



## LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in  
**IFBB INTERNATIONAL LATVIAN CUP**  
**“RIGA PEARL 2017”**

November 19<sup>th</sup>, 2017  
RIGA, LATVIA



## INSPECTION REPORT

## **WELCOME**

Dear Friends,

The Latvian Bodybuilding, Fitness & Bodyfitness Federation and the city of Riga extend a warm welcome to all IFBB-affiliated National to participate in **IFBB INTERNATIONAL LATVIAN CUP “RIGA PEARL 2017”**.

Please find enclosed the regulations of the competition and other necessary information.

We are looking forward to welcoming you in Riga.

Sincerely Yours,

Christina Vedernikova  
Latvian Bodybuilding, Fitness & Bodyfitness Federation President





## ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River.



Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic center, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. In some districts of Riga, for various reasons, complex wooden constructions of that time have still been preserved, and that is an amazing phenomenon in the 21st century. In 1997, the historic center of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List. In 2014, Riga was nominated as a Capital city of culture in Europe.

## VENUE SITE

Royal Casino SPA & Hotel Resort (Terbatas street 73, Riga)

[www.royalcity.lv](http://www.royalcity.lv)



Royal Casino SPA & Hotel Resort is a unique, luxury, biggest entertainment complex in the Baltics for the lovers of good leisure. Here are situated casino and hotel, SPA and fitness centre “Global Fitness”, karaoke bar and restaurants, as well as five clubs, everything to make your leisure unforgettable. Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes’ walk from the Old Riga, 30 minutes from the Riga International Airport.



## OFFICIAL AIRPORT

Riga International Airport is the largest airport in the Baltic States with direct flights to over 90 destinations in 30 countries. The airport has several offers for traveling towards and back from city center. You can choose between taxi, rented car, public transport and even international buses. Public transport costs about 2 € one way and taxi is about 15 € one-way. More information about public transport connections, taxicabs and location can be found on lower part of the airport home page [www.riga-airport.com](http://www.riga-airport.com). Feel free to use also international airport info service number +371 29311817 if you have any uncertainties.

## RECOMMENDED OFFICIAL HOTEL

### Monika Centrum Hotels

Elizabetes street 21, Riga, +371 67031900

[www.monika.centrumhotels.com](http://www.monika.centrumhotels.com)



A luxury hotel situated in a prestigious part of central Riga. A spirit of hospitality and elegance lingers at Monika Centrum Hotels, which opened its doors in December 2005. This luxurious and artistically designed hotel gives royal treatment to all its guests. Here, you will always feel at home.

- Double room: 45 € per day (breakfast included)
- Single room: 45 € per day (breakfast included)

When booking, use the booking code: **EFM2017**

**PLEASE NOTE:** Reservation and all costs for hotel accommodation, travelling, transport from/ to the airport and meals, are the responsibilities of the national federations or individual athletes.

## VISA

A valid passport is required to enter the territory of the European Union (Schengen Zone). Schengen Area nowadays covers most of the European Countries with an exception made for the UK and the countries that are soon to be part of this agreement as Romania, Bulgaria, Croatia, Cyprus and Ireland. Although not members of the European Union, the following countries like Norway, Iceland, Switzerland and Lichtenstein are also part of the Schengen zone enjoying the same freedom of movement policy, as the others EU-country citizens do not require a visa.

All other persons should consult the Latvian Embassy in their country to determine if they require a visa. For more information you can visit site of MINISTRY OF FOREIGN AFFAIRS OF THE REPUBLIC OF LATVIA: <http://www.mfa.gov.lv/konsulara-informacija/valstis-kur-pilsoni-var-ieceLOT-latvija-bez-vizas>. An Official Letter of Invitation will be made available if required.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

## **PARTICIPATION**

The contest is open for all IFBB-affiliated National Federations from all over the world. The number of competitors participating in these championships is unlimited.

## **REGISTRATION**

Official Athlete Registration will take place on Saturday, November 18<sup>th</sup> from 17:00 till 19:00 and Sunday, November 19<sup>th</sup> from 9:30 till 11:30 at Royal Casino SPA & Hotel Resort (Venue site). Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee. Each athlete participating in the event will be provided with a wristband at the Registration. This identification will allow daily admission and should not be removed.

