



# **IFBB WORLD JUNIORS & MASTERS BODYBUILDING, FITNESS, BODY FITNESS AND WHEELCHAIR BODYBUILDING CHAMPIONSHIPS**

## ***INSPECTION REPORT***

**BIALYSTOK, POLAND**

**November 13 - 16, 2009**

### **WELCOME**

The Organizing Committee of the Polish Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federation to participate in the IFBB Juniors & Masters World Amateur Bodybuilding, Fitness, Body Fitness and Wheelchair Bodybuilding Championships in Bialystok, Poland, November 13th to 16th, 2009.

### **LOCATION**

Białystok, with a population of almost 300 thousand, is a city located in north-eastern Poland, serving the function of the capital of Podlaskie province. It is the administrative, economic, and academic centre of the region which, due to its exceptional environmental assets, has been termed the Green Lungs of Poland.



Białystok has evolved as a place which is the melting pot of different nations, religions, cultures, customs and traditions, where the occidental rationalism meets the oriental mysticism. It has become an example of the integration of ethnic and religious groups, a meeting place for Poles, Belorussians, Jews, Lithuanians, Germans, Russians and Tartars. The multiethnicity of the city was the reason for the Białystok-born Ludwik Zamenhoff to start his work on the universal language of Esperanto.



**OFFICIAL HOTEL**

Hotel Golebiewski – Bialystok  
7 Palacowa Str.  
Tel.: +48 85 678 25 00  
Fax.: +48 85 678 26 00  
Web: [www.golebiewski.pl](http://www.golebiewski.pl)



#### **IMPORTANT NOTICE**

**The Official Hotel will be used to accommodate the Official Participant (athletes, delegates, extra delegates) only. Anybody who is not Official Participant will not be able to book the hotel.**

### **ACCOMMODATION**

The Organiser will provide free-of-charge accommodations and three meals per day, starting with lunch on Friday, November 13 and ending with breakfast on Monday, November 16, 2009 for all Official Participants\* pursuant to IFBB rules:

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

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

*\*The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.*

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

**The Official Arrival Date is Friday, November 13, 2009.**

**The Official Departure Date is Monday, November 16, 2009.**

## **IMPORTANT NOTICE**

**All National Team Official participants (athletes and delegates ) must check in BEFORE the start of Technical Meeting (November 13. 5 pm). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his or her expenses.**

**Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

## **VENUE SITE**

**Zespól Szkól Rolniczych  
26 Suchowolca Str.  
15-566 Białystok  
Poland**



## **HOTEL SECURITY DEPOSIT**

A hotel security deposit of **Euro €100.00 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to

provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

**PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

## **ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS**

The Organizing Committee has established a special package including: 3 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, closing banquet and transport at: Euro **€450.00** for each person in a double room or Euro **€550.00** for a single room. For more information please ask the Organizing Committee.

Partial Special Package Rate 1, which includes tickets to the Prejudging and Finals and ticket to the Farewell Banquet at a cost of Euro **€100.00**

For more information, please contact the Organizing Committee.

## **ARRIVAL/AIRPORT**

The official airport for arrivals is the Warsaw Frederic Chopin Airport.

## **EARLY ARRIVALS**

Any National Federations arriving before the official arrival date of November 13th, 2009 and staying on after the official departure date of November 16th, 2009 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. The hotel Golebiewski expenses before the official arrival date of November 13th and after the official departure date of November 16th will be approximately Euro **€100.00** per person, per day in a double room (with breakfast). You are obligated to notify the Organizing Committee of your early arrivals and staying after November 16st, no later than October 31, 2009.

## **FLIGHT RECONFIRMATION**

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival on the fax: +48 85 732 38 16 or e-mail: [info@maniacgym.pl](mailto:info@maniacgym.pl)

## **TRANSPORTATION**

The official airport for arrivals is the Warsaw Frederic Chopin Airport. The transportation from the Warsaw Frederic Chopin Airport to the hotel will be arranged for all teams. The Polish Federation of Bodybuilding and Fitness will pick you up at the Warsaw Frederic Chopin Airport. The organizer shall arrange the transportation on November 13th, 2009 from the Warsaw Frederic Chopin Airport to Bialystok for Euro **€25** per person and on November

16th, 2009 back from Bialystok to the Warsaw Frederic Chopin Airport for **Euro €25** per person /based on the stated times of arrivals/.

## VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need visa. All other countries should consult the Polish Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

## CATEGORIES OPEN FOR COMPETITION

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Junior Women	Bodybuilding	Open	1	1
Junior Men	Bodybuilding	Up to & incl 75 kg	2	2
Junior Men	Bodybuilding	Over 75 kg		
Master Women	Bodybuilding, age >35	Open	1	No limit
Master Men	Bodybuilding, age 40-49	Up to & incl 70 kg	7	No limit
Master Men	Bodybuilding, age 40-49	Up to & incl 80 kg		
Master Men	Bodybuilding, age 40-49	Up to & incl 90 kg		
Master Men	Bodybuilding, age 40-49	Over 90 kg		
Master Men	Bodybuilding, age 50-59	Up to & incl 80 kg	7	No limit
Master Men	Bodybuilding, age 50-59	Over 80 kg		
Master Men	BodyBuilding, age >60	Open		
Master Men	Classic BodyBuilding, age >40	Open		
Men	Wheelchair Bodybuilding	Open	1	1
Junior Women	Fitness	Up to & incl 163cm	2	2
Junior Women	Fitness	Over 163 cm		
Junior Men	Fitness	Open	1	1

Junior Women	Body Fitness	Up to & including 163 cm	2	2
Junior Women	Body Fitness	Over 163 cm		
Master Women	Body Fitness, age >35	Open	1	No limit
Junior Men	Classic Bodybuilding	Open	1	1

The rules regarding A and B teams for this event are as follows:

The „A”- team

- Each National Federation may enter an „A”- team. The maximum allowable number of competitors in the „A”- team is 20. –
- A maximum allowable number of „A”- team competitors per National federation in any one category shall not exceed two (2)
- Pursuant to applicable rules, the Organiser will provide free-of-charge accomodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquett to all „A”- team competitors.
- National fedration shall pay a Registration Fee for each „A”-team competitor
- The „A”-team competitors shall compete for placings and awards, including Best National Team award
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form and must register the „A”-team competitors upon check-in the official hotel, failing wich any undeclared competitor shall be responsible for all his or her expenses.

The „B” – team

- Each National Federation may enter a „B”– team according to the rules specified below. The maximum allowable number of junior competitors in the B-team shall not exceed those in the A-team; There is NO LIMITATION for „B”– team masters competitors in these Championship.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”- team competitor. This package shall comprise the competitor accomodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet
- There shall be no requirement for „B” – team competitors to pay Registration Fee.
- The „B”-team competitors shall compete for placings and awards, excluding the Best National Team award.
- A National Federation must fully declare its „B”- team competitors on the Final Enry Form and must register the „B”-team competitors upon check-in the official hotel, failing wich any undeclared competitor shall be disqualified.

## **AGE LIMITS**

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 21st birthday.

A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.

A male athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age). In a year in which competitor reaches his 50<sup>th</sup> birthday, he may compete in category 50-59 years of age only. In a year in which competitor reaches his 60<sup>th</sup> birthday, he may compete in category over 60 years of age only.

## **SECRETARIAT**

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 08:00am, November 13, 2009 to 4:00pm, November 16, 2009. You may obtain information and assistance from the Secretariat.

## **IFBB REGISTRATION FEE**

Each Official A-Team Junior Participant and each Delegate must pay the IFBB Registration Fee of Euro **€150.00** Each A-Team Masters Participant must pay the IFBB Registration Fee of Euro **€200.00**

This fees are payable to the upon arrival at the Official Hotel in Białystok. The IFBB Registration Fee is completely separate from the hotel security deposit.

### **IMPORTANT NOTICE**

**You must pay the Hotel security Deposit and IFBB Registration Fee BEFORE your team members are provided accomodations. If any of your athletes or delegates arrives in Bialystok 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**

Drug testing will be conducted by a WADA accredited Laboratory.

## **DOPING CONTROLS**

Doping controls will be conducted by the IFBB Medical Commission pursuant to the *IFBB Anti-Doping Rules* and *IFBB Anti-Doping Directive 2006-001* using the WADA accredited laboratory .

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

### **IMPORTANT NOTICE**

**Doping controls may be conducted using any or all of the following methods:**

- 1. *Random Selection:*** A number of athletes selected at random throughout the event e.g. at Weigh-in.
- 2. *Weighted Selection:*** A number of athletes selected at random from among the top finalists e.g. at Finals

***\*The IFBB reserves the right to Target Test any athlete***

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.

### **DOPING CONTROL PROCEDURES: THE ATHLETE'S GUIDE**

#### **DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM**

## **PASSPORT/MUSIC**

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The Athletes's name must be affixed on the CD for identification purposes.

### **IMPORTANT NOTICE**

**The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.**

## **NATIONAL ANTHEM/NATIONAL FLAG**

All National Federations must bring with them to Bialystok the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Bialystok their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

*\*Note: For all European National Federations, the EBFF already has a copy of all National Anthems on CD.*

## **PARADE OF NATIONS**

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is

posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations

## **JUDGES**

In order to assist the IFBB Judges Committee in their selection of judges for this Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **September 31, 2009** to:

Pawel Filleborn  
Chairman  
IFBB Judges Committee  
E-mail: [p.filleborn@neostrada.pl](mailto:p.filleborn@neostrada.pl)

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Bialystok.

