



IFBB WORLD CHILDREN FITNESS CHAMPIONSHIPS

INSPECTION REPORT



Novi Sad, SERBIA

JUNE 08.-11. 2012

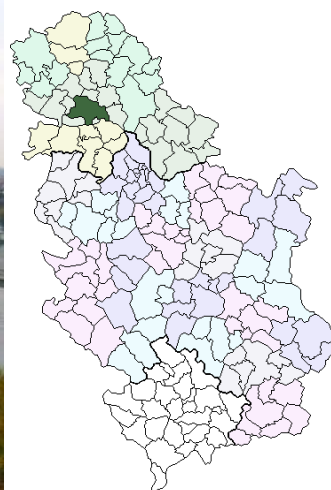
WELCOME

The Organizing Committee of the SERBIAN FEDERATION OF BODY BUILDING, BODYFITNESS, FITNESS AND AEROBIC - SSBFA) extend a warm welcome to all IFBB National Federations to participate in the IFBB World Children Championship in Novi Sad , **June 08.-10.2012.**

ABOUT NOVI SAD

NOVI SAD combines...

historical, business, nature and culture

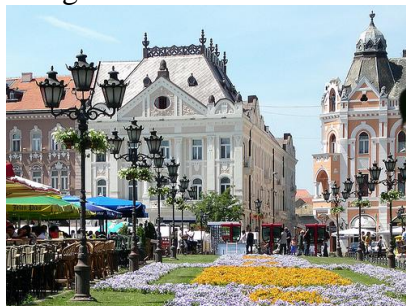


Where are we?

Novi Sad is located in the southern part of Europe, in Serbia, between the 19th and 20th degree of the east longitude and 45th and 46th degree of the north latitude. It lies in the southern part of the Pannonian valley, mainly in Southern Backa, at the altitude of 72 to 80 m. Novi Sad lies on the left bank of the river Danube, namely on the 1255th km of its flow and on the mouth of one of the magistral Danube.

The Novi Sad

The number of tourists started to increase since the year 2000, when Serbia started to open to Western Europe and the United States. Every year, in the beginning of July, during the annual EXIT music festival, the city is full of young people from all around Europe. In 2005, 150,000 people visited this festival, which put Novi Sad on the map of summer festivals in Europe. Besides EXIT festival, Novi Sad Fair attract many business people into the city; in May, the city is home to the biggest agricultural show in the region, which 600,000 people visited in 2005. There is also a tourist port near Varadin Bridge in the city centre welcoming various river cruise vessels from across Europe who cruises on Danube river.



TOURISM ON THE NOVI SAD

The most recognized structure in Novi Sad is Petrovaradin fortress, which dominates the city and with scenic views of the city. Besides the fortress, there is also historic neighborhood of Stari Grad, with many monuments, museums, cafes, restaurants and shops. There is also a National Park of Fruška Gora nearby, approx. 20 km from city centre.

OFFICIAL HOTEL

Hotel NOVI SAD

Bulevar Jaše Tomića bb, Novi Sad, Serbia



Hotel "Novi Sad" is a three-star hotel, ideally located near the central bus and railway station in the urban part of town. Being surrounded by the boulevards, hotel "Novi Sad" has a location that provides easy access to city center, Novi Sad fair, sports and business center Vojvodina (SPENS), cultural-historical monument Petrovaradin fortress and other city attractions. Not only favourable location, but also exceptional service, makes hotel "Novi Sad" one of the most attractive hotels in Novi Sad.

The hotel has 112 well equipped rooms on its disposal with capacity of 244 beds: 53 twin rooms, 20 triple rooms, 30 double rooms (rooms with French beds), 8 suits and 1 De luxe suit.

Hotel offers a fine restaurant which has the capacity of 250 seats, terrace, saloon, aperitif bar, sauna, casino and discotheque. Parking place has 24 hour security and video surveillance.

Hotel "Novi Sad" accepts most major credit card: Visa, Diners, Mastercard, Maestro, American Express

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of Friday, June 08, 2012 and/or after the Official Departure Date of Monday, June 11, 2012) 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 A-Team 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.

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

The Official Arrival Date is Friday, **June 08, 2012**

The Official Departure Date is **Monday, June 11, 2012.**

IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration; by Friday, June 08, 2012, 6:00pm. 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 & GROUP 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 Banquet, and onsite transportation* at a cost of **EURO €250 per person in a double-bedded room or EURO €300 for a single-bedded standard room.**
The Organizer has also established a **Partial Special Package Rate**, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation* at a cost of **€100.**

Package for B-Team Competitors is €150 (which includes participation fee of €50 and transportation to and from the venue site).

**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.*

VENUE SITE:

SPENS

The **Spens Sports Center** or simply **SPENS** (Full name: Sports, business and economic centre "Vojvodina" - Novi Sad, Serbian Latin: Sportski, poslovni i ekonomski centar "Vojvodina" - Novi Sad) is a multi-purpose venue located in Novi Sad, Serbia, in the Vojvodina province. It operates under publicly owned company Vojvodina Sports and Business Center (JP Sportski i poslovni centar Vojvodina), which in addition to Spens also has Sajmište Sports Center under its umbrella.

