



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



2017 EBFF EUROPEAN BODYBUILDING & FITNESS CHAMPIONSHIPS MEN, WOMEN, JUNIORS & MASTERS

*Bodybuilding, Classic Bodybuilding, Men's Physique,
Fitness, Body-Fitness, Bikini-Fitness, Women's Physique and Mixed Pairs*

MEN'S WHEELCHAIR BODYBUILDING

AND

16th EBFF EUROPEAN CONGRESS 2017

INSPECTION REPORT



SANTA SUSANNA, SPAIN

May 03rd – 08th, 2017

WELCOME:

The EUROPEAN BODYBUILDING AND FITNESS FEDERATION (EBFF), Santa Susanna City Hall and the Tourist Foundation of Santa Susanna extend a warm welcome to all EBFF National Federations to participate in the EBFF European Bodybuilding, Fitness and Juniors & Masters Championships and EBFF Congress, in Santa Susanna, Spain, which will include the following disciplines: Men's Bodybuilding, Men's Classic Bodybuilding, Women's and Men's Fitness, Body-Fitness, Bikini-Fitness, Men's and Women's Physique, Mixed Pairs and Men's Wheelchair Bodybuilding.



LOCATION:

Santa Susanna is a popular touristic resort, located at the Mediterranean coast of Catalonia (Spain). Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events. It has been the successful venue site of 6 consecutive World Women championships (2003-2008) and numerous other European and World Championships and is known as **THE CAPITAL OF FITNESS**.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.



HOW TO GET THERE:



By car

-If you are coming from the south or the east, on the AP-7 motorway to the junction for Mataró, La Roca, C-60. Continue on the C-60 towards Mataró until the junction for Gerona C-32. Then follow the C-32 towards Gerona until the Calella, Pineda, Santa Susanna turnoff.

N-II. From Calella on the N-II (towards Gerona), Pineda and Santa Susanna.

-If you are coming from the north, on the AP-7 motorway until the turnoff for Lloret, Blanes, Malgrat C-35. Around Vidreres, take the N-II and continue until Santa Susanna.



By train

-RENFE Suburban train, Line 1 to Santa Susanna (every 30 minutes).

-From **Barcelona airport** take the train (line 10) to Sants station and in Sants take the line 1 train to Blanes or Maçanet-Massanes.

-From **Girona airport** take the bus to the train station. Take the train to Maçanet-Massanes and in Maçanet take the train to Santa Susanna.



By bus

-**From Barcelona** with the Barcelona Bus company from Ronda Sant Pere or "Estació del Nord". Telephone for information 902 13 00 14, www.barcelonabus.com.

-**From Girona Airport** with the Barcelona Bus company. Telephone for information 902 13 00 14, www.barcelonabus.com.

OFFICIAL HOTELS

All official hotels will be four stars category and they will be located on Paseo Maritimo Street. The Organizing Committee will have a CHECK POINT OFFICE in Caprici Verd Hotel, Avenida del Mar 3, Santa Susanna. This Check Point will have easy access and will handle all the registration, accreditation and accommodation for the hotels.



ACCOMMODATION

The Organiser will provide free-of-charge accommodations and three meals per day, starting with lunch on Wednesday, May 3rd, 2017 and ending with breakfast on Monday, May 8th, 2017 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.*

A 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 Wednesday, May 3rd, 2017.

The Official Departure Date is Monday, May 8th, 2017.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting. Any Official Participant not checked in by this deadline, without notifying the Organizing Committee, 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.**

HOTEL SECURITY DEPOSIT

A hotel security deposit of **EUR €100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, 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 at the check-in, 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.

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.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 5 nights with all meals and drinks included, tickets for semi-finals and finals, closing banquet and transport to and from hotel to venue at: EUR **€350** for each person in a double room or EUR **€450** for a single room. For more information, please ask the Organizing Committee

The organizer shall arrange the transportation between airport and hotel on **Wednesday, May 3rd, 2017** for EUR **€20** per person and the transportation between hotel and airport on **Monday, May 8th, 2017** for EUR **€20.00** per person, based on the provided times of arrivals and departure for all teams,



VENUE SITE

Parc Colomer Sports Centre, Santa Susanna.



