



**IFBB WORLD  
JUNIORS & MASTERS  
BODYBUILDING, CLASSIC BODYBUILDING,  
FITNESS, BODY FITNESS  
AND MEN'S WHEELCHAIR BODYBUILDING  
CHAMPIONSHIPS**

***INSPECTION REPORT***



**KEMER, ANTALYA, TURKEY**

**10-13 December 2010**

## WELCOME

The Organizing Committee of the Turkish Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB Juniors & Masters World Amateur Bodybuilding, Classic Bodybuilding, Fitness, Body Fitness and Men's Wheelchair Bodybuilding Championships in Kemer, Antalya, Turkey, December 10<sup>th</sup> to 13<sup>th</sup>, 2010.

## LOCATION

Antalya is located on the south coast of Turkey by the Mediterranean Sea. It is a very popular holiday destination, because it not only has a deep blue sea, but also a very beautiful high mountain range. At certain times of the year you can see people ski high up on the snowy mountains tops, while there are people enjoying the sunshine by the seaside. Turkey is rich in history so there are numerous historical places to visit as well.



Antalya's superb countryside

## OFFICIAL HOTEL

The LIMRA HOLIDAY RESORT is part of the LIMAK INTERNATIONAL HOTELS AND RESORTS and is a five star resort. It has its own private beach and there are several pools in the resort. Entertainment and water sport activities are scheduled throughout the day. It is ideal for families, because everything you need is within the resort. The main restaurant (buffet) is open for breakfast, lunch and dinner, but there are numerous restaurants, cafés, pubs and bars, which are part of the “all inclusive” package, most of them open at various hours of the day or night. If you want a special meal, you can make a reservation at one of the “A La Carte” restaurants for a cover price (Italian, Chinese, Turkish).



A Birdseye view of the resort



One of the pools at the resort

## ACCOMMODATION

The Organiser will provide free-of-charge accommodations and three meals per day, starting with lunch on Friday, December 10<sup>th</sup> and ending with breakfast on Monday, December 13<sup>th</sup>, 2010. The LIMRA HOLIDAY RESORT is an “all inclusive” resort, which means all drinks and snacks in between meal times at several bars and buffets are included 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 the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.*

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

**The Official Arrival Date is Friday, December 10<sup>th</sup>, 2010.**

**The Official Departure Date is Monday, December 13<sup>th</sup>, 2010**

### **IMPORTANT NOTICE**

**All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting (December 10<sup>th</sup>, 5 pm). Any Official Participant not checked in by this deadline, without notifying the Organizing Committee, will be classified as an extra delegate and will be responsible for all his or her expenses.**

**Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or 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 **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.**

### **ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS**

The Organizing Committee has established a special package including: 3 nights with all meals and drinks included, tickets for semi-finals and finals, closing banquet and transport at: Euro **€400.00** for each person in a double room or Euro **€500.00** for a single room. For more information please ask the Organizing Committee.

### **VENUE SITE**

The venue site for the Championships is the CONVENTION CENTRE and is located within the LIMRA HOLIDAY RESORT.



### **ARRIVAL/AIRPORT**

The official airport for arrivals is the ANTALYA INTERNATIONAL AIRPORT. This airport is used by all major airlines and several budget airlines. Distance between airport and hotel is approx. 90 km.



## EARLY ARRIVALS

Any National Federations arriving before the official arrival date of December 10<sup>th</sup>, 2010 and staying on after the official departure date of December 13<sup>th</sup>, 2010 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee, who will be able to arrange a special rate.

## FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival on the fax:

## TRANSPORTATION

The official airport for arrivals is the Antalya International Airport. The transportation from the airport to the hotel will be arranged for all teams. The Turkish Federation of Bodybuilding and Fitness will pick you up at the Antalya International Airport. The organizer shall arrange the transportation on December 10<sup>th</sup>, 2010 from the airport to Limra Holiday Resort, Kemer for **Euro €25** per person and on December 13<sup>th</sup> back to the airport for **Euro €25** per person, based on the stated times of arrivals and departures.

## VISAS

A valid passport is required to enter Turkey. EU-country citizens can obtain a visa at the airport on arrival for around Euro €20.00. All other countries should consult the Turkish Embassy in their country to determine if they need 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
Junior Women	Bodybuilding	Open class	1	1
Junior Women	BodyFitness	Up to & incl 163 cm	2	2
Junior Women	BodyFitness	Over 163 cm		
Junior Women	Fitness	Up to & incl 163 cm	2	2
Junior Women	Fitness	Over 163 cm		
Junior Men	Bodybuilding	Up to & incl 75 kg	2	2
Junior Men	Bodybuilding	Over 75 kg		
Junior Men	Classic Bodybuilding	Open Class	1	1
Junior Men	Fitness	Open Class	1	1
Master Women	Bodybuilding: Age >35 yrs	Open Class	1	No Limit
Master Women	BodyFitness: Age>35 yrs	Open Class	1	No Limit
Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 70 kg	7	No Limit
Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 80 kg		
Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 90 kg		
Master Men	Bodybuilding: Age >40-49 Yrs	Over 90 kg		
Master Men	Bodybuilding: Age >50-59 Yrs	Up to & incl 80 kg		
Master Men	Bodybuilding: Age >50-59 Yrs	Over 90 kg		
Master Men	Bodybuilding: Age >60 Yrs	Open Class		
Master Men	Classic Bodybuilding: Age >40 yrs	Open Class	1	No Limit
Men	Wheelchair	Open Class	1	No Limit

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 20.
- 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 Best National Team award
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form (FEF) 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 **JUNIORS** competitors in the B-team shall not exceed those in the A-team;
- There is **NO LIMITATION** for „B” – team **MASTERS** competitors in these Championships.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”-team competitor. This package shall comprise the competitor’s Registration Fee, accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet
- 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 (FEF) and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

## **AGE LIMITS**

### **JUNIOR**

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 21st birthday.

