

DOHA - QATAR

63rd IFBB Men's World Amateur
Bodybuilding Championships
and International Congress

November 1 – 5, 2009
(Sunday till Thursday)
DOHA, Qatar

Inspection Report

○ **About Qatar:**

- Recent discoveries on the edge of an Island in the West of Qatar indicates early human presence in pre-historic Qatar. Discovery of a 6th millennium BC site at Shagra, in the South-east of Qatar revealed the key role the sea (Gulf) played in the lives of Shagra's inhabitants. Excavation at Al-Khore in the North-east of Qatar, Bir Zekrit and Ras Abaruk and the discovery of pottery and Flint, Flint-scraper tool, Rim of painted ceramic and vessels there indicates Qatar's connection with the Al-Ubaid civilization which flourished in the land between the Tigris and the Euphrates during the period of 5th –4th millennium BC. There had also been barter trade system between the settlements at Qatar and the Ubaid Mesopotamia and the exchange of commodities were mainly pottery and dried fish.[5]
- Islam swept the entire Arabian region in the 7th century, overturning the idol worshippers. With the spread of Islam in Qatar, Prophet Mohammad sent his first envoy Al Ala Al-Hadrami to Al-Mundhir Ibn Sawa Al-Tamimi, the ruler of Bahrain, which extended the coast from Kuwait to the south of Qatar including al-Hasa and Bahrain Islands, in the year 628, inviting him to accept Islam. Mundhir responding to the Prophet's call announced his conversion to Islam and all the Arab inhabitants of Qatar including some Persians living in Qatar also became Muslim, heralding the beginning of the Islamic era in Qatar.
- In medieval times, Qatar was more often than not independent and a participant in the great Gulf-Indian Ocean commerce. Many races and ideas were introduced into the peninsula from Africa, South and Southeast Asia, as well as the Malay archipelago. Today, the traces of these early interactions with the oceanic world of the Indian Ocean survive in the small minorities of races, peoples, languages and religions, such as the presence of Africans and Shihus.
- After centuries-long domination by the Ottoman and British empires, Qatar became an independent state on September 3, 1971 (but national celebration day is December 18).
- Although the peninsular land mass that makes up Qatar has sustained humans for thousands of years, for the bulk of its history the arid climate fostered only short-term settlements by nomadic tribes.
- In 1991, Qatar played a significant role in the Persian Gulf War, particularly during the Battle of Khafji in which Qatari tanks rolled through the streets of the town providing fire support for Saudi Arabian National Guard units which were fighting against units of the Iraqi Army. Qatar also allowed Coalition troops from Canada to use the country as an airbase to launch aircraft on CAP duty.
- Since 1995[update], Emir Hamad bin Khalifa Al Thani has ruled Qatar. Under Emir Hamad, Qatar has experienced a notable amount of sociopolitical liberalization, including the endorsement of women's suffrage or right to vote, drafting a new constitution, and the launch of Al Jazeera, a leading English and Arabic news source which operates a website and satellite television news channel.
- The International Monetary Fund states that Qatar has the highest GDP per capita in the world, followed by Luxembourg. The World Factbook ranks Qatar at second, following Luxembourg.

○ **Geography:**

- The Qatari peninsula juts 100 miles (161 km) north into the Persian Gulf from Saudi Arabia and is slightly smaller than the state of Massachusetts, USA. Much of the country consists of a low, barren plain, covered with sand. To the southeast lies the spectacular Khor al Adaid ("Inland Sea"), an area of rolling sand dunes surrounding an inlet of the Persian Gulf. There are mild winters and very hot, humid summers.
- The highest point in Qatar is Qurayn Abu al Bawl at 103 metres (340 ft)[10] in the Jebel Dukhan to the west, a range of low limestone outcrops running north-south from Zikrit through Umm Bab to the southern border. The Jebel Dukhan area also contains Qatar's main onshore oil deposits, while the natural gas fields lie offshore, to the northwest of the peninsula.

○ **Population:**

- In July 2007, the country had a growing population of approximately 907,229 people, of whom approximately 350,000 were believed to be citizens. Qatari citizens follow the dominant Hanbali branch of Islam practiced in neighboring

Saudi Arabia, therefore it is considered the culturally closest Persian Gulf state to Saudi Arabia.

