



THE PRESIDENT SANTONJA'S CUP

IFBB Amateur Bodybuilding & Fitness Competition

March 22nd – 24th, 2018

INSPECTION REPORT

IFBB WORLD RANKING EVENT

IFBB ELITE PRO QUALIFIER

MEN'S BODYBUILDING (3 PRO CARDS)

MEN'S CLASSIC BODYBUILDING (3 PRO CARDS)

MEN'S PHYSIQUE (3 PRO CARDS)

MUSCULAR MEN'S PHYSIQUE (3 PRO CARDS)

WOMEN'S BIKINI FITNESS (3 PRO CARDS)

WOMEN'S BODYFITNESS (3 PRO CARDS)

WOMEN'S PHYSIQUE (3 PRO CARDS)

WOMEN'S WELLNESS FITNESS (3 PRO CARDS)

The top three winners from the amateur overall categories will be eligible to participate in the Elite Pro Show next day!

Prize money for the 4th, 5th and 6th place winners from the overall categories !

NAFPLIO

One of the most beautiful towns in the area of Argolis (in eastern Peloponnese) as well as one of the most romantic cities all over Greece, Nafplio was the first capital of the newly born Greek state between 1823 and 1834.



According to mythology, the town was founded by Nafplios, the son of god Poseidon and the daughter of Danaus (Danaida) Anymone. The town's history traces back to the prehistoric era when soldiers from here participated in the Argonautic expedition and the Trojan War alike. The town declined during the Roman times and flourished again during the

Byzantine times. Frankish, Venetian and Turkish conquerors left their mark in the town and strongly influenced its culture, architecture and traditions during the centuries. Ancient walls, medieval castles, monuments and statues, Ottoman fountains and Venetian or neoclassical buildings mesmerize the visitor with their unique architecture and beauty.

ARRIVALS AND AIRPORT

Thursday, March 22nd, 2018 is an official arrival day. Athens International Airport "Eleftherios Venizelos" is the primary international airport in the city, having 2 terminals. More information at:

<https://www.aia.gr/en/traveler>

TRANSPORTATION

At the Airport there will be buses for your transportation to your hotel at Nafplio which is located 100 km away. The cost for the transport from and back to the airport is EUR €24.

ACCOMMODATION

The cost of accommodation is EUR €60 for double room per day include breakfast.

Please contact at info@bodybuilding-eosd.gr

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, transport from and to the airport and meals, are the responsibilities of the national federations or individual athletes. Check with your National Federation for more information.

THE VENUE

Municipal Stadium of Nafplio



IMPORTANT ARRIVAL AND CHECK-IN NOTICES

COMPETITOR NOTIFICATION

Once the Entry Form from a National Federation has been received and accepted, an official e-mail will be sent confirming your participation in the 2018 IFBB President's Cup Nafplio. We strongly encourage you to register early and make the appropriate arrangements to compete in the event in Nafplio.

PARTICIPATION

The contest is open for all IFBB-affiliated National Federations from all over the world.

Participation in this competition is unlimited. 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 Greek Federation, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

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.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this 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.

REGISTRATION

Official Athlete Registration will be run on Thursday, March 22nd, 2018, from 15:00 till 21:00 at the venue (Municipal Stadium of Nafplio).

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their Passports and IFBB International Cards at the Registration. IFBB International Cards are EUR €30 per year and are mandatory. Any athlete who has not yet purchased this Card will have to buy one at Registration.

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.**

Each athlete participating in the event will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the venue and should not be removed.

REGISTRATION FEE

Each official athlete must pay EUR €240, including IFBB Registration Fee of EUR €200 and EUR €40 for 4 healthy-meals menu, which will be collected at the time of Registration. The Registration Fee of EUR €200 may also be paid in advance through the IFBB website: <http://www.ifbb.com/competition-registration> for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The online payment system will be switched off on March 12th, 2018 (Monday) at 24:00 hrs (midnight - Central European Time, UTC +1).

