



2016 IFBB WORLD JUNIORS & MASTERS BODYBUILDING & FITNESS CHAMPIONSHIPS



SANTO DOMINGO, DOMINICAN REPUBLIC

December 09th -12th, 2016

WELCOME

The Organizing Committee of the Dominican Bodybuilding & Fitness Federation and the city of Santo Domingo extend a warm welcome to all IFBB-affiliated National Federations wishing to participate in the IFBB World Juniors & Masters Championships to be held in Santo Domingo, Dominican Republic, December 09th-12th, 2016.



LOCATION

The **Dominican Republic** is a state occupying the eastern five-eighths of the island of Hispaniola, in the Greater Antilles archipelago in the Caribbean region. The western three-eighths of the island is occupied by the nation of Haiti. By area and population the Dominican Republic is the second-largest Caribbean nation (after Cuba), with 48,445 square kilometers (18,705 sq mi) and 10.08 million people, of which approximately three million live in the metropolitan area of Santo Domingo, the capital city.

After being discovered by Christopher Columbus on December 5, 1492, the island became the site of the first permanent European settlement in the Americas; and the first seat of the Spanish colonial rule in the New World.

The Dominican Republic people declared independence in November 1821. Then, in 1916, returned briefly to colonial status, being occupied by the United States between 1916 and 1924. The country is also the site of the first cathedral, castle, monastery, and fortress built in all of the Americas, located in Santo Domingo's Colonial Zone, an area declared as a World Heritage Site by UNESCO.



The Dominican Republic is the most visited destination in the Caribbean. A geographically diverse country, is home to the region's tallest mountain peak, Pico Duarte [3,098 m (10,164 ft)] , as well as the Caribbean's largest lake and lowest elevation [-27 m (-89 ft)], Lake Enriquillo. The Dominican Republic has the ninth largest economy in Latin America and is the largest economy in the Caribbean and Central American region. The Dominican Republic has one of the fastest economies in the Americas - with an average real GDP growth rate in 2014 and 2015 reached 7.3 and 7.0%, respectively, the highest in the Western Hemisphere!

Santo Domingo is the capital and largest city in the Dominican Republic and the largest metropolitan area in the Caribbean by population counted as 2.9 million inhabitants. Founded in 1498 under the name of *La Nueva Isabela*, later on was renamed *Santo Domingo* in honor of Saint Dominic and became the oldest European city in the Americas. Santo Domingo has a subway and upway metro system. The metro consists of two lines. It is the most extensive metro in the Caribbean and Central American region by total length and number of stations. The first line was planned to relieve traffic congestion in the Máximo Gómez and Hermanas Mirabal Avenue. The second line, which opened in April 2013, is meant to relieve the congestion along the Duarte-Kennedy-Centenario Corridor in the city from west to east.



ACCOMMODATION

The Organizing Committee will provide free of charge accommodations and three meals per day, beginning with lunch Friday, December 09th, and finishing with breakfast Monday, December 12th, for all official participants in accordance with IFBB rules:

Three or more competitors: 2 official delegates.

Two or less competitors: 1 official delegate.

The term "Official Participant" means:

- 1) An Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships, and
- 2) A Delegate who is duly authorized by his National Federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

National Federation without athlete can send an official delegate; nevertheless, this delegate will be responsible for all his own expenses.

Date of official arrival: Friday, December 09th, 2016.

Date of official departure: Monday December 12th, 2016.

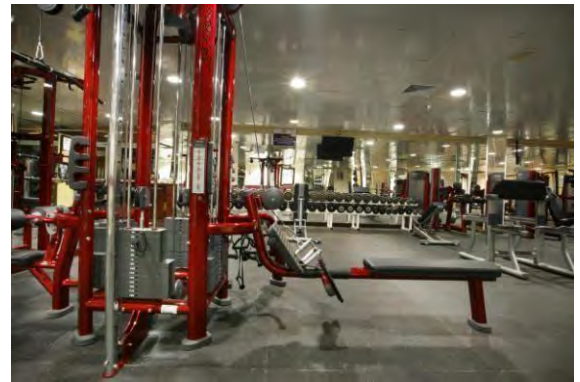
IMPORTANT NOTICE

All National Team's Official Participants (athletes, delegates) must check in BEFORE the start of the Team Managers and Judges Meeting (11th November, 2016, 18:00). 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.