ARRIVAL AIRPORT

“El Prat” Airport is located 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona. The other airport near Santa Susanna is Girona Airport, which is a popular airport for budget airlines. Please notify the Organizing Committee the details of your arrival time no later than 12 days before the Championships so that suitable transportation can be arranged for your National Team members.

TRANSPORTATION TO AND FROM THE AIRPORT

The official airport for arrivals is the “El Prat International Airport”. The transportation from the airport to the hotel will be arranged.

The Organizing Committee will pick you up at the “El Prat” International Airport. The organizer shall arrange the transportation between airport and hotel on **Wednesday, May 3rd, 2017 for EUR €20** per person and the transportation between hotel and airport on **Monday, May 8th, 2017 for EUR €20.00** per person, based on the provided times of arrivals and departure for all teams.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of May 3rd, 2017 and staying on after the official departure date of May 8th, 2017 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee, who will be able to arrange a special rate.

FLIGHT RECONFIRMATION

For the reconfirmation of your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival.

VISAS

A valid passport is required to enter Spain. EU-country citizens do not need to obtain a visa. All other countries should consult the Spanish Embassy in their country to determine if they need a visa. 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 Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, included in an official National Federation Team, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by its athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

CATEGORIES OPEN FOR COMPETITION – SENIORS OPEN CLASSES

(Categories adapted to the 2017 IFBB regulations. Please, look to them carefully)

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Men Bodybuilding	Up to & incl. 70 kg	6	6
2	Men Bodybuilding	Up to & incl. 75 kg		
3	Men Bodybuilding	Up to & incl. 80 kg		
4	Men Bodybuilding	Up to & incl. 90 kg		
5	Men Bodybuilding	Up to & incl. 100 kg		
6	Men Bodybuilding	Over 100 kg		
7	Men Classic Bodybuilding *	Up to & incl. 168 cm	5	5
8	Men Classic Bodybuilding *	Up to & incl. 171 cm		
9	Men Classic Bodybuilding *	Up to & incl. 175 cm		
10	Men Classic Bodybuilding *	Up to & incl. 180 cm		
11	Men Classic Bodybuilding *	Over 180 cm (see notes below*)		
12	Games Classic Bodybuilding*	Up to & incl. 175 cm	2	2
13	Games Classic Bodybuilding*	Over 175 cm		
14	Wheelchair Bodybuilding	Open Class	1	No Limit
15	Women Physique	Up to & incl. 163 cm	2	2
16	Women Physique	Over 163 cm		
17	Women Bodyfitness	Up to & incl. 158 cm	4	4
18	Women Bodyfitness	Up to & incl. 163 cm		
19	Women Bodyfitness	Up to & incl. 168 cm		
20	Women Bodyfitness	Over 168 cm		
21	Women Bikini-Fitness	Up to & incl. 158 cm	8	8
22	Women Bikini-Fitness	Up to & incl. 160 cm		
23	Women Bikini-Fitness	Up to & incl. 162 cm		
24	Women Bikini-Fitness	Up to & incl. 164 cm		
25	Women Bikini-Fitness	Up to & incl. 166 cm		
26	Women Bikini-Fitness	Up to & incl. 169 cm		
27	Women Bikini-Fitness	Up to & incl. 172 cm		
28	Women Bikini-Fitness	Over 172 cm		
29	Women Fitness	Up to & incl. 163 cm	2	2
30	Women Fitness	Over 163 cm		
31	Women Wellness Fitness	Up to & incl. 163 cm	2	2
32	Women Wellness Fitness	Over 163 cm		
33	Men Fitness*	Open Class	1	1
34	Men Physique	Up to & incl. 170 cm	6	6
35	Men Physique	Up to & incl. 173 cm		
36	Men Physique	Up to & incl. 176 cm		
37	Men Physique	Up to & incl. 179 cm		
38	Men Physique	Up to & incl. 182 cm		
39	Men Physique	Over 182 cm		
40	Muscular Men's Physique	Open Class	1	1
41	Mixed Pairs	Open Class	1	1

If less than 6 athletes in a category, this category will be combined with the next category, if possible.

