

2017 IFBB Ternopil Bodybuilding Cup

INSPECTION REPORT



October 13-16, 2017
Ternopil, Ukraine

WELCOME:

National Ukrainian Bodybuilding Federation and Mayor of Ternopil city extend a warm welcome to all IFBB National Federations from all over the world to participate in the «2017 IFBB Ternopil Bodybuilding Cup».

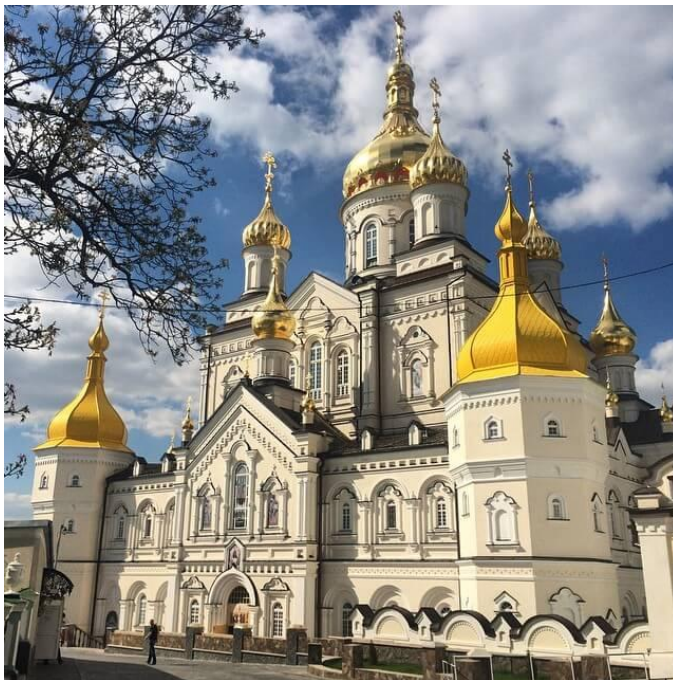
About Ternopil:



The population of Ternopil is 217 800.
Area 72 km²
The city was founded in 1540 by Polish commander and Hetman Jan Amor Tarnowski, as a military stronghold and castle. Ternopil is one of the largest cities of western Ukraine, located in its heart and having the status of an important trade center. It is a quiet, incredibly green city with a unique atmosphere, bright history and a plethora of interesting natural, historical and architectural sights.

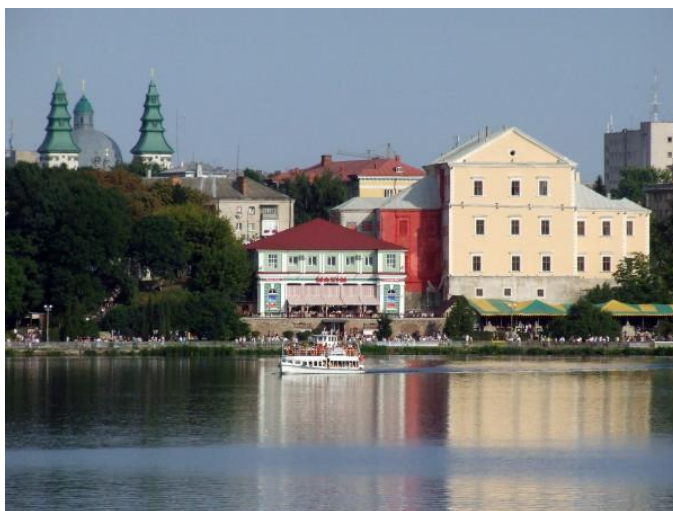


The name Ternopil, according to one tale, originates from the phrase "ternovoye polye" (literally, "blackthorn field"), because of blackthorn trees that used to grow here. Another legend claims that the city was named after its founder, Grand Crown Hetman Jan Tarnowski. It was he who, after receiving a letter from the Polish ruler Sigismund I the Old calling for a city to be established, built a fortified castle here in the 16th century.



In the Middle Ages, Ternopil stood at the intersection of important trade routes, becoming an important center of commerce. The city was a part of the Austro-Hungarian Empire since the late 18th century, but after the end of the World War I, it returned to Poland. In 1939, Ternopil became a part of the Soviet Union, and, since 1991, of independent Ukraine.

But even more ancient sacral buildings have survived in Ternopil. One of the old city's most decorative landmarks is the Church of Exaltation of the Cross, built in the early 16th century on the territory of an ancient Kyivan Rus temple. At that time, it was often used to defend the city. It is not only the oldest building in Ternopil, but also the most unusual one, as the church has no domes. Recently, the church was restored and named the "Church on the Pond." The ancient Church of Nativity, founded in 1602, is no less interesting.



But Ternopil's calling card is its 300-hectare manmade lake, located in the heart of the city. The lake is as old as the city itself: it was created at the same time as the castle. Parks and gardens surround the lake, and it is a popular strolling place for citizens and guests alike.