Official Hotel:

The Championship's official hotel is the Dominican Fiesta Hotel & Casino, Avenida Anacaona 101 - Santo Domingo (Distrito Nacional) - República Dominicana. +1-809-562-8222. www.dominicanfiestahotelcasino.com,



Additional Hotel:

If we exceed the availability of the Dominican fiesta, the BQ hotel is also an option to stay.
Hotel BQ, Ave. Sarasota 53, Santo Domingo, Republica Dominicana. +1-809-535-0800

HOTEL SECURITY DEPOSIT

A hotel security deposit of **USD\$50 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.

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 Dinner, and onsite transportation at a cost of **EUR 350** (in double room) per person in a double room, or **EUR 500** (in single room).

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

Partial Special Package Rate, which includes tickets to the Prejudging and Finals, tickets to the Farewell Dinner and local transport at a cost of **115€**.

For more information, contact the Organizing Committee office, please.

Special package rate for extra delegates is and

The Venue:

The venue will be held in the auditorium-theater of Sambil Santo Domingo Mall. This theater will accommodate approximately 1,600 seated assistants and approximately 350 people backstage. This Backstage has dressing rooms, make-up rooms, bathrooms and leads directly to the stage. The auditorium is located in the 5th floor of Sambil Santo Domingo Mall, in the metropolitan area of the city, 20 minutes in car ride from the official hotel.

Ave. John F. Kennedy, Esquina Paseo los aviadores, Santo Domingo, Republica Dominicana.

www.sambil.com.do

ARRIVAL/AIRPORT

The official airport for arrivals is the **Santo Domingo Las Americas Airport (SDQ)**, which serves North and South America and also Europe. The Organizing Committee will provide transportation from the airport to the hosting hotel on Friday, December 09th, 2016 and the transportation from the hotel to the airport on Monday, December 12th, 2016.

Please notify the Organizing Committee the details of your arrival time and the number of people in your delegation no later than 10 days before the Championships, so that suitable transportation can be arranged for your National Team members.

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 December 09th, 2016** and/or staying on after the **Official Departure Date of December 12th, 2016**, 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 **USD\$92** per person, per day in a double room, breakfast included. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than November 28th, 2016**.

VISAS

All travelers will need a passport valid for at least 90 days following your departure date from Dominican Republic. However, it is strongly recommended traveling with 6 months validity on your passport at all times. You need to have at least two free pages in Visa section of your passport. Check with your airline in case you have connecting flights overseas as part of your journey to Dominican Republic. It may be the case that countries you pass through en route to your destination may require a separate transit visa.

Citizens of the following 8 countries **do not require a visa or tourist card** to enter the Dominican Republic up to 90 days: Argentina, Chile, Ecuador, Israel, Japan, Peru, Republic of Korea and Uruguay.

Citizens of the next 99 countries and the European Union **need to buy a tourist card** which can be obtained upon arrival to the Dominican Republic but as there are often queues, it can be worth buying it in advance. The cost is US \$10 for 30 days. It may also be obtained online or by post from the Dominican Republic embassy or consulate.

Citizens of most of the African, Middle East and South-East Asian countries may need a tourist visa.

Detailed info at: https://en.wikipedia.org/wiki/Visa_policy_of_the_Dominican_Republic

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy (scan) of passport

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

PARTICIPATION

These Championships are open for **ALL the IFBB-affiliated National Federations** from all over the world. **Participation of athletes is limited to A-Team and B-Team from each country, except the host country.** Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

OFFICIAL ATHLETE REGISTRATION

The official arrival day is Friday, December 09th, 2016.

The weigh-in and registration of athletes will be conducted on Friday, December 09th, 2016, between 10:00 and 21:00 hrs at the **Salon Pitiusa in the Dominican Fiesta Hotel.**

IFBB REGISTRATION FEE

A-Team: Each official participant of the Junior categories and the official delegates, including the delegates without competitors, must pay the Registration Fee of EUR €200.00.

