

Inspection Report

**21ST MEN'S & WOMEN'S
(Seniors and Masters)
BALKAN BODYBUILDING, FITNESS
AND BODY-FITNESS CHAMPIONSHIPS
Čačak, Serbia, April 27-29th, 2012.**

WELCOME:

The Organizing Committee of the 21st Balkan Men's & Women's (Seniors and Masters) Bodybuilding, Fitness & Body-Fitness Championships, the President of Organizing Committee and the Serbian Bodybuilding and Fitness Federation, Mr. Goran Ivanovic, invite all Balkan National Federations – members of the IFBB/EBFF – to participate in the

21ST BALKAN MEN'S & WOMEN'S (Seniors and Masters)
BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS
that will take place in Čačak, Serbia from 27-29th of April 2012.



Serbia has connected West with East for centuries – a land in which civilizations, cultures, faiths, climates and landscapes meet and mingle.

It is located in the centre of the Balkan Peninsula, in southeastern Europe. The northern portion belongs to central Europe, but in terms of geography and climate it is also partly a Mediterranean country. Serbia is landlocked but as a Danube country it is connected to distant seas and oceans. Serbia is a crossroads of Europe and a geopolitically important territory. The international roads and railway lines, which run through the country's river valleys, form the shortest link between Western Europe and the Middle East.

From the agricultural regions of the Pannonian Plain in the north, across the fertile river valleys and orchard-covered hills of Šumadija, the landscape of Serbia continues southward, gradually giving way to mountains rich in canyons, gorges and caves, as well as well-preserved forests. Serbia's beautiful mountains, national parks, rivers and lakes are the perfect location for an active outdoor holiday – from hunting and fishing to extreme sports.

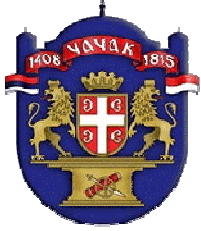
Many times during its rich, centuries-long history, Serbia has been at the centre of Europe's and the world's attention, out of all proportion to its modest size, economic might and number of inhabitants. Many lessons on bravery, patriotism and the struggle for freedom can be learned wherever you turn in Serbia, as you pass through its cities and regions.

The cultural and historical heritage of Serbia begins with prehistoric archaeological sites and its legacy from classical antiquity. Perhaps its greatest riches, though, are in the many mediaeval Serbian churches and monasteries, some of which are included on the UNESCO World Heritage list.

All year round, numerous cultural, entertainment, traditional and sporting events are held in Serbia, demonstrating the creative power and spiritual vitality of this country.

Today, Serbia is a modern, democratic European country, on the path to membership of the European Union, which a diverse range of visitors – from young backpackers to participants in congresses and fairs – visit every day.

Čačak - a historically rich town

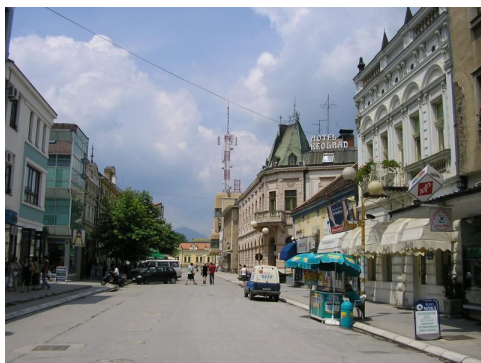


Serbia can be felt in every pore, every brick and every tree of Čačak. It is a small town on the river Morava, enclosed by the mountains of Jelica, Vužan, Ovcar and Kablar. In historical and geographical sense, a lot can be seen in this town. Čačak was built on remains of a former Roman settlement. This fact was verified by many findings such as Roman hot baths, monuments to Jupiter, and numerous “villae rusticae”, that is agricultural estates of the Roman Empire. Nearby, on the Jelica Mountain, there is a huge archaeological site, named Gradina, which is yet to reveal its hidden secrets.

As far as “newer history” is concerned, a protected natural attraction, packed with monasteries and churches and known as the Ovcar-Kablar canyon, lies near Čačak, making it the holy ground of Serbia. A neighboring town of Dragacevo, is placed nearby as well, and it is the venue of the famous Guca festival. Each year, the festival is visited by over half a million people.



Čačak from the air



A street in Čačak city center



Čačak by night

Cultural and historic sights

The National museum, The Jovana Obrenovic residence (1835), The "Nadezda Petrovic" art gallery, The Town library, Roman hot baths (4th century), A unique monument dedicated to the soldiers of the First World War (1934), The Tanasko Rajic monument, A monument dedicated to participants of the Hadzi-Prodan rebellion, The duke Stepa Stepanovic monument. There are also the monasteries of Ovcar and Kablar such as: St. John's Monastery (1536), St. Nicholas Monastery (14th century), The Vužan Monastery, The Holy Trinity Monastery (16th century), St. Sava's church (1938).



