

Inspection Report

World Women's Fitness, Bodyfitness and Bodybuilding and Men's Fitness Championships

Como, Italia, October 16 - 19, 2009

WELCOME

The organizing Committee of the Italian Bodybuilding and Fitness Federation is pleased to invite all National Federations - members of the World Bodybuilding and Fitness Federation - to participate in the upcoming World Women Fitness, Bodyfitness and Bodybuilding and Men Fitness Championships that will take place in Como, from October 16th to October 19th, 2009.

COMO



Favoured by great personalities of culture in the course of the centuries, lake Como is today a favorite destination for the most refined and demanding international tourism, which is discovering again the subtle pleasures of exclusivity, relaxation, service excellence and of the emotions given by the lake ambience.

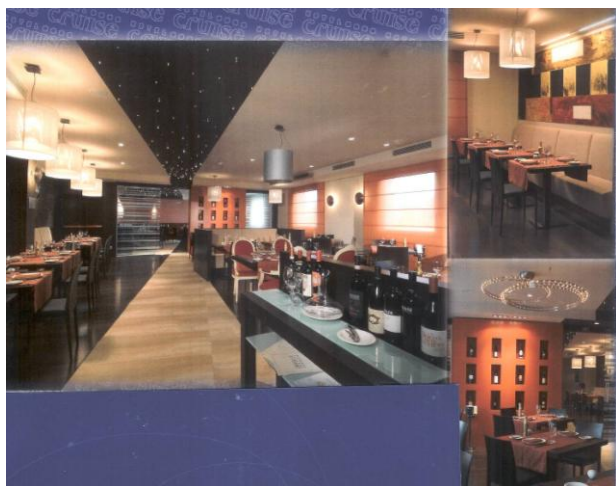
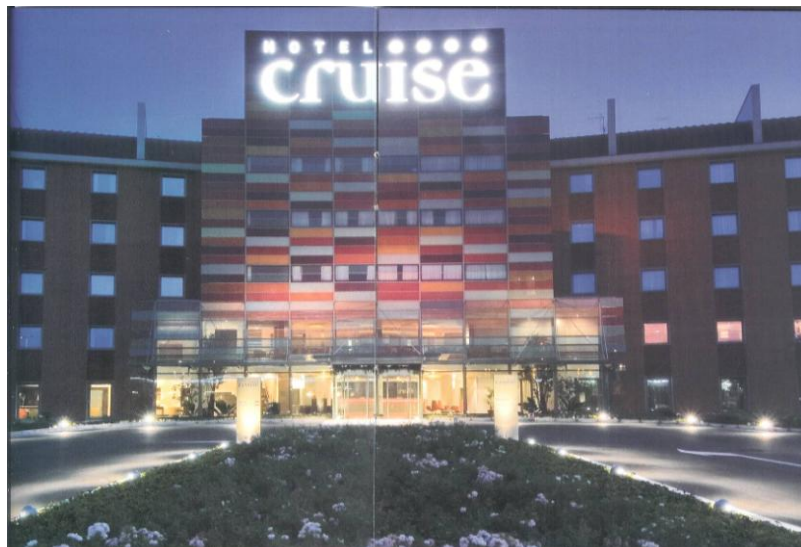
Como's fascination has always attracted and inspired innumerable famous personalities like Pliny the elder, Alessandro Volta, Wolfgang Goethe, Stendhal, Balzac, Manzoni. The lake has also welcomed Liszt, Twain and Martinetti. Today the villas on the lake host celebrities like Gorge Clooney, Versace, Madonna, Brad Pitt and Sir Elton John.

Como and its Province offer several points of great interest to art lovers. This land has always been the favorite spot for painters, sculptors, musicians and architects who left their mark on the territory. The Moltrasio stone characterizes the Como Romanesque of the Magisteri Com'acini. From this period we find Porta Torreri, very rare example of fortified architecture, San Caporforo Basilica, ordered to Christian Church in 386, the Baradello Castle, which dominates the city from high up, and Sant'Abbondio Basilica, dedicated to the City's Patron Saint, housing a magnificent cycle of fourteenth century frescoes.



