



**2011 EUROPEAN JUNIOR'S & MASTER'S
CHAMPIONSHIPS
BODYBUILDING, CLASSIC BODYBUILDING,
FITNESS & BODYFITNESS**

INSPECTION REPORT



Alcalá de Henares, Madrid, Spain

24-27 June 2011

WELCOME

The Organizing Committee of the Spanish Bodybuilding & Fitness Federation extend a warm welcome to all IFBB National Federations to participate in the EBFF European Junior's & Master's Bodybuilding, Classic Bodybuilding, Fitness & BodyFitness Championship in Alcalá de Henares, Madrid, Spain

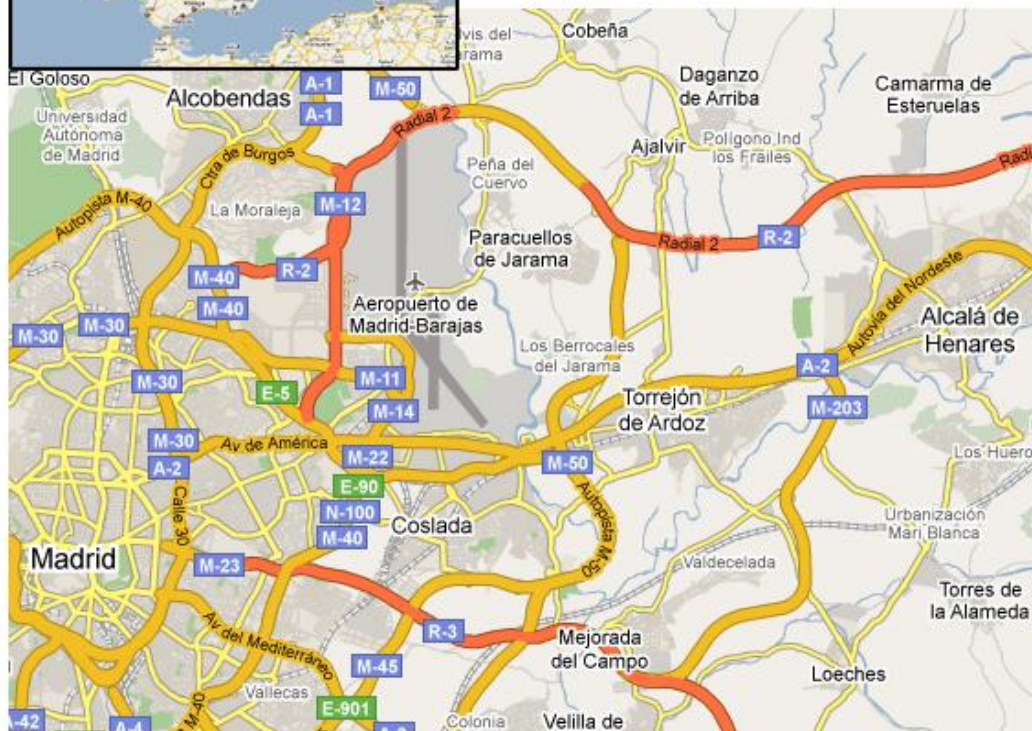
ABOUT ALCALA DE HENARES

Alcalá de Henares, meaning *Citadel on the river Henares*, is a Spanish city, whose historical centre is one of UNESCO's World Heritage Sites, and one of the first bishoprics founded in Spain. Located in the Autonomous Community of Madrid, 35 km northeast of the city of Madrid, (at 10 km from Barajas International airport) at a height of 588 metres (1929 ft) above sea level, it has a population of around 200,000, the second largest of the region after the Spanish capital itself. The city is generally known simply as "Alcalá", but "de Henares" is often appended to differentiate it from a dozen cities sharing the name Alcalá (from the Arabic word Arabic al-qal'a قلعة for fortification or citadel). The City of Alcalá de Henares, birthplace of Miguel de Cervantes, was named a World Heritage site by UNESCO in December 1998, in recognition of the fact that Alcalá was the first city to be designed and built solely as the seat of a university, and was to serve as the model for other centres of learning in Europe and America.

Alcalá de Henares has witnessed many civilizations in the last 5.000 years. Each of them made a generous contribution to the city's rich heritage. The Historical Centre began to develop from the Middle Ages and became an area in which Jews, Moslems and Christians lived together peacefully. The creation of the University, founded by Cardinal Cisneros in 1499, resulted in a great expansion of art and culture during the Renaissance and the Golden Age.

UNESCO's declaration not only refers to Alcalá's breathtaking historical heritage, but also to its contribution to the intellectual development of humankind, the advances in linguistics that took place there and, not least, to the definition of the Spanish language, specially through the work of its great son Miguel de Cervantes Saavedra, and his masterpiece Don Quixote.





VENUE SITE: University Auditorium.

A nice hall with capacity of 1.800 seats and with giant lateral screens for easy viewing of the event.



OFFICIAL HOTEL

Alcala Hotel – Alcala de Henares, Madrid

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of 24 June 2011 and/or after the Official Departure Date of 27 June 2011) for all Official Participants (Athletes and Delegates) and extra delegates.

ACCOMMODATIONS

The Organizing Committee will provide free-of-charge accommodations and three meals per day for all Official Participants* (Athletes and Delegates) pursuant to the following IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitor 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 (see above).*

National Federations with no athlete(s) may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses or obtain a full package.

All Athletes and Delegates will be accommodated in double rooms (two persons per room).

