



IFBB EUROPEAN WOMEN'S AND MEN FITNESS CHAMPIONSHIPS

EBFF INTERNATIONAL CONGRESS

INSPECTION REPORT



Novi Sad, SERBIA

MAY 28-31, 2010

WELCOME

The Organizing Committee of the SERBIAN FEDERATION OF BODY BUILDING, BODYFITNESS, FITNESS AND AEROBIC - (SSBBFA) extend a warm welcome to all IFBB National Federations to participate in the IFBB European Women's and men Fitness Championship in Novi Sad, Serbia, May 28-31. 2010.

ABOUT NOVI SAD

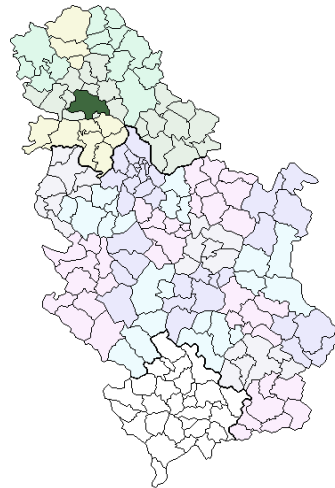
NOVI SAD combines... history, business, nature and culture



Where are we?

Novi Sad is located in the southern part of Europe, in Serbia, between the 19th and 20th degree of the east longitude and 45th and 46th degree of the north latitude. It lies in the southern part of the Pannonian valley, mainly in Southern Backa, at the altitude of 72 to 80 m. Novi Sad lies on the left bank of the river Danube, namely on the 1255th km of its flow and on the mouth of one of the magistral Danube

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The Novi Sad

The number of tourists started to increase since the year 2000, when Serbia started to open to Western Europe and the United States. Every year, in the beginning of July, during the annual EXIT music festival, the city is full of young people from all around Europe. In 2005, 150,000 people visited this festival, which put Novi Sad on the map of summer festivals in Europe. Besides EXIT festival, Novi Sad Fair attract many business people into the city; in May, the city is home to the biggest agricultural show in the region, which 600,000 people visited in 2005.^[23] There is also a tourist port near Varadin Bridge in the city centre welcoming various river cruise vessels from across Europe who cruises on Danube river.



TOURISM ON THE NOVI SAD

The most recognized structure in Novi Sad is Petrovaradin fortress, which dominates the city and with scenic views of the city. Besides the fortress, there is also historic neighborhood of Stari Grad, with many monuments, museums, cafes, restaurants and shops. There is also a National Park of Fruška Gora nearby, approx. 20 km from city centre.

OFFICIAL HOTEL

Hotel NOVI SAD

Bulevar Jaše Tomića bb, 21000 Novi Sad, Serbia



Hotel "Novi Sad" is a three-star hotel, ideally located near the central bus and railway station in the urban part of town. Being surrounded by the boulevards, hotel "Novi Sad" has a location that provides easy access to city center, Novi Sad fair, sports and business center Vojvodina (SPENS), cultural-historical monument Petrovaradin fortress and other city attractions. Not only favourable location, but also exceptional service, makes hotel "Novi Sad" one of the most attractive hotels in Novi Sad.

Object has 112 well equipped rooms on its disposal with capacity of 244 beds: 53 twin rooms, 20 triple rooms, 30 double rooms (rooms with French beds), 8 suits and 1 De luxe suit.

Hotel offer is completed with restaurant which has the capacity of 250 seats, terrace, saloon, appetitive bar, sauna, casino and discotheque. Parking place has 24 hour security and video surveillance.

Hotel "Novi Sad" accepts most major credit card: Visa, Diners, Mastercard, Maestro, American Express.

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of Friday, May 28, 2010 and/or after the Official Departure Date of Monday, May 31, 2010) for all Official Participants (Athletes and Delegates) and extra delegates.

ACCOMMODATIONS

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 28, 2010**.

The Official Departure Date is Monday, **May 31, 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 28, 2010, 6:00 pm. 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 350 per person in a double-bedded room or EURO 450 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 **EURO 100.**

Package for **B-Team Competitors** is **EURO 350** (which includes participation fee of EURO 150 and transportation to and from the venue site).

**limited to transportation between the official airport and official hotel upon arrival and departure; between the competition venue site and official hotel for the Prejudging and Finals.*

VENUE SITE:

SPENS

The **Spens Sports Center** or simply **SPENS** (Full name: Sports, business and economic centre "Vojvodina" - Novi Sad, Serbian Latin: Sportski, poslovni i ekonomski centar "Vojvodina" - Novi Sad) is a multi-purpose venue located in Novi Sad, Serbia, in the Vojvodina province. It operates under publicly owned company Vojvodina Sports and Business Center (JP Sportski i poslovni centar Vojvodina), which in addition to Spens also has Sajmište Sports Center under its umbrella.

Sprawled over 85,000 m², Spens consists of main hall (which can house around 7,000 people), 'small' hall (which can house around 3,000), ice-hockey rink (which can house between 2,000 and 3,000), bowling alley, shooting range, 3 training halls, swimming pool, 11 tennis courts, media center, 2 press centers, amphitheater, reception salon, conference hall, double-level garage, and 215 retail and business spaces that house banks, furniture stores, tourist agencies, jewelers, bookstores, pool halls, fitness clubs, boutiques, etc.

Its construction was completed in less than 2 years, and on April 14, 1981 Spens opened its door for the first time, its inaugural event being the 36th World Table Tennis Championships in 1981.



