



# **2013 IFBB WORLD WOMEN'S BODYBUILDING AND FITNESS & MEN'S FITNESS CHAMPIONSHIPS**



## **INSPECTION REPORT**



**KYIV, UKRAINE**  
**September 13-16, 2013**

## WELCOME

The Organizing Committee of the Ukrainian Federation of Bodybuilding are proud to host all IFBB National Federations wishing to participate in the IFBB World Women's Bodybuilding and Fitness & Men's Fitness Championships in Kyiv, Ukraine, September 13th to 16th, 2013.



## ABOUT KYIV

Welcome to Kyiv, the capital of Ukraine, with ancient historical traditions, unique culture and European-style of life.

Kyiv is one of the most beautiful cities of the world that picturesquely spreads on the Dnipro river hills. As others old cities Kyiv has no exact date of foundation. According to the legend, Kyiv was founded more than 1,500 years ago by three brothers Kyi, Schek, Khoryv and their sister Lybid. The city was named after the oldest brother Kyi. In the 9th century Kyiv became the capital of the Ancient Rus. The territory of this independent state stretched out from the Baltic Sea in the North to the Black Sea in the South and from Volga River in the East to the Carpathians Mountains in the West. Kyiv is often referred as "the mother of all cities" by Russians and Ukrainians and as a cradle of Slavonic civilization.

Since then, Kyiv has developed into an important center of East Europe attracting foreign businesses and investors to its economic and natural potential. Considering population Kyiv is among the 10 largest cities of Europe. Its historical path is related to the great political and cultural events in Europe and represented in many age-old architectural monuments. 2148 objects of history and culture are located on the territory of Kyiv. Among them are over 100 museums 33 theatres and theatres-studios 53 cultural buildings 140 libraries, 20 concert organizations and independent musical collectives that are working in the capital of Ukraine.



## OFFICIAL HOTEL

### «Bratislava»

Andriya Malyshko Street 1, Kyiv

[www.bratislava.com.ua](http://www.bratislava.com.ua)



Complex "Bratislava" is known in the travel market for over 30 years. Attentive and friendly staff creates an atmosphere of goodwill and cozy 24 hours a day. Offering free Wi-Fi, the Hotel Bratislava offers elegant accommodation in the Dniprovs'kyi district of Kiev. The hotel is a 5-minute walk from Darnitsa Metro Station with direct links to Kiev city centre.

#### **Ideally located:**

- 10 km from the city center (metro, 15 minutes)
- 25 km from Airport «Borispol» (30 minutes)
- 15 km from the Exhibition center «ACCO International»

## ACCOMMODATION

The Organizer will provide free-of-charge accommodations and three meals per day, starting with Dinner on Friday, September 13 and ending with breakfast on Monday, September 16, 2013 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 Official Arrival Date is Friday, September 13, 2013.**

**The Official Departure Date is Monday, September 16, 2013.**

**\* Extra night – Euro €50**

## 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.**



## VENUE SITE

### Exhibition Centre «ACCO International»

Kiev, 40-B, Peremohy Ave.

Park Pushkina

"Shulyavskaya" Metro station

[www.acco.ua/eng](http://www.acco.ua/eng)



## EXPO



Pavilion of the Exhibition center «ACCO International» is located in the central part of the park area of Kyiv with convenient transport interchange. 2-storey building, covered Area – 2600 sq.m., 2 conference halls – for 100 people each ventilation and air heating room on the second floor there is a restaurant and bar.

Please contact for EXPO information to [ufbb@i.ua](mailto:ufbb@i.ua)

## IFBB REGISTRATION FEE

Each Official A-team Participant and each Official Delegate, including delegates without competitors, must pay the IFBB Registration Fee of **Euro €200**. This fee is payable to the IFBB upon arrival at the Official Hotel in Kyiv. IFBB International Card **Euro €30** for 2013.

## ADDITIONAL DELEGATES, SUPPORTERS, PRESS etc.

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 at: **Euro €400.00** for each person in a double room or **Euro €450.00** in a single room. For more information please ask the Organizing Committee.

