



**MINUTES  
OF THE IFBB INTERNATIONAL CONGRESS**

**Ostrava, Czech Republic  
October 29, 2006**

<b>ITEM</b>	<b>DESCRIPTION</b>	<b>ACTION</b>
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**Agenda**

1. Call to Order, Welcome and Opening Remarks
2. Verification of Delegates
3. Adoption of the Minutes of the Previous Meeting
4. Affiliation of New Members
5. Elections
6. Report, IFBB President
7. Report, IFBB Executive Assistant to the President
8. Report, IFBB General Secretary
9. Reports, IFBB Vice-Presidents
10. Report, IFBB Judge's Committee
11. Report, IFBB Technical Committee
12. Report, IFBB Women's Committee
13. Report, IFBB Medical Commission
14. Report, IFBB Professional League
15. Decisions of the IFBB Executive Council
16. Propositions
17. 2007 IFBB Men's World Amateur Bodybuilding Championships and IFBB International Congress
18. Allocation of Championships
19. Other Business
20. Presentation of IFBB Awards and Medals
21. Closing Remarks and Adjournment

**I Call to Order, Welcome and Opening Remarks**

Dr. Rafael Santonja, IFBB Executive Assistant to the President and Chair, called the meeting to order at 9:10 am. Dr. Santonja welcomed the members of the Executive Council and Congress to Ostrava and made brief introductory remarks.

**II Verification of Delegates**

The following members of the Executive Council were present:

<b>MEMBER</b>	<b>POSITION</b>
Dr. Rafael Santonja	Executive Assistant to the President
	Chairman, Judge's Committee
Pamela Kagan	Executive Director
Albert Busek	Vice President, Europe

Javier Pollock	Vice President, Caribbean
Paul Chua, DSM	Vice President, Asia
Paul Graham	Vice President, Oceania
Philip Hope	Vice President, South Pacific
Dr. Eng. Adel Fahim El Sayed	Vice President, Africa
Malih Alaywan	Vice President, Middle East
Tony Blinn	Chair, Technical Committee
Eva Sukupova	Chair, Women's Committee
Dr. Bob Goldman	Chair, Medical Commission
Prof. Dr. Friedhelm Beuker	Secretary, Medical Commission
Mostafa Hefzi	Honorary Chair, Judge's Committee
	Patron
Hitoshi Tamari	Patron

The following 60 countries were present and were represented by official delegates attending the Congress:

<b>No</b>	<b>COUNTRY</b>	<b>No</b>	<b>COUNTRY</b>
1	Aruba	31	Malaysia
2	Australia	32	Malta
3	Austria	33	Moldova
4	Azerbaijan	34	Mongolia
5	Bahamas	35	Netherlands
6	Bahrain	36	Netherlands-Antilles
7	Belgium	37	Norway
8	Brazil	38	Peru
9	Bulgaria	39	Poland
10	Canada	40	Puerto Rico
11	Chinese Taipei	41	Qatar
12	Croatia	42	Romania
13	Cyprus	43	Russia
14	Czech Republic	44	Serbia
15	Ecuador	45	Seychelles
16	Egypt	46	Singapore
17	Estonia	47	Slovakia
18	Finland	48	South Africa
19	France	49	South Korea
20	Germany	50	Spain
21	Guatemala	51	Sweden
22	Hungary	52	Switzerland
23	Israel	53	Thailand
24	Italy	54	Turkey
25	Japan	55	Ukraine
26	Jordan	56	United Arab Emirates
27	Lebanon	57	United Kingdom
28	Libya	58	United States of America
29	Lithuania	59	US Virgin Islands
30	Macau	60	Venezuela

*\*Honduras, Morocco and New Zealand did not participate in the Congress but did enter competitors in the Championships.*

### III Adoption of the Minutes of the Previous Meeting

ADOPTED

Upon motion duly made, seconded, and carried, the minutes of the previous meeting, held on November 27, 2005 in Shanghai, China, were adopted.

