



60TH IFBB MEN'S WORLD BODYBUILDING CHAMPIONSHIPS and IFBB INTERNATIONAL CONGRESS

INSPECTION REPORT



OSTRAVA, CZECH REPUBLIC

OCTOBER 26-30, 2006

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WELCOME

The Organizing Committee of the Czech Federation of Bodybuilding and Fitness wishes to take this opportunity to extend a warm welcome to all National Federations to participate in the *60th IFBB Men's World Bodybuilding Championships* and *IFBB International Congress* in Ostrava, Czech Republic, October 26-30.

ABOUT OSTRAVA

Ostrava is the largest city in North Moravia and the administrative centre of the region. The first records of settlement date from the 13th century, when the so-called Amber Route, an important trade artery, led through the area from the Baltic coast to the Mediterranean. The settlement started to develop quickly in the 18th century, when high quality black coal deposits were discovered, and the fastest industrial and population growth occurred in the 20th century.

Since 1989 the city's face has changed radically. Ostrava has become an important cultural, trade and sporting centre.

The last few years have seen a rapid growth in tourist potential, helped by the city's favorable location close to the Polish and Slovak borders, its wealth of unique industrial architecture and other sights, the rich historical and cultural heritage of the region and the sporting opportunities offered by the nearby mountains and countryside.

In terms of population, Ostrava is the Czech Republic's third city, and in terms of total area its second city. It is an important transport centre, with a highly developed public transport network, five railway stations and an international airport at Mošnov.

VENUE SITE

The ČEZ Arena.

OFFICIAL HOTELS

The Hotel Atom Ostrava and the Hotel Imperial Ostrava.

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) and extra delegates.

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).*

All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration; by Friday, October 27, 2006, 7:00pm. 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.

IMPORTANT NOTICE

Any judges, coaches or trainers who are not Official Participants (Athletes or Delegates) will be responsible for all of their own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your National Federation select this individual to be an Official Delegate for your National Federation; otherwise, this individual will be responsible for all of his or her own expenses. This ruling also applies to family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

SPECIAL PACKAGES

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The Organizing Committee has established a **Full Special Package Rate**, which includes four (4) nights accommodations with three (3) meals per day (breakfast, lunch and dinner), tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation* at a cost of **€500 per person in a double-bedded room or €650 for a single-bedded room**.

The Organizer has also established a **Partial Special Package Rate**, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation* at a cost of **€150**.

For more information, please contact the Organizing Committee.

**limited to transportation between the official airport and official hotel(s) upon arrival and departure; between the Competition venue site and official hotel(s) for Prejudging and Finals; and, where applicable, between the Farewell Banquet venue site and official hotel(s).*

HOTEL SECURITY DEPOSIT

A hotel security deposit of **\$100 PER PERSON** (USD or equivalent Euro) is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. 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 or her team. **PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

AIRPORT

The arrival airport is the Czech Airport Ostrava. The Organizing Committee will pick you up at the Czech Airport Ostrava on arrival and transport you to the Official Hotel(s). It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation. **Your cooperation is essential to ensuring adequate transportation for your team.**

EARLY ARRIVALS/LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date of October 26, 2006** and/or staying on after the **Official Departure Date of October 30, 2006** will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the Official Arrival Date and after the Official Departure Date will be approximately €100 per day for a double room. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than August 31, 2006**.

IMPORTANT NOTICE

Any National Federation team members arriving before the Official Arrival Date of October 26, 2006 and/or staying on after the Official Departure Date of October 30, 2006 will be responsible for their own transportation.

FLIGHT RECONFIRMATION

To reconfirm your flight, please contact the Secretariat within 24-36 hours after your arrival.

BODYWEIGHT CATEGORIES

CATEGORY	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	Up to & incl 100 kg (220 lbs)
Super-Heavyweight	Over 100 kg (220 lbs)

National Federations will be permitted to enter a team of up to a maximum of eight (8) competitors, with no more than two (2) competitors in the same category.

There is no "B" team permitted at these Championships, except for the host country. These "B" team athletes may compete for placings and awards; however, their placings will not be included in the "Best National Team Award".

WEIGH-IN and REGISTRATION

Weigh-in and Registration will take place at the Hotel Atom Ostrava. It is the responsibility of the chief delegate or team leader to make sure that all athletes are on time for the Weigh-in and Registration. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified and will have to pay all of his own expenses.

IMPORTANT NOTICE

Each athlete must bring his PASSPORT and POSING MUSIC to the Weigh-in and Registration, failing which the athlete will not be processed.

IFBB REGISTRATION FEE

Each Official Participant (Athletes and Delegates, including delegates without competitors), must pay the IFBB Registration Fee of \$100 (USD or equivalent Euro). This fee is payable to the IFBB upon arrival at the Official Hotel(s) in Ostrava. The IFBB Registration Fee is completely separate from the hotel security deposit.

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 Ostrava 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.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the lobby of the Hotel Atom from 10:00am, October 26, 2006 to 4:00pm, October 30, 2006. You may obtain information and assistance from the Secretariat.

