



**IFBB AMATEUR
JUNIOR & MASTERS
BODYBUILDING, CLASSIC BODYBUILDING,
FITNESS, BODYFITNESS, BIKINI
WORLD CHAMPIONSHIP
IFBB WORLD MEN'S WHEELCHAIR
CHAMPIONSHIPS**

INSPECTION REPORT



**ULAANBAATAR – MONGOLIA
October 24th-27th 2013**



Welcome

The Organizing Committee of the Mongolian United Federation of Bodybuilding and Fitness (MUFBF) extends a warm welcome to all IFBB National Federations to participate in the IFBB Amateur World Junior & Masters Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness, Bikini Championships in **Ulaanbaatar, Mongolia, October 24–October 27, 2013.**

ABOUT MONGOLIA

Please find information about Mongolia from the following website:

- <http://www.mongoliatourism.gov.mn/>
- <https://www.cia.gov/library/publications/the-world-factbook/geos/mg.html>

OFFICIAL HOTEL



Chinggis Khaan Hotel, Ulaanbaatar, Mongolia

The Chinggis Khaan Hotel, a member of SUMMIT Hotels & Resorts, Preferred Hotel Group, is recognized for its excellent service and hospitality, and it has been the preferred lodging for royalty, heads of state, government delegation, dignitaries, leaders and decision makers as well as tourists and business people.

Chinggis Khaan Hotel offers extensive facilities and services for both leisure and business travelers. We offer the following services to our guests:

Facilities

- Excellent Asian, European, North-American meals in restaurant and buffet breakfast service
- Conference hall, Meeting Rooms and VIP Rooms
- Coffee Shops
- Business Center
- Indoor Swimming Pool
- Sauna & Massage Center
- Fitness center
- Beauty Saloon
- HCK Membership Club (Karaoke and Bar)
- DHL International Post office
- Korean Air & Air Market Ticketing Offices
- Sky Department Store
- Altai cashmere Shopping Mall

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 Organizer will provide free-of-charge accommodations and three meals per day, starting with dinner on Thursday, October 24th, 2013, and ending with breakfast on Sunday, October 27th, 2013, 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 Thursday, October 24th, 2013.

The Official Departure Date is Sunday, October 27th, 2013.

IMPORTANT NOTICE

All National Team Official Participants (athletes, delegates) must check in BEFORE the start of Technical Meeting (24th October, 2013, 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 450\$ **per person in a twin-bed room or 650\$ for a single-bedded standard room.**

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

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

IMPORTANT NOTICE: anybody wishing to have a Partial Special Package must inform the Organizing

Committee latest September 20th, 2013.

As the capacity of the venue site is limited it will NOT be possible to buy tickets at the venue site!

For more information, contact the Organizing Committee, please.

VENUE SITE

CENTRAL CULTURE CENTER, Ulaanbaatar-Mongolia.



HOTEL SECURITY DEPOSIT

A hotel security deposit of **\$100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, 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 any and all expenses incurred by any members of his or her team.

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

AIRPORT

The official arrival airport is Chinggis Khan International Airport. The Organizing Committee will pick you up at Chinggis Khan International Airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the Organizing Committee the complete arrival & departure details of its team, including the number of people in the delegation.

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 October 24th – 27th, 2013 and/or staying after the official departure date of October 27th, 2013 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations (with breakfast) before the official arrival date and after the official departure date will be approximately **US\$ 200** for a twin bedded room or **US\$ 150** for a single bedded room.

You must notify the Organizing Committee of any early arrivals and/or any late departures no later than September 15th, 2013

FLIGHT DISCOUNT

Mongolian Airlines will grant discount if you fly directly from below airports.

- Moscow airport
- Hong Kong airport
- Beijing airport
- Seoul airport
- Istanbul airport

If you are interested or need more information, please contact below emails with your inquiries.

azfbb@azdata.net

internacional@santonja.com

monochir@yahoo.com

FLIGHT RECONFIRMATION

To reconfirm your flight to and from Ulaanbaatar, please contact the secretariat with 24-36 hours before your departure.