JUNIORS (AGE LIMIT: 16-23 YEARS)

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Junior Women Bodyfitness	Open Class	1	1
2	Junior Women Fitness	Up to & incl. 163 cm	2	2
3	Junior Women Fitness	Over 163 cm		
4	Junior Women Bikini-Fitness	Up to & incl. 160 cm	3	3
5	Junior Women Bikini-Fitness	Up to & incl. 166 cm		
6	Junior Women Bikini-Fitness	Over 166 cm		
7	Junior Men Bodybuilding	Up to & incl. 75 kg	2	2
8	Junior Men Bodybuilding	Over 75 kg		
9	Junior Men Classic Bodybuilding **	Open Class	1	1
10	Junior Men Fitness	Open Class	1	1
11	Junior Men Physique	Up to & incl. 174 cm	3	3
12	Junior Men Physique	Up to & incl. 178 cm		
13	Junior Men Physique	Over 178 cm		

MASTERS

	DISCIPLINE	AGE LIMIT	CATEGORY	A-TEAM	B-TEAM
14	Master Women Bikini-Fitness	Age >35	Up to 163 cm	2	No Limit
15	Master Women Bikini-Fitness	Age >35	Over 163 cm		
16	Master Women Bodyfitness	Age 35-44 yrs	Open Class	2	No Limit
17	Master Women Bodyfitness	Age >45 yrs	Open Class		
18	Master Women Physique	Age >35 yrs	Open Class	1	No Limit
19	Master Men Physique	Age 40-44 yrs	Open Class	3	No Limit
20	Master Men Physique	Age 45-49 yrs	Open Class		
21	Master Men Physique	Age >50 yrs	Open Class		
22	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 70 kg	12	No Limit
23	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 80 kg		
24	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 90 kg		
25	Master Men Bodybuilding	Age 40-44 yrs	Over 90 kg		
26	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 70 kg		
27	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 80 kg		
28	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 90 kg		
29	Master Men Bodybuilding	Age 45-49 yrs	Over 90 kg		
30	Master Men Bodybuilding	Age 50-54	Up to & incl. 80 kg		
31	Master Men Bodybuilding	Age 50-54	Over 80 kg		
32	Master Men Bodybuilding	Age 55 & over	Up to & incl. 75 kg		
33	Master Men Bodybuilding	Age 55 & over	Over 75 kg		
34	Master Men Classic BB	Age 40-44 yrs	Open Class	3	No Limit
35	Master Men Classic BB	Age 45-49 yrs	Open Class		
36	Master Men Classic BB	Age >50 yrs*	Open Class		

If less than 6 athletes in a category, this category will be combined with the next category, if possible.

BODYWEIGHT LIMITS

Junior Men's Fitness bodyweight limits:

For all body heights: Max. Bodyweight [kg] = Height [cm] – 100 [kg]

Men's Fitness bodyweight limits:

Up to & incl. 170 cm: Max. Bodyweight [kg] = (Height [cm] -100) + 1 [kg]
Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] -100) + 2 [kg]
Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] -100) + 3 [kg]
Up to & incl. 190 cm: Max. Bodyweight [kg] = (Height [cm] -100) + 4 [kg]
Up to & incl. 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4.5 [kg]
Over 198 cm: Max. Bodyweight [kg] = (Height [cm] – 100) + 5 [kg]

Junior Men's Classic Bodybuilding bodyweight limits:

Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 190 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4.5 [kg]
Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]

Men and Master Men's Classic Bodybuilding bodyweight limits:

Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
Over 180 cm: Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
Up to& incl. 198 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
Over 198 cm: Max Weight [kg] = (Height [cm] - 100) + 10 [kg]

Men Games Classic Bodybuilding bodyweight limits:

Up to & incl. 162 cm: Max Weight [kg] = (Height [cm] – 100) – 2 [kg]
Up to & incl. 165 cm: Max Weight [kg] = (Height [cm] – 100) – 1 [kg]
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + 1 [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + 3 [kg]
Up to& incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
Up to& incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 5 [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 6 [kg]

AGE LIMITS

JUNIORS

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.

FEMALE MASTERS:

a) May compete as a MASTER competitor in the category 35-44 years of age from January 1st of the

year in which the athlete reaches her 35th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, she may compete only in the category over 45 years of age.

b) May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which the athlete reaches her 45th birthday.

BOODYBUILDING AND MEN'S PHYSIQUE MALE MASTERS:

a) May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may compete only in the category 45-49 years of age.

b) May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category over 50 years of age.

c) May compete as a MASTER competitor in the category over 50 years of age from January 1st of the year in which the athlete reaches his 50th birthday.