Villas of historical interest are most surprising feature of mansions, built between 1500 and 1800, enriching the Lario with refined parks. The fast panoramic excursion by Brunate Funicular allows one to admire the City and the Lake's first basin from high up. Everywhere in the world Como is synonymous with silk which starting from 16th century has been one of the fundamental elements for the development of the City and its economy.

OFFICIAL HOTEL



There are **two official hotels**. The first one is **Cruise hotel**.

A refined design and a contemporary style where the concept of Italian Design Hotel fuses with a cosy functionality. The hotel is composed by 218 rooms, furnished with attention in every single detail, they are provided with all the comforts that distinguish a superior 4 stars hotel: independent air conditioning, mini bar, safety box, completely soundproofed and with an innovative interactive television with sat-tv, pay-tv and the possibility of internet connection.

A comfortable, refined and smart atmosphere, with warm colors and light effects, make the Cruise restaurant the perfect location for a business lunch or dinner with the simple pleasure to taste the many dishes of a refined cuisine.

The meeting Center of the Cruise Hotel is made to offer customized solutions, it disposes of 2 rooms of 200 square meters, divisible in 6 smaller rooms, and 1 room for debriefing. A wide and refined lounge is suitable for coffee breaks.

The other official hotel is **Como hotel**. It is located in Como city, 15 minutes walk from the lake. This hotel has wide and comfortable rooms with air-conditioning, satellite TV, minibar, safe and direct-dial phone. Meeting rooms equipped with modern audio-visual instruments for meetings. Season roof-garden on top floor with bar and open-air swimming pool.

HOTEL SECURITY DEPOSIT : At check-in, each person will be required to pay a 100.00 EURO per person, hotel security deposit to cover incidental expenses. Any unused portion will be returned at checkout. The team leader will be asked to provide only cash to cover the deposit for the entire team. This individual will be responsible for the response incurred by any members of his team.

IMPORTANT NOTICE Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of Friday, October 16, 2009 and/or after the Official Departure Date of Monday, October 19, 2009) for all Official Participants (Athletes and Delegates) and extra delegates.

ACCOMODATION :

A National Team consisting of three (3) or more athletes can have two (2) official delegates at the expense of the Organizing Committee. A National Team consisting of one (1) or two (2) athletes can have only one (1) official delegate. A National Federation with no athletes may send one (1) official delegate, who will have to pay all his or her expenses. Other participants (judges, coaches or trainers, sport medical doctors and measurers) who are not official delegates will have to pay all their expenses. Detailed information on National Team members should be provided in the Entry Form.

REGISTRATION FEE : Each Official A-Team Athlete and Delegate must pay the EBFF Registration Fee of 150 EURO.

SPECIAL PACKAGE FOR EXTRA DELEGATES AND „B“- TEAMS ATHLETES:

Full Special Package (per person) is 500 EURO in a double room and 600 EURO in a single room. Package for „B“ –Team Competitors is 500 EURO in a double room and 600 EURO in a single room (included participation/registration fee of 150 EURO).

CATEGORIES OPEN TO THE CHAMPIONSHIPS

CATEGORY	DISCIPLINE	BODY WEIGHT/HEIGHT	A-TEAM	B-TEAM
WOMEN	BODY BUILDING	UP TO 55 KG	2	2
WOMEN	BODY BUILDING	OVER 55 KG		
WOMEN	FITNESS	UP TO 163 CM	2	2
WOMEN	FITNESS	OVER 163 CM		
WOMEN	BODY FITNESS	UP TO 158 CM	4	4
WOMEN	BODY FITNESS	UP TO 163 CM		
WOMEN	BODY FITNESS	UP TO 168 CM		
WOMEN	BODY FITNESS	OVER 168 CM		
MEN	OPEN	OPEN	1	1
MEN	WHEEL CHAIR	OPEN	1	1

THE "A" TEAM .

Each National Federation may enter an "A" team. The maximum allowable number of competitors in the "A" team shall be equal to the total number of categories open for competition at the Championships; in this case, 9 competitors: 2 in Women's Bodybuilding, 2 in Women's Fitness, 4 in Women's Bodyfitness and 1 in Men's Fitness. 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 for each "A"-team competitor –150 EURO. 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 .