To participate in the second category, an extra fee of EUR 50 € will be collected at the Registration (paid in cash).

Each official delegate must pay EUR €90, including EUR €50 Registration Fee and EUR €40 for a 4 healthy-meal menu.

In case someone needs an extra meal beside the 4 of the daily menu, the cost is EUR €10 for every additional meal.

Offered meals will consist of (options):

200 grams of chicken, fish or beef

250 grams of sweet potatoes, rice or potatoes

With side salad (romaine lettuce, broccoli, etc.)

Water and soda beverage

CATEGORIES OPEN AT THIS COMPETITION:

MEN'S CATEGORIES	WOMEN'S CATEGORIES
<p><u>JUNIORS MEN'S BODYBUILDING</u> One open category</p> <p><u>MEN'S BODYBUILDING</u> Up to & including 70 kg Up to & including 80 kg Up to & including 90 kg Up to & including 100 kg Over 100 kg Overall: Elite Pro Cards for the top 3</p>	<p><u>WOMEN'S BODYFITNESS</u> Up to and incl. 158 cm Up to and incl. 163 cm Up to and incl. 168 cm Over 168 cm Overall: Elite Pro Cards for the top 3</p> <p><u>MASTER WOMEN'S BODYFITNESS</u> One open category</p>
<p><u>MASTER MEN'S BODYBUILDING</u> <u>40-44 years old:</u> - Up to and incl. 80 kg - Over 80 kg <u>45-49 years old:</u> - Up to and incl. 80 kg - Over 80 kg <u>50-54 years old:</u> - One open category <u>55 years and older:</u> - One open category</p>	<p><u>JUNIORS WOMEN'S BIKINI-FITNESS</u> One open category</p> <p><u>WOMEN'S BIKINI-FITNESS</u> Up to and incl. 160 cm Up to and incl. 162 cm Up to and incl. 164 cm Up to and incl. 166 cm Up to and incl. 169 cm Up to and incl. 172 cm Over 172 cm Overall: Elite Pro Cards for the top 3</p> <p><u>MASTER WOMEN BIKINI FITNESS</u> Up to and incl. 163 cm Over 163 cm</p>
<p><u>MEN'S CLASSIC BODYBUILDING*</u> Up to & incl. 168 cm Up to & incl. 171 cm Up to & including 175 cm Up to & including 180 cm Over 180 cm Overall: Elite Pro Cards for the top 3</p> <p><u>MASTER MEN'S CLASSIC BODYBUILDING</u> One open category</p>	<p><u>WOMEN'S PHYSIQUE</u> One open category Elite Pro Cards for the top 3</p> <p><u>MASTER WOMEN'S PHYSIQUE</u> One open category</p>

<p><u>MEN'S PHYSIQUE</u> Up to & including 170 cm Up to & including 173 cm Up to & including 176 cm Up to & including 179 cm Up to & including 182 cm Over 182 cm Overall: Elite Pro Cards for the top 3</p> <p><u>MASTERS MEN'S PHYSIQUE</u> Age 40-44: one open class Age 45-49: one open class Age 50 and over: one open class</p> <p><u>MUSCULAR MEN'S PHYSIQUE</u> Up to & including 174 cm Up to & including 178 cm Over 178 cm Overall: Elite Pro Cards for the top 3</p>	<p><u>WOMEN'S WELLNESS fitness</u> Up to and incl. 163 cm Over 163 cm Overall: Elite Pro Cards for the top 3</p>
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***- Maximum bodyweight limits [in kg] for Classic Bodybuilding:**

Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	(Athlete's height [in cm] minus 100) + 2
Up to 175 cm	(Athlete's height [in cm] minus 100) + 4
Up to 180 cm	(Athlete's height [in cm] minus 100) + 7
Up to 190 cm	(Athlete's height [in cm] minus 100) + 9
Up to 198 cm	(Athlete's height [in cm] minus 100) + 11
Over 198 cm	(Athlete's height [in cm] minus 100) + 13

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.