Each official participant of the Masters categories, must pay the Registration Fee of **EUR €250.00**.

B-Team: All athletes (junior and masters from B-Team) must pay the full package price of **EUR € 350.00**.

The Registration fee has to be paid in advance through the IFBB webpage <http://www.ifbb.com/competition-registration/> .

If paying at arrival, the payment has to be made to the appointed IFBB official the hotel, and 50€ extra fee will be charged

The IFBB Registration Fee of the is completely independent of the security deposit of the hotel.

All athletes will have to carry their **Passport** or Identity Card and **IFBB International Card** at the Official Registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at registration. IFBB International Cards are 30 Euros per year and are mandatory.

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/her name and number on the CD for easy identification. **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

Each athlete participating in the Championship will be provided with a **competitor wrist band for identification** at the Registration. This wrist band allows daily admission to the competition venue and should not be removed.

CATEGORIES OPEN FOR COMPETITION

JUNIORS:

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Junior Women Body-Fitness	Open Class	1	1
2	Junior Women Fitness	Up to & incl. 163 cm	2	2
3	Junior Women Fitness	Over 163 cm		
4	Junior Women Bikini-Fitness	Up to & incl. 160 cm	3	3
5	Junior Women Bikini-Fitness	Up to & incl. 166 cm		
6	Junior Women Bikini-Fitness	Over 166 cm		
7	Junior Men Bodybuilding	Up to & incl. 75 kg	2	2
8	Junior Men Bodybuilding	Over 75 kg		
9	Junior Men Classic Bodybuilding	Open Class	1	1
10	Junior Men Fitness	Open Class	1	1
11	Junior Men Physique	Up to & incl. 170 cm		

12	Junior Men Physique	Up to & incl. 178 cm	3	3
13	Junior Men Physique	Over 178 cm		

MASTERS:

	DISCIPLINE	AGE LIMIT	CATEGORY	A-TEAM	B-TEAM
14	Master Women Bikini-Fitness	Age >35 yrs	Open Class	1	No Limit
15	Master Women Body-Fitness	Age 35-44 yrs	Open Class	2	No Limit
16	Master Women Body-Fitness	Age >45 yrs	Open Class		
17	Master Women Physique	Age >35 yrs	Open Class	1	No Limit
18	Master Men Physique	Age 40-44 yrs	Open Class	1	No Limit
19	Master Men Physique	Age 45-49 yrs	Open Class	1	No Limit
20	Master Men Physique	Age >50 yrs	Open Class	1	No Limit
21	Master Men Bodybuilding	Age 40-49 yrs	Up to & incl. 70 kg	8	No Limit
22	Master Men Bodybuilding	Age 40-49 yrs	Up to & incl. 80 kg		
23	Master Men Bodybuilding	Age 40-49 yrs	Up to & incl. 90 kg		
24	Master Men Bodybuilding	Age 40-49 yrs	Over 90 kg		
25	Master Men Bodybuilding	Age 50-59 yrs	Up to & incl. 80 kg		
26	Master Men Bodybuilding	Age 50-59 yrs	Over 80 kg		
27	Master Men Bodybuilding	Age 60-64 yrs	Open Class		
28	Master Men Bodybuilding	Age > 65 yrs	Open Class		
29	Master Men Classic BB	Age 40-49 yrs	Open Class	2	No Limit
30	Master Men Classic BB	Age >50 yrs	Open Class		

Junior Men's Classic Bodybuilding bodyweight limits:

Upto&incl. 168cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 0[\text{kg}]$

Upto&incl. 171cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 1[\text{kg}]$

Upto&incl. 175cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 2[\text{kg}]$

Upto&incl. 180cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 3[\text{kg}]$

Upto&incl. 190cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 4[\text{kg}]$

Upto&incl. 198cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 4.5[\text{kg}]$

Over 198cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 5[\text{kg}]$

Master Men's Classic Bodybuilding bodyweight limits:

