



# **IFBB WORLD FITNESS CHAMPIONSHIPS**

## **INSPECTION REPORT**



**BUDAPEST, HUNGARY**

**November 13<sup>th</sup> – 16<sup>th</sup>, 2015**

## WELCOME

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB World Fitness Championships to be held in Budapest, Hungary, November 13<sup>th</sup> to 16<sup>th</sup>, 2015.

## ABOUT BUDAPEST



The phrase „Central European” is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe’s Carpathian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian peoples and shared certain anthropological and cultural traits with the Turks.

Budapest’s most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the „City of Festivals”; several major cultural events are held in and around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections

include: the Museum of Applied Arts, the Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It is definitely worth mentioning the Synagogue on Budapest's Dohány Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has an unique collection of traditional Jewish artifacts.

Budapest is visited by over 4 million of tourists per year.

<http://www.youtube.com/watch?v=e0wkokaybWA>

## OFFICIAL HOTEL

### Danubius Hotel Budapest

1026 Budapest, Szilágyi Erzsébet fasor 47, Magyarország



#### 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 Friday, November 13<sup>th</sup>, 2015, and ending with breakfast on Monday, November 16<sup>th</sup>, 2015, 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 athletes 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 Friday, November 13<sup>th</sup>, 2015.**

**The Official Departure Date is Monday, November 16<sup>th</sup>, 2015.**

#### **IMPORTANT NOTICE**

**All National Team Official Participants (athletes, delegates) must check in BEFORE the start of Technical Meeting (13<sup>th</sup> November, 2015, 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 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.**

**National Federations are able to get the rooms in the Hotel after they paid the whole amount (delegates, athletes, extra delegates).**

## **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 **EUR €350 per person in a double-bedded room or EUR €400 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 November 2<sup>nd</sup>, 2015.  
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

**MILLENÁRIS TEÁTRUM** (E building)

1024 Budapest, Kis Rókus utca 16-20.

[www.millenaris.hu](http://www.millenaris.hu)



## 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 airport is the Budapest Liszt Ferenc International Airport. The transportation from the airport to the hotel will be arranged for all teams. The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transportation between airport and hotel on Friday, November 13<sup>th</sup>, 2015 for €10.00 per person and the transportation between hotel and airport on Monday, November 16<sup>th</sup>, 2015, for €10.00 per person, based on the stated times of arrivals and departures.

Please notify the Organizing Committee the details of your arrival time no later than 14 days before the Championships, so that suitable transportation can be arranged for your National Team members.

It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its 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 November 13<sup>th</sup>, 2015** and/or staying on after the **Official Departure Date of November 16<sup>th</sup>, 2015**, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the Official Arrival Date and after the Official Departure Date will be approximately **€50** per person per day for a twin-bedded room with breakfast and dinner. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than October 25<sup>th</sup>, 2015**.

### IMPORTANT NOTICE

**Any National Federation team members arriving before the Official Arrival Date of November 13<sup>th</sup>, 2015 and/or staying on after the Official Departure Date of November 16<sup>th</sup>, 2015, will be responsible for their own transportation.**

## VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Hungarian Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required.

## CATEGORIES OPEN FOR COMPETITION

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Women Bodyfitness	Up to & incl 158 cm	4	4
2	Women Bodyfitness	Up to & incl 163 cm		
3	Women Bodyfitness	Up to & incl 168 cm		
4	Women Bodyfitness	Over 168 cm		
5	Women Fitness	Up to & incl 163 cm	2	2
6	Women Fitness	Over 163 cm		
7	Women Bikini Fitness	Up to & incl 160 cm	6	6
8	Women Bikini Fitness	Up to & incl 163 cm		
9	Women Bikini Fitness	Up to & incl 166 cm		
10	Women Bikini Fitness	Up to & incl 169 cm		
11	Women Bikini Fitness	Up to & incl 172 cm		
12	Women Bikini Fitness	Over 172 cm		

13	Women Physique	Up to & incl 163 cm	2	2
14	Women Physique	Over 163 cm		
15	Men Fitness**	Open Class	1	1
16	Men Physique	Up to & incl 170 cm	4	4
17	Men Physique	Up to & incl 174 cm		
18	Men Physique	Up to & incl 178 cm		
19	Men Physique	Over 178 cm		
20	Mixed Pairs	Open Class	1	1
21	Woman Fitness Show (Woman fitness routine without acrobatic elements)	Open Class	1	1

\* - IFBB Head Office is currently working on introducing of a new category to the IFBB Calendar of Events: Women's Fitness Model. Rules governing this new class have been under construction and will be published later. This category will be run as a test class, with no medal presentation. Other awards will be offered to the winners.

