

IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS AND BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS

INSPECTION REPORT

By Benedetto Mondello , IFBB President Italy



VITERBO, ITALY

May 26-29, 2006

Includes:

- Detailed Information on the Championships
- Official Program
- Preliminary Entry form
- Final Entry form
- Competitor Entry Form
- License Agreement For Photographers
- Press Accreditation Form
- Release From Liability and Consent to Drug Test

WELCOME

The Organizing Committee and Italian Bodybuilding and Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB European Women's Bodybuilding, fitness & Body fitness Championships that will take place in Viterbo, Italy May 26-29, 2006.

ABOUT VITERBO

The Etruscans, the Middle Ages, the splendour of the papal period.

On the site where the Cathedral and the Papal Palace now stand, in Etruscan times there was a fortified town (castrum), which gained even greater importance after the Roman occupation in the mid-3rd century when the Consular via Cassia was opened.



The earliest document on the city is the charter issued by Pope Leo IV in 852, where Viterbo is mentioned as part of the lands of the Patrimony of Saint Peter. The long papal tradition began in 1145 when, for the first time, a pope, Eugene III, took up residence in Viterbo. The city was subsequently granted the title of City by Frederick Barbarossa, because of its loyalty to the Ghibellines.

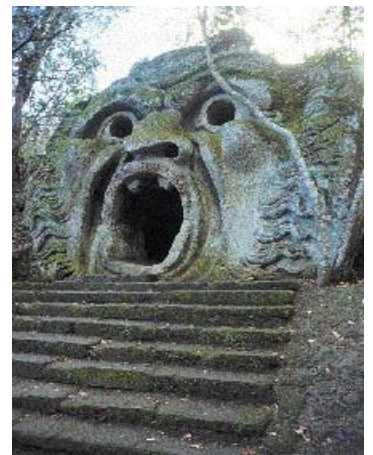


The 13th century was Viterbo's period of greatest splendour, thanks too to its strategic position on Via Cassia. These prosperous economic times turned Viterbo into a gem of art and an important centre for religion and economy.

Following the departure of the popes in 1281, the town experienced a troubled period of wars that ended when it was annexed to the Pontifical State. The stability thus acquired allowed Viterbo to flourish once more.



The park of Monsters



OFFICIAL HOTEL

DOMUS LA QUERCIA

Viale Fiume 112

01030 Viterbo Italy

Tel. +39 0761 3373

e-mail: info@domuslaquercia.com

www.domuslaquercia.com

Situated just close to the Cimini and Volsini mountains, only 2 Km from the historical quarters of Viterbo, this splendid creation of the Renaissance and ex convent, is placed in a natural-historical contest of great value, where, is rumoured that in 1414, near on oak tree, there was an apparition of the Holy Mary.

Ninty bedrooms equipped with every modern comfort. All rooms with private bathroom, telephone, colour TV, hair-dryer. The hotel offers the following facilities: restaurant with excellent and typical cuisine, congress rooms from 20 up to 300 seats, receptions and banquets. Other services: indoor bar, lift, bus shuttle service, ample parking, disabled facilities.

We wish you a pleasant stay!

ACCOMODATION

The Organizers will cover the cost of accommodation and three meals per day for all Official Participants (EBFF Executive Committee Members, Athletes and Delegates) pursuant to the following IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

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

The Official Arrival Date for EBFF Executive Council members is Thursday, 25 may, 2006.

The Official Arrival Date for all other official Participants (athletes and delegates) is Friday, May 26, 2006.

The Official Departure Date for all official participants is Monday, May 29, 2006.

SPECIAL PACKAGE FOR EXTRA DELEGATES:

A Special package has been arranged by the Organizing Committee which includes the following services:

- 3 nights hotel accommodation
- 3 meals per day
- ticket to the pre-judging and finals
- ticket to the farewell banquet
- transportation to and from the airport Roma Fiumicino
- transportation to and from the venue site
- championships identification card
- official certificate of attendance

Price for the Special Package:

One person per room = **Euro 500.00**

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

VENUE SITE

The Prejudging and Finals will take place at the Viterbo Theatre.

The capacity of this Theatre is 600 places seats.

AIRPORT

The Official Airport for these championships is "Leonardo Da Vinci" – Roma Fiumicino. It is 64 Km far from the Official Hotel.

