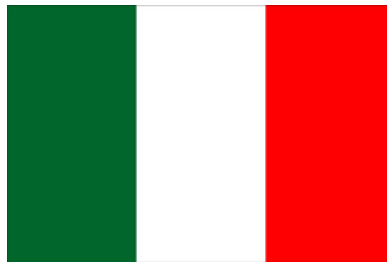




IFBB MEDITERRANEAN BODYBUILDING & FITNESS CHAMPIONSHIPS

INSPECTION REPORT

By Benedetto Mondello , IFBB President Italy



CATANIA, ITALY

October 21-23, 2005

WELCOME

The Organizing Committee of the Italian federation Bodybuilding (IFBB) extends a warm welcome to all IFBB National Federations to participate in the IFBB Mediterranean Bodybuilding & Fitness Championships , Catania, Italy October 21-23, 2005.

ABOUT CATANIA

Catania - A Brief Overview:

Catania is well-known, mostly due to its being situated in one of Sicily's most fertile area between the Ionian sea and the slopes of the volcano Etna.

Mount Etna - standing about 3,320 m (10,900 ft) high with a basal circumference of 140 km - is Sicily's greatest natural attraction. To the ancient Greeks, Mount Etna was the realm of Vulcan, god of fire, and the home of the one-eyed monster known as the Cyclops. It is one of the most active volcanoes in the world and is in an almost constant state of eruption. Although it can occasionally be very destructive, it is not generally regarded as being particularly dangerous.

The city rises over a bristling lava stone land stretching to the nearby town of Giarre from one part and a sandy coast on the other part. This is unique to Catania and part of its own beauty.

The big commercial seaport has always been very important for the economy of the city.

Sicily is a favorite destination of international tourism. Many tourists visit Catania all over the year. Its main attractions are the coasts and the volcano where you can go up for a sight of its craters or practice winter sports.

This is a really enchanting land rich in arts, culture, and historical attractions. Giovanni Verga, a novelist, and Vincenzo Bellini, a composer, were Catanian.

Founded by Greek colonies, Catania was subsequently conquered by the Phoenicians, the Romans, the Byzantines, the Arabs, and the Normans. The city is a historical wonder, laden with artifacts and archaeological finds, adorned with traces of its past: Greek temples, Roman mosaics, Arab-Norman palaces, and so on.



Historical buildings and monuments:

A few of the best Roman structures that can still be seen are the **Roman Theatre**, the lava-and-marble **Roman Amphitheatre**, several **baths**, the **acropolis**.

Among Catania's more recent sights are the many churches and palaces - "palazzi" - , including:

Castel Ursino

This medieval fortress houses paintings, sculptures, bronzes and ceramics from various eras.

Bellini Theater

This impressive theater was opened in 1890 and its style reminds one of the Opera House in Paris.

Piazza Duomo

This is the heart of Catania, with the city's cathedral – which was built by the Normans where once Roman baths used to be, then rearranged by the Swabians and finally changed into a Baroque style structure by Vaccarini from the eighteenth century.

In Piazza Duomo there's the city's symbol monument: the fountain with the lava-stone statue of **the Elephant** that dates back to the Roman era. Legend goes that this animal became the city symbol because in ancient times pigmy elephants lived in this place, that protected the city's inhabitants by chasing away fierce animals.

Catanian Food:

The quality of the food in Catania is exquisite and you can enjoy really tasty dishes. The city of Catania is also outstanding for the rich production of citrus fruits, fruit, vegetable, and cereals. Being a seaside city, here you can indulge in all sort of seafood. Be sure to try the desserts Cannoli, Gelato, Granita and Cassata for a heavenly, mouth watering treat.



Getting Around:

For anyone wishing to get to know Sicily and to shop typical Sicilian treats and souvenirs, besides Catania itself, Taormina, Acireale and also Agrigento are not far away:

ACITREZZA (and the “Cyclops Riviera”) 1 km

TAORMINA 35 km

SIRACUSA 52 km

EOLIE ISLANDS 87 km

PALERMO 190 km

AGRIGENTO 139 km

OFFICIAL HOTELS

We chose **La Perla Ionica Hotel**, midway between Catania and Taormina, both as our host hotel and as the venue of the show.

The hotel - with 10 suites, 329 double-bed rooms, 46 apartments, 20 double-bed attics and 89 single-bed attics plus a lot of services - is indeed a congress center with an amphitheatre and ultra-modern conference facilities.

The amphitheatre has 1500 seats and there's where pre-judging and finals will be held.

To contact the hotel:

LA PERLA IONICA

VIA UNNI 10

ACIREALE (Catania) - ITALY -

Phone-Fax +39 095 7661111

All delegates, supporters and athletes will be accommodated at La Perla Ionica Hotel.



ACCOMMODATIONS

Three (3) or more athletes - two (2) delegates permitted.

Less than three (3) athletes - one (1) delegate permitted.

National Federations with no athletes may send one (1) delegate; however, this delegate will be responsible for all of his or her expenses. Any judge, coach or trainer who is not an official delegate will be responsible for all of his or her expenses.

SPECIAL PACKAGE

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS AND MEDIA
AT THE LA PERLA IONICA HOTEL

EURO 450,00 - Single (one person per room)

EURO 700,00 - Double (two persons per room)

Package includes:

3 nights accommodations

3 meals per day

Tickets to the Prejudging and Finals

Tickets to the Farewell Banquet

Transportation, airport-hotel-return

You must provide detailed information on your National Team members BEFORE September 01, 2005. If you do not, accommodations may not be available at the Official Hotels.

VENUE SITE

The Prejudging and Finals will take place at the LA PERLA IONICA AMPHITHEATRE.



