



**2012 IFBB WORLD WOMEN'S
BODYBUILDING AND FITNESS & MEN'S
FITNESS CHAMPIONSHIPS**



INSPECTION REPORT

BIALYSTOK, POLAND

October 5 - 7, 2012

WELCOME

The Organizing Committee of the Polish Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations wishing to participate in the IFBB World Women's Bodybuilding and Fitness & Men's Fitness Championships in Bialystok, Poland, October 5th to 7th, 2012.



LOCATION

Bialystok, with a population of almost 300 thousand, is a city located in north-eastern Poland, serving the function of the capital of Podlaskie province. It is the administrative, economic, and academic centre of the region which, due to its exceptional environmental assets, has been termed the Green Lungs of Poland.



Bialystok has evolved as a place which is the melting pot of different nations, religions, cultures, customs and traditions, where the occidental rationalism meets the oriental mysticism. It has become an example of the integration of ethnic and religious groups, a meeting place for Poles, Belorussians, Jews, Lithuanians, Germans, Russians and Tartars. The multiethnicity of the city was the reason for the Bialystok-born Ludwik Zamenhoff to start his work on the universal language of Esperanto.

OFFICIAL HOTEL

HOTEL GOLEBIEWSKI – Bialystok
7 Palacowa Str.
Tel. (+48 85) 678 25 00,
Fax. (+48 85) 678 26 00
<http://www.golebiewski.pl>



IMPORTANT NOTICE

The Official Hotel will be used to accommodate the Official Participant (athletes, delegates, extra delegates) only. Anybody who is not Official Participant will not be able to book the hotel.

ACCOMMODATION

The Organizer will provide free-of-charge accommodations and three meals per day, starting with lunch on Friday, October 5 and ending with breakfast on Monday, October 8, 2012 for all Official Participants* pursuant to IFBB rules:

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

Two (2) competitors or less = one (1) delegate

**The term „Official Participant“ means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championship, 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 Championship pursuant to IFBB rules.*

National Federation with no athlete may send one (1) official delegate, however, this delegate will be responsible for all his or her expenses.

The Official Arrival Date is Friday, October 5, 2012.

The Official Departure Date is Monday, October 8, 2012.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting (October 15, 5:00 pm). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his or her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own 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.

VENUE SITE

Opera Podlaska
2 Odeska Str.
15-406 Bialystok
Poland



HOTEL SECURITY DEPOSIT

A hotel security deposit of Euro €100.00 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 all expenses incurred by any members of his or her team.

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

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 transport at: Euro €400.00 for each person in a double room or Euro €500.00 in a single room. For more information please ask the Organizing Committee.

Partial Special Package Rate 1, which includes tickets to the Prejudging and Finals and ticket to the Farewell Banquet at a cost of Euro €100.00

For more information, please contact the Organizing Committee.

ARRIVAL/AIRPORT

The official airport for arrivals is the Warsaw Frederic Chopin Airport.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of October 5th, 2012 and staying on after the official departure date of October 8th, 2012 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. The hotel Golebiewski expenses before the official arrival date of October 5th and after the official departure date of October 8th will be approximately **Euro €100.00** per person, per day in a double room (breakfast included). You are obligated to notify the Organizing Committee of your early arrivals and staying after October 8th, no later than September 15, 2012.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival on the fax: +48 85 732 38 16 or e-mail: info@maniacgym.pl

TRANSPORTATION

The official airport for arrivals is the Warsaw Frederic Chopin Airport. The transportation from the Warsaw Frederic Chopin Airport to the hotel will be arranged for all teams. The Polish Federation of Bodybuilding and Fitness will pick you up at the Warsaw Frederic Chopin Airport. The organizer shall arrange the transportation on October 5th, 2012 from the Warsaw Frederic Chopin Airport to Bialystok for **Euro €25** per person and on October 8th, 2012 back from Bialystok to the Warsaw Frederic Chopin Airport for **Euro €25** per person /based on the stated times of arrivals/. **Euro €50** for both sides.

VISAS

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

CATERGORIES OPEN FOR COMPETITION

CATEGORY	DISCIPLINE	BODY WEIGHT/HEIGHT	A TEAM	B TEAM
Women	Bodybuilding	Up to & incl 55 kg	2	2
Women	Bodybuilding	Over 55 kg		
Women	Bodyfitness	Up to & incl 158 cm	4	4
Women	Bodyfitness	Up to & incl 163 cm		
Women	Bodyfitness	Up to & incl 168 cm		
Women	Bodyfitness	Over 168 cm		
Women	Fitness	Up to & incl 163 cm	2	2
Women	Fitness	Over 163 cm		
Men	Fitness	Open	1	1
Women	Bikini fitness	Up to & incl 163 cm	3	3
Women	Bikini fitness	Up to & incl 168 cm		
Women	Bikini fitness	Over 168 cm		

The rules regarding A and B teams for this event are as follows:

Team „A”

- Each National Federation may enter an „A”- team. The maximum allowable number of competitors in the „A”- team is 12, in this case: 2 in Women’s Bodybuilding, 2 in Women’s Fitness, 4 in Women’s Bodyfitness, 1 in Men’s Fitness and 3 in Women’s Bikini Fitness.
- 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 accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- Each National Federation shall pay a Registration Fee of €200 for each A-team competitor and delegate. The above Fee shall be paid upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.
- The „A”-team competitors shall compete for placings and awards, including Best National Team award.
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form and must register the „A”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

Team „B”

- 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; in this case, 12 competitors: 2 in Women’s Bodybuilding, 2 in Women’s Fitness, 4 in Women’s Bodyfitness, 1 in Men’s Fitness and 3 in Women’s Bikini Fitness.

