



# **IFBB WOMEN'S WORLD BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIPS**

## **IFBB Men's World Fitness Championships**

### **SANTA SUSANNA PRO GRAND PRIX**

#### **INSPECTION REPORT**



#### **SANTA SUSANNA, SPAIN**

SEPTEMBER 21-24, 2006

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#### **VERY IMPORTANT NOTICE**

**The Official Departure Date for the *IFBB Women's World Bodybuilding, Fitness & Body Fitness Championships* and the *IFBB Men's World Fitness Championships* is Sunday, September 24, 2006.**

**To celebrate "Expo Santa Susanna 2006", the Organizing Committee is promoting the SANTA SUSANNA PRO GRAND PRIX on Saturday, September 23, 2006 (Pro Prejudging) and Sunday, September 24, 2006 (Pro Finals & Farewell Banquet).**

**The Organizing Committee is pleased to offer to all National Federations (Athletes and Delegates) the opportunity to stay one extra day to enjoy the last Pro Men's Bodybuilding qualifier before the 2006 Mr. Olympia (September 30, 2006).**

**The special price for this fantastic offer is only €50, which includes one (1) ticket to the SANTA SUSANNA PRO GRAND PRIX, accommodations**

**for one (1) extra day, meals and onsite transportation.**

**This will make the Farewell Banquet and Closing Ceremony a great celebration of the "EXPO Santa Susanna 2006" and the:**

**24th IFBB Women's World Bodybuilding, Fitness & Body Fitness Championships**

**1st IFBB Men's Fitness World Championships**

**1st Santa Susanna Pro Grand Prix**

**The Organizing Committee will arrange a shuttle bus from the hotel to the Barcelona airport for those National Federations who depart on Monday, September 25, 2006.**

## **WELCOME**

The Organizing Committee of the FEDERACIÓN ESPAÑOLA FISICONSTRUCTIVISMO Y FITNESS - FEFF (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 Bodybuilding, Fitness & Body Fitness Championships and IFBB Men's World Fitness Championships in Santa Susanna, Spain, September 21-24, 2006.

## **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 Susanna 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 HOTELS

Managed by the Organizing Committee in cooperation with the Tourist Foundation of Santa Susanna.

### IMPORTANT NOTICE

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

**Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date of Thursday, September 21, 2006 and/or after the Official Departure Date of Sunday, September 24, 2006) for all Official Participants (Athletes and Delegates) and extra delegates.**

## ACCOMMODATIONS

The Organizing Committee will provide free-of-charge accommodations and three meals per day for all Official Participants\* (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

*\*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).*

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

All Athletes and Delegates will be accommodated in double rooms (two persons per room).

The Official Arrival Date is Thursday, **September 21, 2006**.

The Official Departure Date is Sunday, **September 24, 2006**.

### IMPORTANT NOTICE

**All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration; by Thursday, September 21, 2006, 6:30pm. 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.**

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

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 ...

 **SPECIAL PACKAGES**

 **SPECIAL PACKAGES**

## **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.

**IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE EL PRAT AIRPORT TO SANTA SUSANNA.**

## **EARLY ARRIVALS/LATE DEPARTURES**

The Official Arrival Date is Thursday, **September 21, 2006**.

The Official Departure Date is Sunday, **September 24, 2006**.

Athletes and Delegates arriving before the Official Arrival Date of September 21, 2006 and/or departing after the Official Departure Date of September 24, 2006 will be responsible for all of their expenses, including transportation to and from the airport.

### **IMPORTANT NOTICE**

**Please contact the Organizing Committee NO LATER THAN August 1, 2006 for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date.**

## **FLIGHT RECONFIRMATION**

Please ask the Secretariat to reconfirm your return flight as soon as you arrive 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 an Identity Card). All other countries should consult the

Spanish Embassy or Consulate in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

## WEIGHT/HEIGHT CATEGORIES

The categories that are open for competition at these Championships are:

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT
Women	Bodybuilding	Up to & including 52 kg (114.64 lbs)
Women	Bodybuilding	Up to & including 57 kg (125.66 lbs)
Women	Bodybuilding	Over 57 kg (125.66 lbs)
Women	Fitness	Up to & including 164 cm ( 64.57")
Women	Fitness	Over 164 cm (64.57")
Women	Body Fitness	Up to & including 158 cm (62.20")
Women	Body Fitness	Up to & including 163 cm (64.17")
Women	Body Fitness	Up to & including 168cm ( 66.14")
Women	Body Fitness	Over 168 cm (66.14")
Men	Fitness	Open

The rules regarding A and B teams for this event are as follows:

### THE "A" TEAM

1. Each National Federation may enter an "A" team. The maximum allowable number of competitors in the "A" team shall be equal to the total number of categories open for competition at the Championships. **For this event, this number is ten (10) - nine (9) female athletes and one (1) male athlete.**
2. The maximum allowable number of "A"-team competitors per National Federation in any one category shall not exceed two (2).
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all "A"-team competitors.
4. Each National Federation shall pay a Registration Fee for each "A"-team competitor.
5. The "A"-team competitors shall compete for placings and awards, including the Best National Team award.
6. A National Federation must fully declare its "A"-team competitors on the Final Entry Form and must register the "A"-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

### THE "B" TEAM

1. Each National Federation may enter a "B" team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the "B" team shall not exceed those in the "A" team. **For this event, this number is seven (7) as detailed below.**