### ***IMPORTANT NOTICE***

*All judges who wish to be included in the judges panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.*

*Judges have to pay the yearly judges' licence fee of EUR 50.00 for 2009. This fee may be paid at the Championships.*

*Test judges should pay a test fee of EUR 50.00. This fee may be paid at the Championships.*

*All judges must attend the Judges/Team Manager meeting.*

*If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.*

*If a judge was absent from this meeting he or she will not judge.*

## **MEDIA ACCREDITATION**

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at [info@ifbb.com](mailto:info@ifbb.com) no later than **September 31, 2009**.

**[IFBB MEDIA ACCREDITATION FORM](#)**

## **GREEN CARDS**

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

five (5) or more competitors - two (2) green cards  
less than five (5) competitors - one (1) green card

## **BACKSTAGE ACCESS/DRESSING ROOM ACCESS**

Access to the backstage and/or dressing room areas shall be 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**

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

## **TIME DIFFERENCE**

GMT +1 hours

## **CURRENCY**

The national currency in Poland is the Polish Zloty. One Euro is approximately equal to 4,3 PLN (one USD is approximately equal to 3.3 PLN) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

## **CLIMATE**

During the month of November, the average temperature is 0 - 2 °C. Rain and snow may be expected.

## **ELECTRICAL CURRENT**

The electrical outlet are 220 Volt.

## **LANGUAGE**

The official language in Bialystok is Polish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

## **TRAINING FACILITY**

Training facility is in fitness club Maniac Gym at Warszawska street 79A, near to the Official Hotel.

## **ATHLETES WITHOUT DELEGATES**

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

## **FAILURE TO HONOR FINAL ENTRY FORM DEADLINE**

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

## **MISREPRESENTATION**

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

## **MEDICAL WITHDRAWAL**

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

## **CORRESPONDENCE/CONTACT INFORMATION**

Please send all correspondence to:

Arkadiusz Leszczynski or Joanna Zapolska  
Fitness Club Maniac Gym  
ul. Warszawska 79A  
15-201 Białystok  
Poland  
Tel./fax +48 85 73 23 816  
E-mail: [info@maniacgym.pl](mailto:info@maniacgym.pl)  
[www.maniacgym.pl](http://www.maniacgym.pl) ; [www.maniacgym.home.pl/ms2009](http://www.maniacgym.home.pl/ms2009)

Please copy all correspondence to:

1/International Fedration of Bodybuilding and Fitness  
Dr. Rafael Santoja  
IFBB President  
Phone: +34 91 535 2819  
Fax: +34 91 535 0320  
E-mail: [international@santonja.com](mailto:international@santonja.com)

2/ Polish Bodybuilding & Fitness Federation  
Paweł Filleborn, M.Sc.,  
President  
Phone : +48 22 550 0967  
Fax: +48 22 550 0968  
E-mail: [p.filleborn@neostrada.pl](mailto:p.filleborn@neostrada.pl)

## **TENTATIVE SCHEDULE OF ACTIVITIES**

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

<b>Friday</b>	Official Arrival Date for Athletes and Delegates
<b>November 13</b>	at Golebiewski Hotel Bialystok
12.00-	Lunch, Hotel Golebiewski
14.00	
17.00	Technical Meeting
18.00	Judges & Team Managers Meeting
19.00	<b>WEIGH-IN / MEASUREMENTS</b>
20.00-	Dinner
22.00	

<b>Saturday</b> <b>November 14</b>	07.00-	Breakfast
	10.00	
	8.45-	Continuous bus transfer to the venue site
	9.30	
	10.00-	<b>PREJUDGING for all junior categories</b>
	14.00	
	12.00-	Lunch for all athletes and delegates at the Venue Site
	14.00	
	13.00-	Continuous bus transfer from and to the venue site
	14.30	
	15.00-	<b>PREJUDGING for all masters categories, and</b>
	19.00	<b>wheelchair bodybuilders</b>
		Continuous bus transfer from the venue site
	19.00-	Dinner
	22.00	

<b>Sunday</b> <b>November 15</b>	07.00-	Breakfast
	09.00	
	08.45	Continuous bus transfer to the venue site
	10.00	<b>FINALS</b>
	12.00-	Lunch for all athletes and delegates at the Venue Site
	14.00	
		Continuous bus transfer to and from the venue site
	21.30-	Farewell Banquet
	4.00	

<b>Monday</b> <b>November 16</b>	07.10-	Breakfast
	10.00	
	0600-	Official Departure Date
	1200	Check out and departure of all participants

## **PRELIMINARY ENTRY FORM**

The deadline date for the Preliminary Entry Form is **August 01, 2009**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

## **FINAL ENTRY FORM**

The deadline date for the Final Entry Form is **November 02, 2009**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

**All National Federation are requested to send by e-mail personal photo of each member of its National Team, included competitors, delegates and extra delegates.**

**If the Final Entry Form will return to the Organizing Committee after November 2, 2009, then those National Federations must pay €450 Additional Delegates Fee (with double room) or €550 (with single room) insted of Registration Fee.**

### [PRELIMINARY ENTRY FORM](#)

### [FINAL ENTRY FORM](#)

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.