



**MINUTES
OF THE IFBB EXECUTIVE COUNCIL**

**Ostrava, Czech Republic
October 26, 2006**

ITEM	DESCRIPTION	ACTION
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- I Dr. Rafael Santonja, Executive Assistant to the President and Chair, opened the meeting at 4:00pm and welcomed the following members of the Executive Council:

MEMBER	POSITION
Pamela Kagan	Executive Director
Albert Busek	Vice President, Europe
Paul Chua	Vice President, Asia
Javier Pollock	Vice President, Caribbean
Paul Graham	Vice President, Oceania
Dr. Eng. Adel Fahim El Sayed	Vice President, Africa
Malih Alaywan	Vice President, Middle East
Philip Hope	Vice President, South Pacific
Tony Blinn	Chair, Technical Committee
Eva Sukupova	Chair, Women's Committee
Dr. Bob Goldman	Chair, Medical Commission
Prof. Dr. Friedhelm Beuker	Secretary, Medical Commission
Prof. Dr. Eduardo H. De Rose	Special Advisor, Medical Commission
Mostafa Hefzi	Honorary Chair, Judges Committee & Patron
Hitoshi Tamari	Patron

Rafael emphasized that 2006 was the 60th anniversary of the IFBB; that it was founded by Ben and Joe Weider in Montreal in 1946 with two countries – Canada and the USA; that today, it has 173 National Federations. Rafael advised the Council that Ben and Joe had recently published their new book, called “Brothers of Iron, and recommended it as a must-read. Rafael mentioned that the IFBB is different than all other international sports federations because of its “family spirit”.

- II A motion was raised and seconded to adopt the previous minutes from the Executive Council meeting held in Shanghai, China, November 24, 2005. **ADOPTED**
- III Rafael advised the Council that a request for affiliation from Montenegro is currently under review.
- IV Rafael advised the Council that Ben Weider, after 60 years as IFBB President, had decided to retire and that a DVD video address had been produced by Mr. Weider to be shown to the Congress at its annual general

meeting on Sunday, November 29, 2006.

Rafael summarized his close working relationship with Mr. Weider, who, over the past 30 years, was a mentor, colleague and dear friend.

Rafael then left his candidacy for the position of President of the International Federation of Bodybuilding and Fitness conditional on the support of the Executive Council and Congress. At this point, the Executive Council showed its unanimous trust in Rafael by a standing ovation.

Later, during the presentation of their individual annual reports, each member of the Executive Council expressed his or her unreserved personal support of Rafael's candidacy for IFBB President.

- V The IFBB President's report was entered into the record. ADOPTED
- VI The IFBB Executive Assistant to the President's report was entered into the ADOPTED record.

Rafael presented the following additional remarks, which were prefaced by his strong belief in focused programs for the future, more efficient communications between the IFBB and its National Federations; a continued strong presence on the World Wide Web; and emphasis on "family spirit". Rafael briefly summarized his ideas vis-à-vis future programs as follows:

- Sport Event Program
- **FITNESS and CLASSIC BODYBUILDING**
- **IFBB LOGO**
- **JUNIORS & MASTERS** (permanent location)
- **EURO ELITE CHAMPION TOUR**
- **OLYMPIC ACTIVITIES**
- Educational Program
 - **TRAINER COURSE**
 - **SEMINARS ON RULES & JUDGING**
- Media, Press, TV Program
- **Eurovision, EBU,**
- **Webcasting,**
- **Pay-per-view,**
- **Press Commission**
- Sponsorship Program
- The health & fitness industry needs us; we need them; **we can help each other**

VII **It was noted that GAISF and the IWGA has recognized the IFBB as the “International Federation of Bodybuilding & Fitness”.**

VIII The IFBB General Secretary’s report was entered into the record. ADOPTED

IX The IFBB Vice President’s reports were entered into the record as follows: ADOPTED

IFBB Vice President for Asia

Paul Chua presented a brief report on bodybuilding as a medal sport in the upcoming DOHA Asian Games, Dec 8-9. Paul also mentioned that he was honored to act as IF Technical Delegate for the next World Games in Koahsiung, Chinese Taipei, July 16-26, 2009. Paul thanked the Council for its approval of the 61st IFBB Men’s World Amateur Bodybuilding Championships and International Congress in Jeju, South Korea, October 25-29, 2007.

IFBB Vice President for Europe

Albert Busek presented his report, advising the Council that he had started in bodybuilding in 1959, 47 years ago. Albert expressed his complete support of the decision to adopt the new sport discipline of CLASSIC BODYBUILDING, with its height/weight limits.

IFBB Vice President for Central America & the Caribbean

Javier Pollock advised the Council that, in his area, he had implemented a new program aimed at developing keen officials by exposing them to the activities surrounding IFBB World Championship events; believing this to be the ideal environment in which young, up-and-coming continental-level officials can participate and learn in “in’s and out’s” of planning, organization, promotion, control and supervision at the world level.