The National Museum in Čačak



The Tanasko Rajić monument



The Nikolje Monastery



The Monastery of the Holy Trinity

Events

The Vladislav Petkovic Dis Spring (May), The Assembly of Serbia's pipers "Oj Moravo" (July), The Nadezda Petrovic memorial (Autumn), The "Čačak" art colony (Summer), The "Serbian holy mountain" festival in the Ovcara spa (July).

Čačak surroundings

It may as well be concluded that a town like Čačak, surrounded by such dazzling slopes of Jelica, Vujan, Ovcara and Kablar, has a surplus of natural attractions. When speaking about the Ovcara-Kablar canyon, its monasteries are of exceptional beauty, and sights that shouldn't be missed! Of course, there is the "Grujine livade" picnic site, situated on the Jelica Mountain, and unavoidable healing waters of Ovcara, Slatina and Gornja Trepča spas. The latter being famous for its mineral water, thus often referred to as the "Atomic spa".



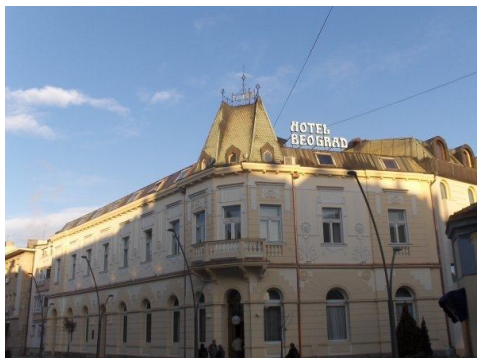
Ovcara-Kablar Gorge near Čačak



View from Kablar mountain

Official Hotels: Hotel “Beograd” and Motel “Kole”

Official delegates and competitors will be accommodated at Hotel “Beograd”, which is located in the center of Čačak, and Motel “Kole”. The Hotel and Motel have enough beds and are also available for all extra delegates and supporters that wish to be at the same Hotel as the athletes and official delegates



Hotel “Beograd”



Motel “Kole”



Accommodation in Hotel “Beograd”



Accommodation in Motel “Kole”

Venue site: Čačak Culture Center

The 21st Balkan Body Building, Fitness and Body-Fitness Championships will take place in *Čačak’s Culture Center*.



Čačak Culture Center

Accommodation:

The Organizing Committee will provide accommodations and three meals (different for competitors and delegates) per day for the official members of the National Federations, according to the following IFBB rules:

- 1) Two (2) competitors or less - **ONLY** one (1) delegate is permitted
- 2) Three (3) or more competitors - Two (2) delegates are permitted

ADDITIONAL DELEGATES AND SUPORTERS: A special package has been arranged by the organizing committee as follows: 2 night hotel accommodations, including three meals per day, tickets to finals, ticket to farewell banquet and transportation, for the dates 27-29th of April. The price of this package is 200€

This package will also apply to journalists and photographers and can be purchased upon arrival.

HOTEL DEPOSITS: An initial deposit of **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 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 member of his team. **PLEASE INFORM YOUR ATHLETES BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES FOR YOUR FEDERATION.**

PARTICIPATION FEE: Each official athlete and delegate participating will be obligated to pay a PARTICIPATION FEE OF **30 €** This fee is payable to the Balkan Federation secretary during registration, upon arrival in Čačak. **This Participation Fee is completely separate to the Hotel Deposit mentioned above.**

Visas:

All participants require a valid passport for entry to Serbia. Please consult the Serbian Embassy in your country to determine if you also need a visa.

Official language:

The official languages are Serbian, but English is widely used. The staff of hotels, travel agencies and shops with whom the visitors will be in contact will speak English.

Time difference:

The time in Čačak is in CET+1.

Currency:

The official currency in Serbia is Serbian Dinar (RSD)

1.00 EUR = 103 rsd

Climate:

During the month of April the weather is warm. The average temperature is 20°C.

Electrical Current:

220 volts.

Airport arrivals:

The Organizing Committee will pick you up at the Belgrade International Airport at your arrival. It is very important that every Federation provides their details to the Organizing Committee,

including the number of people in their delegation. Your cooperation is essential in order to ensure adequate transportation of your team. **Cost of one way transportation is 30 € per person.**

Passport/Music:

All competitors must provide their passports and music (on CD, with one track) at weigh-in, failing which the competitor will not be registered and will not be allowed to compete.

Parade of Nations:

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform.

Judges:

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules: "That a National Federation must provide on the Final Entry Form the names of all judges nominated to officiate at the competition, failing which the individual will not be allowed to judge". All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card.