### IV Affiliation of New Members

The current membership of the IFBB is 173 National Federations. A request for affiliation from Montenegro is currently under review.

### V Elections

Before the elections, a DVD presentation of the retirement from the Presidency by Founder and IFBB President Ben **Weider**, C.M., C.Q., C.St.J, Ph.D., was played. In his video address to the Executive Council and Congress, Mr. Weider commented that after 60 years of service, he thought the time had come for him to retire and to make way for new leaders who will continue the growth and development of the IFBB. Mr. Weider said he was very pleased that his dear friend and colleague, **Dr. Rafael Santonja**, was a candidate for the Presidency of the IFBB; that he had complete confidence and trust in Dr. Santonja's ability to carry out his duties to the highest level and to the satisfaction of the Executive Council and Congress. Mr. Weider pointed out that he had worked closely with Dr. Santonja for over 30 years; that Dr. Santonja had vast and unparalleled experience in problem solving, handling diplomatic matters and working for Olympic recognition. Mr. Weider emphasized that Dr. Santonja would make a great president.

At the conclusion of the video address, Tony Blinn presented Dr. Santonja as candidate for the position of President of the IFBB.

**I was further honoured to receive the unanimous vote of support of the Executive Council and Congress.**

Dr. Santonja accepted his election to the Presidency. This was met with a standing ovation and thunderous applause by all members of the Executive Council and Congress.

As his first act as IFBB President, **Dr. Santonja moved to appoint Ben Weider as Honorary Life President of the IFBB.**

ADOPTED

The motion was seconded and carried by unanimous decision of the Congress.

President Santonja then made and/or confirmed the following appointments:

ADOPTED

#### MEMBER

#### POSITION

<b>Paul Chua</b> , DSM (Singapore)	Executive Assistant to the President
<b>Pamela Kagan</b> (Canada)	Executive Director

**Jose Ramos** (Spain) Treasurer

In addition, President Santonja reconfirmed the following appointments:

<b>MEMBER</b>	<b>POSITION</b>
<b>Mostafa Hefzi</b> (Egypt)	Honorary Chair, Judges Committee
<b>Prof. Dr. Eduardo H. De Rose</b> (Brazil)	Special Advisor, Medical Commission
<b>Dr. Tom Rosandich</b> (USA)	Chair, Research, Exercise & Education Committee
<b>Silvia Hernandez</b> (Canada)	Treasurer
<b>Stephen R. Stern</b> (USA)	Legal Counsel
<b>Rick Collins</b> (USA)	Legal Counsel
<b>Loh Lin Kok</b> (Singapore)	Legal Counsel
<b>Joe Weider</b> (USA)	Patron
<b>Kim Nam Hak</b> (South Korea)	Patron
<b>Mostafa Hefzi</b> (Egypt)	Patron
<b>Franco Fassi</b> (Italy)	Patron
<b>Malih Alaywan</b> (Lebanon)	Patron
<b>Hitoshi Tamari</b> (Japan)	Patron

President Santonja announced that all incumbent members of the Executive Council were standing for re-election for the next term (2006 – 2010) with the exception of the Chair of the Judges Committee, a position that he himself held. President Santonja announced his resignation from the Chair of the Judges Committee, thus vacating the position. He announced that **Pawel Filleborn** (Poland) had applied for the position of Chair of the Judges Committee and that **Axel Bauer** (Austria) has applied for the position of Secretary of the Judges Committee, with the approval of their National Federations.

Upon motion duly made, seconded, and carried, **all incumbent elected Members of the IFBB Executive Council were re-elected except as indicated below.** ADOPTED

Upon motion duly made, seconded, and carried, **Pawel Filleborn (Poland) was elected by unanimous vote by the Congress as Chair of the IFBB Judges Committee Chairman and Axel Bauer (Austria) was elected by unanimous vote by the Congress as Secretary of the IFBB Judges Committee .** ADOPTED

Each member of the Executive Council who was present and who was either elected or appointed accepted the post they were elected or appointed to.