## ARRIVAL/AIRPORT

The official airports for arrivals is: International airport «**Boryspil**», is the largest in Ukraine (3 terminals: «B», «F» and «D») [www.kbp.aero](http://www.kbp.aero)

And International airport «**Kyiv**» provide high-quality, comfortable services 520 passengers per hour. [www.airport.kiev.ua](http://www.airport.kiev.ua)

## TRANSPORTATION

The official airports for arrivals: «Boryspil» and «Kyiv». Transportation is **Euro €20** per person/based on the stated times of arrivals. **Euro €40** for both directions.

## VISAS

Citizens of 102 countries in the world still need Ukrainian visa. EU -country citizens do not need visa. All countries should consult the Ukrainian 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

Categories	Body Weight-Height	A-Team	B-Team
Women's Bodybuilding	Open class	<b>2</b>	<b>2</b>
Women's Fitness	Up to & incl 163cm	<b>2</b>	<b>2</b>
	Over 163 cm		
Women's Body-Fitness	Up to & incl 158 cm	<b>4</b>	<b>4</b>
	Up to & incl 163 cm		
	Up to & incl 168 cm		
	Over 168 cm		
Men's Fitness	Open class	<b>1</b>	<b>1</b>
Women's Bikini-Fitness	Up to & including 158 cm	<b>4</b>	<b>4</b>
	Up to & including 163 cm		
	Up to & including 168 cm		
	Over 168 cm		
Women's Athletic fitness	Up to & incl 163cm	<b>2</b>	<b>2</b>
	Over 163 cm		
Men's Athletic fitness	Up to & incl 175 cm	<b>2</b>	<b>2</b>
	Over 175 cm		
Women's physique	Up to & incl 163cm	<b>2</b>	<b>2</b>
	Over 163 cm		
Men's physique	Up to & incl 178 cm	<b>2</b>	<b>2</b>
	Over 178 cm		

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

### Team „A”

A maximum allowable number of „A”-team competitors per National federation at this event is 21, but no more than two (2) in any one single category.

Pursuant to applicable rules, the Organizer will provide free of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.

Each National Federation shall pay a Registration Fee of **Euro €200** for each A-team competitor and delegate. The above Fee shall be paid upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

The „A”-team competitors shall compete for placing 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 which any undeclared competitor shall be responsible for all his or her expenses.

### Team „B”

The National Federation shall be obliged to pay the Full Package Rate of **Euro €400.00** in a double room or **Euro €450.00** in a single room for each „B”- team competitor. This package shall comprise the competitor accommodation, meals, onsite transportation and access for Prejudging, Finals and Farewell Banquet.

There shall be no requirement for „B” – team competitors to pay the Registration Fee. The „B”-team competitors shall compete for placing and awards, excluding the Best National Team award.

A National Federation must fully declare its „B”- team competitors on the Final Entry Form and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

## **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 Official an Letter of Authorization of Participation from his National Federation, failing which the Athlete will not be allowed to participate.

## **COMPETITION TAN**

The IFBB has banned all tans and bronzers that can be wiped off. An official will check the tan of all athletes backstage. If the tan comes off by simply wiping, the athlete will be told to remove it.

## **PARADE OF NATIONS**

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes is posing attire. One delegate and one athlete must take part in the Parade of Nations.

## **MEDIA ACCREDITATION**

All media accreditation, except Ukrainian media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation must contact Mr. Andrew Michalak (IFBB Press Commission) not later than **August 26, 2013**. He will provide all necessary information. [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

## **SECRETARIAT**

The Organizing will maintain a Secretariat at the Official Hotel, from 09:00am, September 13, 2013 to 12:00pm, September 16, 2013. You may obtain information and assistance from the Secretariat.

## **DRUG TESTING**

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti -Doping Rules, using the 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. 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.

## **PASSPORT/MUSIC**

All competitors must provide their passport, the IFBB International Card and music at the Weigh -in and Registration, failing, the competitor will not be registered. The music must be on a CD, at the start of the CD. The athletes name must be affixed on the CD for identification purposes. IMPORTANT NOTICE: The use of profane, vulgar or offensive language is strictly prohibited in posing music.

## 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 **August 31, 2013 to:**

**Pawel Filleborn – Chairman IFBB Judges Committee**

E-mail: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

## JUDGES/TEAM MANAGERS MEETING

Each National Federation must ensure that it's nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting. All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.

## COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the weight / height measurement and given to the IFBB Press Commission official during the registration. This information is used to promote the competitor in press, on TV, the website and other media.

