



**Arnold Amateur  
IFBB International Bodybuilding,  
Classic Bodybuilding, Fitness, Bodyfitness,  
Bikini & Men and Women Physique  
Championships**

[www.arnoldclassicbrasil.com.br](http://www.arnoldclassicbrasil.com.br)

Inspection Report

**ARNOLD CLASSIC SOUTH AMERICA**

April 25<sup>th</sup> – 29<sup>th</sup>, 2013

*Rio de Janeiro, Brazil*

**WELCOME**

Arnold Schwarzenegger, Dr. Rafael Santonja, James L. Lorimer, Bob Lorimer and Savaget welcome you to the first edition of the Arnold Classic South America.

ARNOLD CLASSIC SOUTH AMERICA is a great multisport program that takes place following the best tradition of the original Arnold Weekend concept in Columbus, Ohio (USA).

**LOCATION**

Everybody has heard of the beautiful city of **Rio de Janeiro, Brazil** and the people of the city will give a warm welcome to all of the athletes and delegates who will participate in this great multisport event.

**VENUE**

The 2013 Arnold Classic Brasil Championships will be held at the venue, **SULAMERICA CONVENTION CENTER** located at **Avenida Paulo de Frontin, 1 - Cidade Nova – Centro Rio de Janeiro/RJ – Brasil - CEP: 20260-010.**



## COUNTRIES ALLOWED TO PARTICIPATE

National Federations affiliated to the IFBB from countries from **Central America, Caribbean Islands, all of the South America and North American** countries are eligible to send athletes to the Arnold Classic South America.

Please remember that **ONLY** athletes are accepted if they have been approved by their National Federation.

## RECOMMENDED IFBB HOTELS

### **HOTEL GRANADA** ([www.hotelgranada.com.br](http://www.hotelgranada.com.br))

Av. Gomes Freire, 530 – Centro – Rio de Janeiro - Tel: +55 21 2526 6600

Single: R\$ 263,00

Double: R\$ 294,00

Triple: R\$ 378,00

Quadruple: R\$ 462,00

### **Distance to Sulamerica Hall**

Walking: 36min

Bus: Route 238: 20min / Route 409: 20min / Route 434: 30min

TAXI: 10 min

### **HOTEL SÃO FRANCISCO** ([www.hotelsaofrancisco.com.br](http://www.hotelsaofrancisco.com.br))

Rua Visconde de Inhaúma, 95 – Centro – Rio de Janeiro – Tel: +55 21 2121 1212

Single: R\$ 362,25 (Standard)

Double: R\$ 435.75 (Superior)

**Distance to Sulamerica Hall**

Walking: 44min

Bus: Route 401: 23min / Route 413: 23min / Route 415: 23min

TAXI: 9 min

**HOTEL RIO'S PRESIDENTE ([www.riospresidentehotel.com.br](http://www.riospresidentehotel.com.br))**

Rua Pedro I, 19 – Centro – Rio de Janeiro - Tel.: +55 21 2123 5900

Single: R\$ 262,50

Double: R\$ 283,50

Triple: R\$ 357,00

**Distance to Sulamerica Hall**

Walking: 37min

Bus: Route 340: 25min / Route 635: 28min / Route 342: 28min

TAXI: 10 min

**Please note: All athletes and officials will have to book and reserve their own hotel accommodation. Please reserve your rooms well in advance to avoid disappointment.**

**IMPORTANT ARRIVAL AND CHECK-IN NOTICES**

**The official arrival day is Thursday 25th April 2013.**

The weigh-in and registration will be conducted on Thursday. IFBB Registration fee of \$200 USA will have to be paid at the time of weigh-in. We fully recommend you to make advance payment by **paypal** at <http://www.ifbb.com/page.php?id=74> for your best comfort and convenience.

Registration and weigh-in will take place at the “Centro de Convenções Sulamerica”, same venue site as the Expo and the event.

- **Registration and weigh-in between 10:00 and 8:00pm on Thursday 25<sup>th</sup> April 2013 at the Sulamerica hall, the same hall where the Expo will take place.**
- **IFBB amateur event starts on Friday 26<sup>th</sup> April and will continue on Saturday 27<sup>th</sup> April and Sunday 28<sup>th</sup> April.**

Athletes should begin warming up at 11:00am on Friday 26<sup>th</sup> and competition will begin at 12:00am. More information about running order and other competition details will be forwarded nearer the time. Please check [www.arnoldclassicbrasil.com.br](http://www.arnoldclassicbrasil.com.br) and [www.ifbb.com](http://www.ifbb.com) for regular updates.

**TANNING NEEDS**

**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.**

## **COMPETITOR NOTIFICATION**

Once the entry form from the National Federation has been received and accepted, an official letter will be sent confirming your participation in the 2013 Arnold Amateur IFBB International Bodybuilding, Fitness, Bodyfitness and Bikini Championships. Those athletes who have not met the established requirements, who missed the deadline for registration, or who registered in a division that has already been closed, will also be notified that they will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete in Rio de Janeiro. Hotels will be booked up quickly as this is a very popular event.

