

**2014 IFBB WORLD WOMEN'S
FITNESS, MEN'S FITNESS & MIXED
PAIRS CHAMPIONSHIPS**

INSPECTION REPORT

MONTREAL, CANADA

17-20 OCTOBER 2014



LAVAL is a Canadian city located in southwestern Quebec, north of Montreal. It forms its own administrative region of Quebec.

- 15 minutes by car to Montreal downtown
- 2 hours by car to Ottawa, capital city of Canada

WELCOME

The Organizing Committee of the Canadian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations wishing to participate in the IFBB World Women's, Men's Fitness & Mixed Pairs Championships in Montreal, Canada, 17-20 October 2014.

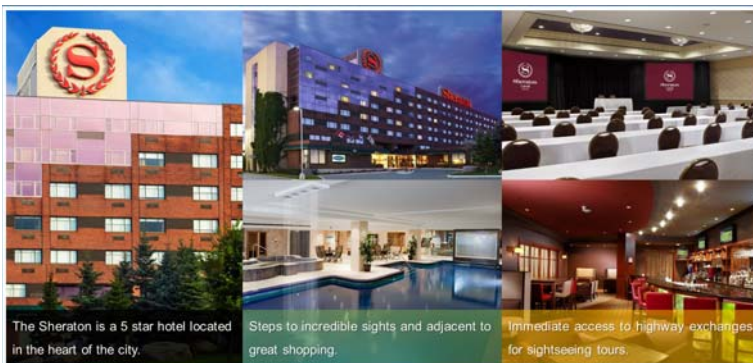
LOCATION

Montreal: Laval, Quebec



OFFICIAL HOTEL

The official hotel is :Sheraton, Laval
2440 autoroutes Des Laurentides, Laval, Québec, Canada, H7T 1X5



ACCOMMODATION

The Organizer will provide free-of-charge accommodations and three meals per day, starting with lunch on Friday, 17 October 2014 and ending with breakfast on Monday, 20 October 2014 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 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 the Championship pursuant to IFBB rules.*

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, 17 October, 2014.

The Official Departure Date is Monday, 20 October, 2014.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting (17 October, 5:00 pm). Any Official Participant not checked in by this deadline 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, 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 all expenses incurred by any members of his or her team.

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

Hotel reservation: Contact Joe Spinello: spinellojoe@hotmail.com tel.: 514-806-8161

VENUE SITE

The venue site is : **Salle André Mathieu**

475 boul. de L'Avenir, Laval, Québec, Canada H7N 5H9.

Show will be held at the Salle Andre Mathieu, a beautiful theatre where all my events are held.



ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 3 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, closing banquet and transport at:

Euro € **450.00** for each person in a double room or Euro € **550.00** in a single room. For more information please ask the Organizing Committee.

Partial Special Package Rate, which includes tickets to the Prejudging and Finals and ticket to the Farewell Banquet at a cost of Euro € **150.00**

For more information, please contact the Organizing Committee.

ARRIVAL/AIRPORT

The official airports for arrivals is: Pierre Elliot Trudeau

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of 17 October 2014 and staying on after the official departure date of 20 October 2014 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. The hotel Sheraton Laval expenses before the official arrival date and after the official departure date will be approximately Euro € **150.00** per person, per day in a **double** room (breakfast included). You are obligated to notify the Organizing Committee of your early arrivals and staying after 20 October, no later than 20th September, 2014.

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.

TRANSPORTATION

The official airport for arrivals is the Pierre Elliot Trudeau Airport. The transportation from this airport to the hotel will be arranged for all teams. The organizer shall arrange the transportation on Friday 17th October, 2014 from the Airport to the hotel for Euro €20 per person and on 20th October 2014 back from the hotel to the Airport for Euro €20 per person, based on the stated arrivals/departures times on the Final Entry Forms.