Sprawled over 85,000 m², Spens consists of main hall (which can house around 7,000 people), 'small' hall (which can house around 3,000), ice-hockey rink (which can house between 2,000 and 3,000), bowling alley, shooting range, 3 training halls, swimming pool, 11 tennis courts, media center, 2 press centers, amphitheater, reception salon, conference hall, double-level garage, and 215 retail and business spaces that house banks, furniture stores, tourist agencies, jewelers, bookstores, pool halls, fitness clubs, boutiques, etc.

Its construction was completed in less than 2 years, and on April 14, 1981 Spens opened its door for the first time, its inaugural event being the 36th World Table Tennis Championships in 1981.



OFFICIAL AIRPORT

NIKOLA TESLA BELGRADE AIRPORT

70 km from Novi Sad



Please be advised that the OFFICIAL AIRPORT of the European Bodybuilding & Classic Bodybuilding Championships in Novi Sad, (Serbia) will be the Nikola Tesla Airport, Belgrade. The organizer will arrange for those National Delegations arriving to the Nikola Tesla Airport, Belgrade. A special Shuttle Bus with following conditions.

The collecting point will be at the terminal – to be advised.

The prize per person and way will be 40€ (airport-hotel-airport)

The dead line of booking will be 10 days prior the championships.

Without the confirmation of the organizer no person or official participant will be able to use this shuttle. Please make sure that you have received the booking confirmation.

“Please notify the Organizing Committee of the details of your arrival time **by May 28, 2012** 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 NIKOLA TESLA AIRPORT BELGRADE TO HOTEL NOVI SAD.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Friday, **June 08, 2012**

The Official Departure Date is **Monday, June 11, 2012**

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date** of **June 08, 2012** and/or staying on after the **Official Departure Date** of **June 11, 2012** 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 NO LATER THAN May 1st, 2012 for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date.

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 persons should consult the Serbia Embassy or Consulate in

their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

CATEGORIES

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

FITNESS BOYS

up to 12 years of age

from 13 up to the 15 years of age

FITNESS GIRLS

up to 7 years of age

from 8 up to the 9 years of age

from 10 up to the 11 years of age

from 12 up to the 13 years of age

from 14 up to the 15 years of age

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category. Maximum duration of routine for all categories is 90 seconds.

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

THE A-TEAM

1. Each National Federation may enter an A-team. The maximum allowable number of competitors in the "A" team shall be 2 competitors equal to the total number of categories open for competition at the Championships (**max. 10 girls and 4 boys**).
2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2).
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all "A"-team competitors.
4. Each National Federation shall pay a Registration Fee of **€50** for each A-team competitor and delegate.
5. The A-team competitors shall compete for placings and awards, including the Best National Team award.
6. 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 at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

THE B-TEAM

1. Each National Federation may enter a B-team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the B-team shall not exceed those in the A-team;

2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2).
3. The National Federation shall be obliged to pay the Special Package Rate of **€150** for each B-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.
4. There shall be no requirement for B-team competitors to pay the Registration Fee.
5. The B-team competitors shall compete for placings and awards, excluding the Best National Team award.
6. 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 at the official hotel, failing which any undeclared competitor shall be disqualified.

Exclusively according to regulations of fitness children!

Skin correction using oil or color is prohibited at the competition of children! Use of bronzing cream is permitted.

Compulsory clothing for quarter turns: black top and black shorts without shoes for girls and black shorts for boys without shoes.

SECRETARIAT

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

HOTEL SECURITY DEPOSIT

No Hotel deposit. Please inform the members of your team before departure not to create addition expenses.

IFBB REGISTRATION FEE

All Official Participants (Athlete and Delegates, including delegates without athletes) will be required to pay a **50 Euros IFBB Registration Fee** upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at registration day June 08.2012 from 7 PM-9 PM, 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.

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 email: pawelfilleborn@gmail.com

and IFBB Head Office in Madrid no later than 15 May, 2012, 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 its nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers Meeting. **All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

MEDIA ACCREDITATION

All media accreditation, except Serbian National and 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 internacional@santonja.com no later than May 01, 2012.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor, with the assistance of an adult, 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.

GREEN CARDS

Green cards, used to limit access to the 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 Dinar is the Serbian currency. Hotels, restaurants and shops are not accepting another currencies but you have many exchange offices. Hotels are accepting major credit card.

Serbian is the official languages although English is widely spoken. It is not necessary to speak Serbian. English is spoken in hotels, travel agencies, shops, etc.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

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

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

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 **April 11, 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.

The deadline date for the Final Entry Form is **May 15, 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.