IMPORTANT NOTICE

Any National Federation team members arriving before the Official Arrival Date of October 24th, 2013 and/or staying on after the Official Departure Date of October 27th, 2013, will be responsible for their own transportation.

VISAS

Any foreign visitor wishing to enter Mongolia must have a valid passport and visa.

Mongolia visas are issued by Mongolian Diplomatic Missions abroad or upon arrival at a special request.

Mongolia Embassy and Honored Consul in foreign countries will issue a visa. Please consult the Mongolia Embassy and Honored Consul in your country to determine if you need a visa.

An official letter of invitation will be made available if required.

INFORMATION NOTICE

Citizens of below mentioned countries visit to Mongolia without a visa:

- Hong Kong China (up to 14 days visit)
- Kazakhstan
- Macao China
- Philippines (up to 21 days visit)
- Singapore (up to 14 days visit)

CATEGORIES OPEN FOR COMPETITION

| | CATEGORY | DISCIPLINE | BODYWEIGHT or BODY HEIGHT | A-TEAM | B-TEAM |
|----|--------------|----------------------------|------------------------------|--------|----------|
| 1 | Junior Women | Bodybuilding, age <23 | Open Class | 1 | No limit |
| 2 | Junior Women | Bodyfitness, age <23 | Up to & incl 163cm | 2 | No limit |
| 3 | Junior Women | Bodyfitness, age <23 | Over 163 cm | | |
| 4 | Junior Women | Fitness, age <23 | Up to & incl 163cm | 2 | No limit |
| 5 | Junior Women | Fitness, age <23 | Over 163 cm | | |
| 6 | Junior Women | Bikini, age <23 | Open class | 1 | No limit |
| 7 | Junior Men | Bodybuilding, age <23 | Up to & incl 75 kg | 2 | No limit |
| 8 | Junior Men | Bodybuilding, age <23 | Over 75 kg | | |
| 9 | Junior Men | Classic BB, age <23 | Open Class | 1 | No limit |
| 10 | Junior Men | Fitness, age <23 | Open Class | 1 | No limit |
| 11 | Junior Men | Athletic Physique, age <23 | Open Class | 1 | No limit |
| 12 | Master Women | Bodybuilding: age>35yrs | Open Class | 1 | No limit |
| 13 | Master Women | BodyFitness | Age: 35-44 yrs | 2 | No limit |
| 14 | Master Women | BodyFitness | Age>45 yrs | | |
| 15 | Master Men | Bodyb. age: 40-49 yrs | Up to & incl 70 kg | 8 | No limit |
| 16 | Master Men | Bodyb. age: 40-49 yrs | Up to & incl 80 kg | | |
| 17 | Master Men | Bodyb. age: 40-49 yrs | Up to & incl 90 kg | | |
| 18 | Master Men | Bodyb. age: 40-49 yrs | Over 90 kg | | |
| 19 | Master Men | Bodyb. age: 50-59 yrs | Up to & incl 80 kg | | |
| 20 | Master Men | Bodyb. age: 50-59 yrs | Over 80 kg | | |
| 21 | Master Men | Bodyb. age: 60-65 yrs | Open Class | | |
| 22 | Master Men | Bodyb. age > 65 yrs | Open Class | | |
| 23 | Master Men | Classic BB: age 40-49 | Open Class | 2 | No limit |
| 24 | Master Men | Classic BB: age > 50 yrs | Open Class | | |
| 25 | Men | Wheelchair | Open Class | 1 | No limit |

IMPORTANT NOTICE: From January 1st, 2013, the upper age limit for all IFBB Junior competitors is 23 years old. Year of birth decides. From January 1st, 2013, there are two Master Women's Bodyfitness age categories: from 35 to 44 age old and over 45 years old. Date of birth decides.