The organizing committee will provide official transportation for athletes, delegates and registered extra delegates, free of charge, at the date of arrival (May 26, 2006) and departure (May 29, 2006). Teams will earlier arrivals and later 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 date, flight number and arrival time well in advance of the event.

EARLIER ARRIVALS/LATE DEPARTURES

Any federations arriving before the official date of Friday, May 26, 2006 and staying on after the official date Monday May 29, 2006 will be responsible for all their own expenses.

CATEGORIES

Each National federation may send up to a maximum of ten (10) competitors, with no more than two competitors in the same category.

CATEGORY	BODYWEIGHT or HEIGHT
BODYBUILDING	
LIGHTWEIGHT	UP TO 52 KG
MIDDLEWEIGHT	UP TO 57 KG
HEAVYWEIGHT	OVER 57 KG
FITNESS	
SHORT CLASS	UP TO 164 CM
TALL CLASS	OVER 164 CM
BODYFITNESS	
SHORT CLASS	UP TO 158 CM
MIDDLE-SHORT CLASS	UP TO 163 CM
MIDDLE-TALL CLASS	UP TO 168 CM
TALL CLASS	OVER 168 CM
MEN'S FITNESS	
ONE OPEN CATEGORY	Weight/height limits

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.

EBFF REGISTRATION FEE

All the participants (delegates and competitors) will be required to pay a **Euro 100,00** EBFF Registration Fee at check-in.

DRUG TESTING:

Competitors will be tested according to the current IFBB Doping Control Rules:

1. One athlete per category, selected at random during the Competition e.g. at Weigh-in.
2. Two athletes selected at random from among the Top Finalists e.g. at the Finals.

PASSAPORT/MUSIC

All competitors must provide their passport and music at weight-in failing which the competitor will not be registered and will not be allowed to compete.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage area/dressing room shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by duly recognized press personnel and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

NATIONAL ANTHEM

All Participating national Federations must bring the music of their national anthem (shortened version).

NATIONAL FLAGS

All national Federations are reminded to bring their National Flags for use in the Victory Ceremony. All national Flags must be manufactured of dense silk measuring 2.5 m x 1.5 m.

PARADE OF NATIONS

The dress code for all delegates and officials at the parade of nations is as follows: black dress shoes, grey dress pants, white or blue shirt, IFBB tie and blue blazer with IFBB crest.

OTHER VITAL INFORMATION

Visa: A valid passport is required for entry into Italian territory. Please consult with the Italian Embassy in your country to determine if you require a visa.

Currency: Currency in Italy is Euro.

Climate: During the month of may the average temperature is between 18 and 20 degrees of Celsius.

Electric current: 220 Volt

PRELIMINARY ENTRY FORM

Dead-line date **is April 21, 2006**. please confirm your participation and indicate number of athletes, delegates and supporters.

FINAL ENTRY FORM

Dead-line date is **May 22nd, 2006**. Please confirm the actual names of delegates, competitors and their category. Also include flight arrival and departure information. In order to guarantee hotel accommodation for your team, the final entry form must be returned by the dead-line date.

COMPETITOR INFORMATION FORM

Fill in this Form for each competitor of you National team prior to your departure to Viterbo and include as many information as possible. This information is used to promote your competitors in press, TV, website and other media. Each athlete should have to Competitor Information Form with her/him at the registration of competitors (weight-in) in Viterbo.

CONSEQUENCES OF FAILURE TO COOPERATE WITH THE CONTEST ORGANIZER

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending national federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending national federation.

JUDGES

All National Federation are reminded that their nominations of judges to the Championships must be also included in the Final Entry Form, according to the Amendments to the Rules: that a National federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which the individual will not be allowed to judge. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judges card.

Special lectures for judges, prepared by the EBFF Judges Committee members, will be delivered during the Technical Meeting. Judges attendance is obligatory! All judges nominated by National federations will have to pass the test of basic judging knowledge to be included in the official judging panels.

This test will be run by the EBFF Judges Committee during the Technical Meeting.

