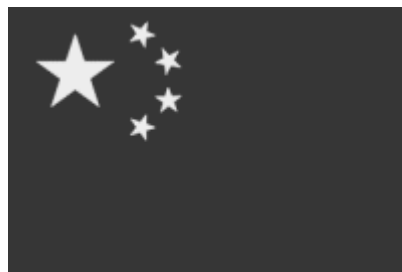


59TH IFBB MEN'S WORLD AMATEUR BODYBUILDING CHAMPIONSHIPS and IFBB INTERNATIONAL CONGRESS

INSPECTION REPORT

By Datuk Paul Chua, IFBB Vice President Asia



SHANGHAI, CHINA

NOVEMBER 23-28, 2005

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WELCOME

The Organizing Committee of the Chinese Bodybuilding Association (CBBA), the Shanghai Bodybuilding Association and the Shanghai Sports Development & Service Center extends a warm welcome to all IFBB National Federations to participate in the 59th IFBB Men's World Amateur Bodybuilding Championships and IFBB International Congress in Shanghai, China, November 23-28, 2005.

ABOUT SHANGHAI

The city of Shanghai has a rich history. Archaeological evidence indicates that human settlement began here about 6,000 years ago. Shanghai has a written history of over 4,000 years. After the mid-Qing Dynasty, Shanghai became an important port for domestic and foreign trade.

Shanghai is a city with a rich cultural heritage. The magnificent Longhua Pagoda dates from AD 242; the elegant Mao Pagoda was built in the Tang Dynasty (AD 618-907); the Square Pagoda and Huzhu Pagoda, which leans even more than the Tower of Pisa, were both Song Dynasty (AD 960-1279) structures.

Shanghai boasts a number of Ming- and Qing-style gardens. The most famous is the Yuyuan Garden, a picturesque compound of pavilions, zigzag corridors, rocky formations, trees, bridges and lotus ponds, built in AD 1559.

In recent years, Shanghai has scored great achievements in its endeavor to become one of the world's economic, financial and trade centers.

Shanghai is full of vitality, with its tall buildings and modern shopping centers. There are several western- and eastern-style restaurants surrounding the hotel area.

To many IFBB officials, Shanghai is well known to them because this city hosted the IFBB Men's World Amateur Bodybuilding Championships and IFBB International Congress in 1994. Eleven years later, these same officials will now be amazed at the tremendous growth and progress of Shanghai.

OFFICIAL HOTELS

RAINBOW HOTEL
2000 Yanan Road,
W. Shanghai 200051
CHINA
Tel. (86-21) 62753388
Fax: (86-21) 62753736
E-mail: info@e-rainbowhotel.com
Website: <http://www.e-rainbowhotel.com>

All IFBB Executive Council members, supporters and media will be accommodated at the Rainbow Hotel.

OASIS TOWER HOTEL
555 Zhongshan Road,
W. Shanghai 200051
CHINA
Tel. (86-21) 62865888
Fax: (86-21) 62862248
E-mail:
Website: <http://www.oasishotel.com.cn>

All delegates and athletes will be accommodated at the Oasis Tower 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 RAINBOW HOTEL

US \$550.00 - Single (one person per room)

US \$750.00 - Double (two persons per room)

Package includes:

4 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 October 24, 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 Shanghai International Gymnastics Center (SIGC).

The SIGC is a newly-built indoor Gymnastic Center with a seating capacity of 4,000. The SIGC is situated across the street from the Oasis Tower Hotel.

From the Rainbow Hotel, the SIGC is about a 15-minute walk; however, transportation will be made available for those who wish to travel by bus.

AIRPORTS

There are two international airports in Shanghai:

Pudong International Airport

Hongqiao International Airport

All participants, including IFBB Executive Council members, must notify the Organizing Committee in advance of the name of their arrival airport.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date for members of the IFBB Executive Council is Wednesday, **November 23, 2005**.

The Official Arrival Date for all other participants (delegates, athletes, and others) is Thursday, **November 24, 2005**.

The Official Departure Date for all participants is Monday, **November 28, 2005**.

Delegates and athletes arriving before the Official Arrival Date of November 24, 2005 and/or departing after the Official Departure Date of November 28, 2005 (5:00pm) will be responsible for all of their expenses, including transportation to and from the airport.

IFBB Executive Council members will be accommodated for five (5) nights in single-bedded rooms. Delegates and athletes will be accommodated for four (4) 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 November 24, 2005 and/or if you depart AFTER November 28, 2005, you will be responsible for all of your expenses for any stay outside the official dates of the Championships and Congress, including transportation to and from the airport.

VISAS

Please consult the nearest Embassy of the People's Republic of China for visa requirements. Participating National Federations will receive an Official Letter of Invitation from the Organizing Committee to assist in acquiring visas.

OFFICIAL LETTER OF INVITATION

MEDIA PERSONNEL

The government of the People's Republic of China has restrictions for reporters, journalists and other media personnel covering these Championships. All media persons must submit to the Organizing Committee their full particulars - name, passport number and country, including the dates of arrival and departure. This information must be provided 60 days prior to the date of arrival in Shanghai.

BODYWEIGHT CATEGORIES

Each National Federation may send up to a maximum of eight (8) athletes to participate and may enter up to a maximum of 2 athletes in any bodyweight category.