Upto&incl. 168cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 0[\text{kg}]$

Upto&incl. 171cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 2[\text{kg}]$

Upto&incl. 175cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 4[\text{kg}]$

Upto&incl. 180cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 6[\text{kg}]$

Over 180cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 8[\text{kg}]$

Upto&incl. 198cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 9[\text{kg}]$

Over 198cm: $\text{MaxWeight}[\text{kg}] = (\text{Height}[\text{cm}] - 100) + 10[\text{kg}]$

Junior Men's Fitness bodyweight limits:

For all body heights: $\text{Max. Bodyweight [kg]} = \text{Height [cm]} - 100 \text{ [kg]}$

RULES REGARDING A- AND B-TEAMS:

A- Team

- Each National Federation may enter an A-Team.
- The maximum allowable number of competitors in the A-Team is 30 (13 juniors plus 17 masters).
- 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 Organizer will provide free-of-charge accommodation, meals, onsite transportation between hotel and venue 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 delegates.
- The A-Team athletes shall compete for placings and awards, including the Best Teams Award.
- Each National Federation must fully declare its A-Team competitors and delegates on the Final Entry Form (FEF) and must register the A-Team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

The B-Team

Each National Federation may enter a B-Team according to the rules specified below.

- The maximum allowable number of JUNIOR competitors in the B-Team shall not exceed those in the A-team (13 athletes).
- There is **NOLIMITATION** for B-Team MASTERS competitors in these Championships.
- Each National Federation shall be obliged to pay the Full Package Rate for each B-Team competitor. This package shall comprise of the competitor's Registration Fee, 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 Teams Award.
- Each National Federation must fully declare its B-team competitors on the Final Entry Form (FEF) and must register the B-Team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

Age Limits

Juniors <23 years of age

An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

Female masters:

- a) May compete as a MASTER competitor in the category 35-44 years of age from January 1st of the year in which the athlete reaches her 35th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, she may compete only in the category over 45 years of age.

b) May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which the athlete reaches her 45th birthday.

Men's Physique male masters:

a) May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may compete only in the category 45-49 years of age.

b) May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category over 50 years of age.

c) May compete as a MASTER competitor in the category over 50 years of age from January 1st of the year in which the athlete reaches his 50th birthday.

Men's Bodybuilding male masters:

d) May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category 50-59 years of age.

May compete as a MASTER competitor in the category 50-59 years of age from January 1st of the year in which the athlete reaches his 50th birthday up to and including December 31st of the year in which the athlete turns 59. From January 1st of the next year, he may compete only in the category 60-64 years of age.

e) May compete as a MASTER competitor in the category 60-64 years of age from January 1st of the year in which the athlete reaches his 60th birthday up to and including December 31st of the year in which the athlete turns 64. From January 1st of the next year, he may compete only in the category over 65 years of age.

f) May compete as a MASTER competitor in the category over 65 years of age from January 1st of the year in which the athlete reaches his 65th birthday.

SECRETARIAT

The Organizing Committee will run an official secretariat at the Championship's hosting hotel from Thursday, December 08th to Monday, December 12th - from 09:00 to 18:00 hrs.

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 Official Athlete Registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

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.

[DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM](#)

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***

NATIONAL ANTHEM

All National Federations* must bring with them to Bialystok the music of their National Anthem (**shortened version up to 60 seconds only**) on CD. This must be on a separate CD to any posing music.

**Note: For all European countries, the IFBB already has a copy of their 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

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test judges) **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS. All international judges must bring their International Judge's Cards to Santo Domingo.

IMPOTANT NOTICE

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2016. This fee may also be paid at the Championships in Santo Domingo.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the Championships in Santo Domingo.

All judges and test judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting, will not be allowed to judge at these Championships.

If any of the above conditions has not been met, judges will be unable to carry out their duties at the Championships.

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 **November 30th, 2016.**

[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 Official Athlete Registration. This information is used to promote the competitor in the press, on TV, the website and other media.