In order to assist the Judges Committee in their selection of the judges for these championships, please also forward your nomination of judges from your Federation to Dr. Rafael Santonja, EBFF President:

Fax: + 43 91 535 0320

E-mail: international@santonja.com

PRESS ACCREDITATION

Any press representatives that wish to obtain press accreditation for this event have to register with the organizing committee using the attached form

ADDITIONAL INFORMATION: B – TEAM

EBFF Executive Council decided at its recent meeting in Tenerife, Spain, January 21-22, 2006 that each National Federation is allowed to include B-team; however all B-Team athletes will have to pay for full package (EUR 250,00 in a double room+ 100 € EBFF registration fee). The B-team may include as many athletes as A-Team. It means that each National Federation may enter:

- 3 women bodybuilders: 3 in A-Team
- 4 women fitness competitors: 2 in a A-Team and 2 in B-team (to be paid)
- 8 women body-fitness competitors: 4 in A-team and 4 in B-Team (to be paid)
- 2 men fitness competitors: 1 in A-Team and 1 in B-team (to be paid)

Not more than two competitors from National Federation are allowed in a single category. These competitors will be able to compete for medals and trophies; however will not be taken into consideration in team's Classification.

OFFICIAL CORRESPONDANCE

The Organizing Committee requests all National Federations to ask for the information on the preparation and holding the Championships and forward Preliminary and Final Entry form to the following address:

ITALIAN FEDERATION BODYBUILDING

VIA D'ANNUNZIO 10-12 N

16121 GENOVA – ITALY

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

Fax: (0039-010) 4495396

E-mail: bettomondello@libero.it -

E-mail: ferretti.a@sius.it

TENTATIVE SCHEDULE

May 25, 2006 – Thursday:

Arrivals of the EBFF Executive Council members

May 26, 2006 – Friday

07:00-09:00:	Breakfast for the EBFF Executive Council members
10:00-18:00:	Arrival of delegates and competitors at the “Domus La Quercia” Hotel
13:00-15:00:	Lunch
18:30-19:30:	Judges Meeting
19:30-21:00:	Weigh-in and Registration
21:00-22:30:	Dinner

May 27, 2006 – Saturday

07:00-09:00: Breakfast
11:30-13:30: Lunch
14:00-20:00: Prejudging
20:00-22:00: Dinner

May 28, 2006 – Sunday

07:30-09:30: Breakfast
12:00-14:00: Lunch
16:00-20:00: Finals
21:00: Farewell Banquet

May 29, 2006 – Monday

00:00-12:00: Departure of the competitors and delegates
07:00-09:30: Breakfast



PRELIMINARY ENTRY FORM

2006 IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS AND
BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS
VITERBO, ITALY, MAY 26 - 29, 2006

Please return this Preliminary Entry Form no later than **April 21 , 2006**

FEDERATION NAME: _____

CONTACT PERSON: _____

Tel.: _____

Fax: _____

E-mail: _____

Herewith we inform the Organizing Committee that our National Federation is planning to participate in the IFBB European Women Bodybuilding, fitness and Body-Fitness and Men Fitness Championships – Viterbo, Italy, May 26-29, 2006

Number of athletes: _____ Number of delegates: _____

Number of extra-delegates and supporters: _____

President of the National Federation: _____

Date

Signature

National Federations are requested to send the Preliminary Entry Forms to:

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

Fax:(0039-010)4495396
e.mail: bettomondello@libero.it
e-mail: ferretti.a@sius.it

National Federations are requested to send the copy of the Preliminary Entry Form to:

European Bodybuilding and Fitness Federation (EBFF)
Dr. Rafael Santonja
EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN
Tel: + 34 915 352 819; Fax: + 34 915 350 320
E-mail: internacional@santonja.com



FINAL ENTRY FORM

2006 IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS
AND BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS
VITERBO, ITALY, MAY 26 - 29, 2006

Complete the Final Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE BUT NOT LATER THAN MAY 22nd, 2006

GENERAL INFORMATION

FEDERATION NAME:
CONTACT PERSON:
PHONE NO.:
FAX NO.:
E-MAIL:

NATIONAL TEAM

OFFICIAL DELEGATES: (NAMES ACCORDING TO THE PASSPORT)	PASSPORT NO.	BORN
1.		
2.		
EXTRA DELEGATES & SUPPORTERS:		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
OFFICIAL JUDGES:		
1.		
2.		
3.		
4.		

JUDGES TO BE TESTED	PASSPORT NO.	BORN
1.		
2.		
3.		

COMPETITORS:	CATEGORY	PASSPORT NO.	BORN
WOMEN BODYBUILDING			
1.			
2.			
3.			
FITNESS			
1.			
2.			
BODY FITNESS			
1.			
2.			
3.			
4.			
MEN'S FITNESS			
1.			

