



IFBB WORLD LADIES CUP

INSPECTION REPORT

KYIV, UKRAINE

April 11-14, 2014



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 Ladies Cup April 11-14, 2014.



RECOMMENDED HOTEL

«Bratislava»***
Andriya Malushko Street 1, Kyiv
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. 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»

Please contact the organizing committee to make a reservation!

Special Price:

30 Euro per person per night (double room)

40 Euro per night (single room)





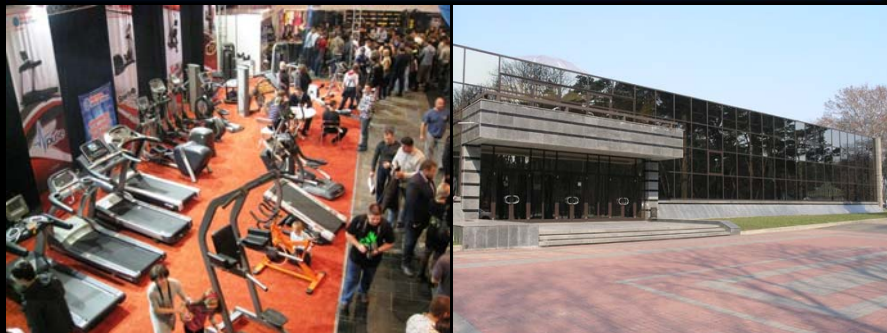
IFBB REGISTRATION FEE

Each Official Participant must pay the IFBB Registration Fee of Euro **€150**. This fee is payable to the IFBB upon arrival at the Official Hotel in Kyiv. IFBB book **Euro €30** for 2014.

VENUE SITE

Exhibition Centre «ACCO International»

Kiev, 40-B, Peremohy Ave.
 "Shulyavskaya" Metro station
www.acco.ua/eng



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.

www.wlc.kiev.ua/en/booking - Booking place on EXPO

ARRIVAL/AIRPORT

The official airports for arrivals are: International airport «**Boryspil**», is the largest in Ukraine (3 terminals: «B», «F» and «D») www.kbp.aero, and International airport «**Kyiv**» provide high-quality, comfortable services 520 passengers per hour. www.airport.kiev.ua

TRANSPORTATION

Each participant gets to the hotel "Bratislava", the place of registration of their own.

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 FOR COMPETITION

Women's Fitness:

- Up to & incl 163cm
- Over 163 cm

Women's Bodyfitness:

- Up to & incl 163 cm
- Up to & incl 168 cm

- Over 168 cm

Women's Fitness-Bikini:

- Up to & including 163 cm
- Up to & including 168 cm
- Up to & including 172 cm
- Over 172 cm

No limit participants in each category! No B-team!

PRIZE MONEY (in each category)

1st place – 2000\$

2nd place – 1000\$

3rd place – 800\$

4th place – 500\$

5th place – 400\$

6th place – 300\$

Overall winner (bodyfitness, fitness, bikini-fitness) – 3000\$

Overall winner (bodyfitness and bikini-fitness) – PRO CARD

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.

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, 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.

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 **March 30, 2014 to:**

Paweł Filleborn – Chairman IFBB Judges Committee

E-mail: 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.

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.

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 10,2 UAH. One USD is approximately equal to 8 UAH.

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.

FINAL ENTRY FORM

The deadline for the Final Entry Form is **March 30 ,2014**. National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges).

CORRESPONDENCE / CONTACT INFORMATION

Please send all correspondence to:

Ukrainian Federation of Bodybuilding
Igor Delliiev
President UFBB
Mob. +38067 231 70 20

Iryna Delliieva
General Secretary UFBB
Mob. +38067 264 92 30
E-mail: ufbb@i.ua
Website: 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: international@santonja.com

TENTATIVE SCHEDULE OF ACTIVITIES

Friday, April 11

18:30 Judges & Team Managers Meeting (Hotel Bratislava)

19:00 WEIGH-IN / MEASUREMENTS (Hotel Bratislava)

Saturday, April 12

13:00 Semifinals

Sunday, April 13

14:00 Official Opening of the Championships FINALS

20:00 Farewell Banquet

Monday April 14

Departure date for all participants

International Federation of Bodybuilding & Fitness

Dublin 39/I – Europolis – Las Rozas - Madrid – 28232 – Spain - Tel: (34) 5352819 Fax: (34) 5351518

FINAL ENTRY FORM

IFBB WORLD LADIES CUP
 April 11-14, 2014, KYIV, UKRAINE
 DEADLINE FOR ENTRY FORM MARCH 30th, 2014
 PLEASE PRINT CLEARLY IN WORD

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

	Responsible Delegate present	POSITION IN NF	CONTACT NR
1			
	Competitor NAME:	CATEGORY (CLEARY)	IFBB INTERNAT. CARD OR PASSPORT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

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

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

Please send Preliminary Entry Forms to:
 Ukrainian Federation of Bodybuilding
 Mob. +38067 264 92 30
 E-mail: ufbb@i.ua
 Website: fbbu.com.ua

Please copy all correspondence to:
 IFBB HEAD OFFICE
internacional@santonja.com
 and
wanda.tierney@ifbb-uk.com