Master Men's Classic Bodybuilding categories weight - height limits tolerance:

| 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 |
| Up to 180 cm | (Height - 100) + 8 kg |
| Up to 198 cm | (Height - 100) + 9 kg |
| Over 198 cm | (Height - 100) + 10 kg |

Junior Men's Classic Bodybuilding categories weight – height limits tolerance:

| Height | Bodyweight limit |
|--------------|------------------------|
| Up to 168 cm | Height - 100 |
| Up to 171 cm | (Height -100) + 1 kg |
| Up to 175 cm | (Height -100) + 2 kg |
| Up to 180 cm | (Height -100) + 3 kg |
| Up to 190 cm | (Height -100) + 4 kg |
| Up to 198 cm | (Height -100) + 4.5 kg |
| Over 198 cm | (Height -100) + 5 kg |

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

The „A”- team

- Each National Federation may enter an „A”- team. The maximum allowable number of competitors in the „A”- team is 25.
- 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 accomodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquett to all „A”- team competitors and delegates.
- National Fedration shall pay a Registration Fee for each „A”-team competitor and delegates.
- 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 Enry Form and must register the „A”-team competitors upon check-in the official hotel, failing wich any undeclared competitor shall be responsible for all his or her expenses.

The „B” - team

- Each National Federation may enter a „B”- team.
- There is NO LIMITATION for „B”- team 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 accomodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquett.
- There shall be no requirement for „B”- team competitors to pay 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 Enry Form and must register the „B”- team competitors upon check-in the official hotel, failing wich any undeclared competitor shall be disqualified.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 11:00 am, October 24th, 2013 to 10:00 am, October 27th, 2013. You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each Official **A-team Junior** Participant 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 Ulaanbaatar.

Each Official **A-team Masters** Participant must pay the IFBB Registration Fee of **€200**.

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.

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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 Ulaanbaatar 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 control will be conducted by the **IFBB Anti-Doping 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 tests 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.

IMPORTANT NOTICE

Doping tests 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*

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 Ulaanbaatar 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 Ulaanbaatar 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 this Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **September 24th, 2013** 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 Ulaanbaatar.

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IMPORTANT NOTICE

All judges must attend the Judges/Team Manager meeting. If a judge is absent from his 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 September 20th, 2013**.

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 Press Commission representative** 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.

TIMEZONE

- GMT + 8 hours.
- No daylight-saving time

CURRENCY

The national currency in Mongolia is the Mongolian tugrik. One Euro is approximately equal to 1886 Tugrik (one USD is approximately equal to 1400 Tugrik) 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 October, the average temperature is 15-20°C.

ELECTRICAL CURRENT

- The standard voltage is 220 V / 50 Hz.
- Sockets required a two-pin type plug or an adapter.

LANGUAGE

The official language in Mongolia is Mongolian. 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:

- Mongolian United Federation of Bodybuilding and Fitness (MUFBF)
Mr. G. Ochir
General Secretary
Khan-Uul District, 15th khoroo
Mahatma street, Rapid Kharsh, Building 4, Ulaanbaatar, Mongolia
Tel: +976-99110454
Fax: +97670120454
Email: monochir@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

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **September 1st, 2013**. 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 **October 3rd, 2013**. 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 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.

TENTATIVE SCHEDULE OF ACTIVITIES

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

Please check regularly for updates:

| | | |
|------------------------|--------------------|---|
| Thursday October 24 | 11:00-17:00 | Official Arrival Date for Athletes and Delegates |
| | 17:00 | Technical Meeting |
| | 17:30 | Judges & Team Managers Meeting |
| | 18:30 | WEIGH-IN, REGISTRATION |
| | 19:00-22:30 | Dinner |
| Friday October 25 | 07:00-10:00 | Breakfast |
| | 10:00-13:30 | Prejudging and Finals part 1 |
| | 13:00-15:00 | Lunch at the Venue Site |
| | 14:00-20:00 | Prejudging and Finals part 2 |
| Saturday October 26 | 19:00-22:00 | Dinner |
| | 07:00-10:00 | Breakfast |
| | 10:00-13:30 | Prejudging and Finals part 3 |
| | 13:00-15:00 | Lunch and the Venue Site |
| | 14:00-19:00 | Prejudging and Finals part 4 |
| Sunday October 27 | 20:30-23:00 | Farewell Banquet |
| | 07:00-10:00 | Breakfast |
| | 06:00-12:00 | Official Departure Date Checkout and departure of all participants |