



INSPECTION REPORT

EBFF MEN'S EUROPEAN BODYBUILDING, CLASSIC BODYBUILDING & MIXED PAIRS
CHAMPIONSHIPS
EBFF INTERNATIONAL CONGRESS

Maastricht, Netherlands
May 14 – 17, 2010



WELCOME

The Organizing Committee and the Dutch Bodybuilding & Fitness Federation extend a warm welcome to all IFBB National Federations to participate in the IFBB/EBFF Men's European Bodybuilding, Classic Bodybuilding & Mixed Pairs Championship in Maastricht, Netherlands, May 14-17, 2010.

About Maastricht

Maastricht is often described as a very un-Dutch city. Perhaps this is because of the contemporary, almost Mediterranean atmosphere of the historic centre, or the joie de vivre of the city's inhabitants, or its location in the rolling hill country of South Limburg or some other elusive, indefinable quality. At any rate, everyone agrees that the rich pallet of alluring boutiques, the quality and richness of the cultural opportunities on offer, and the varied gastronomic landscape give the city a decidedly international flavour. Maastricht has it all and more!



Maastricht can justly refer to itself as one of the oldest cities in the Netherlands. The city itself is a rich outdoor historical museum. All around you in the streets, you will find reminders of the Maastricht that once served as a Roman border checkpoint city, as a pilgrimage city in the Middle Ages, a garrison city, and as the city where the Dutch Industrial Revolution began. Europeans know Maastricht as the city where the Treaty of Maastricht was signed in 1992, leading to the birth of the euro. And Maastricht is still making history: at the end of 2008, Maastricht decided to compete for the title of 'European Capital of Culture' in 2018.

Maastricht is also synonymous with wellbeing: the surrounding green, hilly countryside invites you to get out and enjoy life. The choices are endless for young and old alike. Practice your swing on one of the rolling golf courses, cycle through the Meuse River valley, or take up the challenge of the green, rolling hills around you. Take a leisurely hike or race down the piste on a snowboard. Relax and enjoy yourself at a health spa. Get the most out of life in Maastricht!

Hotel accommodation

NH Maastricht is a 4 star hotel which has 275 magnificent rooms (including 2 suites, 10 junior-suites and 4 apartments) catering for your every need. Enjoy NH Maastricht and the wonderful food or dream away beside the open fire in Bar/Brasserie Bizonder. Guests can enjoy a festive lunch in The Garden restaurant or feast on the culinary tours de force in the a la carte restaurant Seasons. Friendly and professional, the NH Maastricht's well- trained staff provides outstanding hospitality. There is a Fitness Centre and Spa with gymnasium, sauna and solarium.



The Hotel "NH Maastricht" is connected to the venue site, the MECC..

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of Friday, May 14, 2010 and/or after the Official Departure Date of Monday, May 17, 2010) for all Official Participants (Athletes and Delegates) and extra delegates.

The Organizing Committee will provide free-of-charge accommodations and three meals per day for all **A-Team Athletes and Delegates pursuant to the following IFBB rules:**

Three (3) or more competitors = two (2) delegates
Two (2) competitor or less = one (1) delegate

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

All Athletes and Delegates will be accommodated in double rooms (two persons per room).

The Official Arrival Date is Friday, **May 14, 2010.**

The Official Departure Date is Monday, **May 17, 2010.**

IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration; by Friday, May 14, 2010, 6:00pm. 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 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 (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

SPECIAL & GROUP 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 €500 per person in a double-bedded room or EURO €580 for a single-bedded standard room.**

The Organizer has also established a **Partial Special Package Rate**, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation* at a cost of **€250.**

Package for **B-Team Competitors** is **€500** (which includes participation fee of €150 and transportation to and from the venue site).

**limited to transportation between the official airport and official hotel upon arrival and departure.*

Venue

The Maastricht Exhibition & Congress Centre (MECC) is an ultramodern, dynamic organisation provides accommodation for fairs, conferences and major cultural and sporting events.

The MECC Maastricht's greatest attraction is that it has been designed for multifunctional use. It has everything you need under one roof: conference and exhibition facilities, of course, but also places to wine, dine and sleep. Whether you're organising a conference, a product presentation, a trade fair, a corporate gala or a combination of the above, the versatile MECC Maastricht can provide just the made-to-measure facilities and services you want. The success of your event depends on the quality of the facilities and of the organisers. In both cases, you can count on us MECC Maastricht and its professional partner in state-of-the-art audio-visual and interactive media can provide you with all the technical expertise and equipment that you may require for your event. Internet facilities are available at various locations as well as professional conference organisation.



