



European Juniors & Masters Bodybuilding, Fitness, Body Fitness Championship **INSPECTION REPORT**



Donetsk, Ukraine

18-21 June 2010

WELCOME

The Organizing Committee and the Ukrainian Bodybuilding & Fitness Federation extend a warm welcome to all IFBB National Federations to participate in the IFBB/EBFF European Juniors & Masters Bodybuilding, Fitness, Body Fitness Championship Donetsk, Ukraine 18-21 June 2010



About Donetsk

Modern Donetsk - the city (since 1917) to the south-eastern Ukraine, the administrative center of Donetsk region, the famous metropolis of the former Soviet Union and throughout Europe. The total area of the city, which has 9 administrative districts, nearly 40 thousand hectares.

It stretches from east to west - 55 km from north to south - 23 km.

Main river - Kalmius flowing into the Sea of Azov.

Fifth most populous city in Ukraine.

Major industrial center.

- The density of 2 757 people / km ²
- Agglomeration 1 133 thousand people.
- Area 996 km ²



OFFICIAL HOTEL Hotel "Atlas"



Hotel Atlas is located on the river embankment Kalmius. Comfortable accommodation in cozy rooms. Rooms fully meet modern requirements and international standards. Hotel Atlas in Donetsk is located at the intersection of business routes in the central part of the city, close to shopping and entertainment centers and developed a network of public transport. Attentive and highly qualified hotel staff "Atlas" 24 hours a day

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 (Juniors) 200€ - Masters. THE B-TEAM – 450€.

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.

Athletes and Delegates pursuant to the following IFBB rules:

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.

The Official Arrival Date is Friday, **June 18, 2010**. (for EBFF Executive Members is June 17, 2010)

The Official Departure Date is Monday, **June 21, 2010**.

Extra day - 50€

Special & group packages

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 450** per person in a double-bedded room or **EURO 500** for a single-bedded standard room.

Package for B-Team Competitors is **EURO 450** (which includes participation fee of).

Venue site

Sport Palace “Druzhba”

The Sport Palace “Druzhba”. Sport Palace “Druzhba”. Founded in 1975. Sport Palace “Druzhba” has 3 900 places. Length of corps is 102 meters, width is 62 meters. Hall of large sporting arena is 4200 m². Sporting hall is 139,8 m². The International track-and-field tournament "Stars of pole" is annually conducted in Sport Palace



AIRPORT

International Airport in Donetsk www.airport.dn.ua The airport, located on the northern outskirts of Donetsk, has the international status and offers a full range of customs services. 70% of the cargo airport is international transport. Airlines connect the Donetsk to Kiev, Odessa, Simferopol. Transportation free.

Most popular Connected:

- Boryspol (Ukraine)
- Munich (Germany)
- Vienna (Austria)
- Istanbul (Turkey)
- Moscow (Russia)
- Athens (Greece)

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC (**only fitness category!**) at weigh-in/height measurement, failing which the competitor will not be registered. **Only top 6 brings MUSIC before finals!** 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.

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 28th, 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.

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 30, 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.

Visas

For entry into Ukraine to all European countries a visa is not required!

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.

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.

SECRETARIAT

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

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 and copy to ufbb@i.ua no later than May 30, 2010.

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the Preliminary Entry Form is **May 25, 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 **June 1, 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.

WEIGHT/HEIGHT CATEGORIES

GROUP	AGE DIVISION	CATEGORY	NUMBER OF ATHLETES	
			A TEAM	B TEAM
Junior women	Bodybuilding	open	1	1
Junior men	Bodybuilding	up to 75 kg	2	2
Junior men	Bodybuilding	over 75 kg		
Junior men	Classic Bodybuilding	open	1	1
Junior women	Fitness	up to 163 cm	2	2
Junior women	Fitness	over 163 cm		
Junior men	Fitness	open	1	1
Junior women	Bodyfitness	up to 163 cm	2	2
Junior women	Bodyfitness	over 163 cm		
Master women	Bodyfitness, age +35 years	open	1	No limits
Master women	Bodybuilding age +35 years	open	1	No limits
Master men	Bodybuilding age 40- 49	up to 70 kg	7	No limits
Master men	Bodybuilding age 40- 49	up to 80 kg		
Master men	Bodybuilding age 40- 49	up to 90 kg		
Master men	Bodybuilding age 40- 49	over 90 kg		
Master men	Bodybuilding age 50- 59	up to 80 kg		
Master men	Bodybuilding age 50- 59	over 80 kg		
Master men	Bodybuilding age +60 years	open		
Master men	Classic Bodybuilding, age 40- 49	open	2	No limits
Master men	Classic Bodybuilding, age +50 years	open		No limits
Men	Wheelchair Bodybuilding	open	1	1

TENTATIVE SCHEDULE

Thursday, June 17

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

Friday, June 18

08:00 – 17:00 Check-in point in the lobby of the official Hotel
12:00 Press Conference
17:00 – 18:00 Judges / Team Managers Meeting
18:30 Weigh-in
21:00 – 22:00 Dinner

Saturday, June 19

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

Sunday, June 20

08:00 – 10:00 Breakfast
12:00 Finals
20:00 Farewell Banquet

Monday, June 21

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:

Mrs. Iryna Delieva
General secretary FBBU
Tel. +38067 264 92 30
E-mail: ufbb@i.ua
delishi@rambler.ru
Web: www.fbbu.org

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