PARTICIPATION

These Championships are open for **the IFBB-affiliated National Federations being also EBFF members. Participation of athletes is limited to A-Team and B-Team from each country, except the host country.** Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is April 17th, 2017.

The final decision to allow an athlete to compete in this event rests with the EBFF.

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 for the **Seniors is 39 plus 1 Wheelchair.**
- Mixed Pairs, should be composed of athletes competing in one of the Men's and Women's categories, excluding Men's Physique and Women's Bikini Fitness athletes.
- The maximum allowable number of competitors in the A-team for the **Juniors and Masters is 36 (13 Juniors and 23 masters).**
- 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 and delegates.
- National Federation shall pay a Registration Fee for each A-team competitor and delegate.
- The A-team competitors shall compete for placings and awards, including the Best National Team award.
- Each 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 at 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 **SENIORS** (39) and **JUNIORS** (13) competitors in the B-team shall not exceed those in the A-team. [Plus 1 Mixed Pair](#).
- There is NO LIMITATION for B-team **MASTERS** and **WHEELCHAIR** competitors at 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 (**EUR €350** per person in a double room. **EUR €450** per person in a single room).
- The B-team competitors shall compete for placings and awards and 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 at the official hotel, failing which any undeclared competitor shall be disqualified.

NEW EBFF RULES FOR TEAMS CLASSIFICATION CALCULATIONS

[A separate team's classification for Juniors and Masters categories will also be run.](#)

At the **European Bodybuilding Championships**, the results of the following competitors from each National Team will be taken into consideration to calculate the total points of each team:

1. Men Bodybuilding - top 5
2. Men Classic Bodybuilding - top 3
3. Games Classic Bodybuilding - top 2
4. Men's Physique - top 4
5. Mixed Pairs - top 1

At the **European Fitness Championships**, the results of the following competitors from each National Team will be taken into consideration to calculate the total points of each team:

1. Men Fitness - Team top 1
2. Women Fitness - Team top 2
3. Women's Physique - Team top1
4. Women Bodyfitness - Team top 3
5. Women Bikini-fitness - Team top 5
6. Women Wellness-Fitness - Team top 1

At the **European Juniors and Masters Championships**, the results of the following competitors from each National Team will be taken into consideration to calculate the total points of each team:

1. Junior Men Bodybuilding - top 2
2. Junior Men Classic Bodybuilding - top 1
3. Junior Men's Physique - top 2
4. Junior Men Fitness - top 1
5. Junior Women Fitness - top 2
6. Junior Women Bodyfitness - top 1
7. Junior Women Bikini-Fitness - top 2
8. Master Men Bodybuilding, age 40-44 - top 3
9. Master Men Bodybuilding, age 44-49 - top 3
10. Master Men Bodybuilding, age 50-54 - top 1
11. Master Men Bodybuilding, age 55 & over - top 1
12. Master Men Classic Bodybuilding - top 2
13. Master Men's Physique - top 2
14. Master Women's Physique - top 1
15. Master Women Bodyfitness - top1
16. Master Women Bikini-Fitness - top 1

OFFICIAL ATHLETE REGISTRATION

The Registration will be run during the whole day on Wednesday, **May 3rd**, from 10:00 till 20:00 at the Caprici Verd Hotel. The athletes can weigh-in / measure and register as they arrive in the hotel.

All athletes will have to produce their **Passport** or Identity Card and **IFBB International Card** at the Official Registration. Any athlete who has not yet obtained the IFBB International Card or need to renew his/her Card will have to do it at the Registration. IFBB International Cards are **EUR €30** per year and are mandatory.

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/her 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 Championship will be provided with a **competitor wrist band** at the Registration. This wrist band allows daily admission to the competition venue and should not be removed.

IFBB REGISTRATION FEE

Each Official **A-Team** Participant (Senior or Junior or Master) and each official Delegate must pay the IFBB Registration Fee of **EUR €350**.

Second category: juniors and masters may also compete in the open categories (seniors). The additional Registration Fee for the second category will be **EUR €100** per person.

B-Team: All athletes (**seniors, junior and masters from B-Team**) must pay the full package price of **EUR €350** per person in a double room or **EUR €450** for a single room.