Please be advised that there will be ten (10) categories at these Championships as follows: Bodybuilding (-52kg), Bodybuilding (-57kg), Bodybuilding (+57kg), Fitness (-164cm), Fitness (+164cm), Body Fitness (-158cm), Body Fitness (-163cm), Body Fitness (-168cm), Body Fitness (+168cm), Men's Fitness (open).

Each National Federation may enter an "A" team of up to a maximum of ten (10) athletes (nine (9) female athletes and one (1) male athlete). A maximum of two (2) "A"-team athletes per category per National Federation is permitted. Each National Federation may enter a "B" team of up to a maximum of seven (7) athletes: two (2) fitness, four (4) body fitness and one (1) men's fitness. A maximum of two (2) "B"-team athletes per category per National Federation is permitted.

IMPORTANT!: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

ARRIVAL

Date: _____ Time: _____

From: _____ Airline & Flight number _____

DEPARTURE

Date: _____ Time: _____

To: _____ Airline & Flight number: _____

President of the National Federation: _____

Date

Signature

National Federations are requested to send the Final Entry Forms to:

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

**Fax: (0039-010) 4495396
e.mail: bettomondello@libero.it
e-mail: ferretti.a@sius.it**

National Federations are requested to send the copy of the Final Entry Form to:

**European Bodybuilding and Fitness Federation (EBFF)
Dr. Rafael Santonja
EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN
Tel: + 34 915 352 819; Fax: + 34 915 350 320
E-mail: internacional@santonja.com**

COMPETITOR INFORMATION FORM

2006 IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS AND BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS –
VITERBO , ITALY

CATEGORY:

FIRST NAME: FAMILY NAME:

COUNTRY: DATE OF BIRTH:

CONTEST BODYWEIGHT: HEIGHT:

OFF-SEASON BODYWEIGHT:

OCCUPATION EDUCATED:

CURRENTLY PERFORMED JOB:

GYM (STUDIO, CLUB): CITY:

TRAINERS:

HOBBY:

NEXT CONTEST (PLANNED):

SPORT ACHIEVEMENTS:

.....

.....

.....

.....

.....

HOME ADDRESS:

CONTACT PHONE/FAX:

E-MAIL ADDRESS (*in block letters*):

YOUR PERSONAL WEBSITE ADDRESS:

.....

Signature

Please fill in this Entry Form for each competitor, take it with you to Viterbo and give it to the EBFF Press Commission representatives during the Registration (weigh-in) procedure



**LICENSE AGREEMENT
FOR THE PHOTOGRAPHERS**
2006 IFBB European Women Bodybuilding, Fitness and Body-fitness
and Men Fitness Championships
Viterbo , Italy , May 26th to 29th, 2006

Concluded between:

1. EBFF (European Bodybuilding and Fitness Federation), Calle Jaén, No. 8; 28020 Madrid, SPAIN
here in after referred to as „Licensor“ and

2.

Last name:	
First name:	
Address:	
Phone/fax:	
E-mail address:	
Associated with (magazine, other media):	

Here in after referred to as “Licensee” as follows:

I. PREAMBLE

The IFBB *European Women Bodybuilding, Fitness and Body fitness and Men Fitness Championships* are the sole property of the Licensor. The Licensor has the final authorities on press accreditation. Only media personnel approved by the Licensor shall be issued press accreditation and the ensuing rights to cover the event.

The Licensor has the right to grant the license. Based on this premises the parties agree as follows:

II. LICENSE TYPE

Licensor here with grants licensee a non exclusive licence for the production and sale of photographs taken at the *IFBB European Women Bodybuilding, Fitness and Body-fitness and Men Fitness Championships, May 26th to 29th 2006 in Vitebo, Italy* for further publication in sport media only.

III. ROYALTIES

For the license under this contract, licensee shall pay licensor a lump sum of EUR 100,00.

This fee is due upon the signature of this contract.

All value added taxes, sales taxes and indirect taxes that have to be paid for the royalties shall be borne by the licensee. If necessary, these taxes, when being collected from the licensor, shall be paid by the licensee in the name of the licensor.

IV. JURISDICTION

Place of performance is Madrid. For all controversies under this agreement the jurisdiction of Madrid/Spain is agreed upon.

