



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

INSPECTION REPORT



AGRIGENTO (SICILY), ITALY

November 10-13, 2006

WELCOME

The Organizing Committee of the Italian Federation of Bodybuilding and Fitness extends a warm welcome to all IFBB National Federations to participate in the IFBB Juniors & Masters World Bodybuilding, Fitness & Body Fitness Championships, Agrigento (Sicily), Italy, November 10-13, 2006.

ABOUT AGRIGENTO

Founded with the name of Akragas by the inhabitants of Gela in the 6th century B.C., Agrigento quickly became an important centre in Magna Grecia. Destroyed by Carthage in 406 B.C., it rose again and about two centuries later was under Roman rule. After the fall of the Roman Empire, it was dominated by the Goths and then the Byzantines (6th century). In 829, it was taken by the Arabs, who destroyed the town only to rebuild it on a higher site.

Agrigento is situated on Sicily's southern coast and its Valley of the Temples (Valle dei Templi) is a UNESCO World Heritage Site and one of the greatest legacies of ancient Greece.



In the Valley of the Temples there are the ruins of numerous temples but also necropoli, houses, streets and everything else one would expect to find in an ancient city. There is a small amphitheatre and a fine archeological museum.

The main monuments are the Doric temples dating to the 6th and 5th centuries B.C., dedicated to Hercules, Olympian Jupiter, Juno, Castor, Pollux and Demeter, as well as the temple called "the Concordia", still in an excellent state of preservation. The Tomb of Terone, the Oratory of Phalaris and other small temples are also of great interest. Other monuments include the church of St. Nicola (Romanesque-Gothic, 13th century), the Duomo (14th century, with later alterations), and the church of St. Spirito.

OFFICIAL VENUE

The **Agrigento Palacongressi** is located in close proximity to the Valley of the Temples and is a modern congress center with professional stage, lighting and sound, capable of hosting conventions, seminars, shows, theatrical performances and movies. Its total seating capacity is 1400.

OFFICIAL HOTELS

The **Akrabello Hotel** is located in Villaggio Mosé, in the area called "Parco Angeli". It is 2 km from the Valley of Temples and 3 km from the beaches on Agrigento's shoreline. The Hotel is equipped with several multi-function halls for use during events of various nature: conventions, receptions, galas, meetings.

The hotel has 300 bedrooms. All rooms are equipped with modern comforts: private bathrooms, telephone, colour TV, hair-dryer and air conditioning.

The **Grand Hotel Mosé** is located next to the congress centre, in the commercial heart of Mosé Village and a few hundreds meters from Agrigento's famous Valley of Temples.

The hotel has 146 bedrooms equipped with every modern comfort. The rooms are furnished in the typical Sicilian style with private bathrooms, direct phone, hairdryer, satellite TV and air-conditioning.

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the Official Arrival Date, after the Official Departure Date and during the Championships, for all Official Participants (Athletes and Delegates), extra delegates and supporters.

ACCOMMODATIONS

The Organizing Committee will provide free-of-charge accommodations and three (3) meals per day for all Official Participants (Athletes and Delegates) from the National Federations according to the following *IFBB Rules*:

- Three (3) or more competitors: two (2) delegates
- One (1) or two (2) competitors: one (1) delegate
- National Federations with no athletes may send one (1) delegate who will be responsible for all of his or her own expenses.

**The term "Official Participant" means: 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules (see above).*

The **Official Arrival Date** for IFBB Executive Council members is Thursday, November 9, 2006.

The **Official Arrival Date** for all other Official Participants (athletes and delegates) is Friday, **November 10, 2006**.

The **Official Departure Date** for all Official Participants is Monday, **November 13, 2006**.

