



**OFFICIAL MINUTES
IFBB EXECUTIVE COUNCIL**

*Annual Meeting, Rainbow Hotel,
Shanghai, China, November 24, 2005*

ITEM DESCRIPTION	ACTION
<p>I Rafael Santonja, Executive Assistant to the President and Chair of the meeting, officially opened the meeting at 3:15pm.</p> <p>Rafael presented brief introductory remarks and welcomed the members of the Executive Council. Present at the meeting were:</p> <p>Rafael Santonja, Executive Assistant to the President Pamela Kagan, Executive Director Paul Chua, DSM, Vice President Asia Albert Busek, Vice President Europe Javier Pollock, Vice President Caribbean Paul Graham, Vice President Oceania Dr. Eng. Adel Fahim El Sayed, Vice President Africa Philip Hope, Vice President South Pacific Tony Blinn, Chairman Technical Committee Dr. Bob Goldman, Chairman Medical Commission Prof. Dr. Eduardo H. De Rose, Special Advisor Mostafa Hefzi, Patron</p> <p>Rafael welcomed Mr. Hitoshi Tamari as the new IFBB Patron.</p>	
<p>II Adoption of the Minutes of the previous Executive Council meeting held in Moscow, Russia.</p>	ADOPTED
<p>III The IFBB President's Report was placed into the record.</p> <p>Rafael summarized the report.</p>	ADOPTED
<p>IV REPORT of the IFBB Executive Assistant to the President</p> <p>Rafael reminded the members to remain persistent in their efforts to promote a positive image of the sport within the Olympic Movement and to continue their efforts at ensuring the participation of bodybuilding within IOC recognized Regional Games.</p> <p>Rafael discussed the importance of TV and stated that our World Championships can be made available to all National Federations on DVD or other formats for re-broadcasting at the national level.</p> <p>Rafael reported record participation throughout 2005, particularly at the World Women's Championships in Santa Susanna, Spain, and at the World Juniors & Masters Championships in Budapest, Hungary.</p> <p>Rafael discussed the rapid growth of the new Men's Body Fitness discipline (to be called "CLASSIC BODYBUILDING"). HEIGHT vs WEIGHT categories e.g. people that train with weights but not for competitive bodybuilding as currently practiced.</p> <p>HEIGHT (IN CM) – 100 = WEIGHT (IN KG) + ALLOWANCE</p> <p>Up to and including 170 cm (+2 kg) Up to and including 178 cm (+4 kg) Over 178 cm (+6 kg)</p>	ADOPTED
<p>V The IFBB General Secretary's Report was placed into the record.</p>	ADOPTED
<p>VI REPORTS of the IFBB Vice Presidents</p> <p>The Chair gave each Vice President the opportunity to present a brief report on the activities within their area of concern. In general, the sport continues to experience worldwide growth and</p>	ADOPTED

development.

Paul **Chua**, DSM, IFBB Vice President for Asia, reported on the inclusion of bodybuilding as an official medal sport in the Asian Games; the need for judging transparency; and the success of the new ABFF website. The ABFF has 44 member-countries; is recognized by the Olympic Council of Asia; and participates in the Asian and South East Asian Games. The next Asian Games are in Doha, Qatar in 2006.

Albert **Busek**, IFBB Vice President for Europe, reported that he was very pleased that the European Bodybuilding & Fitness Federation had been formed on May 18, 2002 to strengthen the sport among its 46 member-countries. Rafael thanked Albert for his hard work at the 2005 Duisburg World Games.

Javier **Pollock**, IFBB Vice President for the Caribbean, reported that, despite some setbacks as a result of recent hurricanes, his area was experiencing increased growth.

Paul **Graham**, IFBB Vice President for Oceania, reported on his longtime support of the Executive Council.

Philip **Hope**, IFBB Vice President for the South Pacific, reported on the success of the South Pacific Games, with bodybuilding included as a medal sport.

Dr. Eng. Adel Fahim El **Sayed**, IFBB Vice President for Africa, thanked Rafael and Tony Blinn for their assistance in the matter of the need to conform the statutes of the Arab Federation of BodyBuilders (AFBB) to the IFBB Constitution.

The reports of Jim **Manion**, IFBB Vice President North America, Aquiles **de Cesare**, IFBB Vice President South America, and Malih **Alaywan**, IFBB Vice President Middle East, were placed into the record.

Rafael thanked the Vice Presidents for their hard work, dedication, commitment and support.