## **GENERAL INFORMATION**

The IFBB has added the MEN'S PHYSIQUE and WOMEN'S PHYSIQUE classes to the programme and athletes participating in these classes will have to be members of the National Federation.

The Arnold Amateur organizing committee reserves the right to decline entry to any athlete who does not meet the requirements.

## **VISAS**

A valid passport is required for entry into Brazil. Please contact the embassy of Brazil in your country to determine if you need a visa. An official letter of invitation will be made available, if required.

## **TIME DIFFERENCE**

GMT – 3 hours.

## **CURRENCY**

The official currency of Brazil is the "Real" (R\$)  
1,00 US Dollar = approx R\$2,00

## **CREDIT CARDS**

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

## **ELETRICAL CURRENT**

110 Volts

## **LANGUAGE**

Portuguese

## **REGISTRATION AND REGISTRATION FEE**

Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete and the entry form has been emailed directly to the IFBB General Secretary and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee for athletes to enter this competition is US\$ 200 or 150 Euros which will be collected at the time of registration. Payment can also be made through Paypal and we fully recommend you to make advance payment by Paypal at <http://www.ifbb.com/page.php?id=74> for your best comfort and convenience



## **POSING MUSIC**

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

## **IMPORTANT NOTICE TO COMPETITORS**

Each athlete, participating in the championship will be provided with a competitor wrist band at the weigh-in. This wrist band allows daily admission and should not be removed.

### **IMPORTANT INFORMATION**

**All the costs for traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your national federation for more information. List of recommended hotels and contacts are provided on the Inspection Report.**

## **ENTRY FORM CONTACT DETAILS:**

All entry forms and correspondence should be addressed to IFBB General Secretary William TIERNEY at [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com) and IFBB Head Office, Madrid at [internacional@santonja.com](mailto:internacional@santonja.com). The deadline date for submitting the entry forms is April 14<sup>th</sup>, 2013.

## **PLEASE FORWARD ALL ENTRY FORMS TO:**

### **Please send Entry Form no later than April 14, 2013 to:**

**IFBB General Secretary  
William Tierney**  
Phone: +44 151 9314090  
E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

### **Please Send a copy to:**

**International Federation of Bodybuilding and Fitness  
Dr. Rafael Santonja  
IFBB President**  
Phone: +34 91 535 2819  
Fax: +34 91 6361270  
E-mail: [internacional@santonja.com](mailto:internacional@santonja.com)

**IFBB National Federations are informed that participation in to this championship is unlimited. Remember that all athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchase this IFBB International card will have to buy one at registration. IFBB Cards are 30 Euros per year and are mandatory from 2011.**

# **CATEGORIES OPEN FOR COMPETITION**

**Men's Bodybuilding**

Up to/including 65 kg  
 Up to/including 70 kg  
 Up to/including 75 kg  
 Up to/including 80 kg  
 Up to/including 85 kg  
 Up to/including 90 kg  
 Up to/including 100 kg  
 Over 100 kg

**Women Bodybuilding**

Open Class

**Body-Fitness**

Up to/including 163 cm  
 Over 163 cm

**Bikini-Fitness**

Up to/including 158 cm  
 Up to/including 163 cm  
 Over 163 cm

**Classic Bodybuilding**

Up to/including 175 cm  
 Over 175 cm

**Women's Fitness**

Open class

**Men's Fitness**

Open Class

**Men's Physique**

Open Class

**Women's Physique**

Open Class

**MASTER CATEGORIES**

Men's Bodybuilding >40  
 Women's Bodyfitness >35

**MAXIMUM WEIGHT LIMIT FOR THE HEIGHTS OF CLASSIC BODYBUILDING:**

A:	<p><b><i>HEIGHT Up to and incl 168 cm</i></b> → → → → → → → → <b>MAXIMUM WEIGHT</b></p> <p><b><i>HEIGHT Over 168 cm Up to and incl 171 cm</i></b> → <b>MAXIMUM WEIGHT</b></p> <p><b><i>HEIGHT Over 171 cm Up to and incl 175 cm</i></b> → <b>MAXIMUM WEIGHT</b></p>	<p><b><i>Height minus 100</i></b></p> <p><b><i>Height minus 100 + 2 kg</i></b></p> <p><b><i>Height minus 100 + 4 kg</i></b></p>
B.	<p><b><i>HEIGHT Over 175 cm Up to and incl 180 cm</i></b> → <b>MAXIMUM WEIGHT</b></p>	<p><b><i>Height minus 100 + 6 kg</i></b></p>
C.	<p><b><i>HEIGHT Over 180 cm Up to and incl 190 cm</i></b> → <b>MAXIMUM WEIGHT</b></p> <p><b><i>HEIGHT Over 190cm Up to and incl 198 cm</i></b> → <b>MAXIMUM WEIGHT</b></p> <p><b><i>HEIGHT Over 198 cm</i></b> → → → → → → → → → → <b>MAXIMUM WEIGHT</b></p>	<p><b><i>Height minus 100 + 8 kg</i></b></p> <p><b><i>Height minus 100 + 9 kg</i></b></p> <p><b><i>Height minus 100 + 10 kg</i></b></p>