\*\* - Men's Fitness category weight / height limits:

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 180 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 21, including one male competitor for mixed pair. Women competitor for mixed pair must compete in any of the women's divisions..
- A maximum allowable number of A-Team competitors per National Federation in any one individual category shall not exceed two (2) and one (1) couple in a mixed pair category.
- Pursuant to applicable rules, the Organizer will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all A-Team competitors and delegates.
- National Federation shall pay a Registration Fee for each A-Team competitor and delegate.

- 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 Entry Form and must register the A-Team competitors upon check-in the official hotel, failing with any undeclared competitor shall be responsible for all his or her expenses.

#### The B-Team

- Each National Federation may enter a B-Team.
- The National Federation shall be obliged to pay the Full Package Rate for each B-Team competitor. This package shall comprise the competitor accommodation, 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 Entry Form and must register the B-Team competitors upon check-in the official hotel, failing with any undeclared competitor shall be disqualified.

## SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 11:00 am, November 13<sup>th</sup>, 2015 to 10:00 am, November 16<sup>th</sup>, 2015. You may obtain information and assistance from the Secretariat.

## IFBB REGISTRATION FEE

Each Official **A-team** Athlete and **Delegate** must pay the IFBB Registration Fee of **EUR €250**. This fee is payable to the IFBB upon arrival at the Official Hotel in Budapest.

**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.

### 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 Budapest 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 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***

## PASSPORT/MUSIC

All competitors as well as mixed pairs must provide their PASSPORT and MUSIC at Official Registration, 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 Budapest 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 Budapest 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 this Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **November 2<sup>nd</sup>, 2012** to:

Pawel Filleborn,  
Chairman,  
IFBB Judges Committee  
Fax: +48 22 642 73 51  
E-mail: [pawelfilleborn@gmail.com](mailto: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 Budapest.

### IMPORTANT NOTICE

**All judges must attend the Technical and Judges Meeting. If a judge is absent from this 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 [media@ifbb.com](mailto:media@ifbb.com) **no later than October 20<sup>th</sup>, 2015**.

## 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.

## 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.

## **TIME DIFFERENCE**

UTC (GMT) +1 hour

## **CURRENCY**

The national currency in Hungary is the Hungarian Forint. One Euro is approximately equal to 310 Forints (one USD is approximately equal to 280 Forint) 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 November, the daily mean temperature is 5.5<sup>0</sup>C (41.7<sup>0</sup>F)

## **ELECTRICAL CURRENT**

The electrical outlet are 220 V, 50 Hz. Socket / plug of type C plug, with two round prongs, popularly known as the europlug and used in all continental Europe countries.

## **LANGUAGE**

The official language in Budapest is Hungarian. 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.

## **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.

## **PRELIMINARY ENTRY FORM**

The deadline date for the Preliminary Entry Form is **October 1<sup>st</sup>, 2015**. 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 **November 2<sup>nd</sup>, 2015**. 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.

**The National Federations must send the room assignments (who wants to share one room with someone (please name the room-mates) and who wants a single-room) with the Final Entry Form.**

## **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.

## **CORRESPONDENCE/CONTACT INFORMATION**

Please send all correspondence to:

Mr. István Huber  
Hungarian Bodybuilding and Fitness Federation President  
and  
Ms. Viola Vargha  
Deputy General Secretary

Mobile: +36 30 960 81 86  
Email: [ifbb.huber@gmail.com](mailto:ifbb.huber@gmail.com)

Please copy all correspondence to:

1.) International Federation of Bodybuilding and Fitness  
Dr. Rafael Santonja  
IFBB President  
Phone: +34 91 535 2819  
Fax: +34 91 535 0320  
E-mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)

2.) Wanda Tierney  
IFBB ExCo Member  
E-mail: [wanda.tierney@ifbb-uk.com](mailto:wanda.tierney@ifbb-uk.com)

# TENTATIVE SCHEDULE

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

## **Friday November 13**

**11:00 - 17:00** Official Arrival Date for Athletes and Delegates  
**17:00** Technical and Judges Meeting  
**18.00-22:00** WEIGH-IN, REGISTRATION  
**19:00 – 22:30** Dinner

## **Saturday November 14**

**07:00-10:00** Breakfast  
**10:00-13:30** Prejudging and Finals part 1  
**13:00-14:00** Lunch at the venue site  
**14:00-20:00** Prejudging and Finals part 2  
**19:00-22:00** Dinner

## **Sunday November 15**

**07:00-10:00** Breakfast  
**10:00-13:30** Prejudging and Finals part 3  
**13:00-14:00** Lunch at the venue site  
**14:00 – 19:00** Prejudging and Finals part 4  
**20:30-23:00** Farewell Banquet

## **Monday November 16 (Official Departure Date)**

**07:00-10:00** Breakfast  
**06:00-12:00** Check out and departure of all participants

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.