IMPORTANT NOTICE

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration; by **Friday, November 10, 2006, 8:00pm. Any Official Participant not checked-in by this deadline will be classified as an "extra delegate" and will be responsible for all of his or her expenses.**

FULL SPECIAL PACKAGE RATE

A Full Special Package Rate has been arranged by the Organizing Committee which includes the following services:

1. Three (3) nights hotel accommodations
2. Three (3) meals per day
3. Ticket to the Prejudging and Finals
4. Ticket to the Farewell Banquet
5. Transportation to and from the airport Fontanarossa in Catania
6. Transportation to and from the venue site
7. Championships Identification Card
8. Official Certificate of Attendance

Price for the Full Special Package Rate is:

One person per room = **Euro 500.00**

Two people per room = **Euro 400.00** (each person)

HOTEL SECURITY DEPOSIT

An initial deposit of **Euro 100** per person is required upon check-in for incidental and personal expenses which may arise (telephone, room service, etc). The unused portion of this deposit will be returned at check-out time. The team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be responsible for all expenses incurred by any members of his teams.

AIRPORT

The arrival airport is the "Fontanarossa" in Catania. The organizing committee will provide transportation for athletes, delegates and registered extra delegates, free of charge, on the date of arrival (November 10, 2006) and departure (November 13, 2006). Teams with early arrivals and late departures will have to make their own arrangements. In order to provide an efficient transport service, it is necessary to have the exact information about your date and time of arrival and flight number well in advance of the event.

EARLY ARRIVALS/LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date of **November 10, 2006** and/or staying on after the Official Departure Date of **November 13, 2006**, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

CATEGORIES OPEN FOR COMPETITION

[IFBB RULES REGARDING "A" AND "B" TEAMS](#)

See also [RULES REGARDING "C" TEAM FOR HOST NATIONAL FEDERATION](#) (in PDF format).

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A TEAM	B TEAM
Junior Women	Bodybuilding	Open	1	1
Junior Men	Bodybuilding	Up to & incl 75 kg	2	2
Junior Men	Bodybuilding	Over 75 kg		
Master Women	Bodybuilding	Open	1	0
Master Men	Bodybuilding	Up to & incl 70 kg*		
Master Men	Bodybuilding	Up to & incl 80 Kg*		
Master Men	Bodybuilding	Up to & incl 90 Kg*	6	no limit
Master Men	Bodybuilding	Over 90 kg*		
Master Men	Bodybuilding	Open: 50-59 years of age		
Master Men	BodyBuilding	Open: 60 years of age & older		
		<i>*40-49 years of age</i>		
Junior Women	Fitness	Up to & incl 164cm	2	2
Junior Women	Fitness	Over 164 cm		
Junior Men	Fitness	Open	1	1
Junior Women	Body Fitness	Up to & including 163 cm	2	2
Junior Women	Body Fitness	Over 163 cm		
Master Women	Body Fitness	Open	1	1
Junior Men	Classic Bodybuilding	Open	1	1

**It is anticipated that the IFBB Congress, at its annual general meeting on October 29, 2006 (Ostrava, Czech Republic) will adopt new rules governing the age requirements for Junior and Master competitions. The resolutions that will be put forward at the Congress are:*

1. Be it resolved that an athlete may compete as a junior (male and female) up to and including December 31st of the year in which the athlete reaches his or her 21st birthday.

2. Be it resolved that an athlete may compete as a master (female) from January 1st of the year in which the athlete reaches her 35th birthday.

3. Be it resolved that an athlete may compete as a master (male) from January 1st of the year in which the athlete reaches his 40th, 50th or 60th birthday, as the case may be (depending on the category).

IFBB REGISTRATION FEE

Each Official **A-team** Athlete and Delegate, including delegates without competitors, must pay the IFBB Registration Fee of **Euro 100**, except for Men's Master competitors who shall pay **Euro 200**. This fee is payable to the IFBB upon arrival at the Official Hotel(s) in Agrigento. The IFBB Registration Fee is completely separate from the hotel security deposit. **B-team** Athletes, including Master competitors, are not required to pay the IFBB Registration Fee since this is included in the Full Special Package Rate quoted above.

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If an athlete or delegate arrives in Agrigento 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.

BACKSTAGE AND/OR DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be 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 AND/OR VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

PARADE OF NATIONS

The dress code for all Delegates and Officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take

part in the Parade of Nations.