National Flags:

All National Federations are reminded to bring their National Flags for use in the Victory Ceremony.

National Anthem:

All participating National Federations must bring the music of their national anthem on a CD with them to Čačak. This must be on a separate CD to any posing music.

Backstage Access/Dressing room access:

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

Cameras/Videotapes:

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

Press accreditation:

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact Organization Committee.

Weigh-in and measurement of athletes:

Weigh-in will take place in the Čačak Culture Center on April 27th from 6.30 PM – 8.30 PM. **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

TANNING

THE IFBB HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.

Secretariat:

The organizing committee will man a desk in the lobby of the Motel "Kole" - Čačak from 27-29th, April 2012. You may obtain information and assistance from the Secretariat when required.

Flight reconfirmation:

For the reconfirmation of your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight upon arrival at the Motel "Kole" - Čačak to avoid last minute problem.

Entry Forms:

Please return the **Preliminary Entry Form** to the Organizing Committee as soon as possible but not later than March 15th, 2012 and indicate your Federation's **intentions to participate** and the **number** of people from your country that will be attending the Championships.

You must return the **Final Entry Form** with the names of the people in your team **NO LATER THAN April 22th, 2012**. **Please indicate the weight and height of your athletes in the Final Entry Form. Your co-operation is essential to ensuring your accommodations at the Hotels, and assuring adequate transportation for your team.**

PLEASE TAKE NOTE: All national federations that do not advise in advance about their extra delegates and supporters to the Organizing Committee, may have a risk to find out that the Hotel has no rooms available, due to its limited capacity. **PLEASE NOTIFY THE ORGANIZING COMMITTEE ABOUT THE NUMBER OF YOUR EXTRA DELEGATES/INDIVIDUALS.**

Please send all correspondence to:

BALKAN BODYBUILDING AND FITNESS FEDERATION

Mr. Nenad Vucković, President

Vojvode Tankosica 11/31

18000 Nis

SERBIA

Fax: + 381 4515 372

Cell: + 381 64 416 76 41

E-mail: nenadpress@gmail.com and nenadpress@ptt.rs

Consequences of failure to cooperate with the contest organizer:

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending national federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the participation fee will be charged as a fine to the offending national federation.



PRELIMINARY ENTRY FORM



21st BALKAN MEN'S & WOMEN'S (Seniors and Masters)
BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS
Čačak, Serbia, April 27-29th, 2012.

**Complete the Preliminary Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE BUT NO LATER THAN MARCH 15th 2012.
PLEASE PRINT CLEARLY**

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

TEL: _____ FAX: _____

E-MAIL _____

**Our Federation is planning to participate in the
21st MEN'S & WOMEN'S (Seniors and Masters)
BALKAN BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS.**

Please indicate "YES" or "NO". YES _____ NO _____

NUMBER OF DELEGATES: _____ NUMBER OF ATHLETES: _____

NUMBER OF EXTRA DELEGATES AND SUPPORTERS: _____

Please be advised that there will be four (4) bodyweight categories in Men's Bodybuilding at the 21st BALKAN BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS: Lightweight (-70 kg), Light-Middleweight (-80 kg), Light-Heavyweight (-90 kg), Heavyweight (+90 kg). **Junior's bodybuilding**, up to 75 kg and over 75 kg, **Men's Classic Bodybuilding**, up to 180 cm and over 180 cm. There will be **one open category** for, **Men's Masters**, **Women's Bodybuilding**, **Women's Fitness**, **Women Body Fitness**, **Mixed Pairs** and **Women Bikini Fitness** category. Please be advised that Each National Federation may send two (2) athletes per category in each discipline.

IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate, however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses. All National Federations must provide the names of all judges in the Final Entry Form to officiate at the competition, failing which the individuals will not be allowed to judge.

Consequences of failure to cooperate with the contest organizer: Failure to cooperate with the contest organizer is contrary to the IFBB Code of Ethics and will result in the offending National Federations having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending National Federations.

THE PRELIMINARY ENTRY FORM INDICATING THE NUMBER OF YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN MARCH 15th, 2012 TO:

BALKAN BODYBUILDING AND FITNESS FEDERATION
Mr. Nenad Vuckovic, President
Vojvode Tankosica 11/31
18000 Nis
SERBIA
Fax: + 381 4515 372
Cell: + 381 64 416 76 41
E-mail: nenadpress@gmail.com; nenadpress@ptt.rs



FINAL ENTRY FORM



21ST BALKAN MEN'S & WOMEN'S (Seniors and Masters)
 BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS
 Čačak, Serbia, April 27-29th, 2012.