VISAS

A valid passport is required to enter the territory of the European Union. All countries should consult the Canadian Embassy or Consulate 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	BODY WEIGHT/HEIGHT	A TEAM	B TEAM
Women	Bodyfitness	Up to & incl 158 cm	4	4
Women	Bodyfitness	Up to & incl 163 cm		
Women	Bodyfitness	Up to & incl 168 cm		
Women	Bodyfitness	Over 168 cm		
Women	Fitness	Up to & incl 163 cm	2	2
Women	Fitness	Over 163 cm		
Women	Bikini fitness	Up to & incl 160 cm	6	6
Women	Bikini fitness	Up to & incl 163 cm		
Women	Bikini fitness	Up to & incl 166 cm		
Women	Bikini fitness	Up to & incl 169 cm		
Women	Bikini fitness	Up to & incl 172 cm		
Women	Bikini fitness	Over 172 cm		
Women	Physique	Up to & incl 163 cm	2	2
Women	Physique	Over 163 cm		
Men	Fitness	Open	1	1
Men	Physique	Up to & incl 170 cm	4	4
Men	Physique	Up to & incl 174 cm		
Men	Physique	Up to & incl 178 cm		
Men	Physique	Over 178 cm		
Mixed Pairs		Open	1	1

Men's Fitness Height/Weight limitation

Up to & including 168 cm: Max Weight [kg] = Height [cm] - 100
Up to & including 171 cm: Max Weight [kg] = Height [cm] -100 + 1 [kg]
Up to & including 175 cm: Max Weight [kg] = Height [cm] -100 + 2 [kg]
Up to & including 180 cm: Max Weight [kg] = Height [cm] -100 + 3 [kg]
Up to & including 190 cm : Max Weight [kg] = Height [cm] -100 + 4 [kg]
Up to & including 198 cm: Max Weight [kg] = Height [cm] - 100 + 4.5 [kg]
Over 198 cm: Max Weight [kg] = Height [cm] - 100 + 5 [kg]

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

Team „A”

- Each National Federation may enter an „A”- team. The maximum allowable number of competitors in the „A”- team is 21, in this case: 2 in Women's Fitness, 4 in Women's Bodyfitness, 1 in Men's Fitness, 6 in Women's Bikini-Fitness, 2 in Women's Physique, 1 in Men's Fitness, 4 in Men's Physique and 2 in Mixed Pairs.
 - 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.
 - 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 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.

Team „B”

- Each National Federation may enter a „B”- team according to the rules specified below. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team; in this case, 21 competitors: 2 in Women's Fitness, 4 in Women's Bodyfitness, 6 in Women's Bikini-Fitness, 2 in Women's Physique, 1 in Men's Fitness, 4 in Men's Physique and 2 in Mixed Pairs.
 - The National Federation shall be obliged to pay the “B” Team Full Package Rate of **€200.00** in a double room or Euro **€300.00** in a single room for each „B” Team competitor. This package shall comprise of the competitor's 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 and must register the „B”- team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

REGISTRATION FEE

Each National Federation shall pay a Registration Fee of **€250** for each competitor **-both “A” and “B” team competitors** - and official delegate(s) (1 or 2 official delegates). The above Fee shall be paid upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 08:00am, 17th October, 2014 to 4:00pm, 20th October 2014. You may obtain information and assistance from the Secretariat.

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 Bialystok 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.

DRUG TESTING

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory.

DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the *IFBB Anti-Doping Rules* and *IFBB Anti-Doping Directive 2006-001* using the WADA accredited laboratory .

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.
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 IFBB INTERNATIONAL CARD 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 Montreal 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 Canada 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. One (1) delegate 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 **September 31, 2014** to:

Pawel Filleborn
Chairman
IFBB Judges Committee
E-mail: pawelfilleborn@gmail.com

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

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 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.**

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' license fee of EUR 50,00 for 2014. 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.

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 no later than **September 29, 2014**.

[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 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 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

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 -4 Hours

CURRENCY

The national currency in Canada is the Canadian Dollar. One Euro is approximately equal to 1.58 Canadian dollars (one USD is approximately equal to 1.15) 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 10-15 degrees

ELECTRICAL CURRENT

The electrical outlet is 120V, 60 Hz. Socket / plug of type A & B



LANGUAGE

The official language in Montreal is English and French.

TRAINING FACILITY

Training facility is 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.