Many distinct historic, architectural and cultural landmarks can also be found on Ternopil's outskirts: almost every town and every village you will contains the ruins of some medieval castle, ancient church or monastery. The Kremenets Castle and the Pochayiv Lavra are the most popular destinations.

Ternopil is a very cozy and calm city. That is why so many travelers come here to not only to admire its sights, but to also feel the unusually warm and hospitable atmosphere of this amazing city.

OFFICIAL ARRIVAL AIRPORTS

Transfer from airport to the hotel and back to the airport - for free!

The Organizing Committee will pick you up at the
"Lviv" International Airport www.lwo.aero or
"Ivano-Frankivsk» International Airport www.airport.if.ua

Please notify the Organizing Committee the details of your arrival, name of Airport and time no later than 7 days before the Championships.

ACCOMMODATION

Accommodation for competitors and judges for FREE!

The Organizer will provide free-of-charge accommodations and three meals per day, starting with lunch on Friday, October 13, 2017 and ending with breakfast on Monday, October 16, 2017 for all Official Participants.

The Official Arrival Date is Friday, October 13, 2017.

The Official Departure Date is Monday, October 16, 2017.

OFFICIAL HOTEL

"Avalon" Hotel: www.avalon.te.ua
Ternopil, Bandera Avenue, 2



VENUE SITE



Palace of Culture "Berezil" (Березіль)
im. Lesya Kurbasa
Mira Street 6, Ternopil, Ukraine.

PARTICIPATION

The contest is open for all IFBB-affiliated National Federations from all over the world. The number of participating athletes is unlimited; however, National Federations are asked to send at least the champions of their country!

REGISTRATION

Official Athlete Registration will be run on **SATURDAY, October 14th**, 2017, from 19:00 till 20:00 at the "Avalon" Hotel, Bandera Avenue 2, Ternopil.

Registration of athletes will only be considered if they are entered by National Federation of the athlete by sending the Final Entry Form with their names directly to the Ukrainian Federation Office.

All **posing music** must be on an **audio CD only**. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules. It is also the FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL THE ATHLETES from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

IFBB REGISTRATION FEE

NO registration fee at this competition!

CATEGORY: Men's Bodybuilding Open

Prize money:

1 st place -	US \$ 3000
2 nd place -	US \$ 2000
3 rd place -	US \$ 1500
4th place -	US \$ 500
5th place -	US \$ 400
6th place -	US \$ 300
7th place -	US \$ 200
8th place -	US \$ 200
9th place -	US \$ 200
10th place -	US \$ 200

* The winner will get a Trophy!

** Top three winners will be awarded with medals!

* ** Commemorative medals to all participants of the championship!

TANNING NEEDS:

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage

For athletes participating in the tournament **JanTana** makeup services in the booth - **for free!**

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address:

pawelfilleborn@gmail.com

All international judges must bring their International Judge's Cards to Ternopil.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2017.

VISAS

A valid passport is required **to enter Ukraine**. The passport should be valid for at least 90 days following **your departure date from Ukraine** and should have at least one blank page for visas.

EU-country citizens do not need to obtain a visa. All other countries should check at:

<http://mfa.gov.ua/en/consular-affairs/entering-ukraine/visa-requirements-for-foreigners>

An Official Letter of Invitation will be made available if required.

LANGUAGE

The state language of Ukraine is Ukrainian. Russian is widely spoken.

TIME DIFFERENCE

UTC +3 hour (EET – Eastern European Time Zone - summer)

CURRENCY

The official currency in Ukraine is Ukrainian hryvnia (UAH).

EUR 1.0 = UAH 30,25 (as for mid July)

USD 1.0 = UAH 25.90 (as for mid July)

Current rates at: <http://www.xe.com/currency/uah-ukrainian-hryvnia>

ELECTRICAL CURRENT

220 V, 50 Hz. Plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.

Better to check at: <http://www.worldstandards.eu>

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **September 13th, 2017**. 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.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is Monday, **October 2nd, 2017**. National Federations must submit the actual names of all Official Participants (Athletes and judges). You must also include flight arrival and departure information.

CORRESPONDENCE AND ENTRY FROM SENDING DETAILS:

All correspondence and questions should be sent to:

Ms. Iryna Delieva – General Secretary of the Ukrainian Federation

e-mail: ufbb@i.ua

Tel/viber/whats up: +38067 264 92 30

www.ternopil-international-cup.com

TENTATIVE SCHEDULE

FRIDAY, October 13:

Arrival date for all National Teams

13:00-15:00 – Lunch

18:00-20:00 – Dinner

SATURDAY, October 14:

7:00-10:00 – Breakfast

13:00-15:00 – Lunch

14:00 – Seminar with PRO-athlete

17:00 – Press conference
18:30 – Judges Meeting
19:00 – 20:00 Official Athlete Registration
19:00-21:00 – Dinner

SUNDAY, October 15:

16:00 – Beginning of the competition (Int. Bodybuilding and Ukrainian bikini contest)
21:00 - Gala banquet

MONDAY, October 16:

7:00-10:00 – Breakfast
Day of departures