2. Unless otherwise noted, the maximum allowable number of “B”-team competitors per National Federation in any one category shall not exceed two (2).
3. The National Federation shall be obliged to pay the Full Package Rate for each “B”-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.
4. There shall be no requirement for “B”-team competitors to pay the Registration Fee.
5. The “B”-team competitors shall compete for placings and awards, excluding the Best National Team award.
6. A National Federation must fully declare its “B”-team competitors on the Final Entry Form and must register the “B”-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

### **Senior Women’s Bodybuilding**

<b>CATEGORY</b>	<b>“B” TEAM COMPETITORS</b>
Up to & incl 52kg	
Up to & incl 57kg	0
Over 57kg	

### **Senior Women’s Fitness**

<b>CATEGORY</b>	<b>“B” TEAM COMPETITORS</b>
Up to & incl 164cm	2
Over 164cm	

### **Senior Women’s Figure**

<b>CATEGORY</b>	<b>“B” TEAM COMPETITORS</b>
Up to & incl 158cm	
Up to & incl 163cm	4
Up to & incl 168cm	
Over 168cm	

### **Senior Men’s Fitness**

<b>CATEGORY</b>	<b>“B” TEAM COMPETITORS</b>
Open	1

## **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 \$100.00 Euro (or equivalent 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 (Athlete and Delegates, including delegates without athletes) will be required to pay a \$100.00 Euro (or equivalent 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.

### **IMPORTANT NOTICE**

**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.**

## **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 Barcelona.

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.**

**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 must be on CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes.

**IMPORTANT NOTICE**

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

**NATIONAL ANTHEM**

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

**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 21, 2006, either by fax (34 91) 535 0320 or by e-mail: [internacional@santonja.com](mailto:internacional@santonja.com).

**PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEAD OFFICE.**

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

### **IMPORTANT NOTICE**

**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.**

## **JUDGES/TEAM MANAGERS MEETING**

Each National Federation must ensure that it's nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting.

**All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

## **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](mailto:info@ifbb.com) **no later than August 21, 2006.**

 **IFBB MEDIA ACCREDITATION FORM**

 **IFBB MEDIA ACCREDITATION FORM**

## **GREEN CARDS**

Green cards, used to limit access to the Weigh-in/Height Measurement 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

**IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES/TEAM MANAGERS MEETING, IT WILL NOT BE ISSUED A GREEN CARD.**

## **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.

## **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.

## **TENTATIVE SCHEDULE OF ACTIVITIES**

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

### **THURSDAY, SEPTEMBER 21, 2006**

#### **Official Arrival Date for all National Teams and Pro Athletes**

8:00am-2:00pm Check-in point at Secretariat  
5:00pm Technical Meeting  
5:30pm Judges/Team Managers Meeting  
**6:30pm WEIGH-IN/HEIGHT MEASUREMENT and REGISTRATION**  
(Amateur Event Only)  
8:00pm Dinner

### **FRIDAY, SEPTEMBER 22, 2006**

7:30am-8:30am Breakfast  
9:00am Bus from hotels to venue  
10:00am Opening Ceremony: "Expo Santa Susanna 2006"  
**10:15am PREJUDGING: PART 1**  
(Amateur Event Only)  
12:30pm-1:30pm Bus from venue to hotels  
3:00pm-3:30pm Bus from hotels to venue  
**4:00pm PREJUDGING: PART 2**  
(Amateur Event Only)  
7:30pm-9:30pm Bus from venue to hotels  
8:00pm-10:00pm Dinner  
6:30pm-7:00pm Judges & Technical meeting

### **SATURDAY, SEPTEMBER 23, 2006**

7:30am-8:30am Breakfast  
9:30am Bus from hotels to venue  
10:00am "Expo Santa Susanna 2006"  
**10:30am Pro Athletes Meeting and WEIGH-IN/REGISTRATION**  
11:30 Pro Judges Meeting  
12:00pm Continuous bus transfer for competitors and delegates from venue site to hotels  
12:30pm-1:30pm Bus from venue to hotels  
1:00pm-3:00pm Lunch  
3:00pm-3:30pm Bus from hotels to venue  
3:45pm **FINALS**  
(Amateur Event Only)  
7:30pm-9:30pm Bus from venue to hotels  
8:00pm-10:00pm Dinner

### **SUNDAY, SEPTEMBER 24, 2006**

7:30am-8:30am Breakfast

9:45am Bus from hotels to venue  
10:00am "Expo Santa Susanna 2006"  
12:30pm-1:30pm Bus from venue to hotels  
12:30pm-3:00pm Lunch  
3:00pm-3:30pm Bus from hotels to venue  
4:00pm **PREJUDGING & FINALS: SANTA SUSANNA PRO GRAND PRIX**  
8:00pm-9:30pm Bus from venue to hotels  
9:30pm-10:30pm Bus from hotels to Farewell Banquet  
10:30pm Farewell Banquet & Closing Ceremony

### MONDAY, SEPTEMBER 25, 2006

7:00am-8:30am Breakfast

Official Departure Date for all participants.

## PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the Preliminary Entry Form is **July 22 , 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.

The deadline date for the Final Entry Form is **September 11, 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](#)

## 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

E-mail: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

E-mail: [nss@arrakis.es](mailto:nss@arrakis.es)

Web: [www.ifbb-spain.com](http://www.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](mailto:internacional@santonja.com)

Web: [www.ifbb.com](http://www.ifbb.com)

**VERY 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.**