- The majority of the estimated 800,000 non-citizens are individuals from South and South East Asian and Arab countries working on temporary employment contracts in most cases without their accompanying family members. Most foreign workers and their families live near the major employment centers of Doha, Al Khor, Messaeed, and Dukhan.
- The population of Qatar is currently about 1,650,000.
- **Religion:**
 - Islam is the predominant Religion and makes up 77.5% of the population of Qatar and all others make up the remaining 22.5%. [13]
 - Sunni Muslims constitute 98% percent of Muslim population. The majority of noncitizens are from South and Southeast Asian and Arab countries working on temporary employment contracts, accompanied by family members in some cases. Most noncitizens are Sunni or Shi'a Muslims, Christians, Hindus, Buddhists, or Bahá'is. Most foreign workers and their families live near the major employment centers of Doha, Al Khor, Mesaieed, and Dukhan.
 - The Hindu community is almost exclusively Indian, while Buddhists include South, Southeast, and East Asians. Most Bahá'is come from Iran. Religion is not a criterion for citizenship, according to the Nationality Law. However, nearly all Qatari citizens are either Sunni or Shi'a Muslims, except for at least one Christian, a few Bahá'is, and their respective families who were granted citizenship.
- **Venue Site of the Championship:**
 - **The venue site will be at Sheraton Doha Hotel, Al Majles Hall.**
- **Official Hotel:**
 - **The official Hotel for all delegations will be Retaj Al Rayan Hotel (five star Hotel).**
- **Accommodations:**
 - The organizing committee will provide free-of-charge accommodations and three (3) meals per day for all official participants (athletes & delegates) from the national federations according to the following IFBB rules:
 - Three or more competitors: two delegates permitted.
 - Two competitors or less: only one delegates is permitted.
 - National federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.
 - The term "Official Participant" means 1) an Athlete who is duly authorized by his national federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules.

IMPORTANT NOTICE: All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting (4:30 pm November 2nd, 2009). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses.

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

- **IFBB Registration Fees:**
 - Each official participant (athlete and delegates, including delegates without competitors), must pay the IFBB registration fee of US\$ 200.00 each. This fee is payable to the IFBB upon arrival at the official Hotel in Doha. The IFBB registration fee is completely separate from the hotel security deposit.
- **Special packages rates for extra delegates, supporters, media and others:**
 - The organizing committee has established a full special package rate, which includes four (4) nights accommodations with three (3) three meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the

farewell banquet, and onsite transportation at a cost of US\$ 750 per person in a twin bedded room or US\$ 950 per person in a single bedded room.

- The organizing committee has also established a partial special package rate which includes tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a cost of US\$ 225.

○ **Hotel security deposit:**

- A hotel security deposit of US\$ 100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, 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 member of his/her team.

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 Doha 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.

○ **Airport:**

- The official arrival airport is Doha international airport. The organizing committee will pick you up at Doha international airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the organizing committee the complete arrival & departure details of its team, including the number of people in the delegation.
- Your cooperation is essential to ensuring adequate transportation for your team.

○ **Early arrivals & late departures:**

- Any national federation, including any of its individual team members, arriving before the official arrival date of November 1, 2009 and/or staying after the official departure date of November 5, 2009 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the official arrival date and after the official departure date will be approximately US\$ 225 for a single or twin bed room.
- You must notify the organizing committee of any early arrivals and/or any late departures **no later than September 30, 2009.**

○ **Flight reconfirmation:**

- To reconfirm your flight to and from Doha, please contact the secretariat with 24-36 hours before your departure.

○ **Bodyweight categories:**

- Fly weight Up to & Incl. 60Kg (132 lbs)
- Bantam weight Up to & Incl. 65Kg (143 lbs)
- Light weight Up to & Incl. 70Kg (154 lbs)
- Welter weight Up to & Incl. 75Kg (165 lbs)
- Light-Middle weight Up to & Incl. 80Kg (176 lbs)
- Middle weight Up to & Incl. 85Kg (187 lbs)
- Light-Heavy weight Up to & Incl. 90Kg (198 lbs)
- Heavy weight Up to & Incl. 100Kg (220 lbs)
- Super-Heavy weight Over 100Kg (220 lbs)

- National federations will be permitted to enter a team of up to a maximum of (9) nine athletes with no more than (2) two athletes in the same weight category.
- There is no "B" team permitted at this championship, except for the host country. The "B" team athletes may compete for placings and awards, however, their placings will not be entered of the "Best National Team Award".

○ **Secretariat:**

- The organizing committee will maintain a secretariat at the official hotel from 10.00 AM October 31, 2009 to 7.00 PM November 5, 2009.
- You may obtain information and assistance from the secretariat.

- **Parade of the nations:**
 - The mandatory dress code for all delegates participating in the Parade of Nations will be IFBB attire, e.g. black dress shoes, gray dress pants, with shirt, IFBB tie, and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.
- **Camera / video tape equipment:**
 - Cameras and/or video tape equipments shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.
- **National Anthem / Flag:**
 - All participating country must bring with them to Qatar the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be separate from those containing the posing music of the athletes.
 - All participating national federations must bring with them to Qatar two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 Meter X 1.5 Meter.
- **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. **IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC**
- **Judges:**
 - In order to assist the judges committee in their selection of the judges at the world championships, please forward your nominations for judges from your federation as soon as possible to:
 - Mr. Pawel Filleborn**
 - Chairman, IFBB Judges Committee**
 - Fax: +48 22 642 73 51**
 - Email: p.filleborn@neostrada.pl**
 - The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international cards to Qatar.

PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS

IMPORTANT NOTICE: All judges who wish to be included in the judges panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

- **Green cards:**
 - Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:
 - Five (5) or more athletes – two (2) green cards.
 - Less than (5) athletes - one (1) green card.
- **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 Tunisia. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)
 - Doping controls may be conducted using any of the following methods:
 - Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
 - Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
 - The IFBB reserves the rights 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.

- **Important Notice:**
 - Pursuant to IFBB Anti-Doping rules and as a result of decisions taken at the 2005 IFBB international congress (Shanghai, China, November 27, 2005) regarding a registered athlete testing pool (to be established in 2006) and an out-of-competition doping control program (to be implemented in 2007), every athlete competing in IFBB world championships must provide accurate and up-to-date whereabouts information.
- **Visas:**
 - A valid passport is required for entry into Qatar. Please contact the embassy of Qatar 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 Qatar is **Riyal**. It is divided into 100 dirham and is abbreviated as either QR (English).
 - 1 US Dollar = 3.64 Riyal
 - 1 Euro = 5.11779 Riyal
- **Credit cards:**
 - International credit cards such as visa, mastercard, american express are widely accepted at the most major hotels, stores & restaurants. You may be requested to show your passport.
- **Climate:**
 - During the month of November, the average temperature is 23^o C.
- **Electrical current:**
 - 240 Volts + 6% with frequency 50 hertz.
- **Language:**
 - Arabic (official), English and French are widely spoken.
- **People:**
 - Qatari people are friendly, hospitable and modest. They also have a sense of balance and moderation. Qatari people are proud of their land. Foreigners who live in Qatar are treated with respect and tolerance.
- **Hospitality:**
 - Your hosts the Qatari Bodybuilding & Weightlifting Federation are friendly and you will be warmly welcomed upon arrival at Doha.
- **Training facility:**
 - There is a fully equipped training center at the official Hotel.
- **Media accreditation:**
 - All media accreditation, except 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.
 - You may contact the IFBB press commission to obtain this form:
Mr. Pierre Scatolini,
Chairman, IFBB press commission
Email: pierre.scatolini@ifbb-news.com
- **Medical Withdrawal:**
 - Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

- **Attendance at the IFBB international congress:**
 - It is the duty and responsibility of each national federation to ensure that it is represented at the IFBB international congress meeting. All national federations officially participating in the championships must also attend the congress, including national federations with athletes and no delegates. In this case the athlete must attend and represent his country in the congress.

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 PARTICIPATION from his national federation, failing which the athlete will not be allowed to participate.

MISREPRESENTATION:

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS and occurs where 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.

Preliminary Entry Form (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is September 5, 2009. National Federation 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 (FEF)

The deadline for the Final Entry Form is Monday October 19th, 2009. National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the dead line date. All names of the delegation have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

- **Correspondence / Contact information:**
Please send all correspondence to:
Qatar Bodybuilding & Weightlifting federation
Gen. Mohamed Youssef Al Mana
President
Telephone: +974 4944 244 OR +974 4944 245
Fax: +974 4944 255
Email: qwlbb@olympic.qa

Please copy all correspondence to:

Dr. Rafael Santonja
IFBB President
Calle Jaén No. 8
28020 Madrid
SPAIN
Phone: +34 91 535 2819
Fax: +35 91 535 0320
E-mail: internacional@santonja.com

Doha - Qatar; November 1-5, 2009.

Tentative Agenda

Saturday, October 31, 2009

7.00 am – 7.00pm
8.00 pm

Arrival of IFBB Executive Council Members
Dinner for IFBB Executive Council Members

Sunday, November 1, 2009

7.00 am – 7.00pm
12.00pm– 2.00pm
3.00 pm
8.00 pm

Arrivals of delegates and competitors Registration and
Check-in
Lunch
IFBB Executive Council Meeting
Welcome Dinner

Monday, November 2, 2009

7.00 am – 9.30 am
10.00am–12.30pm
12.30pm– 2.00pm
4.30 pm
5.00 pm
5.30 pm
6.00 pm
8.00 pm

Breakfast
Sightseeing Tour for Official Delegates and Competitors
Lunch
Technical Meeting
Judges Meeting
Team Managers Meeting
Weigh-in, Registration
Dinner

Tuesday, November 3, 2009

7.30 am – 9.00am
10.00 am
7.00 pm – 9.pm

Breakfast
Prejudging
Dinner

**Wednesday, November 4,
2009**

7.00 am – 8.30am
8.30 am
12.30pm –2.00pm
3.00 pm
9.00 pm

Breakfast
IFBB Congress
Lunch
Finals
Farewell Banquet

**Thursday, November 5,
2009**

7.00 am– 10.00am
12.00 Noon

Breakfast
Departure