nostra reward.

<http://www.uranianf.hu>

IMPORTANT NOTICE: the venue site and the official hotel is only 200 meters far from each other!!!!



HOTEL SECURITY DEPOSIT

A hotel security deposit of **Euro €100.00 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, 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 members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

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.

AIRPORT

The arrival airport is the Budapest, Ferihegy International Airport. The Organizing Committee will pick you up at the airport on arrival and transport you to the Official Hotel. It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

The transportation from the airport to the official hotel on Friday, 19 November is EUROS 10,- per person and from the hotel to the airport on Monday, 22 November also EUROS 10,- per person.

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 November 19, 2010** and/or staying on after the **Official Departure Date of November 22, 2010** will be responsible for all of their own 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 **€80** per day for a twin-bedded room with breakfast and dinner. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than October 15, 2010.**

IMPORTANT NOTICE

Any National Federation team members arriving before the Official Arrival Date of November 19, 2010 and/or staying on after the Official Departure Date of November 22, 2010 will be responsible for their own transportation.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Hungarian Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required.

CATEGORIES OPEN FOR COMPETITION

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Men	Classic Bodybuilding	-168 cm	1	1
Men	Classic Bodybuilding	-171 cm	1	1
Men	Classic Bodybuilding	-175 cm	1	1
Men	Classic Bodybuilding	-180 cm	1	1
Men	Classic Bodybuilding	+180 cm	1	1
Women	Fitness	Open	1	1
Junior Women	Fitness	Open	1	1
Women	Bodyfitness	Open	1	1
Men	Bodybuilding	Open	1	1

- The weight/height limits tolerance of the Men's Classic has the following criteria:

Height	Bodyweight limit
Up to 168 cm	Height -100
Up to 171 cm	(Height -100) + 2 kg
Up to 175 cm	(Height -100) + 4 kg
Up to 180 cm	(Height -100) + 6 kg
Over 180 cm	
Up to 190 cm	(Height -100) + 8 kg
+190 – 198 cm	(Height -100) + 9 kg
Over 198 cm	(Height -100) + 10 kg

The rules regarding A and B teams for this event are as follows:

The „A”- team

- Each National Federation may enter an „A”- team. The maximum allowable number of competitors in the „A”- team is 9.
- A maximum allowable number of „A”- team competitors per National federation in any one category shall not exceed two (2)

- Pursuant to applicable rules, the Organiser will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- National federation shall pay a Registration Fee for each „A”-team competitor
- The „A”-team competitors shall compete for placings and awards, including the Best National Team award
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form and must register the „A”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

The „B” –team

- 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 Full Package Rate for each „B”- team competitor. This package shall comprise the competitor accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet. It will also include the Registration Fee.
- The „B”-team competitors shall compete for placings 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.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 11:00am, November 19, 2010 to 11:00 am, November 22, 2010. You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each Official A-team athlete and each Official Delegate, including delegates without competitors must pay the IFBB Registration Fee of Euro **€150**. This fee is payable to the IFBB upon arrival at the Official Hotel in Budapest. B-team athletes are not required to pay the IFBB Registration Fee since this is included in the Full Special Package Rate. The IFBB Registration Fee is completely separate from the hotel security deposit.

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 Budapest without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the *IFBB Anti-Doping Rules* and *IFBB Anti-Doping Directive 2006-001* 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 *Doping Control Consent & Waiver of Liability Form*.

IMPORTANT NOTICE

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

1. *Random Selection*: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
2. *Weighted Selection*: A number of athletes selected at random from among the top finalists e.g. at Finals

**The IFBB reserves the right 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.

[DOPING CONTROL PROCEDURES: THE ATHLETE'S GUIDE](#)

[DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM](#)

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The Athletes's name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

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

NATIONAL ANTHEM/NATIONAL FLAG

All National Federations must bring with them to Budapest the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Budapest their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

**Note: For all European National Federations, the IFBB already has a copy of all National Anthems on CD.*

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **October 31, 2010** to:

Pawel Filleborn
Chairman
IFBB Judges Committee
Fax: +48 22 642 73 51
E-mail: pawelfilleborn@gmail.com

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

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

IMPORTANT NOTICE

All judges must attend the Judges/Team Manager meeting. If a judge is absent from this meeting, he or she will not judge.

MEDIA ACCREDITATION

All media accreditation, accept 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 info@ifbb.com **no later than October 15, 2010.**

[IFBB MEDIA ACCREDITATION FORM](#)

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the IFBB Registrar at the weigh-in/height measurement. This information is used to promote the competitor in the press, on TV, the website and other media.

[COMPETITOR INFORMATION FORM](#)

GREEN CARDS

Green cards, used to limit access to the Weigh-in and backstage area during the 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 card

IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES/TEAM MANAGERS MEETING, IT WILL NOT BE ISSUED A GREEN CARD.

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

GMT +1 hour

CURRENCY

The national currency in Hungary is the Hungarian Forint. One Euro is approximately equal to 275 Forint (one USD is approximately equal to 220 Forint) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the month of November, the average temperature is 0-2 ° C.

ELECTRICAL CURRENT

The electrical outlets are 220 Volt

LANGUAGE

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

ATHLETES WITHOUT DELEGATES

All Athletes competing at 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 Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form.

If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when 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.

MEDICAL WITHDRAWAL

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

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the IFBB *Code of Ethics* and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

CORRESPONDENCE/CONTACT INFORMATION

Please send all correspondence to:

Mrs Zita Osiyemi

Organizing Committee

Hungarian Bodybuilding and Fitness Federation

Phone: +36 1 256 17 58

Mobile: +36 20 9457 679

Fax: +36 1 256 17 58

Email: zitaosiyemi@yahoo.com

Please copy all correspondence to:

International Federation of Bodybuilding and Fitness

Dr. Rafael Santonja

IFBB President

Phone: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: internacional@santonja.com

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.
Please check regularly for updates:

Friday November 19	11.00 – 17.00	Official Arrival Date for Athletes and Delegates at Zara Hotel Budapest	
	17.30	Technical Meeting,	
	18.00	Judges & Team Managers Meeting	
	19.00	WEIGH-IN	
	20.00-22.30	Dinner	
	Saturday November 20	07.00-10.00	Breakfast
10.00-14.00		PREJUDGING for Fitness, Bodyfitness and Bodybuilding Categories	
12.00-14.00		Lunch at the hotel	
14.30-20.00		PREJUDGING for all Classic Bodybuilding categories	
19.00-22.00		Dinner	
Sunday November 21		07.00-10.00	Breakfast
	12.00-14.00	Lunch	
	13.30 -14.00	Opening ceremony	
	14.00 – 20.00	FINALS	
	21.00-23.30	Farewell Banquet, Hotel Zara	
	Monday November 22	07.00-10.00	Breakfast Departure
06.00-11.00		Official Departure Date Check out and departure of all participants	

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is October 15, 2010. 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.

PRELIMINARY ENTRY FORM

FINAL ENTRY FORM

The deadline date for the Final Entry Form is November 10, 2010. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight 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 co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

FINAL ENTRY FORM

It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report.

If any of your athletes and/or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.