



IFBB WOMEN'S WORLD AMATEUR BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIPS


and Men's Fitness World Cup III

INSPECTION REPORT



SANTA SUSANNA, SPAIN

SEPTEMBER 22-26, 2005

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ADVISORY NOTICE ALL NATIONAL FEDERATIONS MAY ENTER A "B" TEAM

Montreal, June 23, 2005: The International Federation of Bodybuilding & Fitness (IFBB), in conjunction with the European Bodybuilding & Fitness Federation (EBFF) and the Federación Española Fisioconstructivismo Y Fitness (AEFF/IFBB-Spain), are pleased to announce that each participating National Federation may enter a "B" team at the 2005 Women's World Amateur Bodybuilding, Fitness & Body Fitness Championships, subject to the following terms and conditions:

A National Federation must submit the names of the "A" and "B" team competitors on the Final Entry Form AND must register all "A" and "B" team competitors immediately upon arrival at the Official Hotel. Accommodations and meals will not be allocated until registration is properly completed.

Each "B" team competitor will be charged the same Special Package Rate as an Extra Delegate or Supporter.

Both "A" and "B" team competitors shall compete for placings, trophies, medals, certificates and other awards.

The “B” team competitors’ placings shall not be considered in deciding the Best National Team Award.

A National Federation may enter a maximum of two (2) competitors per category from the combined pool of “A” and “B” teams.

The maximum number of competitors permitted per National Federation per “A” team shall equal the number of categories open for competition. For these Championships, this number is nine (9) - eight (8) women, one (1) man. The same limitations shall apply to the “B” team.

ADVISORY NOTICE USE OF PROPS IN WOMEN'S FITNESS ROUTINES

Please be advised that the following resolution was adopted by the IFBB Executive Council and ratified by the IFBB Congress in Mumbai, India, November 9, 2003:

Be it resolved that, for Women's Fitness, the use of props shall be prohibited.

The term “prop” shall mean any object, device or item, excluding “costume”, which is transported onstage before a routine and offstage after a routine by a competitor and/or other person or persons.

The term “costume” shall mean any article of clothing worn by the competitor, to include any small item that can be carried or held in the hand (e.g. cane).

No competitor shall be permitted to use any device that would leave material on the stage platform that would 1) present a safety hazard for other competitors, or 2) require that the stage platform be cleaned before further use.

A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons (e.g. cannot be carried on or off the stage).

WELCOME

The Organizing Committee of the FEDERACIÓN ESPAÑOLA FISICONSTRUCTIVISMO Y FITNESS - AEFF (IFBB-ESPAÑA) and the Tourist Foundation of Santa Susanna extend a warm welcome to all IFBB National Federations to participate in the IFBB Women's World Amateur Bodybuilding, Fitness & Body Fitness Championships in Santa Susanna, Spain, September 22-26, 2005.

ABOUT SANTA SUSANNA

Santa Susanna is in Catalonia, a popular international destination. Its capital city is the dynamic and cosmopolitan city of Barcelona which has turned into one of the main European destinations.

Catalonia offers its visitors a wide variety of cultural products, which reflect upon this great ancient civilization. Catalonia counts amongst its universal geniuses the likes of Joan Miró, Salvador Dalí and Antonio Tàpies, in the field of painting; Pau Casals in music and Antonio Gaudí in the field of architecture.

Santa Susanna's privileged location allows officials, athletes, delegates, supporters and all participants to enjoy some highly cultural and interesting visits during their stay.

Competition, leisure and relaxation are all possible in Santa Susana thanks to superb beaches which cover a surface of more than 100,000 square meters.

Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.

OFFICIAL HOTEL

Hotel Caprici Verd
Paseo Maritimo
s/n Santa Susana 08398
Spain
Tel: +34 93 767 70 46 / +34 93 767 70 85
Fax: +34 93 767 81 85
E-mail: hotelcapriciverd@hotelcapriciverd.com
recepcion@hotelcapriciverd.com
inforeservas@hotelcapriciverd.com

**In partnership with the Tourist Foundation of Santa Susanna,
six (6) excellent hotels have been carefully selected to accommodate all
athletes, officials, extra officials, supporters and others.**

ACCOMMODATIONS

The Organizer will cover the cost of accommodations and three meals per day for all Official Participants (IFBB Executive Council members, EBFF executive committee members, athletes, and delegates) pursuant to the following IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitor or less = one (1) delegate

National Federations with no athlete may send one (1) official delegate. However, this delegate will be responsible for all of his or her own expenses.

The Official Arrival Date for IFBB Executive Council members and EBFF executive committee members is Thursday, **September 22, 2005**.

The Official Arrival Date for all other Official Participants (e.g. athletes and delegates) is Friday, **September 23, 2005**.