NOVI SAD - TENTATIVE SCHEDULE

Friday, June 08, 2012

12:00 – 17:00 Check-in point in the lobby of the official Hotel NOVI SAD (Check-in IFBB Executive Members, National Federations)

12:00 Press Conference

16:00 – 18:00 IFBB Executive Members Meeting

18:00 – 18:30 Judges / Team Managers Meeting

19:00 – 21:00 registration

21:00 – 22:00 Dinner

Saturday, June 09, 2012 (Venue site: SPENS - NOVI SAD)

08:00 – 10:00 Breakfast (athletes and delegates will get the lunch packages after breakfast)

10:00 Semifinals

13:00 – 17:00 Lunch break

17:00 Finals

21:00 Dinner

Sunday, June 10, 2012

08:00 – 09:00 Breakfast

09:30 Trip to the largest Aquapark in the area

20:00 Farewell Banquet and disco

Monday, June 11, 2012

08:00 – 10:00 Breakfast

Departure of National Delegations

CONTACT INFORMATION

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

Serbian Federation of Bodybuilding , Body fitness, Fitness and Aerobic

Mr. Goran Ivanovic

PRESIDENT

Mrs. Biserka Sipka

PRESIDENT of the Organizing Committee
Rudjera Boskovicica 34, 21000 Novi Sad, SERBIA

Mrs. Marijana Slankamenac
SECRETARY of the Organizing Committee
Tel: +381 64 128 79 64
E-mail: organisation.rs@gmail.com

Please copy all correspondence to:
European Federation of Bodybuilding & Fitness (EBFF)
Dr. Rafael Santonja
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.

Rules for Children's Fitness

ARTICLE 1

All of the competitors have to be registered in starting lists depending on age category and they have to provide music for their compilation. CD has to be labelled by name and country. Record has to be set at the start of the CD. All the competitors need to be legitimated by credible document of birth (a copy of school report, insurance card, birth certificate).

Competitors of Children's Fitness compete in following categories:

FITNESS BOYS

up to 12 years of age
from 13 up to the 15 years of age

FITNESS GIRLS

up to 7 years of age
from 8 up to the 9 years of age
from 10 up to the 11 years of age
from 12 up to the 13 years of age
from 14 up to the 15 years of age

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category.

Maximum duration of routine for all categories is 90 seconds.

Skin correction using oil or colour is prohibited!

ARTICLE 2

COMPETITION DISCIPLINES

(in the following order)

ROUND 1: FITNESS ROUTINE (ROUTINE IS ASSESSED TWO TIMES!)

Spatial parameters: exercises in an area of minimally 7x7 meters.

Recommended difficulty:

- swinging exercises (quick acrobatics – e.g. handsprings, somersaults)
- tensile exercises (slow acrobatics – e.g. handstand by lift, headstand by lift)
- strength exercises (e.g. push-ups, endurances while stretching forward and straddling one's legs)
- flexibility elements (e.g. straddled seat head on and sideways – „straddled vaults“, „splits“)
- dancing and acrobatic jumping (e.g. jumps, turns)

Artistic requirements:

The evaluation rules of fitness routines impose the inclusion of a sufficient number of acrobatic, gymnastic and strength-based exercise configurations, as well as flexibility elements and the choreographic interpretation of the above. A fitness routine should represent the character, temperament and motoric abilities of each competitor, presented during the routine.

Routine should contain a principal thought expressed by movement, music, costumes. Small stage props are allowed. Routine should be done with a use of showmanship, which may decide the final ranking if points are the same.

Judges decide the ranking of competitors – the best one gets the lowest number, while the judge cannot put more than one competitor on the same place.

Attire – according to the choice of the competitor

Criteria of routine rating:

- exercises from gymnastics
- gymnastics combinations
- elements of STRENGTH
- elements of FLEXIBILITY
- elements of DANCE
- showmanship
- costumes
- theme
- choreography
- speed or tempo of the routine
- elegance, grace

ROUND 2 – QUARTER TURNS (BODY SHAPE PRESENTATION)

All competitors enter the stage in the order according to their starting numbers from left to right (according to the organizer's facilities) from the point of view of the judges. With the competitors the main judge shows four principal postures – quarter turns. Afterwards, following the main judge's instructions, the head of the competitors takes the whole category away from the stage.

Attire:

- Girls – tight top and tight shorts (BLACK)
- Shoes are not permitted
- Skin correction or make-up is not permitted.

Criteria of body shape rating take into account the age of the child.

Judges decide the ranking of competitors – the best one with the lowest number, while the judge can't put more than one competitor on the same place.

ARTICLE 3
ASSESSMENT OF THE COMPETITION

Secretary of the chief judge cancels two best and two worst placing of contestant and sums up residual five assessments and writes them in the column /A/ for physique appraisal and into the column /B/ for appraisal of routine. Because routine is assessed two times, column /B/ is multiplied by two and is written in the column /C/. Columns /A/ and /C/ have to be summed up and the final order ranking is made, which is to be written in the column /D/ /the lowest number of points means the best position/. If the number of the points is identical, the winner is the contestant who has higher number of better placing for her routine.