AIRPORT

You can easily reach Catania by plane – Catania “Fontanarossa” International Airport is just 15 Km (9 miles) far from your hotel and 7 km (4 ½ miles) to the south of downtown Catania.

All participants, must notify the Organizing Committee in advance of the name of their arrival airport.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date for all other participants (delegates, athletes, and others) is Friday, **October 21 , 2005**.

The Official Departure Date for all participants is Monday, **October 24, 2005**.

Delegates and athletes arriving before the Official Arrival Date of October 21, 2005 and/or departing after the Official Departure Date of October 24 , 2005 will be responsible for all of their expenses, including transportation to and from the airport.

Delegates and athletes will be accommodated for three (3) nights in double-bedded rooms.

**Note: IFBB Executive Council members who intend to bring their spouses must notify the Organizing Committee 45 days in advance to properly arrange hotel accommodations.*

If you arrive BEFORE October 21, 2005 and/or if you depart AFTER October 24, 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 for entry in Italy . Please check with the Italian Consulate or Embassy in your country to determine if you require a visa.

BODYWEIGHT CATEGORIES

Each National Federation may send up to a maximum of twelve (7 men – 5 women) athletes to participate and may enter up to a maximum of 2 athletes in any bodyweight category.

MEN'S CATEGORIES	BODYWEIGHT
Bantamweight	Up to & incl 65 kg (143 lbs)
Lightweight	Up to & incl 70 kg (154 lbs)
Welterweight	Up to & incl 75 kg (165 lbs)
Light-Middleweight	Up to & incl 80 kg (176 lbs)
Middleweight	Up to & incl 85 kg (187 lbs)
Light-Heavyweight	Up to & incl 90 kg (198 lbs)
Heavyweight	Over 90 kg (198 lbs)

WOMEN'S CATEGORIES:

- **Body Building :** **up to 57 Kg (125 lbs)**
Over 57 Kg (125 lbs)
- **Fitness routine:** **one category**
- **Body Fitness:** **up to 164 cm**
over 164 cm

SECRETARIAT

During the official dates of the Championships, the Organizing Committee will maintain a Secretariat at the Official Hotels from 12:00 PM on the Official Arrival Date for Executive Council members to 4:00 PM on the Official Departure Date for all participants.

HOTEL SECURITY DEPOSIT

At the check-in counter, each person will be required to pay a Euro 100.00 Hotel Security Deposit to cover incidental expenses. This payment can be made by cash from each participant, whether athlete, delegate, extra delegate, press, supporter or guest. The unused portion of the Hotel Security Deposit will be returned to the individual at check-out. In order to facilitate the check-in process, the Chief Delegate of each National Federation shall be responsible for submitting the required deposit for the entire team.

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 Catania 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 five (5) finalists in each category. The tests will be carried out under the control and supervision of the IFBB Medical Commission and the Italian Bodybuilding Association's medical team. The analysis will be conducted at the Italian Doping Laboratory, which is accredited by the World Anti-Doping Agency (WADA).

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.

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 30 September , 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.

NATIONAL FLAGS

All National Federations are reminded to bring their National Flag for use in the Victory Ceremony. The flags must be manufactured of dense silk and must measure 2.5 meters x 1.5 meters.

USEFUL INFORMATION

Catania is appreciated for its mild Mediterranean climate. The temperature in Catania in October averages 18-20 degrees Centigrade.

The electrical outlets are 220 volts.

The currency is EURO.

The national language is Italian

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

Pursuant to IFBB Rules, 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.

TENTATIVE SCHEDULE OF ACTIVITIES

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

FRIDAY, OCTOBER 21 2005

Official Arrival Date for all Delegates and Athletes

12:30pm-2:00pm Lunch

5:00 pm IFBB Judges Committee meeting La Perla Ionica Hotel

6:00pm **WEIGH-IN and Registration** La Perla Ionica Hotel

8:00pm-10:00pm Dinner

SATURDAY, OCTOBER 22, 2005

7:00am-9:30am Breakfast

12:00pm-13:30pm Lunch

14:00am **PREJUDGING** La Perla Ionica Amphitheatre

7:00pm-10:00pm Dinner

SUNDAY, OCTOBER 23, 2005

7:00am-10:00am Breakfast

12:30pm-2:00pm Lunch

5:00pm **FINALS** La Perla Ionica Amphitheatre

10:30pm Farewell Banquet La Perla Ionica Restaurant

MONDAY, OCTOBER 24, 2005

Official Departure Date for all participants.

Note : Check-out time at the hotels is 12:00pm.

PRELIMINARY & FINAL ENTRY FORMS

The PRELIMINARY ENTRY FORM must be returned to the Organizing Committee no later than September 01, 2005.

The FINAL ENTRY FORM must be returned to the Organizing Committee no later than 30 September, 2005.

CONTACT INFORMATION:

The preliminary and Final entry Forms must be sent to the Organizing Committee in Italy:

ITALIAN FEDERATION BODYBUILDING
VIA D'ANNUNZIO 10-12 N
16121 GENOVA – ITALY
Tel: (0039-010) 5761998 – Mobile nbr: (0039) 3480660375
Fax: (0039-010) 584307 –

Fax: (0039-010) 4495396
E-mail: bettomondello@libero.it -

E-mail: ferretti.a@sius.it

Please copy all correspondence to:

Mr. IMPELLIZZERI GIUSEPPE

Phone/Fax (0039-095) 7800970 - Mobile : (0039) 3385484710 - E-.mail:
bodyline92@virgilio.it

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.



Mr. Gianni Francese: vice-president, **Mr. Impellizzeri Giuseppe :** promoter,

Mr. Benedetto Mondello: president.