



**IFBB Amateur Junior & Masters
Bodybuilding, Classic Bodybuilding, Fitness,
Body-Fitness, Bikini-Fitness, Physique
And Wheelchair Bodybuilding
World Championship 2014**



INSPECTION REPORT

**MORELIA, MEXICO
02 – 06 OCTOBER 2014**

WELCOME

The Organizing Committee of the Mexican Federation of Fisicoconstructivismo and Fitness, A.C. (FMFF), gives a most warm welcome to all the National Federations that will be participating in the IFBB Amateur World Junior & Masters Championships in the beautiful city of Morelia, Michoacán.

LOCATION

The City of Morelia is one of the most beautiful touristic destinations of Mexico through its invaluable cultural and historic patrimony, is considered the ideological cradle of the Movement of Independence and is host of international festivals of music and cinema.

Morelia offers a great variety of attractions, like its ancestral constructions of pink quarry, their ample variety of gastronomy, its traditional legend, dances and crafts.

A walk by Calzada de Guadalupe allows you to enjoy one of the more seductive avenues of the city, the beauty of Morelia accentuate at night with illuminations of three of its representative monuments: L Cathedral, the Old School of San Nicolás and Aquaduct.

PLACES TO VISIT

Històrico center, a place to admire the cathedral, where there are spectacular fireworks every Saturday, the Palace of Government, Cultural Center Calvijero, Regional Museum, among others.

Museum of the Candy; taste more than 300 varieties of typical regional candies. Open daily from 10:00 to 20:00 hours

Aquaduct of baroque style, consists of 253 arcs that serves to provide the City with drinkable water and to give use to the indigenous, a way to admire the Source of the Tarascas.

Butterfly Monarch from November to March there is a beautiful spectacle, as it is the arrival of the Butterfly Monarch. A perfect change to see and it is a great experience.



House of the Artesanías; a museum lodges area, with temporary exhibitions that show the work of the craftsmen, in a gallery.

Janitzio and Tzitzuntzan; the most important island in the lake of Pàtzcuaro, is worth a visit to appreciate the Statue of José María Morelos and murals. Tzitzuntzan is famous for his craftsmanship, elaborated with wheat straw and the yacatas.



LANGUAGE

Like in all Mexico, Spanish is the main language.

CURRENCY

The national currency in Mexico is Peso. All the main credit cards are accepted in most of hotels, commercial centres, shops and restaurants.

CLIMATE

The climate in Morelia is tempered throughout year, with warm mornings and fresh nights, minimum temperature is 10° C and the maximum is 25° C.

ELECTRICAL CURRENT

The electrical current is 110 volts.

OFFICIAL HOTEL

BEST WESTERN PLUS GRANDE HOTEL MORELIA

Av. Ventura Puente esq. Camelina

Col. Desarrollo Montaña

Morelia, Michoacán C.P. 58070

Lada without cost 01 800 083 55 29

(Host Executive Committee and delegates of the IFBB)



REAL INN MORELIA

Av. Montaña Monarca Norte No. 1000

Col. Desarrollo Montaña

Morelia, Michoacán C.P. 58350

Tel. +52 (443) 322 3150

(Host for Athletes)



HOLIDAY INN MORELIA

Periferico Paseo de la Republica

Sector Nueva España

Morelia, Michoacán C.P. 58295

Tel. without cost 01 800 000 04 04

(Host for Athletes)



ACCOMMODATION

The Organizing committee will provide accommodation free of charge and three meals per the day, beginning with lunch Friday 3rd October and finishing with breakfast Monday 6th October for all the official participants in accordance with the rules of the IFBB:

Three or more competitors; 2 official delegates.

Two or less competitors: 1 official delegate.

The term “Official Participant” means 1) an Athlete who is duly authorized by his national federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

National federation without athlete can send an official delegate; nevertheless, this delegate will be responsible for all his own expenses.

Date of official arrival: Friday 3rd October 2014.

Date of official departure: Monday 6th October 2014.

IMPORTANT NOTICE:

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the Technical Meeting (3rd October 5:00pm). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his/her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a 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.