The Official Departure Date for all Official Participants is Monday, **September 26, 2005**.

IFBB Executive Council members and EBFF executive committee members will be

accommodated in single-bedded rooms.

Athletes and delegates will be accommodated in double-bedded rooms.

**All athletes and delegates must check in BEFORE the Technical Meeting
(November 23, 2005 at 6:30pm).**

**If your National Federation does not check in as indicated above, your
team members will be responsible for all of their own expenses
(similar to extra delegates).**

Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach, or trainer, it is recommended that your Federation select this individual to be an Official Participant (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members.

SPECIAL & GROUP PACKAGES

For extra delegates, supporters, press, photographers and others ...

The Organizer has established a Special Package that includes:

3 nights hotel accommodations
3 meals per day
ticket to the Prejudging and Finals
ticket to the Farewell Banquet
transportation to and from the airport and to and from the venue site

Price for the Special Package:

One person per room (single occupancy): Euro 450.00
Two persons per room (double occupancy): Euro 375.00 per person

The Organizer has also established a Special Group Package for individuals who wish to vacation in Santa Susanna.

 [SPECIAL PACKAGE ORDER FORM](#)

 [SPECIAL GROUP PACKAGE ORDER FORM](#)

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 [SPECIAL GROUP PACKAGE ORDER FORM](#)

VENUE SITE

Parc Colomer Sports Centre, Santa Susanna.

AIRPORT

“El Prat” international airport is 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona.

Please notify the Organizing Committee of your arrival time no later than 15 days before the Championships so that suitable transportation can be arranged for your National Team members.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date for IFBB Executive Council members and EBFF executive committee members is Thursday, **September 22, 2005**.

The Official Arrival Date for all other Official Participants (e.g. athletes and delegates) is Friday, **September 23, 2005**.

The Official Departure Date for all Official Participants is Monday, **September 26, 2005**.

Delegates and athletes arriving before the Official Arrival Date of September 23, 2005 and/or departing after the Official Departure Date of September 26, 2005 will be responsible for all of their expenses, including transportation to and from the airport.

If you arrive BEFORE September 23, 2005 and/or if you depart AFTER September 26, 2005, you will be responsible for all of your expenses for any stay outside the official dates of the Championships, including transportation to and from the airport.

FLIGHT RECONFIRMATION

Please ask the Secretariat to reconfirm your return flight within 24-36 hours after your arrival in Santa Susanna.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa (only and Identity Card). All other countries should consult the Spanish Embassy or Consulate in their country to determine if they need a visa.

WEIGHT/HEIGHT CATEGORIES

Except as noted in the IFBB Advisory Notice regarding the "B" team, each National Federation may send up to a maximum of nine (9) athletes to participate (8 female athletes and 1 male athlete) and may enter up to a maximum of 2 athletes in any weight/height category.

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT
Women	Bodybuilding	Up to & including 52 kg (114.5 lbs)
Women	Bodybuilding	Up to & including 57 kg (125.5 lbs)
Women	Bodybuilding	Over 57 kg (125.5 lbs)
Women	Fitness	Up to & including 164 cm (64.5")
Women	Fitness	Over 164 cm (64.5")
Women	Body Fitness	Up to & including 158 cm (62")
Women	Body Fitness	Up to & including 164 cm (64.5")
Women	Body Fitness	Over 164 cm (64.5")

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat at the Santa Susanna Tourism Office, which is located on the promenade across from the train station.

HOTEL SECURITY DEPOSIT

An initial deposit of Euro 100.00 (or \$120.00 USD) per person is required upon check-in for incidental and personal expenses which may arise (telephone, room service, mini bar, etc). The unused portion of this deposit will be returned upon check-out. 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 members of his team. Please inform the members of your team before departure not to create additional expenses.

IFBB REGISTRATION FEE

All official participants (delegates and athletes) will be required to pay a Euro \$100.00 (or \$120.00 USD) IFBB Registration Fee upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

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 Santa Susanna 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.

DRUG TESTING

All National Federations are reminded that this is a drug-tested event for the top four (4) finalists in each category. The tests will be carried out under the control and supervision of the IFBB Medical Commission, with the assistance of medical doctors from the Medical & Doping Committee of the Spanish federation. The analysis will be conducted at the Institut Municipal d'Investigació Mèdica (IMIN) laboratory in Barcelona, which is accredited by the World Anti-Doping Agency (WADA).

 [ATHLETE CONSENT & WAIVER FORM](#)

 [DOPING CONTROL PROCEDURES: THE ATHLETE'S GUIDE](#)

**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.**

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music may be on cassette or CD. The athlete's name must be affixed on the cassette or CD.

NATIONAL ANTHEM

All participating National Federations must bring with them a cassette tape or CD with their national anthem. The national anthem must be the only music on the tape or CD.