[COMPETITOR INFORMATION FORM](#)

GREEN CARDS

Greencards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Team Managers and Judges Meeting as follows:

- Eleven (11) or more competitors - three (3) green cards
- From six (6) up to ten (10) competitors - two (2) greencards
- Five (5) or less competitors - one (1) green card

INTERNATIONAL FEDERATION OFFICIALS DO NOT ATTEND

THE TEAM MANAGERS AND JUDGES MEETING,

THIS FEDERATION 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) - 4 hours.

CURRENCY

The national currency in the Dominican Republic is the Dominican peso (DOP or RD\$)

1 EUR = 51.48 DOP (as for September 2016)

1 USD = 46.13 DOP (as for September 2016)

Current rates may be checked at: <http://www.xe.com/currency/dop-dominican-peso>

All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

Santo Domingo has a tropical monsoon climate. The average temperature in Santo Domingo varies little, because the tropical trade winds help mitigate the heat and humidity throughout the year. December through March are the coolest months with hot days with less humidity and fresh nights. The daily mean temperature for December is 24.9°C (76.8°F), with an average high 29.6°C (85.3°F) and average low 20.3°C (68.5°F). Average rainy days: 9.0, average relative humidity 83.3%.

ELECTRICAL CURRENT

General electrical service is delivered at 110 V alternating at 60 Hz. Electrically powered items from the United States work with no modifications. Plugs/sockets of type A, B and C. Coming from other countries, you may need a plug adapter and, possibly, a power converter (laptop computers handle well a range of 100 to 240 V and a frequency of 50 to 60 Hz but you must check on the manufacturer plate of your power supply).

Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE

The official language in the Dominican Republic is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

ATHLETES WITHOUT DELEGATES

All athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

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 status but 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 14th, 2016**. 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.

[PRELIMINARY ENTRY FORM](#)

FINAL ENTRY FORM

The deadline date for sending the Final Entry Form is **November 28th, 2016**. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges and test 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 a room with someone \(please name the room-mates\) and who wants a single-room\) in the Final Entry Form.**](#)

[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 for the Full Package Rate** instead of the IFBB Registration Fee.

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 travelling 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.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS:

Please send your Entry Forms to:

Organizing Committee office:

Mr. Tony Peña R. President of the Dominican
Bodybuilding and fitness federation.

+1-809-771-5931

tonydfdf@hotmail.com

and:

IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please Send a copy to:

IFBB Head Office:

Ms. Celia de la Rosa

E-mail: headquarters@ifbb.com

Thursday, December 08th, 2016

09:00 - 17:00	Arrivals of IFBB Ex. Council Members	Dominican Fiesta Hotel
13:30 - 15:30	Lunch	
18:00	IFBB Executive Council Meeting (only Executive Members)	Dominican Fiesta Hotel
20:00	Dinner	

Friday, December 09th, 2016

10:00 - 20:00	Official arrival day of National Teams	Dominican Fiesta Hotel
10:00 - 21:00	Official Athlete Registration	Dominican Fiesta Hotel
12:00 - 14:00	Lunch	
18:00	Team Managers and Judges Meeting	Dominican Fiesta Hotel
20:00 - 22:00	Dinner	

Saturday, December 10th, 2016

07:00 - 10:00	Breakfast	
10:00 - 13:30	Prejudging and finals - Part 1	Teatro Sambil Sto.Dgo.
13:00 - 14:30	Lunch	
15:00	Prejudging and finals - Part 2	Teatro Sambil Sto. Dgo
19:00 - 22:00	Dinner	

Sunday, December 11th, 2016

07:00 - 10:00	Breakfast	
10:00	Official Opening & Parade of Nations	Teatro Sambil Sto.Dgo.
10:30 - 13:30	Prejudging and finals - Part 3	Teatro Sambil Sto. Dgo.
13:00 - 14:30	Lunch	
15:00	Prejudging and finals - Part 4	Teatro Sambil Sto. Dgo
21:00 - 24:00	Farewell Dinner	Dominican Fiesta Hotel

Monday, December 12th, 2016

07:00 - 10:00	Breakfast	
Up to 12:00	DEPARTURES	