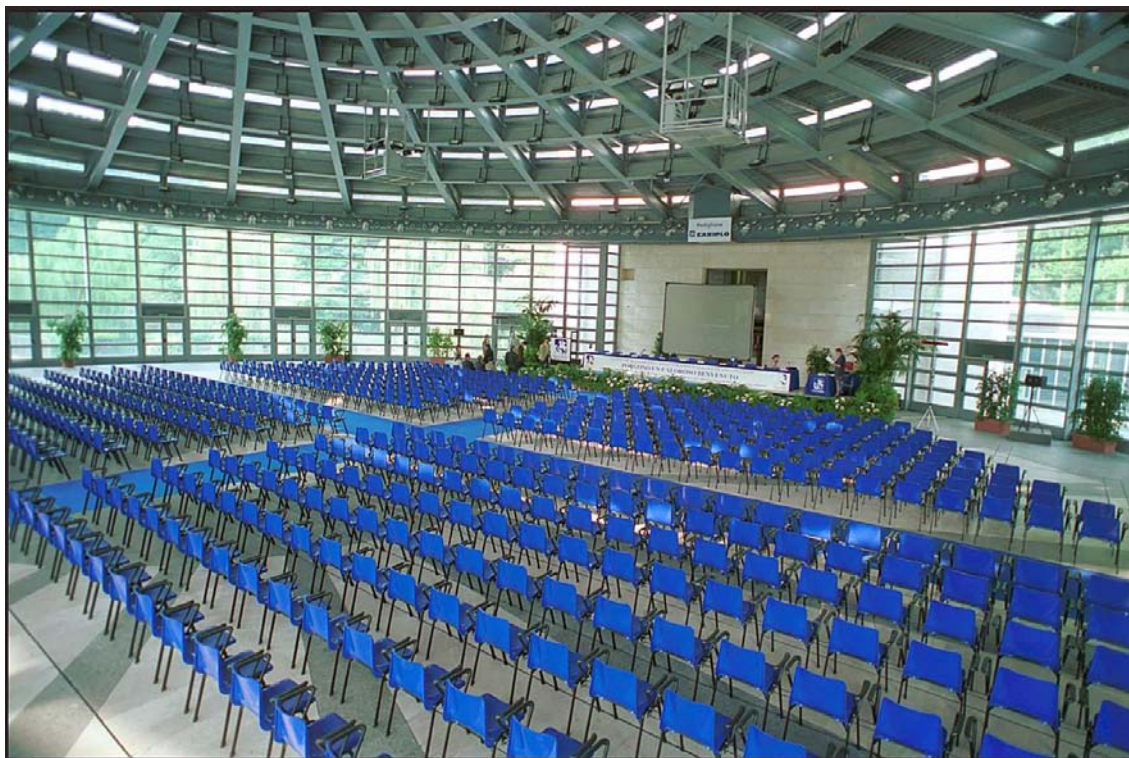
Each National Federation may enter a "B" team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the "B" team shall not exceed those in the "A" team; in this case, 9 competitors: 2 in Women's Bodybuilding, 2 in Women's Fitness, 4 in Women's Bodyfitness and 1 in Men's Fitness. 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 Full Special Package Rate for each "B"-team competitor. This package is 500 EURO in a double room and 600 EURO in a single room (included participation/registration fee of 150 EURO). 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 at the official hotel, failing which any undeclared competitor shall be disqualified.

VENUE SITE : VILLA ERBA CERNOBBIO



The Prejudging and the Finals will take place at the "SPAZIO VILLA ERBA": a nineteenth century villa where the famous film director Luchino Visconti has lived, **a**

modern exposition pavilion , designed on the same lines as the green-house of the residences of the patrician families on the lake Como, and a centuries old park of rare trees extending over 130'00 square metres bordering the water. This is the top in shows and conferences, famous the world over, hosting special shows, conferences, conventions, and cultural or mundane events. The centre has all most modern technological equipment for conference services.