- The National Federation shall be obliged to pay the Full Package Rate of €400.00 in a double room or Euro €500.00 in a single room for each „B“- team competitor. This package shall comprise the competitor accommodation, meals, onsite transportation and access for Prejudging, Finals and Farewell Banquet.
- There shall be no requirement for „B“ – team competitors to pay the Registration Fee.
- The „B“-team competitors shall compete for placings and awards, excluding the Best National Team award.
- A National Federation must fully declare its „B“- team competitors on the Final Entry Form and must register the „B“-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

SECRETARIAT

The Organizing will maintain a Secretariat at the Official Hotel, from 08:00am, October 5, 2012 to 4:00pm, October 8, 2012. You may obtain information and assistance from 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 Bialystok 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.

DRUG TESTING

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

DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the *IFBB Anti-Doping Rules* and *IFBB Anti-Doping Directive 2006-001* using the WADA accredited laboratory .

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*: A number of athletes selected at random throughout the event e.g. at Weigh-in.
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*

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.

[DOPING CONTROL PROCEDURES: THE ATHLETE'S GUIDE](#)

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

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 Athletes's name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

NATIONAL ANTHEM/NATIONAL FLAG

All National Federations must bring with them to Bialystok the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Bialystok their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

**Note: For all European National Federations, the EBFF already has a copy of all National Anthems on CD.*

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. 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

In order to assist the IFBB Judges Committee in their selection of judges for this Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **August 31, 2012** to:

Paweł Filleborn
Chairman
IFBB Judges Committee
E-mail: pawelfilleborn@gmail.com

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

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

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.**

IMPORTANT NOTICE!

All judges who wish to be included in the judges panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

Judges have to pay the yearly judges'licence fee of EUR 50,00 for 2012. This fee may be paid at the Championships.

Test judges should pay a test fee of EUR 50,00. This fee may be paid 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 **August 31, 2012**.

[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 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

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

GMT +1 hour

CURRENCY

The national currency in Poland is the Polish Zloty. One Euro is approximately equal to 4,2 PLN (one USD is approximately equal to 3.3 PLN) 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 October, the average temperature is 2 - 10 °C. Rain may be expected.

ELECTRICAL CURRENT

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

LANGUAGE

The official language in Białystok is Polish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

TRAINING FACILITY

Training facility is in the fitness club Maniac Gym at 79A Warszawska street near to the Official Hotel.

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*.

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.

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.

CORRESPONDENCE / CONTACT INFORMATION

Please send all correspondence to:
Arkadiusz Leszczynski or Joanna Zapolska
Fitness Club Maniac Gym
ul. Warszawska 79A
15-201 Białystok
Poland
Tel./fax +48 85 73 23 816
E-mail: info@maniacgym.pl
www.maniacgym.pl ; www.maniacgym.home.pl/fitness

Please copy all correspondence to:

1) International Federation of Bodybuilding and Fitness,
Dr. Rafael Santonja,
IFBB President
Phone: +34 91 535 2819
Fax: +34 91 535 0320
E-mail: international@santonja.com

2) Polish Bodybuilding & Fitness Federation
Paweł Filleborn, M.Sc.,

President
 Phone : +48 22 550 0967
 Fax: +48 22 550 0968
 E-mail: pawelfilleborn@gmail.com

TENTATIVE SCHEDULE OF ACTIVITIES

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

Thursday October 4		Official Arrival Date for the IFBB Executive Members Golebiewski Hotel, Bialystok
	12:00	Check-in IFBB Executive Members
	16:00	IFBB Executive Members Meeting
Friday October 5		Official Arrival Date for Athletes and Delegates at Golebiewski Hotel, Bialystok
	12:00- 14:00	Lunch, Golebiewski Hotel
	17:00	Technical Meeting
	17:30	Judges & Team Managers Meeting
	18:00	WEIGH-IN / MEASUREMENTS
	20:00- 22:00	Dinner
Saturday October 6	07:00- 10:00	Breakfast
	10:00- 13:00	MORNING SESION
	13:00- 14:00	Lunch
	15:00	EVENING SESION
	19:00- 22:00	Dinner
Sunday October 7	07:00- 09:00	Breakfast

	13:00-14:00	Lunch
	15:30	Official Opening of the Championships FINALS
	21:30-04:00	Farewell Banquet
Monday October 8	07:10-10:00	Breakfast
	06:00-12:00	Official departure date for all participants

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **July 01, 2012**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **September 24, 2012**. 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.

All National Federation are requested to send by e-mail personal photo of each member of its National Team, included competitors, delegates and extra delegates.

If the Final Entry Form returns to the Organizing Committee after September 24, 2012, then this National Federation will have to pay full package of €450 per each athlete and delegate (in double room) or €550 (in single room) instead of Registration Fee.

[PRELIMINARY ENTRY FORM](#)

[FINAL ENTRY FORM](#)

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.