



**1st CENTRAL and EAST ASIAN
CHAMPIONSHIPS
1st CENTRAL and EAST ASIAN
JUNIOR and MASTERS CHAMPIONSHIPS
BODYBUILDING, CLASSIC BODYBUILDING,
FITNESS, BODYFITNESS, BIKINI**

INSPECTION REPORT



**ULAANBAATAR – MONGOLIA
May 26th-29th 2016**



Welcome

The Organizing Committee of the Mongolian United Federation of Bodybuilding and Fitness (MUFBF) extends a warm welcome to all AFBF National Federations to participate in the First Central and East Asian Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness, Bikini Championships in **Ulaanbaatar, Mongolia, May 26–May 29, 2016.**

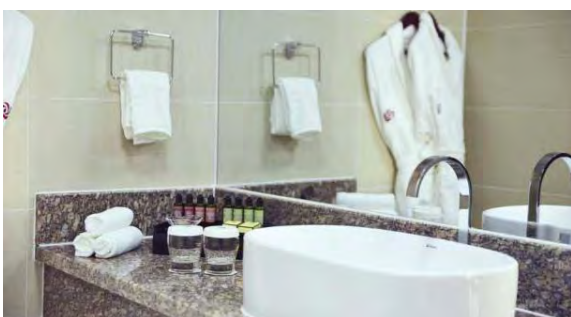
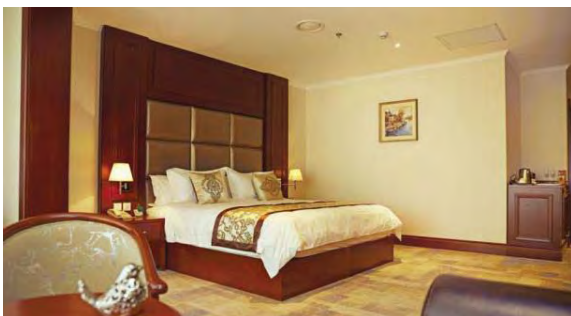
ABOUT MONGOLIA

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

Premium Hotel, Ulaanbaatar ★★★★★



The Premium Hotel 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.

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:

• FOR OFFICIAL PARTICIPANT

The Organizing Committee has provided a full special package rate, which includes three (3) nights' accommodations with (3) three meals per day (breakfast, lunch, dinner), tickets to the prejudging and finals, ticket to the farewell banquet, and onsite transportation at a cost of **USD \$ 300** per person in a double room or **USD \$ 400** per person in a single room.

The package starts with dinner **on May 26th(Thursday) 2016**, breakfast, lunch and dinner on **May 27th and 28th** and ends with breakfast **on May 29th (Sunday), 2016**.

• FOR EXECUTIVE COUNCIL MEMBERS OF AFBF

Official arrival date is May 26th, 2016 (Thursday) and official departure date is May 29th, 2016 (Sunday).

For all Official Participants pursuant to IFBB rules:

1. Three (3) or more competitors: Two (2) delegates
2. Two (2) competitors or less: One (1) delegate
3. National Federations with no athlete may send one (1) official delegate. This delegate will be responsible for all of his/her own expenses.

The term "OFFICIAL PARTICIPANT" means:

1. An ATHLETE who is duly authorized by his/her national federation and who is registered by the AFBF to compete in the Championships
2. A DELEGATE who is duly authorized by his/her national federation and who is registered by the AFBF & IFBB to participate in the Championships pursuant to AFBF & IFBB rules.

IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the **TECHNICAL MEETING (14:00 p.m., 27th, May)**. Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses. Any judge, coach or trainer who is not an Official Participant will be responsible for all his 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

- **SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS**

The Organizing Committee has provided a full special package rate, which includes three (3) nights' accommodation with three (3) meals per day (breakfast, lunch & dinner], tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a special cost.

- For single room **USD \$ 550**

- For Double room **USD \$ 650**

The package starts with dinner **on May 26th (Thursday) 2016**, breakfast, lunch and dinner on **May 27th and 28th** and ends with breakfast **on May 29th (Sunday), 2016**.

Hotel Security Deposit

An initial security deposit of **USD \$ 100** per person is required upon check-in for incidental and personal expenses, which 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 manager 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 member of his/her team.

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and AFBF Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives to Beijing without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the AFBF Registration Fee **BEFORE** a room can be assigned.

AFBF REGISTRATION FEES:

Each athlete and Official Delegate must pay the **AFBF registration fee of USD \$ 100 each** (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). This fee is payable to the **AFBF** upon arrival **at the official Hotel in Ulaanbaatar**. The AFBF registration fee is completely separate from the hotel security deposit.

VENUE SITE

BUYANT UKHAA SPORT COMPLEX, Ulaanbaatar Mongolia.



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

IMPORTANT NOTICE

Please notify the Organizing Committee the details of your arrival time **no later than 10 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.