VII REPORT of the IFBB Judges Committee ADOPTED

Rafael reported continual improvements in judging worldwide due to increased numbers of seminars, such as the **IFBB/EBFF International Judges, Coaches & Trainers Course**, as well as the comprehensive monitoring of **Judging Accuracy Scores** at the Continental and World levels.

Rafael also reported that the new **computer-scoring program**, which has been tested at numerous Continental and World events, is nearly ready for distribution to the National Federations.

Rafael stated that, at all Judges/Team Managers meetings, the IFBB would take the opportunity to present several lectures on important topics dealing with judging and technical matters.

VIII REPORT of the IFBB Technical Committee ADOPTED

Tony **Blinn** presented a brief report on improvements at www.ifbb.com over the past year, which included new sites for the IFBB Professional Division and the IFBB Olympia Weekend, as well as a revamped IFBB Hall of Fame.

IX REPORT of the IFBB Women's Committee ADOPTED

The chair presented a brief report on the increased growth of Women's Fitness and Women's Body Fitness, particularly at the Junior levels.

Rafael reported that the incumbent chairperson has not been active within the IFBB for the past two years and, with the tremendous growth of women's fitness and body fitness, this position needed to be filled immediately by a highly capable official who is willing, ready and able to dedicate her time and effort towards women's issues.

Rafael asked that the Executive Council approve the appointment of Eva Sukupova (Czech Republic) to the position of Chairperson, IFBB Women's Committee, until the next electoral congress in 2006. The approval was unanimous.

X REPORT of the IFBB Medical Commission ADOPTED

Dr. Bob **Goldman** presented a brief report highlighting the IFBB's efforts towards anti-doping. Bob indicated there might be an opportunity to "piggyback" IFBB educational courses with Anti-Aging

symposiums that are held worldwide.

Prof. Dr. Eduardo H. **De Rose** presented a brief overview of doping controls within the IFBB during the 2005 competitive season.

Prof. Dr. De Rose spoke to the issues of adopting new rules to conform to the WADA Code since the IFBB is already a Signatory.

Prof. Dr. De Rose also agreed with the need to adopt new In- and Out-of-Competition programs.

XI REPORT of the IFBB Professional Division ADOPTED

Tony **Blinn** presented a brief report on the activities of the IFBB Professional Division.

XII PROPOSITIONS TO AMEND THE RULES

PROPOSITION #1 ADOPTED

Be it resolved that the IFBB officially recognize the sport disciplines of Men's Fitness and Men's Body Fitness (to be called "CLASSIC BODYBUILDING").

**The IFBB will post online at www.ifbb.com official rules for these two new sport disciplines*

PROPOSITION #2 ADOPTED

Be it resolved that the IFBB prohibit the use of profane, vulgar or offensive language in posing music.

PROPOSITION #3 ADOPTED

Be it resolved that, in keeping with the decision made by the IFBB Executive Council on November 6, 2003, and by the IFBB Congress on November 9, 2003, in Mumbai, India; said decision which stated:

"Be it resolved that the IFBB shall take steps to adopt the World Anti-Doping Agency (WADA) Code. Further, once the WADA Code is formally adopted, the IFBB shall take whatever measures are necessary to ensure that its anti-doping program is in full compliance with the Code."

the IFBB adopt the new IFBB *Anti-Doping Rules*, Version 1.0, and further, that said rules shall have force and effect as of January 1, 2006 .

**these Anti-Doping Rules are based on the WADA "Models of Best Practice" and are intended to replace the current IFBB Anti-Doping Program.*

PROPOSITION #4 ADOPTED

Be it resolved that In-Competition testing be carried out as follows:

1. A number of athletes selected at random during the Competition e.g. at Weigh-in.
2. A number of athletes selected at random from among the Top Finalists e.g. at the Finals.

**Note: The IFBB reserves the right to conduct Target Testing*

PROPOSITION #5 ADOPTED

Be in resolved that Out-of-Competition testing be carried out in 2007 from a Registered Athlete Testing Pool, said Pool which shall be established in 2006 from among the Top Finalists at all IFBB World Championships.

PROPOSITION #6

A proposition was presented to reduce the number of categories in women's bodybuilding from three to two, with a cutoff of 55 kg (121 lbs). Over the past three years, statistics at the World Championships have shown an average of 8 competitors in the Lightweight (-52 kg) category, with an average of 15 competitors in the Middleweight (-57 kg) category and 17 competitors in the Heavyweight (+57 kg) category. Bodyweight data gathered over the three-year period has shown that 55 kg (121 lbs) would be a more appropriate cutoff if the number of categories were reduced to two and would "even out" the average number of competitors in each category at 20.