## 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.

## TIME DIFFERENCE

GMT +2 hour

## CURRENCY

The national currency in Ukraine is the **hryvnia**, sometimes **hryvnya** or **grivna**. Code: (UAH). One Euro is approximately equal to 10,7 UAH. One USD is approximately equal to 8,2 UAH.

## CLIMATE

During the month of September, the average day temperature is between 16 - 19 °C

## ELECTRICAL CURRENT

The electrical outlet are 220 V.

## LANGUAGE

The official languages in Ukraine are Ukrainian and Russian. English is widely spoken in hotels, restaurants and tourist areas.

## PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **July 15, 2013**. 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 for the Final Entry Form is **September 2<sup>nd</sup>, 2013**. National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges). You must also include 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 cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

If the Final Entry Form returns to the Organizing Committee after September 2<sup>nd</sup>, then this National Federation will have to pay the full package of **Euro €400** in a double room or **Euro €450** in a single room for each member of its National Team (athletes and delegates) instead of the Registration Fee.

## CORRESPONDENCE / CONTACT INFORMATION

**Please send all correspondence to:**

Ukrainian Federation of Bodybuilding

**Igor Deliiiev**

President UFBB

Mob. +38067 231 70 20

**Iryna Deliiieva**

General Secretary UFBB

Mob. +38067 264 92 30

E-mail: [ufbb@i.ua](mailto:ufbb@i.ua)

Website: [fbbu.com.ua](http://fbbu.com.ua)

International Federation of Bodybuilding and Fitness,

**Dr. Rafael Santonja,**

IFBB President

Phone: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: [internacional@santonja.com](mailto:internacional@santonja.com)



## **TENTATIVE SCHEDULE OF ACTIVITIES**

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

### **Thursday September 12**

Official Arrival Date for the IFBB Executive Members (Hotel Bratislava)

12:00 Check-in IFBB Executive Members

16:00 IFBB Executive Members Meeting

### **Friday September 13**

14:00-16:00 – Lunch

18:00 Technical Meeting

18:30 Judges & Team Managers Meeting

19:00 WEIGH-IN / MEASUREMENTS

20:00-23:00 Dinner

### **Saturday September 14**

07:00- 10:00 – Breakfast

10:00 MORNING SESSION

14:00-15:00 –Lunch

15:00 EVENING SESSION

20:00-23:00 – Dinner

### **Sunday September 15**

07:00- 10:00 – Breakfast

12:00 Official Opening of the Championships FINALS

15:00-16:00 –Lunch

21:00 Farewell Banquet

### **Monday September 16**

07:00- 10:00 – Breakfast

06:00- 12:00 – Official departure date for all participants



## PRELIMINARY ENTRY FORM

### IFBB WORLD WOMEN'S BODYBUILDING AND FITNESS & MEN'S FITNESS CHAMPIONSHIPS

September 13-16, 2013 KYIV, UKRAINE

**DEADLINE FOR ENTRY FORM JULY 15, 2013. PLEASE PRINT CLEARLY**

**FEDERATION NAME:** \_\_\_\_\_

**FEDERATION CONTACT PERSON:** \_\_\_\_\_

**CONTACT NUMBER:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

Our Federation is planning to participate in the **IFBB WORLD WOMEN'S BODYBUILDING AND FITNESS & MEN'S FITNESS CHAMPIONSHIPS 2013**

Please indicate "YES" or "NO". Yes \_\_\_\_\_ No \_\_\_\_\_

**NUMBER OF DELEGATES:** \_\_\_\_\_

**NUMBER OF ATHLETES:** \_\_\_\_\_

**NUMBER OF EXTRA DELEGATES AND SUPPORTERS:** \_\_\_\_\_

Please be advised that there will be twenty (20) categories at these Championships as follows: Women's Bodybuilding (open class), Women's Fitness (-163 cm), Women's Fitness (+163 cm), Men's Fitness (open class), Bodyfitness (-158 cm), Bodyfitness (-163 cm), Bodyfitness (-168 cm), Bodyfitness (+168 cm), Bikini Fitness (-158 cm), Bikini Fitness (-163 cm), Bikini Fitness (-168 cm), Bikini Fitness (+168 cm); Women's Athletic Fitness (-163 cm), Women's Athletic Fitness (+163 cm), Men's Athletic Fitness (-175 cm), Men's Athletic Fitness (+175 cm), Women's Physique (-163 cm), Women's Physique (+163 cm), Men's Physique (-178 cm), Men's Physique (+178 cm).