FLIGHT RECONFIRMATION: to reconfirm your flight from Alicante to your country, please contact the secretariat **within 24 hours before your departure.**

EARLY ARRIVALS & LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the official arrival date of **May 26th (Thursday) 2016**, and/or staying after the official departure date of **May 29th (Sunday) 2016** will be responsible for **all of their expenses**, including arranging their own transportation between the airport and the hotel.

Typical room charge (included breakfast) before the official arrival date and after the official departure date will be approximately USD \$ 100 for a double or single room (per day) or USD \$ 120 for a twin room (per day).

You must notify the Organizing Committee of any early arrivals and/or any late departures **no later than May 4th, 2016**.

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.

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 May 26th, 2016 and/or staying on after the Official Departure Date of May 29th, 2016, 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

CATEGORIES

2016 Central & East Asian Championships Categories			
(MEN)			
No.	No. Categories	Categories	Class
1	1	MEN'S PHYSQUE	Up to & incl. 172 cm
2	1		Over 172 cm
3	1	MEN'S BODYBUILDING	55KG
4	2		60KG
5	3		65KG
6	4		70KG
7	5		75KG
8	6		80KG
9	7		85KG
10	8		90KG
11	9		95KG
12	10		100KG
13	11		Over 100KG
14	1	MEN'S CLASSIC BODYBUILDING	Up to & incl. 160 cm
15	2		Up to & incl. 162 cm
16	3		Up to & incl. 165 cm
17	4		Up to & incl. 168cm
18	5		Up to & incl. 171 cm
19	6		Up to & incl. 175 cm
20	7		Up to & incl. 180 cm
21	8		Over 180 cm
(WOMEN)			
22	1	WOMEN'S BIKINI FITNESS	Up to & incl. 163 cm
23	2		Over 163 cm
24	1	WOMEN'S BODYFITNESS	Up to & incl. 163 cm
25	2		Over 163 cm
26	1	WOMEN'S PHYSIQUE	Up to & incl. 163 cm
27	2		Over 163 cm

	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		

IMPORTANT NOTICE: From January 1st, 2016, the upper age limit for all IFBB Junior competitors is 23 years old. Year of birth decides. From January 1st, 2016, there are two Master Women's Bodyfitness age categories: from 35 to 44 age old and over 45 years old. Date of birth decides.

Note 1:

The weight to height limits of Classic Bodybuilding are as follows:	
Height	Bodyweight limit(kg)
Up to & incl. 160 cm	(Athlete's Height [in cm] minus 100) minus 3
Up to & incl. 162 cm	(Athlete's Height [in cm] minus 100) minus 2
Up to & incl. 165 cm	(Athlete's Height [in cm] minus 100) minus 1
Up to & incl. 168 cm	(Athlete's Height [in cm] minus 100) plus 0
Up to & incl. 171 cm	(Athlete's Height [in cm] minus 100) plus 2
Up to & incl. 175 cm	(Athlete's Height [in cm] minus 100) plus 4
Up to & incl. 180 cm	(Athlete's Height [in cm] minus 100) plus 6
Up to & incl. 190 cm	(Athlete's Height [in cm] minus 100) plus 8
Up to & incl. 198 cm	(Athlete's Height [in cm] minus 100) plus 9
Over 198 cm	(Athlete's Height [in cm] minus 100) plus 10
Please notice: for all Classic Bodybuilding competitors with a height over 180cm will participate in the same "Over 180cm" category.	

Note 2:

AFBF Regulation in case of **less than 3 competitors** in a single category will allow to combine this category with the next category of the same division.

Note 3:

There is **no "B"-team permitted** at this championship, **except for the host country**. The "B"-team athletes may compete for places and awards; however, their placing **will not be included in the "Best Team Award"**.

Note 4:

The charge for B-team athletes will be decided by the hosting country.

INTERNATIONAL CARD

Athletes who have not yet obtained the IFBB International Card will have to pay **extra** EUR € 30 (or USD \$40), which is for the International Card (EUR €30.00 or USD \$40).

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.

WEIGH-IN AND REGISTRATION

Weigh-in, measurement and registration of athletes will take place at the Official Hotel: the “Premium Hotel” **on Friday, May 27th, from 2:00 pm till 7:00 pm**. It is the responsibility of the chief delegate or team manager to make sure that the athletes are on time. Any athletes who are late **will not** be accepted to participate and will be responsible for their own expenses.

Each athlete must bring his/her **PASSPORT, IFBB INTERNATIONAL CARD** and **POSING MUSIC** to the weigh-in and registration.

PARADE OF THE NATIONS

The mandatory dress code for all delegates participating in the Parade of Nations is as follows:

- Blue blazer with the IFBB/AFBF crest
- Grey dress pants/skirt with shirt and IFBB/AFBF tie
- Black dress shoes with dark socks

No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes. One (1) delegate and two (2) competitors (one man, one woman) per country must take part in the Parade of Nations.

CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment’s shall be strictly prohibited in the backstage and/or dressing room areas except when used by AFBF authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

NATIONAL ANTHEM/FLAG

All participating countries must bring with them to Ulaanbaatar, Mongolia the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be on a separate CD to any posing music. All participating National Federations must bring with them to Ulaanbaatar, Mongolia two (2) national flags. The flags must be manufactured of dense silk and measure no more than 2.5 meter x 1.5 meter.

POSING MUSIC

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

IMPORTANT NOTICE

THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC!!!

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers' meetings as follows:

Five (5) or more athletes – two (2) green cards.

Less than (5) athletes – one (1) green card.

JUDGES

Only International Judges holding the IFBB/AFBF judging cards will be allowed to judge in this Championship. In order to assist the Judges Committee in their selection of the judges at these Championships, please forward your information of judges to **Mr. Gu Qiao, Email: cbba_cn@126.com** and copy to the AFBF Headquarters office. The names of those judges submitted in advance will receive priority consideration. All international judges **must** bring their International Cards to Beijing.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

DOPING CONTROL

Competitors will be tested according to the current IFBB/AFBF Doping Control Rules. Doping control will be conducted by Mr. Susumu Yoshida (email: susumu@phouse.jp), AFBF Medical Commission pursuant to the IFBB/AFBF Anti-Doping Rules, using the WADA accredited laboratory in the area. 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.

IMPORTANT NOTICE

Doping control maybe 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 finalist's e.g. at finals.

The AFBF reserves the rights to target test any athlete.

The IFBB/AFBF 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 AFBF international competitions.

IMPORTANT NOTICE

Pursuant to the IFBB Anti-Doping Rules and as a result of decisions taken at the 2005 IFBB International Congress (Shanghai, China, November 27, 2005) regarding a registered athlete testing pool (to be established in 2006) and an out-of-competition doping control program (to be implemented in 2007), every athlete competing in IFBB world and continental championships must provide accurate and up-to-date whereabouts information.

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the AFBF. All persons wishing to obtain media accreditation for this event must register with the IFBB/AFBF by completing and signing an AFBF media accreditation form.

ATHLETES WITHOUT DELEGATES

All athletes competing at AFBF Asian Championships must be members in good standing of their National Federations.

Any athlete who arrives without a delegate must carry **an OFFICIAL LETTER OF PARTICIPATION** from his National Federation, failing which the athlete will not be allowed to participate.

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the AFBF Chief Judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the AFBF Chief Judge, who has the right to verify the reason for the withdrawal.

ATTENDANCE AT THE EAST ASIAN FEDERATION OF BODYBUILDING AND FITNESS FIRST ANNUAL CONGRESS UNDER AFBF

It is the duty and responsibility of each National Federation to be represented at the EAFBF First Annual Congress meeting. China, Chinese Taipei, Hong Kong, Japan, Macau, Mongolia, and South Korea officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case the athlete must attend and represent his country at the Congress.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS and occurs where an "official" of a National Federation deliberately misrepresents the number of athletes and delegates so as to obtain free of charge accommodation, meals, onsite transportation, access to the prejudging, finals, and farewell banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation maybe 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.

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is **April 20th, 2016**. National Federation must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than the 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 (FEF)

The deadline for the Final Entry Form is **May 4th, 2016**. National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the deadline date.

All names of the National Team have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

TIMEZONE

- GMT + 8 hours.
- Daylight-saving time observed

CURRENCY

The national currency in Mongolia is the Mongolian tugrik. (one USD is approximately equal to 2050 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 May, the average temperature is 10-15°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.

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.

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:

Mr. Tariq Ali Omar
Assistant General Secretary of AFBF
Manama, Kingdom of Bahrain
P.O. Box 5754
Tel: +973-17-720084 – 1740435
Fax: +973-17-721557
Fax: +973-17-721557
E-Mail: tariqbbh@yahoo.com
& : afbf.asia@gmail.com

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 May 26	11:00-17:00	Official Arrival Date for Athletes and Delegates
	19:00-22:30	Dinner
Friday May 27	07:00-10:00	Breakfast
	10:00-13:30	Sight Seeing for athletes and delegates
	13:00-15:00	Lunch at the Hotel
	14:00-18:30	WEIGH-IN, REGISTRATION Judges & Team Managers Meeting
Saturday May 28	19:00-22:00	Dinner
	07:00-10:00	Breakfast
	10:00-13:30	Prejudging and Finals part 1
	13:00-15:00	Lunch and the Venue Site
	14:00-19:00	Prejudging and Finals part 2
Sunday May 29	20:30-23:00	Farewell Banquet
	07:00-10:00	Breakfast
	06:00-12:00	Official Departure Date Checkout and departure of all participants