HOTEL SECURITY DEPOSIT

A hotel security deposit of 100 Euros (US\$ 150) per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, 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 member of his/her team.

ADDITIONAL DELEGATES, TECHNICAL SUPPORT, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package that includes: 3 nights with meals and drinks including, tickets for the semifinals, farewell banquet and local transportation person of: **USD\$550.00 or EURO €420** in double room or, **USD\$600.00 or EURO €450** for a single room.

VENUE

Theater Jose Maria Morelos

Av. Ventura Puente
Esquina Camelias
Col. Feliz Irieta



Directions of the routes for location of Theater, Airport and Hotels. <http://goo.gl/maps/7mjvd>

ARRIVAL TO THE AIRPORT

The official airport for arrivals is in Mexico-DF, the Benito Juarez Mexico City International Airport. The city of Morelia is approx 300 km from Mexico-DF and is connected by a very fast Highway.

TRANSFER FROM MEXICO-DF AIRPORT TO MORELIA

The Organizing Committee will provide a **free of charge** bus service from the Mexico-DF airport to the official hotels in Morelia for Thursday October 2nd and on the official arrival day Friday October 3rd. The bus service will also be free on the departure day of Monday October 6th.

The frequency of the buses will be maximum of 2 hours between buses and the transfer will take approximately 4 hours

There are flights from Mexico DF airport to the Internacional General Francisco Mújica Airport in Morelia, but the Organizing Committee and the IFBB are advising all participants to take advantage of the free travel by bus, than flying, because changing terminal and taking a domestic flight might take longer, be more inconvenient and will of course be more expensive.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of October 3rd, 2014 and staying on after the official departure date of October 6th, 2014 will be responsible for all their own expenses. They will also be responsible for their own transportation between the airport and the hotel, if the arrival date is before Thursday October 2nd.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee **BEFORE THE 19th SEPTEMBER**. The hotel expenses for an additional day are approximately Euro 60,00 € per person per day in a double room (with breakfast).

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. . To confirm, please send your flight, day, time of arrival and departure by fax: 52-55-55-66-28-36 or email: fmff2001@hotmail.com/ worldfitmex@live.com

VISAS

A valid passport is required to enter the territory of Mexico. Passports should be valid for at least 6 months before arrival in Mexico. All countries should consult the Mexican Embassy in their country to determine if they need a visa. An Official Invitation Letter will be made available if required.

CATEGORIES OPEN FOR THE COMPETITION

JUNIORS

No	Category	Discipline	Bodyweight or Body Height	A-Team	B-Team
1	Junior Women	Bikini-Fitness, age <23	Open Class	1	1
2	Junior Women	Body-Fitness, age <23	Upto/incl 163cm	2	2
3	Junior Women	Body-Fitness, age <23	Over 163 cm		
4	Junior Women	Fitness, age <23	Upto/incl 163cm	2	2
5	Junior Women	Fitness, age <23	Over 163 cm		
6	Junior Women	Physique, age <23	Open Class	1	1
7	Junior Men	Bodybuilding age <23	Upto/incl 75 kg	2	2
8	Junior Men	Bodybuilding age <23	Over 75 kg		
9	Junior Men	Classic BB, age <23	Open Class	1	1
10	Junior Men	Fitness, age <23	Open Class	1	1
11	Junior Men	Physique, age <23	Open Class	1	1

MASTERS

No	Category	Discipline	Bodyweight or Body Height	A-Team	B-Team
12	Women Masters	Bikini-Fitness: age >35 years	Open Class	1	No limit
13	Women Masters	BodyFitness	Age: 35 - 44 years	2	No limit
14	Women Masters	BodyFitness	Age > 45 years		
15	Women masters	Physique: age >35 years	Open Class	1	No limit