**Complete the Final Entry Form and return it to the Organizing Committee
 AS SOON AS POSSIBLE BUT NO LATER THAN APRIL 22th 2012.
PLEASE PRINT CLEARLY**

| | | |
|---------------------------------|---------------------------------|---------------|
| FEDERATION NAME: | | |
| TEL.: | FAX: | EMAIL: |
| 1ST DELEGATE: | 2ND DELEGATE: | |
| MOBILE PHONES: | | |
| OFFICIAL JUDGES: 1) | 2) | |
| EXTRA DELEGATES: | | |
| EXTRA SUPPORTERS: | | |
| | | |
| | | |

| | |
|---|--|
| JUNIOR'S BODYBUILDING up to 75 kg | MEN'S CLASSIC BODYBUILDING over 180cm |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| JUNIOR'S BODYBUILDING over 75 kg | MEN'S BODYBUILDING up to 70 kg |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| WOMEN'S BODYBUILDING – open category | MEN'S BODYBUILDING up to 80kg |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| WOMEN'S FITNESS – open category | MEN'S BODYBUILDING up to 90 kg |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| WOMEN'S BODY-FITNESS – open category | MEN'S BODYBUILDING over 90 kg |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| WOMEN BIKINI FITNESS – open category | MEN'S BODYBUILDING MASTERS – open category (over 40 years of age) |
| Competitor 1: | Competitor 1: |
| Competitor 2: | Competitor 2: |
| MEN'S CLASSIC BODYBUILDING up to 180cm | MIXED PAIRS |
| Competitor 1: | Male: |
| Competitor 2: | Female: |

| | |
|------------------------|--------------------------|
| ARRIVAL DETAILS | DEPARTURE DETAILS |
| DATE: | DATE: |
| TIME: | TIME: |
| AIRLINE: | AIRLINE: |
| FLIGHT No.: | FLIGHT No.: |

Please indicate other means of transportation: BUS..... TRAIN.....

**EACH OFFICIAL DELEGATE, ATHLETE AND JUDGE WILL PAY A PARTICIPATION FEE OF
 30.00 EURO**

Please be advised that there will be four (4) bodyweight categories in Men's Bodybuilding at the 21st BALKAN BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS: Lightweight (-70 kg), Light-Middleweight (-80 kg), Light-Heavyweight (-90 kg), Heavyweight (+90 kg). **Junior's bodybuilding**, up to 75 kg and over 75 kg, **Men's Classic Bodybuilding**, up to 180 cm and over 180 cm. There will be **one open category** for, **Men's Masters**, **Women's Bodybuilding**, **Women's Fitness**, **Women Body Fitness**, **Mixed Pairs** and **Women Bikini Fitness** category. Please be advised that Each National Federation may send two (2) athletes per category in each discipline.

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THE FINAL ENTRY FORM INDICATING THE ACTUAL NAMES OF YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN APRIL22th, 2012 TO:

BALKAN BODYBUILDING AND FITNESS FEDERATION

Mr. Nenad Vuckovic, President

Vojvode Tankosica 11/31

18000 Nis

SERBIA

Fax: + 381 4515 372

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BALKAN BODYBUILDING FEDERATION



TENTATIVE SCHEDULE

April 27th, 2012. -Friday

- 11:00 -17:00 Arrivals, Registration of delegates and athletes – Motel „Kole“
17:30- 18:30 Tehnical Meeting (Judges, Coaches, heads of delegations) – Čačak Culture Center
18:30 -20:30 Weigh-in, Measurement – Čačak Culture Center
20:30 -22:00 Diner – Hotel „Beograd“ and Motel „Kole“

April 28th, 2012. -Saturday

- 07:30 -09:00 Breakfast – Hotel „Beograd“ and Motel „Kole“
09:30 Departure from the hotels to the place of competition (Čačak Culture Center)
11:00 -15:00 Prejudging/Finals: Junior's bodybuilding up to 75 kg; Junior's bodybuilding over 75 kg; Women's bodybuilding-open category; Men's bodybuilding masters-open category; Women's body-fitness-open category, Black Bikini; Men's Classic bodybuilding up to 180 cm; Men's classic bodybuilding over 180cm; Women's body-fitness-open category, Two-Piece bikini.
15:00 -16:00 Lunch in Venue site
16:00 -20:00 Opening of the Championships with parade of nations; Prejudging/Finals: Women's fitness–open category, routine; Men's bodybuilding up to 70 kg; Men's bodybuilding up to 80 kg; Women's fitness-open Category-bikini; Men's bodybuilding up to 90 Kg; Men's bodybuilding over 90kg; Women Bikini Fitness-open category; Mixed pairs; Men's bodybuilding overall.
21:00 Farewell Banquet in Motel Kole

April 29th, 2012. - Sunday

- 07:30 -9:30 Breakfast – Hotel „Beograd“ and Motel „Kole“
Departure of the competitors and delegates