The Official Arrival Date is Friday, **June24, 2011.**

The Official Departure Date is Monday, **June27, 2011.**

IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration. 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 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 (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

SPECIAL PACKAGE FOR 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 onsite transport at: Euro €450.00 for each person in a double room or Euro €550.00 for a single room. For more information please ask the Organizing Committee.

**limited to transportation between the official airport and official hotel upon arrival and departure; between the competition venue site and official hotel for the Prejudging and Finals.*

OFFICIAL AIRPORT

Madrid Barajas International Airport is located 10 km of Alcala de Henares, accessible by highway.

Please notify the Organizing Committee of the details of your arrival time so that suitable transportation can be arranged for your National Team members.

IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE AIRPORT TO THE HOTEL.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, **June24, 2011.**

The Official Departure Date is Monday, **June27, 2011.**

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date** and/or staying on after the **Official Departure Date** will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

IMPORTANT NOTICE

Please contact the Organizing Committee for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date. If you wish to have transportation if you arrive before or depart after the official date, you can request this to the Organising Committee and you will be charged 20 Euros per person one way.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa (only an Identity Card). All other countries should consult

the Spanish Embassy or Consulate in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

WEIGHT/HEIGHT CATEGORIES

The categories that are open for competition at these Championships are:

GROUP	AGE DIVISION	CATEGORY	NUMBER OF ATHLETES	
			A TEAM	B TEAM
Junior women	Bodybuilding	open	1	1
Junior men	Bodybuilding	up to 75 kg	2	2
Junior men	Bodybuilding	over 75 kg		
Junior men	Classic Bodybuilding	open	1	1
Junior women	Fitness	up to 163 cm	2	2
Junior women	Fitness	over 163 cm		
Junior men	Fitness	open	1	1
Junior women	Bodyfitness	up to 163 cm	2	2
Junior women	Bodyfitness	over 163 cm		
Master women	Bodyfitness, age +35 years	open	1	No limits
Master women	Bodybuilding age +35 years	open	1	No limits
Master men	Bodybuilding age 40- 49	up to 70 kg	7	No limits
Master men	Bodybuilding age 40- 49	up to 80 kg		
Master men	Bodybuilding age 40- 49	up to 90 kg		
Master men	Bodybuilding age 40- 49	over 90 kg		
Master men	Bodybuilding age 50- 59	up to 80 kg		
Master men	Bodybuilding age 50- 59	over 80 kg		
Master men	Bodybuilding age +60 years	open		
Master men	Classic Bodybuilding, age 40- 49	open	2	No limits
Master men	Classic Bodybuilding, age +50 years	open		No limits
Men	Wheelchair Bodybuilding	open	1	1

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat in the Lobby of the Official Hotel.

HOTEL SECURITY DEPOSIT

An initial deposit of **100.00 Euro per person** is required upon check-in for incidental and personal expenses which may arise (telephone, room service, mini bar, etc). The

unused portion of this deposit will be returned upon check-out. 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 team. **Please inform the members of your team before departure not to create additional expenses.**

IFBB REGISTRATION FEE

All Official Participants (Athletes and Delegates, including Delegates without athletes) will be required to pay a **150.00 Euro IFBB Registration Fee for Juniors and 200.00 Euro for Masters** upon check-in. **B-team athletes and Delegates WITHOUT athletes are obliged to pay the full package which INCLUDES the IFBB Registration Fee.** The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at 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 Alcala de Henares, Madrid without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

DOPING CONTROLS

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

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 of the Junior categories:* A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
2. *Weighted Selection of the Junior categories:* 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.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The athlete'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

All participating National Federations must bring with them a CD of their national anthem. The national anthem must be the only music on the CD.

PLEASE BRING ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS

PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

JUDGES

All National Federations are reminded that their nominations for judges and test judges must be forwarded to Mr. Pawel Filleborn, Chairman, IFBB Judges Committee (+48 22 642 73 51, pawelfilleborn@gmail.com), and IFBB Head Office in Madrid no later than June 6th, 2011 (+34 91 535 0320, internacional@santonja.com).

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

IMPORTANT NOTICE

Each National Federation must submit the names of its judges, including test judges, on the Final Entry Form. If you fail to submit the name of your judge(s) in advance, your nominated judge(s) will not judge or test judge at the Championships.

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.**

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 to Andrzej Michalak at amichalak5@gmail.com .

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/Height Measurement 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

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area is 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 videotape equipment is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

USEFUL INFORMATION

The electrical outlets are 220 volts.

The time difference is GMT + 2 hour.

Currency: euro (€).

Language: Spanish.

ATHLETES WITHOUT DELEGATES

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form.

If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation can be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an "official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the *IFBB Code of Ethics* and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the Preliminary Entry Form is **May 10th, 2011**. 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.

The deadline date for the Final Entry Form is **June 10th, 2011**. 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.

[PRELIMINARY ENTRY FORM](#)

[FINAL ENTRY FORM](#)

CONTACT INFORMATION

Preliminary and Final Entry Forms must be sent to the Organizer:

Spanish Bodybuilding & Fitness Federation

Mr. José Ramos

President

Phone/ Fax: +34 93 766 0630

E-mail: secretaria@ifbb-spain.com

Web: www.ifbb-spain.com

Please copy all correspondence to:

International Federation of Bodybuilding & Fitness (IFBB)

Dr. Rafael Santonja

IFBB PRESIDENT

Tel: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: internacional@santonja.com

Web: www.ifbb.com

VERY IMPORTANT NOTICE

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.