IFBB Vice President for Oceania

Paul Graham presented a brief report and remarked that the Australian national championships was the “biggest ever”; held over two days, with 4,000 fans, lots of publicity and TV. Paul further commented that he will be involved in the 2007 World Police and Fire Games, which will be held March 16-25 in Adelaide, Australia, and stated that the sport of bodybuilding is one of, if not *the*, most popular sport involved.

IFBB Vice President for the South Pacific

Philip Hope gave a brief summary on activities within the South Pacific region, highlighted by a recent Championship in Papua New Guinea that saw 1,400 spectators. Philip advised that bodybuilding was part of the South Pacific Games, which are recognized by the IOC.

IFBB Vice President for the Middle East

Malih Alaywan commented that he had known Ben Weider since 1955; that at the time, he remembers refusing to join NABBA (which he called a “federation of people, not of countries”) and instead, joined the IFBB. He recalled attending the 1st IFBB International Congress in Belgrade, Yugoslavia, 1970, at which 25 countries were in attendance.

IFBB Vice President for Africa

Dr. Eng. Adel Fahim El Sayed reported that he had made many visits and attended many Championships in the past year, most particular in Nigeria. Adel Fahim mentioned that he was working hard to ensure that

bodybuilding would be part of the All-Arab Games in 2007 and All-African Games in 2008.

- X At this point, Rafael recognized the longtime service and great contributions to the sport by IFBB Patrons Mostafa Hefzi and Hitoshi Tamari. Mr. Tamari advised that anti-doping control programs were very important to the future of the IFBB.

- XI The IFBB Judges Committee report was entered into the record. ADOPTED

Rafael noted that there had been many changes to the IFBB Rules over the past several years.

Rafael advised the Council that the IFBB, in close cooperation with the Continental and National federations, would in 2007 organize a World Seminar Tour on every continent to assist the chairpersons of judging committees and others with a better understanding of IFBB rules and regulations, judging, technical and other procedures.

- XII The IFBB Technical Committee report was entered into the record. ADOPTED

Tony Blinn advised that IFBB.com had set a new record for the number of visiting countries – 187.

- XIII The IFBB Women’s Committee report was entered into the record. ADOPTED

Eva Sukupova presented a very brief report on the state of women’s bodybuilding and fitness, noting the increased numbers of competitors since this World Championships was held in Santa Susanna, Spain.

- XIV The IFBB Medical Commission reports were entered into the record. ADOPTED

Dr Bob Goldman gave a short presentation on anti-aging and stated that his organization, the International Anti-Aging Academy, was the fastest growing medical society in the world. His expressed his thanks to Ben Weider and the IFBB for making a real and lasting contribution to the world of sport and anti-aging.

It was noted that the IFBB and the Academy of Anti-Aging Medicine should form a cooperative bond for the future advancement of the IFBB and anti-aging seminars.

Prof. Dr. Friedhelm Beuker noted a vast improvement in our capability to properly and professionally administer doping controls.

Prof. Dr. De Rose discussed briefly the importance of the relationship between the IFBB and WADA; stating that WADA was “beginning to better understand” the IFBB and the sport of bodybuilding.

- XV Tony Blinn presented a very brief report on the IFBB Professional League.

XVI PROPOSALS TO AMEND THE IFBB RULES

A proposal to amend the age criteria for junior and master athletes such that: ADOPTED

- 1. 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.**
- 2. A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.**
- 3. 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).**

A proposal to amend the number of categories in Women's Bodybuilding from three to two, with the cutoff at 55 Kg. ADOPTED

- 1. Lightweight: up to & including 55 kg**
- 2. Heavyweight: over 55 kg**

XVII 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

XVIII **The Council discussed and approved the creation of separate World Championships for Men's Fitness and CLASSIC BODYBUILDING, starting in 2008.** ADOPTED

A request to host this event in Rio de Janeiro in 2008 was submitted by the Brazil Bodybuilding & Fitness Federation.

An attempt will be made to organize this event in 2007.

XIX The 61st IFBB Men's World Amateur Bodybuilding Championships and International Congress, Jeju, South Korea, October 25-29, 2007 was discussed.

XX Allocation of Championships

Pamela Kagan discussed the allocation of championships for 2007 and beyond.

The Council discussed and approved Bahrain as host of the 62nd IFBB Men's World Amateur Bodybuilding Championships and International Congress.

XXI There was no other business.

XXII Rafael thanked the Council for its commitment and support and adjourned the meeting at 7:20pm.

*These minutes are the official minutes of the IFBB Executive Council meeting, held in Ostrava, Czech Republic, October 26, 2006 and are approved by Dr. Rafael Santonja, Chair of the meeting and IFBB President, on January 16, 2007.