**Each National Federation may enter an A-Team of up to a maximum of twenty one (21) athletes (sixteen (16) female athletes and five (5) male athletes). 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 twelve (12) athletes: two (2) women's bodybuilding, two (2) women's fitness, four (4) body fitness, four (4) bikini fitness, two (2) women's athletic fitness, two (2) women's physique, two (2) men's athletic fitness, two (2) men's physique 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 (1) official delegate is 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.

**PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE OR NOT, NO LATER THAN JULY 15, 2013, TO:**

**Please send Preliminary Entry Forms to:**

Ukrainian Federation of Bodybuilding

Mob. +38067 264 92 30

E-mail: [ufbb@i.ua](mailto:ufbb@i.ua)

Website: [fbbu.com.ua](http://fbbu.com.ua)

**Please copy all correspondence to:**

IFBB HEAD OFFICE

[internacional@santonja.com](mailto:internacional@santonja.com)

and

[wanda.tierney@ifbb-uk.com](mailto:wanda.tierney@ifbb-uk.com)



## FINAL ENTRY FORM

### 2013 IFBB WORLD WOMEN'S BODYBUILDING AND FITNESS & MEN'S FITNESS CHAMPIONSHIPS

**September 13-16, 2013 KYIV, UKRAINE**

**DEADLINE FOR ENTRY FORM AUGUST 25, 2013**

**PLEASE PRINT CLEARLY**

COUNTRY	PRESIDENT NAME	FEDERATION NAME
CONTACT No FEDERATION (OFFICE OR CELL PHONE)		EMAIL FEDERATION

	Responsible Delegate present	POSITION IN NF	CONTACT NR	
1				
2				
	Competitor NAME:	CATEGORY	A/B	IFBB INTERNAT. CARD OR PASSPORT
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

**\*\*\*If you have more official athletes, please add them on a separate sheet.**

EXTRA DELEGATE/SUPPORTER (EXTRA PACKAGES)	
1	
2	
3	
4	

ARRIVAL DATE	ARRIVAL TIME	HOW MANY PERSONS	FLIGHT NR	AIRPORT/TERMINAL
DEPARTURE DATE	DEPARTURE TIME	HOW MANY PERSONS	FLIGHT NR	AIRPORT/TERMINAL

**Please list your judges names here:**

	NAME OF JUDGE(S) - (AS WRITTEN IN PASSPORT)	PASSPORT NUMBER
1		
2		
3		
4		

**Please list your Test-judges names here:**

	NAME OF JUDGE(S) - (AS WRITTEN IN PASSPORT)	PASSPORT NUMBER
1		
2		

**\*\*Please send us ASAP the rooming list.**

<p><b>Please send Preliminary Entry Forms to:</b>            Ukrainian Federation of Bodybuilding            Mob. +38067 264 92 30            E-mail: <a href="mailto:ufbb@i.ua">ufbb@i.ua</a>            Website: <a href="http://fbbu.com.ua">fbbu.com.ua</a></p>	<p><b>Please copy all correspondence to:</b>            IFBB HEAD OFFICE  <a href="mailto:internacional@santonja.com">internacional@santonja.com</a>            and  <a href="mailto:wanda.tierney@ifbb-uk.com">wanda.tierney@ifbb-uk.com</a></p>
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**COMPETITOR INFORMATION FORM**  
**2013 WORLD WOMEN'S CHAMPIONSHIPS – KYIV, UKRAINE**

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THE CATEGORY YOU WANT TO START IN: .....

FIRST NAME: ..... FAMILY NAME: .....

COUNTRY: ..... DATE OF BIRTH: .....

CONTEST BODYWEIGHT: .....kg, BODY HEIGHT: .....cm

OFF-SEASON BODYWEIGHT: .....

EDUCATION (school, specialization):  
.....  
.....

CURRENTLY PERFORMED JOB: .....

GYM (STUDIO, CLUB): ..... CITY: .....

TRAINERS: .....

HOBBY: .....

NEXT CONTEST (PLANNED): .....

SPORT ACHIEVEMENTS:  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

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

YOUR PERSONAL WEBSITE ADDRESS: .....

.....  
Signature

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*Please fill in this Form for each athlete and give it back during the registration/weigh-in in Kyiv*