### **MASTER**

A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.

A male athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age). In the year in which competitor reaches his 50<sup>th</sup> birthday, he may compete in category 50-59 years of age only. In the year in which competitor reaches his 60<sup>th</sup> birthday, he may compete in category over 60 years of age only.

## **SECRETARIAT**

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 08:00am, December 10<sup>th</sup> till 4:00pm on December 13<sup>th</sup>, 2010. You may obtain information and assistance from the Secretariat.

## **IFBB REGISTRATION FEE**

Each Official A-Team Junior Participant and each Delegate must pay the IFBB Registration Fee of Euro **€150.00**. Each A-Team Masters Participant must pay the IFBB Registration Fee of Euro **€200.00**

These fees are payable upon arrival at the Official Hotel in Kemer, Antalya. 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 Kemer, Antalya 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, 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 the IFBB international competitions.

## **PASSPORT/MUSIC**

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on CD, at the start of the CD. The Athletes' 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 Kemer, Antalya, 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 Kemer, Antalya, 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 EBFF 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 10<sup>th</sup>, 2010** to:

Pawel Filleborn

Chairman, IFBB Judges Committee

E-mail: [p.filleborn@neostrada.pl](mailto:p.filleborn@neostrada.pl)

PLEASE **DO NOT** FAX/EMAIL YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Kemer, Antalya.

### **IMPORTANT NOTICE**

**All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.**

**Judges have to pay the yearly judges' licence fee of EUR 50.00 for 2010. This fee may be paid at the Championships. Test judges should pay a test fee of EUR 50.00. This fee may be paid at the Championships.**

**All judges must attend the Judges/Team Manager meeting.**

**If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.**

## **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 [info@ifbb.com](mailto:info@ifbb.com) **no later than October 10<sup>th</sup>, 2010.**

## **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 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 +2 hours

## **CURRENCY**

The national currency in Turkey is the Turkish Lira. One (1) Euro is approximately equal to two (2) Turkish Lira but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants.

## **CLIMATE**

During the month of December, the average temperature is 20-22 °C.

## **ELECTRICAL CURRENT**

The electrical outlet is 220 Volt.

## **LANGUAGE**

The official language in Antalya is Turkish. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

## **TRAINING FACILITY**

A Fitness centre with training facility is available in the Official Hotel.

## **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*.

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.

## TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

Please check regularly for updates:

<b>Thursday, December 9<sup>th</sup>, 2010</b>	
7.00 am – 7.00pm	Arrival of the IFBB Executive Council Members
12.00pm– 3.00pm	Lunch
7.00 pm	IFBB Executive Council Technical Meeting
8.00 pm	Welcome Dinner
<b>Friday, December 10<sup>th</sup>, 2010</b>	
7.30 am – 10.00 am	Breakfast
morning till 5.00 pm	Arrival National Teams
12.30pm– 2.30pm	Lunch
4.30 pm	Technical Meeting
5.00 pm	Judges Meeting
5.30 pm	Team Managers Meeting
6.00 pm	Weigh-in, Registration
7.00 - 9.30 pm	Dinner
<b>Saturday, December 11<sup>th</sup>, 2010</b>	
7.30 am – 10.00 am	Breakfast
10.00 am – 1.00 pm	Prejudging part 1
12.30 pm – 2.30 pm	Lunch
3.00 pm – 7.00 pm	Prejudging part 2
7.00 pm – 9.30pm	Dinner
<b>Sunday, December 12<sup>th</sup>, 2010</b>	
7.30 am – 10.00am	Breakfast
12.30pm – 2.30pm	Lunch
3.00 pm	Finals
9.00 pm	Farewell Banquet
<b>Monday, December 13<sup>th</sup>, 2010</b>	
7.30 am– 10.00am	Breakfast
12.00 Noon	Departure



## **CORRESPONDENCE/CONTACT INFORMATION**

TURKISH FEDERATION OF BODYBUILDING & FITNESS

ULUS IS HANI

A-BLOK, No: 505, Kat: 5

6.5.6.M. ULUS/ANKARA

TURKEY

Phone Nr: +90 312 3108531 and +90 312 3127209

Fax Nr: +90 312 3104905

Cell nr: +90 555 3327000 (Kürsat Küçükler)

E-mail: [vgffederasyonu@hotmail.com](mailto:vgffederasyonu@hotmail.com) and [kursatkucukler@hotmail.com](mailto:kursatkucukler@hotmail.com)

**Please copy all correspondence to:**

IFBB Head Office

International Federation of Bodybuilding & Fitness

Phone: +34 91 535 2819

Fax: +34 91 535 0320

Email: [internacional@santonja.com](mailto:internacional@santonja.com)

Web: [www.ifbb.com](http://www.ifbb.com)

## **PRELIMINARY ENTRY FORM**

The deadline date for the Preliminary Entry Form is **October 11<sup>th</sup>, 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.

## **FINAL ENTRY FORM**

The deadline date for the Final Entry Form is **November 29<sup>th</sup>, 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.

**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 travelling 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**

Inspection Report compiled by:

W. and W. Tierney