Airports

Brussels airport in Belgium is the official airport and is about 1 hour drive.

The Organizer will arrange special shuttle bus transportation for those National Delegations arriving at the Brussels International Airport. The price per person each way will be 20 Euros.

Please notify the Organizing Committee of the details of your arrival time **by May 05, 2008** so that suitable transportation can be arranged for your National Team members.

Maastricht Aachen Airport is an international airport with direct flights from a few European cities like Barcelona or Rome and there are several other airports within one hour of Maastricht.

IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE AIRPORT TO THE HOTEL.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, **May 14, 2010**.

The Official Departure Date is Monday, **May 17, 2010**.

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date of May 14, 2010** and/or staying on after the **Official Departure Date of May 17, 2010** will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

IMPORTANT NOTICE

Please contact the Organizing Committee **NO LATER THAN APRIL 26TH, 2010** for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa (only an Identity Card). All other persons should consult the Spanish Embassy or Consulate in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

WEIGHT/HEIGHT CATEGORIES

CATEGORY	DISCIPLINE	BODY WEIGHT/HEIGHT	A-Team	B-Team
Men	Bodybuilding	Up to & incl. 65 kg	8	8
Men	Bodybuilding	Up to & incl. 70 kg		
Men	Bodybuilding	Up to & incl. 75 kg		
Men	Bodybuilding	Up to & incl. 80 kg		
Men	Bodybuilding	Up to & incl. 85 kg		
Men	Bodybuilding	Up to & incl. 90 kg		
Men	Bodybuilding	Up to & incl. 100 kg		
Men	Bodybuilding	Over 100 kg		
Men	Classic Bodybuilding	Up to & including 170 cm + 2 kg	4	4
Men	Classic Bodybuilding	Up to & including 175 cm + 4 kg		
Men	Classic Bodybuilding	Up to & including 180 cm + 6 kg		
Men	Classic Bodybuilding	Over 180 cm (see explanatory notes below*)		
Mixed pairs	Bodybuilding	Open Category	1	1

*Explanatory note for the Men Classic Bodybuilding "Over 180 cm" category:
This category has 4(four) separate weight/height divisions:

1. For competitors with a body height of over 180 cm up to and including 190 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum + 8 kg allowance)
e.g. a competitor who is 190 cm in height may weigh a maximum of 98 kg
2. For competitors with a body height over 190 cm and up to and including 198 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum +9 kg allowance)
e.g. a competitor who is 191 cm in height may weigh a maximum of 100 kg
3. For competitors with a body height over 198 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum +10 kg allowance)
e.g. a competitor who is 199 cm in height may weigh a maximum of 109 kg
4. All competitors described in points 1-3 above shall compete in the "Over 180 cm" category.

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

THE A-TEAM

1. Each National Federation may enter an A-team. The maximum allowable number of competitors in the "A" team shall be equal to the total number of categories open for competition at the Championships; There are 8 men bodybuilding categories (maximum of eight (8) athletes per National Federation will be accepted). There are 4 classic bodybuilding categories (maximum of four (4) athletes per National Federation in A-Team. There is one (1) mixed pairs category (maximum of one (1) mixed pair per National Federation in the A-team is allowed). **Please note that the men competitors for the mixed pairs should be among the official 12 athletes of the male team for these championships.**
2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2).
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all "A"-team competitors.
4. Each National Federation shall pay a Registration Fee of **€150** for each A-team competitor and delegate.
5. The A-team competitors shall compete for placings and awards, including the Best National Team award.
6. 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 at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

THE B-TEAM

1. Each National Federation may enter a B-team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the B-team shall not exceed those in the A-team; in this case, 12 competitors and one mixed pair.
2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2).
3. The National Federation shall be obliged to pay the Full Special Package Rate of **€500** for each B-team competitor. This package shall comprise the competitor registration fee, accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.
4. The B-team competitors shall compete for placings and awards, excluding the Best National Team award.

5. 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 at the official hotel, failing which any undeclared competitor shall be disqualified.

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat in the Lobby of the Official Hotel.