President Santonja expressed his sincere thanks to all members of the Executive Council and to all the delegates for their support.

President Santonja promised that he would continue the excellent work of his dear friend and mentor, Ben Weider, to assure the continuous growth, development and expansion of the sport of

Bodybuilding and Fitness throughout the world. He emphasized that the IFBB is not only one of the largest sport federations in the world, but also a close-knit family. He stressed that he will maintain and expand the family spirit that has made the IFBB so successful over the past sixty years. Under his leadership, the IFBB will continue to follow its most important principal: *"In sport, there are no limitations; no barriers of race, religion, politics, or culture. In sport, we are in touch with each other. Bodybuilding is important for Nation building"*.

President Santonja presented highlights of current and future programs and activities in the following four main areas:

#### SPORT EVENTS PROGRAM

1. The adoption of new categories, such as the increasingly popular "Classic Bodybuilding".
2. The adoption of a new "Over 60" category in Men's Master competition, an ideal example of *bodybuilding as lifestyle*.
3. The promotion of "Elite Champion Tours"; competition among outstanding elite amateur athletes with great prize money packages and dozens of competition venues.
4. IFBB participation at various Regional Games, which are recognized by, and are under the patronage of, the International Olympic Committee (IOC).
5. The decision to adopt a new World Amateur Championships for Classic Bodybuilding, beginning in 2008.
6. The overall worldwide coordination of events; the development of new Bodybuilding and Fitness categories; the support of National Federations to include these new categories in their competitive programs; all of which serves to assure the continued growth of our sport by increasing the number of participating athletes, delegates, supporters and countries.
7. The increased support and coordination of activities with our Continental Federations with respect to their own sport programs.

#### EDUCATIONAL PROGRAM

1. The promotion of the IFBB Trainer Courses to be presented by the National Federations as part of our coordinated World Educational Program.
2. The creation and implementation of various educational programs, such as Nutrition and Personal Trainer.
3. A 2007 World Tour Seminar for Judges to be organized on every continent with the objective of unifying and rules and regulations and updating our national, continental and international judges and officials.

#### MEDIA PROGRAM

1. Increasing our cooperation with the European Broadcasting

- Union and other television networks worldwide.
- 2. Incorporating webcast retransmission of our major events.
- 3. Forming a Press Commission to coordinate communications with the international bodybuilding magazines, websites and other media outlets and to ensure that our news and activities are disseminated to as wide a worldwide audience as possible.

**SPONSORSHIP PROGRAM**

- 1. The fitness industry needs the IFBB's strength and worldwide influence to represent the sport and fitness lifestyle. In turn, the IFBB needs the nutrition, equipment and fitness industries to invest in and support its competitions and other activities in order to best promote their products. We need each other.

**COOPERATION WITH SCIENTIFIC INSTITUTIONS**

Our close cooperation with scientific institutions, such as the International Academy of Anti-Aging Medicine (an area of science where bodybuilding can play a significant role), will serve to bring a new outlook of our sport by society in general and will demonstrate that we have something valuable to offer as the public realizes more and more that bodybuilding is the basis of anti-aging therapy. This will definitely improve the image of our sport and the IFBB.

In addition, programs are currently being devised to establish cooperative and mutually beneficial ventures with universities and other institutions of learning.

**VI Report of the IFBB President** **ADOPTED**

The Report of the IFBB President was received in writing, adopted and placed into the records.

**VII Report of the IFBB Executive Assistant to the President** **ADOPTED**

The Report of the IFBB Executive Assistant to the President was received in writing, adopted and placed into the records.