No	Category	Discipline	Bodyweight or Body Height	A-Team	B-Team
16	Men Masters	Bodybuilding Age 40-49 years	Upto/incl 70 kg	8	No limit
17	Men Masters	Bodybuilding Age 40-49 years	Upto/incl 80 kg		
18	Men Masters	Bodybuilding Age 40-49 years	Upto/incl 90 kg		
19	Men Masters	Bodybuilding Age 40-49 years	Over 90 kg		
20	Men masters	Bodybuilding Age 50-59 years	Upto/incl 80 kg		
21	Men masters	Bodybuilding Age 50-59 years	Over 80 kg		
22	Men masters	Bodybuilding Age 60-65 years	Open Class		
23	Men masters	Bodybuilding Age > 65 years	Open Class		
24	Men masters	Classic BB: age 40-49	Open Class	2	No limit
25	Men masters	Classic BB: age >50 years	Open Class		
26	Men	Wheelchair	Open Class	1	No limit

The category of **Masters Men's Classic Bodybuilding** by weight to height has the following limit:

Height	Bodyweight limit
Up to 168 cm	Height - 100
Up to 171 cm	(Height - 100) + 2 kg
Up to 175 cm	(Height - 100) + 4 kg
Up to 180 cm	(Height - 100) + 6 kg
Up to 180 cm	(Height - 100) + 8 kg
Up to 198 cm	(Height - 100) + 9 kg
Over 198 cm	(Height - 100) + 10 kg

The category of **Junior Men's Classic Bodybuilding** weight to height has the following limit:

<i>Height</i>	<i>Bodyweight limit</i>
<i>Up to 168 cm</i>	<i>Height - 100</i>
<i>Up to 171 cm</i>	<i>(Height - 100) + 1 kg</i>
<i>Up to 175 cm</i>	<i>(Height - 100) + 2 kg</i>
<i>Up to 180 cm</i>	<i>(Height - 100) + 3 kg</i>
<i>Up to 190 cm</i>	<i>(Height - 100) + 4 kg</i>
<i>Up to 198 cm</i>	<i>(Height - 100) + 4.5 kg</i>
<i>Over 198 cm</i>	<i>(Height - 100) + 5 kg</i>

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 25 plus Wheel Chair.
- 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 accommodation, meals, onsite transportation between hotel and venue and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- National federation 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 (FEF) 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.

The „B” – team

- Each National Federation may enter a „B”– team according to the rules specified below.
- The maximum allowable number of **JUNIORS** competitors in the B-team shall not exceed those in the A-team;
- There is NO LIMITATION for „B”– team **MASTERS** competitors in these Championships.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”-team competitor. This package shall comprise of the competitor’s Registration Fee, accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet.
- 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 Entry Form (FEF) and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

AGE LIMITS

JUNIOR <23 years of age

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 23rd birthday.

MASTER

A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday (in case of the category Body-Fitness 35-44 years of age). In the year in which the competitor reaches her 45th birthday, she may compete in the over 45 years of age only.

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 the year in which competitor reaches his 50th birthday, he may compete in category 50-59 years of age only. In the year in which competitor reaches his 60th birthday, he may compete in category over 60 years of age only.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Hotel to start from 8:00am from 2nd October to 20:00 hours to the 06 of October.

REGISTRATION FEE IFBB

Each official participant of the Junior categories and the official delegates, including the delegates without competitors, must pay the Registration Fee of Euro €150.00. Each official participant of the Masters categories, must pay the Registration Fee Euro €200.00.

This fee has to be paid to the appointed IFBB official on arrival at the hotel.

The athletes of B-Team must pay the full package price of Euro €450.00. This includes the IFBB Registration Fee.

- The Registration Fee of the IFBB is completely independent of the security deposit of the hotel.

DOPING CONTROLS

Doping controls will be conducted by the Comisión Nacional de Cultura Física y Deporte (CONADE) under the supervision of the IFBB medical commission pursuant to the IFBB anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form, to release the FMFF and the IFBB from all liability.

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

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights 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 the IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on 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 and/or offensive language is strictly prohibited in posing music.

NATIONAL FLAG/NACIONAL ANTHEM

All the National Federations must bring with them to Mexico their National anthem (only brief version) in CD. This has to be on a separated CD with no other type of music on the CD. All the National Federations will have to take with them to Mexico its National Flag. The flags must measure not more than 2.5 meters x 1.5 metres.