*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.*

## **REGISTRATION FEE**

Registration fee at this competition is EUR €40 per athlete. Participants pay directly at the Registration. Two delegates (one official and one judge) per country are invited to the venue site without entrance tickets.

## **TEAM & JUDGES MEETING**

Team Managers and Judges Meeting will start on November 19<sup>th</sup> at 12:00 at the Venue site.

## **CATEGORIES OPEN AT THE CHAMPIONSHIPS**

- **Women's Bodyfitness:** open
- **Women's Wellness Fitness:** open
- **Women's Bikini Fitness:** up to 162cm
- **Women's Bikini Fitness:** up to 166cm
- **Women's Bikini Fitness:** up to 172cm
- **Women's Bikini Fitness:** over 172cm
- **Masters Women's Bikini Fitness:** open
- **Men's Bodybuilding:** open
- **Men's Classic Bodybuilding:** open
- **Men's Physique:** – 178cm
- **Men's Physique:** + 178cm

## **JUDGES**

To be taken into consideration during selection of judges' panel at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. IFBB International Judges must have a valid IFBB Judge's Card with the 2017 IFBB yearly judges fee. Each National Federation must ensure that its nominated judges attend the Judges Meeting.

## TANNING NEEDS

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

During the International Latvian Cup "Riga Pearl 2017" there will be offering Tanning Services at the Venue Site. The price for two layers of Jantana will be 55 EUR. Reservations & booking will be available through the [secretariat@ifbb.lv](mailto:secretariat@ifbb.lv) or on arrival day during the Registration.

## LANGUAGE

The official language in Latvia is Latvian. English and Russian is widely spoken in hotels, restaurants, shopping and tourist areas.

## TIME DIFFERENCE

UTC +2 hours (EET - Eastern European Time Zone).

## CLIMATE

Climate in Riga is influenced by its proximity to the sea; therefore, it is moderately warm and humid. Average temperature in November +3.9<sup>0</sup>C; average precipitation (rainfall) – 85 mm.

## CURRENCY

The national currency in Latvia is EURO. Current rates may be checked at: <http://www.bank.lv/en/statistics/2015-03-15-11-51-38/ecb-exchange-rates>

## ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket/plug of type C plug, with two round prongs, popularly known as the euro plug and used in all continental Europe countries. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## CORRESPONDENCE & INFORMATION

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President  
Latvian Bodybuilding, Fitness and Bodyfitness Federation  
Tel: +371 29287666  
E-mail: [christinaifbb@inbox.lv](mailto:christinaifbb@inbox.lv)

## FINAL ENTRY FORM

The deadline date for sending the Final Entry Form is October 22<sup>nd</sup>, 2017. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges) in the Final Entry Form.

**Please send Your Final Entry Form no later than October 22<sup>nd</sup>, 2017 to:**  
Organizing Committee Secretary Ms. Kristine Kumina  
Mob.phone +371 25680804  
E-mail: [secretariat@ifbb.lv](mailto:secretariat@ifbb.lv)

## **COMPETITOR INFORMATION FORM**

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the LBFBF Registrar at the weigh-in/height measurement. This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

## **TENTATIVE SCHEDULE**

**November 18<sup>th</sup>, 2017 (Saturday)** – Arrivals

17:00 – 19:00 – Registration / weigh-in at Royal Casino SPA & Hotel Resort

**November 19<sup>th</sup>, 2017 (Sunday)**

9:30 – 11:30 – Registration / weigh-in at Royal Casino SPA & Hotel Resort

12:00 – 12:30 – Team Managers and Judges Meeting at Royal Casino SPA & Hotel Resort

13:00 – 18:30 – IFBB Latvian Cup “Riga Pearl 2017” (prejudging & finals)

19:00 – 21:30 – IFBB European Fit Model Cup 2017 (prejudging & finals)

**November 20<sup>th</sup>, 2017 (Monday)** – Departures