**President Santonja advised the Congress that the General Association of International Sports Federations (GAISF) and the International World Games Association (IWGA) had accepted that the full-name of the IFBB was amended to "International Federation of Bodybuilding and Fitness".**

**VIII Report of the IFBB General Secretary** **ADOPTED**

The report of the IFBB General Secretary was received in writing, adopted and placed into the records.

**IX Reports of the IFBB Vice Presidents** ADOPTED

The reports of the IFBB Vice Presidents were received in writing, adopted and placed into the records.

**X Report of the IFBB Judges Committee** ADOPTED

The Report of the IFBB Judges Committee was received in writing, adopted and placed into the records.

**XI Report of the IFBB Technical Committee** ADOPTED

The Report of the IFBB Technical Committee was received in writing, adopted and placed into the records.

**XII Report of the IFBB Women's Committee** ADOPTED

The Report of the IFBB Women's Committee will be forwarded to the National Federations at a later date.

**XIII Report of the IFBB Medical Commission** ADOPTED

The report of the IFBB Medical Commission was received in writing, adopted and placed into the records.

**XIV Report of the IFBB Professional League** ADOPTED

The report of the IFBB Professional League was received in writing, acknowledged and placed into the records.

**XV Decisions of the IFBB Executive Council**

The Congress unanimously adopted the following decisions of the Executive Council:

**PROPOSALS TO AMEND THE IFBB RULES**

**1. A proposal to amend the age criteria for Junior and Master athletes such that:** ADOPTED

**a. An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 21st birthday.**

**b. A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.**

**c. A male athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age), 50th**

birthday (in the case of the category 50-59 years of age), or 60th birthday (in the case of the category 60 years of age and older).

**2. A proposal to amend the number of categories in Women's Bodybuilding at the World Championships level as follows:**

ADOPTED

**a. Lightweight - Up to & including 55 kg (121 lbs); and**

**b. Heavyweight - Over 55 kg (121 lbs).**

#### **PROPOSALS TO AMEND THE IFBB CONSTITUTION**

**Be it resolved that Article 5.1.7 (Objects) be amended to read:**

ADOPTED

**To implement an anti-doping program in accordance with such anti-doping rules as may be enacted for that purpose; to conduct in- and out-of-competition doping controls, whether announced or unannounced; whether random, weighted or targeted; whether with advance notice or without advance notice; to conduct doping controls at all world-level competitions; and to ensure that anti-doping programs are implemented and that doping controls are conducted at national, regional and continental levels.**

**Be it resolved that Articles 10.5 (Notice: Executive Council) and 11.5 (Notice: Congress) be amended such that the term "notice" be defined primarily as "electronic communications by means of e-mail and publication on the World Wide Web".**

ADOPTED

#### **XVI Propositions**

ADOPTED

President Santonja proposed to separate Classic Bodybuilding from the Men's World Amateur Bodybuilding Championships and Men's Fitness from the Women's World Amateur Bodybuilding, Fitness and Body Fitness Championships and to organize a separate World Amateur Championships for Classic Bodybuilding and Men's Fitness together at one event, starting in 2008.

This proposition was unanimously adopted by the Congress.

#### **XVII 2007 IFBB Men's World Amateur Bodybuilding Championships and IFBB International Congress**

A delegation from South Korea presented a report (short DVD film), introducing Jeju City as the venue for the 2007 IFBB Men's World Amateur Bodybuilding Championships and IFBB International Congress.

#### **XVIII Allocation of Championships**

Mr. Joan Campolier, Mayor of Santa Susanna, Spain, informed the Congress about the preparations for the 2007 IFBB Women's World Amateur Bodybuilding, Fitness and Body Fitness Championships. A

short DVD film was played that summarized previous Women's World Women's Championships held in Santa Susanna.