CATEGORY	BODYWEIGHT
Flyweight	Up to & incl 60 kg (132 lbs)
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)

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 US \$100.00 Hotel Security Deposit to cover incidental expenses. This payment can be made either by cash or credit card, 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 US \$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 Shanghai 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 Chinese Bodybuilding Association's medical team. The analysis will be conducted at the Beijing 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 October 24, 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

The temperature in Shanghai in November averages 16-18 degrees Centigrade.

The electrical outlets are 220 volts.

The currency is the Chinese Renminbi (RMB). The exchange rate is approximately:
US \$1.00 = 8.20 RMB

Euro \$1.00 = 11.00 RMB

The national language is Putonghua (Mandarin Chinese).

The time difference is GMT + 8 hours.

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.

TRAINING CENTRE

A state-of-the-art gymnasium will be set up next to the Oasis Tower for all athletes to train.

TENTATIVE SCHEDULE OF ACTIVITIES

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

WEDNESDAY, NOVEMBER 23, 2005		
Official Arrival Date and Welcome Dinner for IFBB Executive Council members only		
THURSDAY, NOVEMBER 24, 2005		
Official Arrival Date for all Delegates and Athletes		
12:00pm-2:00pm	Lunch	
3:00pm	IFBB Executive Council meeting	Rainbow Hotel
6:00pm	Press Conference	Rainbow Hotel
7:30pm	Dinner	
FRIDAY, NOVEMBER 25, 2005		
7:00am-10:00am	Breakfast	
10:00am-12:30pm	Sightseeing Tour	
12:30pm-2:00pm	Lunch	
4:30pm	IFBB Judges Committee meeting	Oasis Tower Hotel

5:30pm	Judges meeting	Oasis Tower Hotel
6:00pm	Team Managers meeting	Oasis Tower Hotel
6:30pm	WEIGH-IN and Registration	Shanghai International Gymnastics Center
8:30pm-10:00pm	Dinner	
SATURDAY, NOVEMBER 26, 2005		
7:00am-9:30am	Breakfast	
10:00am	PREJUDGING	Shanghai International Gymnastics Center
<i>Note 1: Lunch will be provided for all IFBB officials with competition duties at the Shanghai International Gymnastics Center</i>		
<i>Note 2: Athletes and delegates may take their lunch at the Oasis Tower Hotel from 11:00am-3:00pm. Meal tickets will be provided</i>		
7:00pm-10:00pm	Dinner	
SUNDAY, NOVEMBER 27, 2005		
7:00am-10:00am	Breakfast	
9:00am	IFBB International Congress	Rainbow Hotel Grand Ballroom
12:30pm-2:00pm	Lunch	
5:00pm	FINALS	Shanghai International Gymnastics Center
10:30pm	Farewell Banquet	Rainbow Hotel Grand Ballroom
MONDAY, NOVEMBER 28, 2005		
Official Departure Date for all participants.		
<i>Note 1: Check-out time at the hotels is 12:00pm.</i>		
<i>Note 2: All IFBB Executive Council members will have their meals at the Rainbow Hotel. All delegates and athletes will have their meals at the Oasis Tower Hotel.</i>		

PRELIMINARY & FINAL ENTRY FORMS

The PRELIMINARY ENTRY FORM must be returned to the Organizing Committee no later than September 24, 2005.

The FINAL ENTRY FORM must be returned to the Organizing Committee no later than October 24, 2005.

 PRELIMINARY ENTRY FORM

 FINAL ENTRY FORM

 PRELIMINARY ENTRY FORM

 FINAL ENTRY FORM

PASSPORT PHOTOGRAPHS

All official participants (IFBB Executive Council members, delegates and athletes) must submit a color passport-style photograph to the Organizing Committee no later than October 24, 2005.

If sending by mail, you must include two (2) color passport-style photographs and you must clearly print your first and last name (as it appears in your passport) and your country on the back side of each photograph.

If sending by e-mail, you must ensure the photograph is scanned at 300 pixels per inch (print quality) and that it meets the following additional specifications:

color
passport-style
JPEG
3.5cm (width) x 4.5cm (height)
filesize not larger than 200 Kb

**Failure to comply with this requirement may result in additional processing time and extra cost to your team members upon arrival.*

CONTACT INFORMATION

Chinese Bodybuilding Association
No. 9 Tiyuguan Road
Beijing, CHINA
Tel: (8610) 67147628
Fax: (8610) 67133577
E-mail: cbba-cn@sohu.com

Preliminary and Final Entry Forms (and passport-style photographs) must be sent to the address of the Organizing Committee in Shanghai:

Attn: Ms. Gou Jialu
Shanghai Bodybuilding Association
No. 150, Nanjingxi Road,
Shanghai City - Postal Code 20003
People's Republic of China
Tel: (8621) 64395105

Fax: (8621) 64396295
E-mail: shise@online.sh.cn

Please copy all correspondence to:

Datuk Paul Chua
IFBB Vice President Asia
35 Tannery Road, #04-01
Ruby Industrial Complex
Tannery Block
Singapore 347740
Tel: (65) 67470635/6
Fax: (65) 67479846
E-mail: paulchuaweider@yahoo.com.sg

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.