



IFBB JUNIORS & MASTERS WORLD AMATEUR BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIPS

and SCITEC International Men's Bodybuilding Cup

INSPECTION REPORT



BUDAPEST, HUNGARY

NOVEMBER 18-21, 2005

 [DOWNLOAD A PRINT-FRIENDLY VERSION HERE](#)

WELCOME

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB Juniors & Masters World Amateur Bodybuilding, Fitness & Body Fitness Championships in Budapest, Hungary, November 18-21, 2005.

ABOUT BUDAPEST

The phrase "*Central European*" is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe's Carpathian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian

peoples and shared certain anthropological and cultural traits with the Turks.

Budapest's most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the "City of Festivals"; several major cultural events are held in and around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections include: the Museum of Applied Arts, the Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It's definitely worth mentioning the Synagogue in Budapest Dohany Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has a unique collection of traditional Jewish artifacts.

OFFICIAL HOTEL

The four-star Hotel Stadion is situated within a few minutes drive by car or public transport from the centre of Budapest, in the immediate vicinity of Budapest's largest sport, event and fair centre, the Puskás Ferenc Stadium, the Budapest Arena and the Budapest Fair Centre (BNV). Due to its excellent potentials (which is reflected in the slogan of the hotel "Official Sponsor of Hungarian Sport"), Hotel Stadion offers the best solution for accommodating participants of sporting events or congresses and exhibitions, which are often held in their neighborhood.

Hotel Stadion was opened in 1982. As part of the Danubius wellness and fitness program, a Danubius Premier Fitness Club was opened at the hotel in 2001, which further established the historic sporting links between the hotel and its great location. The complete refurbishment of the hotel, including the lobby, the Coffee Shop & Lobby Bar, the rooms and the common areas was finished in 2002. The hotel, with its pleasant warm colors and comfortable furniture, has an instantly captivating atmosphere.

The address of the hotel:

Hotel Stadion
Ifjúság útja 1-3
H-Budapest, 1148
Tel: + 36 1 889 52 00
Fax: + 36 1 889 52 52
E-mail: stadion.reservation@danubiusgroup.com
Web: www.danubiushotels.com/stadion

ACCOMMODATIONS

The Organizer will cover the cost of accommodations and three meals per day, starting with lunch on Friday, November 18, 2005 for all Official Participants pursuant to 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.

All participants (athletes and delegates) must check in BEFORE the Technical Meeting (November 18, 2005 at 5:00pm).

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 delegate 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 delegate for your Federation; otherwise, these extra officials will be responsible for all of their own expenses. The same rule applies to all family members.

SPECIAL PACKAGE

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 package:

One person per room: Euro 500.00
Two persons per room: Euro 400.00 each person

VENUE SITE

The Budapest Congress Centre is the official venue site of the Championships. The Budapest Congress Centre is located near the centre of Budapest; the address is:

Jagello út 1-3
H-1123 Budapest
Tel: +36 1 372 54 00
Fax: +36 1 372 57 35
E-mail: bcc@accor-hotels.com
Web: www.bcc.hu

Inside the Congress Centre, there is the patria hall, which accommodates up to 1,755 theatre-style seats; a superb venue with excellent acoustics. Lights and sound are of a professional quality.

AIRPORTS

The official Airport for the Championships is Ferihegy, the Hungarian International Airport.

Flights from foreign airlines arrive and depart from Ferihegy 2b (Terminal 2b)

The Organizer will provide transportation for official athletes and delegates and registered extra delegates, free of charge, on the Official Arrival Date of November 18, 2005 and on the Official Departure Date of November 21, 2005. Teams with earlier arrivals and later departures will have to make their own transportation arrangements. In order to provide an efficient transportation service, it is necessary to have the exact information about the date, flight number and arrival time well in advance of the event.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date for all official participants is **Friday, November 18, 2005**.

The Official Departure Date for all official participants is **Monday, November 21, 2005**.

Delegates and athletes arriving before the Official Arrival Date of November 18, 2005 and/or departing after the Official Departure Date of November 21, 2005 will be responsible for all of their expenses, including transportation to and from the airport.

If you arrive BEFORE November 18, 2005 and/or if you depart AFTER November 21, 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.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa. All other countries should consult the Hungarian Embassy in their country to determine if they need a visa.

BODYWEIGHT CATEGORIES

Each National Federation may send up to a maximum of twenty (20) athletes to participate and may enter up to a maximum of 2 athletes in any bodyweight category.