Then, the Allocation of Championships for 2007 was announced:

<b>EVENT</b>	<b>PLACE</b>	<b>DATE</b>
World Women's Championships	Santa Susanna, Spain	Sep 20-24
World Men's Championships	Jeju City, South Korea	Oct 25-29
World Juniors & Masters Championships	Agrigento	TBA
South Pacific Games	Apia, Samoa	
European Women's Championships	Cacak, Serbia	May 25-28
European Men's Championships	Baku, Azerbaijan	May 4-7
European Juniors & Masters Championships	Tyumen, Russia	Jun 14-19

*\*Please visit [www.IFBB.com](http://www.IFBB.com) for regular updates in the 2007 Calendar of Events.*

#### **XIX Other Business**

There was no other business.

#### **XX Presentation of IFBB Medals and Awards**

##### Distinguished Service Award

Ing. Vaclav Klaus, President of the Czech Republic

##### President's Gold Medal

Stanislav Pesat

##### Gold Medal & Ribbon

Ing. Ales Zednik, Mayor of Ostrava

Ing. Libor Minarik

Jiri Prudil

Prof. Mauricio de Arruda Campos

Dimitry Samohin

Damir Siser

Nada Siser

##### Silver Medal & Ribbon

Jiri Patyk

Vladimir Semerad

##### Bronze Medal & Ribbon

Ing. Lubomir Krapek

Robert Lukas

Roman Karbula

Ing. Zdenek Saman

Vera Castkova

Robert Komis

Robert Uksa

## **XXI Closing Remarks and Adjournment**

President Santonja thanked the Congress for their support and adjourned the meeting at 11:50 am.

**IFBB EXECUTIVE COUNCIL MEMBERS  
ELECTED OR APPOINTED FOR THE TERM 2006 – 2010**

<b>NAME</b>	<b>COUNTRY</b>	<b>POSITION</b>
Ben Weider, CM, CQ, CStJ, PhD	Canada	Honorary Life President
Dr. Rafael Santonja	Spain	President
Paul Chua, DSM	Singapore	Executive Assistant to the President
Pamela Kagan	Canada	Executive Director
Eric Weider	USA	General Secretary
Jim Manion	USA	Vice President, North America
Albert Busek	Germany	Vice President, Europe
Javier Pollock	US Virgin Islands	Vice President, Caribbean
Paul Chua, DSM	Singapore	Vice President, Asia
Aquiles de Cesare	Uruguay	Vice President, South America
Paul Graham	Australia	Vice President, Oceania
Philip Hope	Cook Islands	Vice President, South Pacific
Dr. Eng. Adel Fahim El Sayed	Egypt	Vice President, Africa
Malih Alaywan	Lebanon	Vice President, Middle East
Mostafa Hefzi	Egypt	Honorary Chairman, Judges Committee
Pawel Filleborn	Poland	Chairman, Judges Committee
Axel Bauer	Austria	Secretary, Judges Committee
Tony Blinn	Canada	Chairman, Technical Committee
Eva Sukupova	Czech Republic	Chairwoman, Women's Committee
Dr. Bob Goldman	USA	Chairman, Medical Commission
Prof. Dr. Friedhelm Beuker	Germany	Secretary, Medical Commission
Prof. Dr. Eduardo H. De Rose	Brazil	Special Advisor, Medical Commission
Dr. Tom Rosandich	USA	Chairman, Research, Exercise & Education Committee
Jose Ramos	Spain	Treasurer
Silvia Hernandez	Canada	Treasurer
Stephen R. Stern	USA	Legal Counsel
Rick Collins	USA	Legal Counsel
Loh Lin Kok	Singapore	Legal Counsel
Joe Weider	USA	Patron
Kim Nam Hak	South Korea	Patron
Mostafa Hefzi	Egypt	Patron
Franco Fassi	Italy	Patron
Malih Alaywan	Lebanon	Patron
Hitoshi Tamari	Japan	Patron

\*These minutes are the official minutes of the IFBB International Congress meeting, held in Ostrava, Czech Republic, October 29, 2006 and are approved by Dr. Rafael Santonja, Chair of the meeting and IFBB President, on November 14, 2006.