After some discussion, it was decided to retain the current three bodyweight categories (see table

below) and to actively encourage increased participation at the Women's World Championships, particularly in the 52kg category.

CATEGORY	WEIGHT LIMIT
Lightweight	Up to & including 52 kg (114 ½ lbs)
Middleweight	Up to & including 57 kg (125 ½ lbs)
Heavyweight	Over 57 kg (125 ½ lbs)

PROPOSITION #7

ADOPTED

Be it resolved that the bodyweight categories in men's bodybuilding are amended as follows:

CATEGORY	WEIGHT LIMIT
Flyweight	Up to & including 60 kg (132 lbs) <i>*only when the event is held in Asia</i>
Bantamweight	Up to & including 65 kg (143 lbs)
Lightweight	Up to & including 70 kg (154 lbs)
Welterweight	Up to & including 75 kg (165 lbs)
Light-middleweight	Up to & including 80 kg (176 lbs)
Middleweight	Up to & including 85 kg (187 lbs)
Light-heavyweight	Up to & including 90 kg (198 lbs)
Heavyweight	Up to & including 100 kg (220 lbs)
Superheavyweight	Over 100 kg (220 lbs)

National Federations will be permitted to enter a team of up to a maximum of eight (8) competitors at the Men's World Championships, with no more than two (2) competitors in the same category.

**When the event is held in Asia, National Federations will be permitted to enter a team of up to a maximum of nine (9) competitors at the Men's World Championships, with no more than two (2) competitors in the same category.*

XIII OTHER PROPOSITIONS

PROPOSITION #8

ADOPTED

Be it resolved that the deadline for the receipt of IFBB Judge's Cards at IFBB World Championships shall be by the end of the Judges/Team Managers Meeting.

PROPOSITION #9

ADOPTED

Be it resolved that the Event Organizer shall provide two separate Event Special Packages as follows:

1. FULL PACKAGE: accommodations, meals, onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.
2. PARTIAL PACKAGE: onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

**limited to transportation between the official airport and official hotel(s) upon arrival and departure; between the Competition venue site and official hotel(s) for Prejudging and Finals; and, where applicable, between the Farewell Banquet venue site and official hotel(s).*

PROPOSITION #10

ADOPTED

Be it resolved that the use of Green Cards for access* to the Official Athlete Registration and backstage area at the Competition venue site be implemented as follows:

1. Up to 5 competitors: 1 Green Card
2. 5 competitors & over: 2 Green Cards

**The Green Card allows access to certain restricted areas only and does not absolve the holder from requiring Prejudging and Finals tickets and/or passes.*

PROPOSITION #11

ADOPTED

Be it resolved that, in Women's Fitness, the top 15 finalists after RD1 (bikini) will advance to RD2 (routine).

**currently only the top 10 finalists after RD1 advance to RD2*

PROPOSITION #12

ADOPTED

Be it resolved that, in Women’s Fitness, the top 10 finalists from the Prejudging (RD1 + RD2) will advance to the Finals (RD3).

**currently only the top 5 finalists after RD1 + RD2 advance to RD3*

PROPOSITION #13

ADOPTED

Be it resolved that, in Women’s Fitness, in RD3, the top 10 finalists shall first perform their routine (not scored), and then the top 5 finalists shall return in their bikini to perform the quarter turns (scored).

**currently only the top 5 finalists perform their routine in RD3*

PROPOSITION #14

ADOPTED

Be it resolved that, in Women’s Fitness, in RD3, the top 5 finalists in numerical order shall perform the quarter turns at stage center, left and right, and then, the order shall be reversed and the quarter turns shall again be performed at stage center, left and right.

**this provides more time for the judges to assess the physiques*

PROPOSITION #15

ADOPTED

Be it resolved that, in Men’s and Women’s Bodybuilding, the Finals shall proceed as follows:

1. RD2: routine (music length up to a maximum of 60 seconds)
2. RD3: compulsory poses
3. Posedown (60 seconds)

**currently RD2 is the compulsory poses; RD3 is the routines*

PROPOSITION #16

ADOPTED

Be it resolved that the “Most Improved Bodybuilder” award (male) be cancelled.

PROPOSITION #17

ADOPTED

Be it resolved that the “Most Improved Bodybuilder” award (female) be cancelled.