Please Note

For all the European Federations the IFBB 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 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 these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than 18th September 2014 to:

Pawel Filleborn

Chairman, IFBB Judges Committee

E-mail: pawelfilleborn@gmail.com

PLEASE **DO NOT** FAX/EMAIL YOUR NOMINATIONS TO IFBB HEADQUARTERS.

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

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 **no later than 18th September 2014**.

IFBB COMPETITOR INFORMATION FORM

This form must be completed by each competitor with the weight and/or measurement of the height and should be send to the IFBB Press Commission Andrew Michalak: amichalak5@gmail.com .

This information is used to promote the competition in the press, the television, the IFBB Website and other mass media

GREEN CARDS

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, 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.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these World Junior and Master Championships must be affiliated Members in good standing of their National Federations. Any Athlete who arrives without a Delegate must bring an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

INFORMATION CONTACT

Mexican federation of Fisicoconstructivismo and Fitness, A.C.

Av. Instituto Técnico Industrial No. 9-Altos

Col. Santa María la Ribera, Deleg. Cuauhtémoc

Mexico, D.F. C.P. 06400

Tel. +52 55 55 66 01 22

Fax: +52-55-55-66-28-36

Email: worldfitmex@live.com and fmff2001@hotmail.com

Please send a copy:

International Federation of Bodybuilding and Fitness

Dr. Rafael Santonja

IFBB President

Phone: +34 91 535 28 19

Fax: +34 91 535 0320

Email: headquarters@ifbb.com

And Wanda Tierney

Email: wanda.tierney@ifbb-uk.com

PRELIMINARY ENTRY FORM (PEF)

The final date to send the PEF is 25 of August 2014. The national federations must email back the PEF to the organizing committee as soon as is possible but before the date limit, which confirms the intention of its federation to participate in the championship.

If at this moment you do not know the names official of the official participants she indicates the total number of athletes who will participate in the championship of their federation.

FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is 18 of September 2014. The National Federations must display the official names of all the participants (athletes by category of weight, the delegates and judges). It also must include the details of flights for arrival and departure.

With the purpose of guaranteeing rooms for all the teams, the FEF must be sent before the date limit. Your cooperation is essential to guarantee your rooms in the hotel.

TENTATIVE PROGRAM OF ACTIVITIES
Morelia - Michoacán, 02 to 06 of October 2014

Thursday 02 - Arrival for the Executives of the IFBB	
12:00 hrs.	Arrival of the Members of the Executive Committee of the IFBB
17: 00 hrs.	Technical meeting of the Executive Committee of the IFBB
20: 00 hrs.	Welcome Dinner for the Executive Committee of the IFBB
Friday 03 - Official Arrival Athletes and Delegates	
07:00 to 11:00 hrs.	Breakfast Buffet in Hotel
13:00 to 16:00 hrs.	Lunch Buffet in the Hotel
17:00 hrs.	Technical Meeting Delegates and Judges
17:30 hrs.	Technical Meeting Athletes
18:30 hrs.	Weigh-in/Measuring - Hotel
20:00 to 23:00 hrs.	Dinner
Saturday 04	
07:00 to 09:00 hrs.	Breakfast Buffet Hotel
10:00 to 13:00 hrs.	Pre-judging and Finals part 1 Morelos Theatre
13:00 to 14:30 hrs.	Lunch
15:00 to 20:00 hrs.	Pre-judging and Finals part 2 Morelos Theatre
20:00 to 23:00 hrs.	Buffet supper Hotel
Sunday 05	
07:00 to 09:00 hrs.	Breakfast Buffet Hotel
10:00 to 13: 00 hrs.	Pre-judging and Finals part 3 Morelos Theatre
13:00 to 14:30 hrs.	Lunch
15:00 to 20:00 hrs.	Pre-judging and Finals part 4 Morelos Theatre
20:00 to 23:00 hrs.	Farewell Dinner Hotel
Monday 06	
06:00 to 12:00 hrs.	Official departure of all the Delegations