CORRESPONDENCE / CONTACT INFORMATION



Promoter Joe Spinello

Please send all correspondence to:
Canadian Bodybuilding and Fitness Federation
Joe Spinello, promoter
Email: spinellojoe@hotmail.com
Contact phone number: 514-806-8161

Please copy all correspondence to:

1) International Federation of
Bodybuilding and Fitness,
Phone: +34 91 535 2819
Fax: +34 91 535 1518
E-mail: headquarters@ifbb.com

2) Wanda Tierney
IFBB ExCo member
E-mail: wanda.tierney@ifbb-uk.com

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

Thu 16 Oct		Official Arrival Date for the IFBB Executive Members
	12:00	Check-in IFBB Executive Members
	16:00	IFBB Executive Members Meeting
Fri 17 Oct		Official Arrival Date for Athletes and Delegates
	12:00-14:00	Lunch
	17:00	Technical Meeting
	17:30	Judges & Team Managers Meeting
	18:00	WEIGH-IN / MEASUREMENTS
	20:00-22:00	Dinner
Sat 18 Oct	07:00-10:00	Breakfast
	10:00-13:00	MORNING SESSION
	13:00-14:00	Lunch
	15:00	EVENING SESSION
	19:00-22:00	Dinner
Sun 19 Oct	07:00-09:00	Breakfast
	13:00-14:00	Lunch
	15:30	Official Opening of the Championships
	21:30-04:00	Farewell Banquet
Mon 20 Oct	07:10-10:00	Breakfast
	06:00-12:00	Official departure date for all participants

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **8th July, 2014**. 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 5th 2014**. 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.

All National Federations are requested to send by e-mail personal photo of each member of its National Team, included competitors, delegates and extra delegates.

If the Final Entry Form returns to the Organizing Committee after October 5th, 2014, then this National Federation will have to pay full package of €450 per each athlete and delegate (in double room) or €550 (in single room) instead of Registration Fee.

PRELIMINARY ENTRY FORM

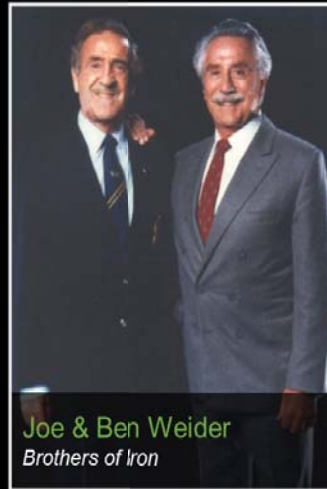
FINAL ENTRY FORM

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.

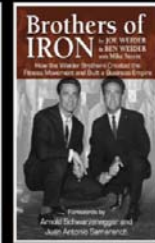


The Home of Weider and birthplace of the IFBB

Weider Brother's and Weider HQ



Joe & Ben Weider
Brothers of Iron



Laval/Montreal birthplace of the IFBB with founders **Joe** and **Ben Weider**. **The Weider** offices located not far from Host Hotel and Theatre Venue. Women's World Championship would be hosted in the birthplace of the IFBB **October 17-20 2014**



About Promoter

Biography of Joe Spinello – IFBB PRO



Joe Spinello – IFBB PRO

Mr. Canada 1987, 1989, 1991

- IFBB JR. World Champion 1987
- 3 time Canadian Champion 1987-89-91
- IFBB Pro, competed as a pro from 1992-97
- President of the Quebec Physique Association
- IFBB Pro and International Judge
- Promotor since 2001 and organize Multiple shows like the provincial championships on a yearly basis
- Canadian Championships 7 years on different occasions
- Organizer of The IFBB Montreal Pro Classic in 2006-07



Careffour Laval

Carrefour Laval is a fashion centre located in Laval on the North shore of Montreal.



Carrefour Laval is a **World Class** shopping center with unique stores, and eateries. With so much to do here, athletes may find it difficult to leave this complex.



Autumn in Laval - Montreal

Montreal is known to be the multicultural city



Autumn in LAVAL- Montreal

October is autumn in **LAVAL - MONTREAL** and its beautiful during that time of the year. Leaves change their colors and the landscapes are wonderful to see and visit. Montreal is known to be a multicultural city so everybody fits in.