- 2 junior women bodybuilders
- 3 junior men bodybuilders
- 1 master woman bodybuilder
- 3 master men bodybuilders
- 3 junior women fitness
- 2 junior women body fitness
- 2 master woman body fitness
- 2 men´s fitness (World Cup)
- 2 men´s bodyfitness (World Cup)

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT
Junior Women	Bodybuilding	Open
Junior Men	Bodybuilding	Up to & incl 75 kg (165 lbs)
Junior Men	Bodybuilding	Over 75 kg (165 lbs)

Master Women	Bodybuilding	Open
Master Men	Bodybuilding	Up to & incl 80 kg (176 lbs)
Master Men	Bodybuilding	Over 80 kg (176 lbs)
Master Men	Bodybuilding	Open: 50 years of age & older
Junior Women	Fitness	Up to & incl 160 cm (5' 1/4")
Junior Women	Fitness	Over 160 cm (5" 1/4")
Junior Women	Body Fitness	Open
Master Women	Body Fitness	Open
Junior Men	Fitness	Open (World Cup)
Junior Men	Body Fitness	Open (World Cup)

SCITEC INTERNATIONAL MEN'S BODYBUILDING CUP

The SCITEC International Men's Bodybuilding Cup is an open competition for men's bodybuilding. All National Federations may bring one (1) athlete to compete in this event.

Athletes competing in the IFBB Juniors & Masters World Amateur Bodybuilding, Fitness & Body Fitness Championship **cannot** compete in the SCITEC International Men's Bodybuilding Cup.

The winner of the SCITEC International Men's Bodybuilding Cup will receive USD 1,000.

The event will be organized according to IFBB rules.

The registration fee for this event will be Euro 100.

Please send the name and particulars of your competitor for this event to:

Mrs. Zita Osiyemi
 Tel: 00-36-20-9457-679
 Fax: 00-36-1-261-08-45
 E-mail: zitaosiyemi@yahoo.com

SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat at the Official Hotel.

HOTEL SECURITY DEPOSIT

An initial deposit of Euro 100.00 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 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 Budapest 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 three (3) finalists in each category. The tests will be carried out under the control and supervision of the IFBB Medical Commission. The analysis will be conducted at the Vienna laboratory, 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, 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.

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 October 18, 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 October 18, 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

The temperature in Budapest in November averages 0-2 degrees Celsius.

The electrical outlets are 220 volts.

The currency is the Hungarian Forint (HUF). The exchange rate is approximately:
Euro \$1.00 = 250 HUF.

The official language is Hungarian.

The time difference is GMT + 1 hour.

TENTATIVE SCHEDULE OF ACTIVITIES

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

FRIDAY, NOVEMBER 18, 2005

Official Date of Arrival, Registration and Hotel Check-in

- 12:00pm-1:00pm Lunch
- 5:00pm Technical Meeting
- 6:00pm Judges Meeting
- 7:00pm **WEIGH-IN** & registration
- 9:00pm Dinner

SATURDAY, NOVEMBER 19, 2005

- 7:00am-8:30am Breakfast
- 8:00am Continuous bus transfer to the venue
- 9:30am **PREJUDGING**
- 12:00pm Continuous bus transfer to the hotel
- 12:00pm-2:30pm Lunch
- 8:00pm Dinner

SUNDAY, NOVEMBER 20, 2005

- 8:00am-10:00am Breakfast
- 11:30am-1:00pm Lunch
- 1:00pm Continuous bus transfer for competitors and delegates to venue
- 2:00pm **FINALS**
- Continuous bus transfer for competitors and delegates to hotel
- 7:00pm SCITEC International Men's Bodybuilding Cup

9:00pm-10:30pm Farewell Banquet

MONDAY, NOVEMBER 21, 2005

7:00am-8:30am Breakfast

Official Departure Date for all participants.

PRELIMINARY & FINAL ENTRY FORMS

The PRELIMINARY ENTRY FORM must be returned to the Organizer no later than **October 1, 2005**.

The FINAL ENTRY FORM must be returned to the Organizer no later than **November 1, 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:

Mrs. Zita Osiyemi
Organizing Committee
Hungarian Bodybuilding & Fitness Federation
Tel: +36 20 945 76 79
Fax: +36 1 261 08 45
E-mail: zitaosiyemi@yahoo.com

Please copy all correspondence to:

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

All correspondence regarding this event should be directed to Mrs. Zita Osiyemi.

The address of the Hungarian Bodybuilding & Fitness Federation is:

H-1146 Budapest

Istvanmezei ut 1-3

Tel/Fax: +36 1 460 69 02

E-mail: mtfsz@axelero.hu

Web: www.ifbb.hu

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.