AWARDS

- Top six athletes in each category will be awarded with medals or trophies and a Certificate of Excellence.
- Overall in each discipline will have a trophy.
- Top 5 athletes in Men's and Women's senior categories will be awarded points to the **2018 IFBB World Ranking**, according to the World Ranking Rules.
- **IFBB Elite Pro Cards** for the top three overall category winners in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Bodyfitness, Bikini Fitness, Wellness Fitness and Women's Physique open class (after applications through their National Federations).

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges (as well as test-judges) must be included in the Final Entry Forms sent by National Federations. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address:
pawelfilleborn@gmail.com

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2018. This fee may also be paid at the Championships in Nafplio.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the Championships in Nafplio.

All judges and test-judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting will not be allowed to judge at this competition.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the competition

VISAS

A valid passport is required to enter Greece. Citizens of around 90 countries don't need visa to enter Greece up to 90 days. Detailed information for each country available here: <http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/countries-requiring-or-not-requiring-visa.html>

**For more information contact the Greek Embassy in your country, please.
An Official Letter of Invitation will be made available if required.**

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Competition Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer.

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

OFFICIAL LANGUAGE

The official language in Greece is Greek, but English is widely used. The staff of hotels, travel agencies and shops usually speaks English.

CURRENCY

The official currency in Greece is Euro (€). The current rates of EUR to other currencies available here: <http://www.x-rates.com/table/?from=EUR&amount=1>

CLIMATE

During the month of March the weather is cold, but with sunny days. The daily mean temperature is 17°C (62.6°F). Average rainy days: 12.1; average humidity: 71.8%.

TIME DIFFERENCE

UTC + 2 hours (Eastern European Time Zone).

ELECTRIC CURRENT

220 volts, 50 Hz, plugs/sockets of type C and F. More information at:
<http://www.worldstandards.eu/electricity/plugs-and-sockets/>

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer 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 dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

PRESS ACCREDITATION

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact the Organizing Committee.

TANNING

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.

- The cost of tanning is EUR €50 for two times and shining.
- The cost of hair styling is EUR €30.
- The cost of make up with your equipment is EUR €40, with our Artist's equipment is EUR €55.

For Tanning, Makeup & Hair appointments please contact at info@bodybuilding-eosd.gr

SECRETARIAT

You may obtain information and assistance from the IFBB Secretariat at the venue, when required.

CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS

<p><u>IF</u>Please send the Final Entry Form no later than March 10th 2018 to:</p> <p>Greek Bodybuilding & Fitness Federation General Secretary Mrs. Penny Ioannidou-Leventeli Mobile: +30 6977 473 503 E-mail: info@bodybuilding-eosd.gr <i>or</i> E-mail: peles59@yahoo.gr</p>	<p><u>Please Send a copy to:</u></p> <p>IFBB Technical Committee, Eng. Andrew Michalak: E-mail: amichalak5@gmail.com</p> <p><i>and</i></p> <p>IFBB Head Office Ms. Diana Mozos: E-mail: info@ifbb.com</p>
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TENTATIVE SCHEDULE

Thursday, March 22 nd , 2018		
15:00 - 21:00	Official ARRIVAL DAY of National Teams Official Athlete Registration , Weigh-in	Municipal Stadium of Nafplio
Friday March 23 rd , 2018		
9:00 - 9:30	Team Managers and Judges Meeting	Municipal Stadium of Nafplio
10:00	IFBB Amateur President's Cup Prejudging & Finals – Part 1	Municipal Stadium of Nafplio
Saturday , March 24 th , 2018		
10:00-14:00	IFBB Amateur President's Cup Prejudging & Finals – Part 2	
16:00	IFBB Elite Pro Show: Prejudging & Finals	Municipal Stadium of Nafplio
Sunday, March 25 th , 2018		
Up to 12:00	Departures	