Date:

Licensor (EBFF)

Licensee

Please fill this Form and send to the Organizing Committee not later than May 15th, 2006

**Italian federation Bodybuilding
(IFBB)**

Mr. Benedetto Mondello

Via D’Annunzio 10-12N

16121 GENOVA- ITALY

Tel: +39 010 5761998

Fax: +39 010 4495396

e.mail: bettomondello@libero.it

e-mail: ferretti.a@siut.it

**European Bodybuilding and Fitness Federation
(EBFF)**

Dr. Rafael Santonja

EBFF President

Calle Jaén, nº 8, 28020 MADRID, SPAIN

Tel: + 34 915 352 819; Fax: + 34 915 350 320

E-mail: internacional@santonja.com



PRESS ACCREDITATION FORM

2006 IFBB European Women Bodybuilding, Fitness and Body-fitness and Men Fitness Championships
Viterbo, Italy, May 26 to 29th, 2006

I am applying for Press accreditation for the following event:

IFBB European Women Bodybuilding, Fitness and Body-Fitness and Men Fitness Championships to be held in Viterbo, Italy, May 26th to 29th, 2006

I agree and abide by and respect the constitution and rules of the IFBB and the EBFF.

Last Name: _____

First Name: _____

Newspaper/Magazine/TV (fill in the name of the media enterprise you are working for):

Address: _____

City: _____

Postal code: _____

Country: _____

Cell phone: _____

Business phone: _____

Fax number: _____

Email: _____

Date of birth: _____

Passport number: _____

Country of issue: _____

Date

Signature

This Press Accreditation Form must be returned no later than **May 15, 2006** to:

Italian Federation Bodybuilding (IFBB)
Mr. Benedetto Mondello
Via D'Annunzio 12-14N – 16121 Genova- Italy
Tel: +39 010 5761998
Fax: +39 010 4495396
[e.mail: bettomondello@libero.it](mailto:bettomondello@libero.it)
[e-mail: ferretti.a@sius.it](mailto:ferretti.a@sius.it)

European Bodybuilding and Fitness Federation (EBFF)
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EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN
Tel: + 34 915 352 819; Fax: + 34 915 350 320
E-mail: internacional@santonja.com

**RELEASE FROM LIABILITY and CONSENT TO DRUG TEST
FOR ATHLETES COMPETING IN IFBB/EBFF COMPETITIONS**

NOTE: (Please read this release very carefully as when you sign it, you will be giving up important legal rights)

In consideration of the acceptance of my entry form for 2006 IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS AND BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS, I intend to be legally bound for not only myself, but also my heirs, my executors and my administrators.

In signing this release from liability, I waive and release anyone connected with this competition: i.e. IFBB, EBFF; the organizing federation that obtained the sanction for this event, championships sponsors and staff, the contest facilities or any persons associated with the competition from any and all liability, including any results of negligence which may arise from this competition. This agreement also applies injections or injections of other substances into the muscles to enhance body-parts.

Moreover, I agree that any testing method selected by IFBB/EBFF recognized testing officers may be applied to detect the presence of drugs, as listed on the International Olympic Committee (IOC) banned substances list SHALL BE CONCLUSIVE. **Further more, I agree, that any testing method selected by IFBB/EBFF recognized testing offices maybe applied to detect the presence of oil or other substances injected into the muscles to enhance body-parts shall be conclusive.** I agree to co-operate fully with all required IFBB/EBFF sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event.

Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing which I won during the championships and I also forfeit any previous trophy, award, record or placing should the offence be deemed serious enough, according to IFBB/EBFF rules, to warrant such an action. I understand and agree that if I fail to pass the drug testing process, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I also agree to waive any claim which might arise under state, national or international law for defamation, slander, libel, or any other claim for which legal relief is available.

Additionally, I realize that if I do not attend the 2006 IFBB EUROPEAN WOMEN BODYBUILDING, FITNESS AND BODY-FITNESS AND MEN FITNESS CHAMPIONSHIPS for any reason, I will forfeit all fees which cannot be exchanged.

I agree to pay any attorney fees and litigation expenses incurred by any person real or corporate, whom I may sue in an effort to challenge this release from liability.

I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in these championships. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of athlete: _____

Date: _____

Signature of parent/guardian: _____
(if athlete is under 18 years of age)

Date: _____

Certification:

I herby give my word of honour as an athlete that I have not used any strength inducing drugs (i.e., any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past sixty months (five years), nor have I used or will I use prescription diuretics or psychomotor stimulants during the seven days prior to this competition.

Signature of athlete: _____

Date: _____