BACKSTAGE ACCESS/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/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/or 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 Ostrava 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 Ostrava their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

**Note: For all European National Federations, the EBFF already has a copy of all National Anthems on CD.*

POSING MUSIC

All posing music must be on **CD only** with the correct side indicated. The music must be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

IMPORTANT NOTICE

**The use of profane, vulgar and/or offensive language
is strictly prohibited in posing music.**

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for this Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **September 28, 2006** to:

Rafael Santonja
Chairman
IFBB Judges Committee
Fax: +34 91 535 03 20
E-mail: internacional@santonja.com

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international judge's cards to Ostrava.

IMPORTANT NOTICE

**All judges must attend the Judges/Team Managers meeting. If a judge is absent
from this meeting, he or she will not judge.**

GREEN CARDS

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

five (5) or more competitors - two (2) green cards
less than five (5) competitors - one (1) green card

DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory in Prague.

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

IMPORTANT NOTICE

Doping controls may be conducted using any or all of the following methods:

1. *Random Selection*: A number of athletes selected at random throughout the event e.g. at Weigh-in.
2. *Weighted Selection*: A number of athletes selected at random from among the top finalists e.g. at Finals

**The IFBB reserves the right to Target Test any athlete*

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.

 **DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM**

 **DOPING CONTROL PROCEDURES: THE ATHLETE'S GUIDE**

 **ATHLETE WHEREABOUTS INFORMATION FORM**

 **ATHLETE WHEREABOUTS INFORMATION FORM**

IMPORTANT NOTICE

Pursuant to IFBB Anti-Doping Rules and as a result of decisions taken at the 2005 IFBB International Congress (Shanghai, China, November 27, 2005) regarding a Registered Athlete Testing Pool (to be established in 2006) and an Out-of-Competition doping control program (to be implemented in 2007), every Athlete competing in IFBB World Championships must provide accurate and up-to-date Whereabouts information.

VISAS

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

 **OFFICIAL LETTER OF INVITATION**
*will be posted soon

TIME DIFFERENCE

GMT +1 hour

CURRENCY

The national currency in the Czech Republic is the Czech Crown (Koruna, abbreviated Kč or CZK). One Euro is approximately equal to 30 CZK but the rates can fluctuate. All major credit cards are accepted in hotels, restaurants and most of the shops.

CLIMATE

During the month of October, the average temperature is 15° C.

ELECTRICAL CURRENT

220 volts

LANGUAGE

The official language in the Czech Republic is Czech. English is spoken in hotels, restaurants, shopping centers and tourist areas.

TRAINING FACILITY

There is a fully-equipped training facility within the Official Hotel.

MEDIA ACCREDITATION

All media accreditation, accept 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 September 26, 2006**.

 **IFBB MEDIA ACCREDITATION FORM**

 **IFBB MEDIA ACCREDITATION 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 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*.

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.

ATTENDANCE AT THE IFBB INTERNATIONAL CONGRESS

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the Congress.

IMPORTANT NOTICE

A National Federation that is officially registered as participating in the Championships and that fails to attend the IFBB International Congress will be fined an amount equal to the Special Package Rate for each member of the National Team.

CORRESPONDENCE/CONTACT INFORMATION

Please send all correspondence to:

Czech Federation of Bodybuilding and Fitness
Mr. Stanislav Pesat
President
Zátopkova 100/2, PS 40, 160 17 Prague 6 – Strahov
CZECH REPUBLIC
Phone/Fax: +420 553 627820
E-mail: cbbf@cstv.cz or stanislav.pesat@pepasport.cz
Website: <http://www.kulturistika.cstv.cz>

Please copy all correspondence to:

Dr. Rafael Santonja
IFBB Executive Assistant to the President
Calle Jaén No. 8
28020 Madrid
SPAIN Phone: +34 91 535 2819
Fax: +35 91 535 0320
E-mail: internacional@santonja.com

TENTATIVE SCHEDULE OF ACTIVITIES

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

DATE	TIME	ACTIVITY
Wednesday October 25		Official Arrival Date for IFBB Executive Council members
Thursday October 26		Official Arrival Date for Athletes and Delegates
	1:00pm-3:00pm	Lunch
	3:00pm	IFBB Executive Council Meeting
	7:00pm	Dinner
Friday October 27	7:00am-10:00am	Breakfast
	1:00pm-3:00pm	Lunch
	5:00pm	Technical Meeting
	6:00pm	Judges/Team Managers Meeting
	7:00pm	WEIGH-IN
	8:30pm	Dinner
Saturday October 28	7:00am-10:00am	Breakfast
	12:00pm-2:00pm	Lunch
	12:00pm-5:00pm	PREJUDGING
	7:00pm-9:00pm	Dinner
Sunday October 29	7:00am-10:00am	Breakfast
	9:00am-12:00pm	IFBB International Congress Meeting
	12:00pm-2:00pm	Lunch
	2:00pm-7:00pm	FINALS
	9:00pm	Farewell Banquet
Monday October 30	7:00am-10:00am	Official Departure Date

**All meetings, Weigh-in, Farewell Banquet will take place at the Hotel Atom Ostrava. The Prejudging and Finals will take place at the ČEZ Arena.*

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **August 28, 2006**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than 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.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **October 16, 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.



PRELIMINARY ENTRY FORM



FINAL ENTRY FORM



PRELIMINARY ENTRY FORM



FINAL ENTRY FORM

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.