PLEASE BRING ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS

PARADE OF NATIONS

All delegates 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 and test judges must be forwarded to Rafael Santonja, Chairman, IFBB Judges Committee, no later than August 23, 2005, either by fax (34 91) 535 0320 or by e-mail: internacional@santonja.com

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

Each National Federation must submit the names of its judges, including test judges, on the Final Entry Form.

If you fail to submit the name of your judge(s) in advance, your nominated judge(s) will not judge or test judge at the Championships.

MEDIA

All media persons wishing to obtain press accreditation for this event must register with the Organizer by August 23, 2005.

 [IFBB PRESS ACCREDITATION FORM](#)

 [IFBB PRESS ACCREDITATION FORM](#)

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area is strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and videotape equipment is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

USEFUL INFORMATION

September is hot and it may rain. Mediterranean weather is warm and the average temperature in September is 20-25 degrees Centigrade.

The electrical outlets are 220 volts.

The Euro is the Spanish currency. Hotels, restaurants and shops accept all major credit cards. 1.00 Euro is approximately equal to \$1.20 USD.

Spanish and Catalan are the official languages although English is widely spoken. It is not necessary to speak Spanish or Catalan to visit Catalonia. English is spoken in hotels, travel agencies, shops, etc.

The time difference is GMT + 1 hour.

Arrangements will be made each day to transport athletes to a training facility, which is located near the hotels.

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

THURSDAY, SEPTEMBER 22, 2005

Official Arrival Date for IFBB Executive Council and EBFF executive committee members

IFBB/EBFF meetings

FRIDAY, SEPTEMBER 23, 2005

Official Arrival Date for all other Official Participants (Athletes and Delegates)

**All official participants must register at the Secretariat, which is located at the Santa Susanna Tourism Office (on the promenade across from the train station).*

12:00pm- Lunch
2:00pm

6:30pm- Judges & Technical meeting
7:00pm

7:30pm **WEIGH-IN/HEIGHT MEASUREMENT**

**The Head Delegate or Team Manager is responsible for his or her team, to include ensuring that all athletes are present on time for the weigh-in/height measurement. If an athlete is late, he or she will not compete.*

8:30pm Dinner (Athletes & Delegates)

9:30pm Welcome Dinner

**For IFBB Executive Council, EBFF executive committee, VIPs, and organizational staff only*

SATURDAY, SEPTEMBER 24, 2005

7:00am- Breakfast
8:30am

8:30am- Buses depart hotels for the Parc Colomer Sports Centre
9:00am

9:30am **PREJUDGING**

12:00pm Continuous bus transfer for competitors and delegates from venue site to hotels

12:30pm- Lunch
3:00pm

8:30pm Dinner

SUNDAY, SEPTEMBER 25, 2005

7:00am- Breakfast
9:00am

9:30am- Buses depart hotels for the Parc Colomer Sports Centre
10:00am

10:30am **FINALS**

12:30pm Continuous bus transfer for competitors and delegates from venue site to hotels

3:00pm Lunch

8:00pm- Farewell Banquet
10:00pm

**Sport/athlete clothing and/or shoes not acceptable*

MONDAY, SEPTEMBER 26, 2005

7:00am- Breakfast
8:30am

Official Departure Date for all participants.

PRELIMINARY & FINAL ENTRY FORMS

The PRELIMINARY ENTRY FORM must be returned to the Organizer as soon as possible but no later than **July 21, 2005**.

The FINAL ENTRY FORM must be returned to the Organizer no later than **September 5, 2005**.

 [PRELIMINARY ENTRY FORM](#)

 [FINAL ENTRY FORM](#)

 [PRELIMINARY ENTRY FORM](#)

 [FINAL ENTRY FORM](#)

CONTACT INFORMATION

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

Spanish Federation of Bodybuilding and Fitness

Mr. José Ramos

PRESIDENT

Mrs. Marianna Gallova

OFFICIAL SECRETARY

C/ Pirineos, 22 Bajos

08397 Pineda de Mar (Barcelona) Spain

Tel: +34 93 766 40 58

Fax: +34 93 766 40 59

Cell:: +34 625 34 40 24

E-mail: secretaria@ifbb-spain.com

Web: www.ifbb-spain.com

Other e-mail addresses:

nss@arrakis.es

ptejoseramos@ifbb-spain.com

Please copy all correspondence to:

International Federation of Bodybuilding & Fitness (IFBB)

Rafael Santonja

IFBB EXECUTIVE ASSISTANT TO THE PRESIDENT

CHAIRMAN, IFBB JUDGES COMMITTEE

Tel: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: internacional@santonja.com

Web: www.ifbb.com

It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report.

If any of your athletes and/or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.