NATIONAL ANTHEM/NATIONAL FLAG

All National Federations must bring with them to Agrigento the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations must bring with them to Agrigento their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

PASSPORT AND MUSIC AT WEIGH-IN/HEIGHT MEASUREMENT

All competitors must provide their passport and music to the IFBB Registrar at weigh-in/height measurement failing which the competitor will not be registered and will not be allowed to compete.

JUDGES

All National Federations must provide the names of their judges on the Final Entry Form, failing which the individual will not be allowed to judge. All judges must be in possession of a valid IFBB International Judges Card.

Specific lectures for judges will be delivered during the Technical/Judges/Team Managers meetings. Attendance is obligatory! If you fail to attend these meetings, you will not judge.

In order to assist the IFBB Judges Committee in their selection of the judges, please forward your nominations to Rafael Santonja, Chairman IFBB Judges Committee, at fax: + 43 91 535 0320 or e-mail: international@santonja.com.

DOPING CONTROL

Competitors will be controlled according to the current IFBB [Anti-Doping Rules](#):

1. One or more athletes per category, selected at random during the championships; and
2. One or more athletes selected at random from among the top finalists.

In order to compete in the Championships, all competitors must sign an IFBB *Doping Control Consent & Waiver of Liability Form*.



[**DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM**](#)



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

VISAS

A valid passport is required for entry into Italy. Please consult the Italian Embassy in your country to determine if you need a visa. An Official Letter of Invitation will be made available if required.

USEFUL INFORMATION

Agrigento is appreciated for its mild Mediterranean climate. The temperature in Agrigento in November averages 15-18 degrees Centigrade. The electrical outlets are 220 volts. The currency is EURO. The national language is Italian.

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than October 10, 2006.**



[IFBB MEDIA ACCREDITATION FORM](#)



[IFBB MEDIA ACCREDITATION FORM](#)

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE his or her arrival at Agrigento and must be given to the IFBB Registrar at weigh-in/height measurement. This information is used to promote the competitor in press, TV, website and other media.



[COMPETITOR INFORMATION FORM](#)

[COMPETITOR INFORMATION FORM](#)

ATHLETES WITHOUT DELEGATES

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an **Official Letter of Authorization of Participation** from his or her National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the *IFBB Code of Ethics* and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **September 11, 2006**.

National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than the deadline date, confirming your federation’s intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.



[PRELIMINARY ENTRY FORM](#)



[PRELIMINARY ENTRY FORM](#)

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **October 30, 2006**.

National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.



[FINAL ENTRY FORM](#)



[FINAL ENTRY FORM](#)

CORRESPONDENCE

Please send all correspondence to:

ITALIAN FEDERATION OF BODYBUILDING & FITNESS

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16121 Genova
ITALY

Tel: (0039-010) 5761998 – Mobile: (0039) 3480660375

Fax: 00 39 010 58 43 07

E-mail: bettomondello@libero.it

Please copy all correspondence to:

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SPAIN
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TENTATIVE SCHEDULE OF ACTIVITIES

November 09, 2006 – Thursday:

Arrivals of IFBB Executive Council members

November 10, 2006 – Friday

0700-0900: Breakfast for the EBFF Executive Council members

1000-1800: Arrival of delegates and competitors at the Hotels

1300-1500: Lunch

1800-1830: Technical Meeting

1830-1900: Judges Meeting

1900-1930: Team Managers Meeting

2030-2200: **WEIGH-IN**

2100-2230: Dinner

November 11, 2006 – Saturday

0700-0900: Breakfast

1130-1330: Lunch

1400-2000: **PREJUDGING**

2000-2200: Dinner

November 12, 2006 – Sunday

0730-0930: Breakfast

1200-1400: Lunch

1600-2000: **FINALS**

2100 Farewell Banquet

November 13, 2006 – Monday

0000-1200: Departure of the competitors and delegates

0700-0930: Breakfast

IMPORTANT NOTICE

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.