OFFICIAL AIRPORT



NIKOLA TESLA BELGRADE AIRPORT

70 km from Novi Sad

Phone number: +381 (0)11 209 4444

Please be advised that the OFFICIAL AIRPORT of the European Bodybuilding & Classic Bodybuilding Championships in Novi Sad (Serbia) will be the Nikola Tesla Airport, Belgrade.

The organizer will arrange for those National Delegations arriving to the Nikola Tesla Airport, Belgrade. A special Shuttle Bus with following conditions.

The collecting point will be at the terminal – to be advised.

The prize per person and way will be EURO 40 (airport-hotel-airport)

The deadline of booking will be 10 days prior to the championships.

Without the confirmation of the organizer no person or official participant will be able to use this shuttle. Please make sure that you have received the booking confirmation.

“Please notify the Organizing Committee of the details of your arrival time **by May 14, 2010** so that suitable transportation can be arranged for your National Team members.

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 NIKOLA TESLA AIRPORT BELGRADE TO HOTEL NOVI SAD.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, **May 28, 2010**.

The Official Departure Date is Monday, **May 31, 2010**.

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date of May 28, 2010** and/or staying on after the **Official Departure Date of May 31, 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 May 1st, 2009** 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 Serbia 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

The categories that are open for competition at these Championships are:

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Women	Bodybuilding	Up to 55 kg	2	2
Women	Bodybuilding	Over 55 kg		
Women	Fitness	Up to 163 cm	2	2
Women	Fitness	Over 163 cm		
Women	Bodyfitness	Up to 158 cm	4	4
Women	Bodyfitness	Up to 163 cm		
Women	Bodyfitness	Up to 168cm		
Women	Bodyfitness	Over 168 cm		
Men	Fitness	Open	1	1

IFBB REGISTRATION FEE – A-TEAM and B-TEAM:

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; in this case, 9 competitors: 2 in Women’s Bodybuilding, 2 in Women’s Fitness, 4 in Women’s Bodyfitness and 1 in Men’s Fitness.
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 **EURO 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, 9 competitors: 2 in Women’s Bodybuilding, 2 in Women’s Fitness, 4 in Women’s Bodyfitness and 1 in Men’s Fitness.
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 **EURO 350** for each B-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet (included participation/registration fee of **EURO 150**).
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 **EURO 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.**

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 Novi Sad 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 CONTROL

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.

[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 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 AND 90 SEC FOR FITNESS CATEGORY.

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 October 15, 2007 (+34 91 535 0320, internacional@santonja.com).

IMPORTANT NOTICE

National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules : „*That a National Federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which individual will not be allowed to judge*“. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card and Judging License for 2009.

JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that it's 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, excepting Serbian National and 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 EBFF by e-mail at mauricio@santonja.com **no later than May 01, 2010.**

EBFF 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/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 Dinar is the Serbian currency. Hotels, restaurants and shops are not accepting another currencies but you have many exchange offices. Hotels are accepting major credit card.

Serbian is the official languages although English is widely spoken. It is not necessary to speak Serbian. English is spoken in hotels, travel agencies, shops, etc.

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.

CONSEQUENCES OF FAILURE TO COOPERATE WITH THE ORGANIZER :

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending National Federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending national federation.

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the Preliminary Entry Form is **March 20, 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 14, 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.

[PRELIMINARY ENTRY FORM](#)

PLEASE PUT HERE THE LINK OF FINAL ENTRY FORM

[PRELIMINARY ENTRY FORM](#)

NOVI SAD - TENTATIVE SCHEDULE

Thursday, May 27

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

Friday, May 28

- 08:00 – 17:00 Check-in point in the lobby of the official Hotel NOVI SAD
18:00 – 19:00 Judges / Team Managers Meeting
19:00 – 21:00 Weigh-in and registration
21:00 – 22:00 Dinner

Saturday, May 29

(Venue site: SPENS - NOVI SAD)

- 08:00 – 10:00 Breakfast (all the athletes and delegates will get the lunch packages after breakfast)
10:00 – 14:00 Prejudging, Morning session
14:00 – 16:00 Lunch break
16:00 Prejudging, Evening session
19:00 – 22:00 Dinner

Sunday, May 30

(Venue site: SPENS- NOVI SAD)

- 07:00 – 10:00 Breakfast
10:30 - Departures to venue site from the official hotel all the athletes and delegates will get the lunch packages after breakfast)
12:00 Finals
21:00 Farewell Banquet

Monday, May 31

(Official departure date for all National Delegations)

CONTACT INFORMATION

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

Serbian Federation of Bodybuilding , Bodyfitness, Fitness and Aerobic

Mr. Goran Ivanovic
PRESIDENT

Mrs. Biserka Sipka
PRESIDENT of the Organizing Committee
Rudjera Boskovicica 34, 21000 Novi Sad, SERBIA

Mrs. Marijana Slankamenac
SECRETARY of the Organizing Committee
Tel: +381 64 128 79 64
E-mail: organisation.rs@gmail.com
Web: www.ifbb.com

Please copy all correspondence to:

European Bodybuilding & Fitness Federation (EBFF)

Dr. Rafael Santonja
PRESIDENT

Tel: +34 91 535 2819
Fax: +34 91 535 0320

E-mail: internacional@santonja.com
Web: www.ifbb.com

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.

Submitted by : Pawel Filleborn
EBFF Vice-President
Reviewed : Goran Ivanovic
President of the Serbian Federation
Approved : Rafael Santonja
IFBB and EBFF President