PROPOSITION #18

ADOPTED

Be it resolved that the “Best Fitness Routine” award (female) be cancelled.

PROPOSITION #19

ADOPTED

Be it resolved that the article governing “Cash Awards” be deleted.

**currently cash awards are limited to \$5,000.00 USD and such awards cannot be given at international competitions*

PROPOSITION #20

ADOPTED

Be it resolved that the Master Men’s Bodybuilding categories be amended as follows:

AGE	CATEGORY	WEIGHT LIMIT
40-49	Lightweight	Up to & including 70 kg (154 lbs)
	Middleweight	Up to & including 80 kg (176 lbs)
	Light-Heavyweight	Up to & including 90 kg (198 lbs)
	Heavyweight	Over 90 kg (198 lbs)
50-59	Open	
60+	Open	

PROPOSITION #21

ADOPTED

Be it resolved that the Women's Body Fitness categories be amended as follows:

CATEGORY

Up to & including 158 cm (62.20")
Up to & including 163 cm (64.17")
Up to & including 168 cm (66.14")
Over 168 cm (66.14")

PROPOSITION #22

ADOPTED

Be it resolved that the Junior Women's Body Fitness categories be amended as follows:

CATEGORY

Up to & including 163 cm (64.17")
Over 163 cm (64.17")

PROPOSITION #23

ADOPTED

Be it resolved that the Junior Women's Fitness categories be amended as follows:

CATEGORY

Up to & including 164 cm (64.57")
Over 164 cm (64.57")

XIV PROPOSITIONS TO AMEND THE CONSTITUTION

GENERAL

ADOPTED

Be it resolved that the IFBB Constitution, for legal, technical and administrative reasons, shall be amended to remove all references to the term "**professional**" [*where the term relates specifically to professional sport*].

Be it further resolved that the IFBB Constitution shall be amended to remove all references to the term "**amateur**" [*where the term relates specifically to amateur sport*], except for Article 4.1 wherein the IFBB is defined as an "international amateur sport governing body".

Note 1: This amendment shall also apply to the IFBB Code of Ethics, IFBB Amateur Rules, IFBB Anti-Doping Rules and IFBB Professional Rules

Note 2: This amendment effectively separates the IFBB Professional Division from the IFBB Amateur Division, creating an entirely new independent organization called the "*IFBB Professional League*", a.k.a. "*IFBB Pro League*", a.k.a. "*Pro League*". The "*Pro League*" will operate under its own by-laws and rules as a legally and financially separate and independent professional sport governing body for the sport of bodybuilding, fitness and figure.

Note 3: The "IFBB Professional League" owns all of its professional trademarks, including but not limited to, its name and logo, "*Joe Weider IFBB Olympia Weekend*", "*Joe Weider IFBB Mr. Olympia*", "*Joe Weider IFBB Ms. Olympia*", "*Joe Weider IFBB Fitness Olympia*", "*Joe Weider IFBB Figure Olympia*", "*Joe Weider IFBB Masters Olympia*", "*IFBB Pro Grand Prix*", "*IFBB Pro Cup*", "*IFBB Pro Invitational*".

ARTICLE 1.1.7

ADOPTED

"**Regional or** Continental Federation" shall mean an affiliated **regional or** continental sport governing body for the sport of bodybuilding and fitness that has been duly recognized by the IFBB based on one **regional or** continental federation per **region or** continent **as defined by the IFBB**.

ARTICLE 5.1.4

ADOPTED

To supervise the activities of the National, **Regional** and Continental Federations.

ARTICLE 7.1.5

ADOPTED

The **sole** authority to **interpret** the Constitution and Rules **shall** rest with the President whose

interpretation shall be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.

ARTICLE 9

ADOPTED

In every instance where the term "National Federation" is used, amend to read "National, **Regional and Continental Federation**".

ARTICLE 9.1

ADOPTED

Membership in the IFBB shall be non-transferable and shall be limited to those individuals and organizations interested in furthering the objects of the IFBB and who agree, upon becoming Members, to be bound by the Constitution and Rules and the decisions and rulings of the Executive Council **and Congress**.

ARTICLE 10.7

ADOPTED

The quorum at any meeting of the Executive Council shall consist of the Members of the Executive Council **who are present at the meeting**. The President, or the Executive Assistant to the President; the Executive Director, or the General Secretary, or the Assistant General Secretary, must be present.