OFFICIAL AIRPORT

The official Airport for this Championships is the MILANO MALPENSA International Airport. The Organizing Committee [provide transportation from MALPENSA Airport to the hotel and back for 10 EURO \(for one person\) from the Airport at the arrival and another 10 EURO \(for one person\) to the Airport at the departure.](#) In order to provide an efficient transport service it is necessary to have the exact information about date, flight number and arrival time of each National Team well in advance of the event. Teams with earlier arrivals and later departures will have to make their own arrangements.

IMPORTANT INFORMATION ON VISAS :

Please consult in advance the nearest Embassy or Consulate of ITALIAN Republic in your country for requirements of obtaining a visa. The members of participating National Federations can receive an Official Letter of Invitation from the Organizer to assist and facilitate acquiring visas.

ARRIVALS/DEPARTURES :

Athletes and participants arriving at the Cruise hotel and Como hotel before 12,00 on October 16th, 2009 and/or leaving the Hotel after 12,00 October 19th will be responsible for all of their expenses including transportation.

PASSPORTS/MUSIC :

All competitors must provide their passports and music at weigh-in failing which the competitor will not be registered and will not be allowed to compete. All the posing

music should be provided on DVD or CD with the correct side indicated. The music must be at the beginning of the CD. Competitors should have the second CD with their music ready if the first CD failed due to the technical reasons.

PARADE OF NATIONS :

All delegates and officials 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 (including test judges) nominated to officiate at the competition, failing which individual will not be allowed to judge*“. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card and Judging License for 2009.

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.**

NATIONAL FLAGS :

All National Federations are reminded to bring their National Flags for use in the Victory Ceremony. All national flags must be manufactured of dense silk measuring 2.5 x 1.5 m.

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/Height Measurement 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

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 :

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 assisting.

CAMERAS/VIDEOTAPES :

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

MEDIA ACCREDITATION

All media accreditation, excepting Italian 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 EBFF Media Accreditation Form, said form which must be remitted to the EBFF by e-mail at mauricio@santonja.com **no later than September 15th, 2009.**

EBFF MEDIA ACCREDITATION FORM

FAREWELL BANQUET :



The nineteenth-century VILLA ERBA will host the farewell banquet. It guarantees a high level of catering services with any speciality of local and international cuisine. A-team and B-team members as well as extra delegates, visitors and supporters who pay the special package will receive a special ticket for the farewell banquet.

To participate to the farewell banquet each person **must wear elegant clothes.**



CURRENCY :

Currency in ITALIAN Republic is EURO.

CONSEQUENCES OF FAILURE TO COOPERATE WITH THE 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 accomodation 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 federation.

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the **Preliminary Entry Form** is **August 10, 2009**. 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 **October 1st, 2009**. 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

PRELIMINARY ENTRY FORM**FINAL ENTRY FORM**

TENTATIVE SCHEDULE

15 October 2009 Thursday	
9.00-17.00	Arrival Executive Members
13.00-14.40	Lunch Executive Members
20.30-22.30	Dinner Executive Members
16 October 2009 Friday	
after 12.00	Arrival of delegates and competitors
13.00-14.30	Lunch in Hotel
18.30	Technical and judges meeting
19.30	Weigh-in measurement and registration
21.00-23.00	Dinner in Hotel
17 October 2009 Saturday	
7.00-9.30	Breakfast
9.00-10.00	Bus to Venue site
10.30-17.00	Prejudging
13.00-14.30	Lunch in Venue site
20.30-22.30	Dinner in Hotel
18 October 2009 Sunday	
7.00-9.30	Breakfast
9.30-10.30	Bus to Venue site
11.00-18.00	Final
13.00-14.30	Lunch in Venue site
18.00	Bus to Hotel
20.00-20.30	Bus to Party in Villa Erba
21.00	Party in Villa Erba
19 October 2009 Monday	
0.00-12.00	Departure of the competitors and delegates
7.00-9.30	Breakfast

CONTACT INFORMATION

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

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Please copy all correspondence to:

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Fax: +34915350320
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