HOTEL SECURITY DEPOSIT

An initial deposit of **€100 per person** is required upon check-in for incidental and personal expenses which may arise (telephone, room service, mini bar, etc). The unused portion of this deposit will be returned upon check-out. 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 team. **Please inform the members of your team before departure not to create additional expenses.**

IFBB REGISTRATION FEE

All Official Participants (Athlete and Delegates, including delegates without athletes) will be required to pay a **150.00 Euro - IFBB Registration Fee**. This can be done before the arrival date by means of credit card or Paypal facilities through the IFBB Head Office. Alternatively the registration fee can be paid upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

To pay the registration fee for the official athletes and delegates before arrival, please contact the IFBB head office or go to www.ifbb.com and on the home page scroll down to “Paypal-click here to pay”.

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 Maastricht 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 the WADA accredited laboratory in Barcelona.

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.

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 athlete'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

All participating National Federations must bring with them a CD of their national anthem. The national anthem must be the only music on the CD.

PLEASE BRING ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS

PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB 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

All National Federations are reminded that their nominations for judges and test judges must be forwarded to Mr. Pawel Filleborn, Chairman, IFBB Judges Committee (+48 22 642 73 51, p.filleborn@neostrada.pl), and IFBB Head Office in Madrid no later than May 3rd, 2010 (+34 91 535 0320, internacional@santonja.com).

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

IMPORTANT NOTICE

Each National Federation must submit the names of its judges, including test judges, on the Final Entry Form. If you fail to submit the name of your judge(s) in advance, your nominated judge(s) will not judge or test judge at the Championships.

JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that its nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting. **All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

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 EBFF Media Accreditation Form, said form which must be remitted to the IFBB/EBFF by e-mail at interbody@home.pl **no later than May 03, 2010.**

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.

GREEN CARDS

Green cards, used to limit access to the Weigh-in/Height Measurement 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

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area is 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 videotape equipment is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

USEFUL INFORMATION

The electrical outlets are 220 volts.

The Euro is the Dutch currency. Hotels, restaurants and shops accept all major credit cards.

Dutch is the official languages although English is widely spoken. English is spoken in hotels, travel agencies, shops, etc.

The time difference is GMT + 1 hour.

ATHLETES WITHOUT DELEGATES

All Athletes competing at EBFF European 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 EBFF

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.

ATTENDANCE AT THE EBFF INTERNATIONAL CONGRESS

It is a duty and responsibility of each National Federation to ensure that it is represented at the EBFF 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.

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.

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the Preliminary Entry Form is **March 24, 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.

The deadline date for the Final Entry Form is **May 3, 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.

TENTATIVE SCHEDULE

Thursday, May 13

10:00 Check-in EBFF Executive Members
16:00 – 18:00 EBFF Executive Members Meeting

Friday, May 14

08:00 – 17:00 Check-in point in the lobby of the official Hotel
10:30 Press Conference
18:00 – 19:30 Judges / Team Managers Meeting
19:30 Weigh-in
21:00 – 22:00 Dinner

Saturday, May 15

(Venue site: MECC)

08:00 – 10:00 Breakfast
09:30 – 14:00 Prejudging, Morning session
13:00 – 15:00 Lunch
16:00 Prejudging, Evening session
20:00 – 22:00 Dinner

Sunday, May 16

08:00 – 10:00 Breakfast
09:00 EBFF International Congress
13:00 – 15:00 Lunch
15:30 Finals
22:00 Farewell Banquet

Monday, May 17

08:00 – 10:00 Breakfast
Departure for all participants
(Official departure date for all National Delegations)

CONTACT INFORMATION

Preliminary and Final Entry Forms must be sent to the Organizer:

Mr. Hedwig Samson
Head of the Organizing Committee DBP
Tel: +31 (0) 6 306 313 46
E-mail: info@ifbb.nl
Web: www.ifbb.nl

Ms. Liona Bergmann
SECRETARY NBBF & Organizing
Committee DBP
Tel: +31 (0) 6235 050 92
E-mail: lionabergmann@ifbb.nl

Please copy all correspondence to:
Dutch Bodybuilding & Fitness Federation
Ms. Juliette Bergmann
NBBF President
E-mail: juliettebergmann@ifbb.nl

Please copy all correspondence to:
Dr. Rafael Santonja
PRESIDENT
Tel: +34 91 535 2819
Fax: +34 91 535 0320
E-mail: internacional@santonja.com
Web: www.ifbb.com

VERY IMPORTANT NOTICE

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.