ARTICLE 11.7

ADOPTED

The quorum at the annual meeting of the Congress shall consist of those National Federations present, as represented by the presidents of the National Federations, or their duly appointed representatives or proxies, and the Members of the Executive Council **who are present at the meeting**. The President, or the Executive Assistant to the President; the Executive Director, or the General Secretary, or the Assistant General Secretary, must be present.

ARTICLE 11.11.5

ADOPTED

Propositions from the National Federations must reach the office of the President no later than **sixty** days before the date fixed for the annual meeting of the Congress.

ARTICLE 13.1.4

ADOPTED

To have the sole authority to interpret the Constitution and Rules, **said** interpretation to be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.

ARTICLE 15.2.3

ADOPTED

A copy of their constitution and rules, said constitution and rules which must be in conformity with the Constitution and Rules of the IFBB.

ARTICLE 15.6.2

Failing to adhere to or comply with the Constitution and Rules or the decisions and rulings of the **President**, Executive Council and Congress.

ARTICLE 16

ADOPTED

In every instance where the term "Continental Federation" is used, amend to read "**Regional and Continental Federation**".

ARTICLE 19.4.7

ADOPTED

Any athlete or official who participates in a competition or event not approved or sanctioned by the IFBB, may be fined, suspended or expelled. **Participation shall include, but shall not be limited to, competing, guest posing, giving a seminar, lecture or similar presentation, judging, officiating, allowing the use of one's name and/or likeness for promotional purposes, and/or taking part in a non-IFBB sanctioned competition or event in any other way, shape, or form.**

ARTICLE 19.4.8

ADOPTED

Once recognized by the IFBB pursuant to the terms and conditions of the Constitution and Rules, or pursuant to the terms and conditions of the constitution and rules of a National, Regional or Continental affiliate, no athlete, judge, official, administrator or other Member shall hold membership in any other bodybuilding and/or fitness organization; nor shall that Member participate in or promote, in any way, shape or form, their activities, failing which the Member

may be fined, suspended or expelled. ”

*Renumber the current Article 19.4.8 to Article 19.4.9. Renumber the current Article 19.4.9 to Article 19.4.10

ARTICLE 22

ADOPTED

Insert a new Article 22 entitled “Doping”.

22.1 Position Statement:

The practice of sport involves physical health and fitness, dedication to training, and proper nutrition. Doping, which includes the use of *Prohibited Substances* and *Prohibited Methods* to artificially enhance performance, is unethical, contrary to the concept of fair play, undermines the values of sport, and can endanger the health of the athletes. The practice of doping is forbidden within the IFBB.

22.2 World Anti-Doping Agency (WADA) Code:

The IFBB officially recognizes the World Anti-Doping Agency (WADA) as the international authority in anti-doping matters. The IFBB is an official Signatory to the WADA Code and, by means of the IFBB Anti-Doping Rules, conforms to the provisions of the WADA Code.

22.3 Court of Arbitration for Sport (CAS):

The IFBB officially recognizes the authority of the International Council of Arbitration for Sport (ICAS) and the Court of Arbitration for Sport (CAS).

**Renumber the current Article 22 to Article 23.*

XV Rafael presented a brief report on the Basic and Advanced Training Courses soon to be offered by the IFBB/EBFF.

XVI 2006 IFBB Men’s World Amateur Bodybuilding Championships & IFBB International Congress

Ostrava , Czech Republic , October 26-30, 2006

XVII Allocation of Championships

Pamela Kagan discussed the 2006 IFBB Amateur Calendar of Events.

XVIII Other Business

ADOPTED

The Chair presented a brief report on a recent trip that he made to Damascus, Syria, accompanied by Tony Blinn. The purpose of the trip was to assist the Arab Federation of BodyBuilders (AFBB) to amend their statutes to conform to the IFBB Constitution.

The Executive Council were in unanimous agreement that the constitutions or statutes or bylaws of all affiliates, whether National, Regional or Continental Federations, must conform to the IFBB Constitution and that should an affiliated federation fail to take the necessary steps to carry out amendments to conform, that federation may be disaffiliated.

XIX The Chair adjourned the meeting at 7:05pm.

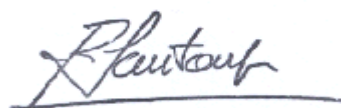
Minutes compiled by:



Tony Blinn
Chairman
IFBB Technical Committee

December 12, 2005

Minutes approved by:



Rafael Santonja
Chair of the Meeting
Executive Assistant to the President

December 13, 2005