This includes the IFBB Registration Fee.

The IFBB Registration Fee is completely separate from the hotel security deposit.

!!! THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID BEFOREHAND ONLINE
www.ifbb.com/registration.

!!!! IF YOU HAVE NOT PAID BEFORE MONDAY, APRIL 17TH, 2017, AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE REGISTRATION FEE WILL BE €50.00 MORE PER PERSON (€400).

Rooms will be allocated and ready for the teams, who have paid the registration fee beforehand, on arrival.

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives in Santa Susanna, Spain, 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.

DOPING CONTROL

Doping control will be conducted by 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 (available in the appendix).

Doping control 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 number of tests will be significantly increased compared to the previous years.**

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.

TANNING NEEDS:

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.

ATTENDANCE AT THE EBFF CONGRESS

It is the duty and responsibility of each EBFF-member National Federation to ensure that it is represented at the EBFF Congress meeting. All National Federations officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case the athlete must attend and represent his/her country at the Congress. The Congress will be held at: **Aqua Hotel Onabrava (Avenida del Mar 6), on Thursday, May 4th, 2017 at 09:00.**

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations.

JUDGES

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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.

All international judges must bring their International Judge's Cards to Santa Susanna..

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 for 2017. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships.

All judges must attend the Team Managers and Judges Meeting.

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

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 April 21st, 2017.**

SECRETARIAT

The Organizing Committee will maintain a Secretariat in a specially made CHECK POINT located in the Caprici Verd Hotel, Avenida del Mar 3, Santa Susanna, from **08:00, May 3rd, 2017 till 17:00 on May 8th, 2017.** You may obtain information and assistance from the Secretariat.

GREEN CARDS

Green Cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals. **They will** be distributed at the Team Managers and Judges Meeting as follows:

- Eleven (11) or more competitors - three (3) green cards
- From six (6) up to ten (10) competitors - two (2) green cards

- Five (5) or less competitors - one (1) green card

If national federation officials do not attend the team managers and judges meeting, **this federation will not be issued a 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

UTC/GMT +1 hour

CURRENCY

The national currency in Spain is Euro (EUR). Current rates at: <http://www.xe.com/currencyconverter/>
All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of May, the average daily temperature is 20-22°C.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE

The official language in Santa Susanna is Spanish. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINING FACILITY

A Fitness centre with training facility is available in most of the Official Hotels.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. **Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.**

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 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.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor **BEFORE** coming to the weigh-in/height measurement and must be given to the IFBB Registrar at the registration table. This information is used to promote the competitor in the press, on TV, the website and other media.

COMPETITOR INFORMATION FORM

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.

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **March 13th, 2017**. 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 **Monday, April 17th, 2017**. National Federations must submit the actual names of all Official Participants (Athletes **by 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.

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 the *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.

IF A NATIONAL FEDERATION FAILS TO SEND THEIR FINAL ENTRY FORM TO THE ORGANIZER AND ARRIVES IN SANTA SUSANNA WITHOUT PRIOR NOTICE, THE NATIONAL FEDERATION WILL BE OBLIGED TO PAY A FINE OF EUR €100 PER PERSON. THIS IS IN ADDITION TO THE REGISTRATION FEE.

CORRESPONDENCE AND ENTRY FROM SENDING DETAILS:

SPANISH BODYBUILDING & FITNESS FEDERATION

Phone/ Fax: +34 93 766 41 44

E-mail: secretaria@ifbb-spain.com

Web: www.ifbb-spain.com

PLEASE COPY ALL CORRESPONDENCE TO:

ANDREW MICHALAK (IFBB TECHNICAL COMMITTEE)

Email: amichalak5@gmail.com

IFBB HEAD OFFICE

Email: headquarters@ifbb.com

Web: www.ifbb.com

IFBB WOMEN'S COMMITTEE

Email: wanda.tierney@ifbb-uk.com

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 TRAVELLING 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

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

Please check regularly for updates.

All sport activity (competition) will be held at the **Parc Colomer Sport Center** in Santa Susanna

Tuesday, May 2nd, 2017

07:00 – 19:00	Arrival of the EBFF/IFBB Executive Council Members
12:00 – 15:00	Lunch
19:00	EBFF/IFBB Executive Council Meeting
21:00	Welcome Dinner

Wednesday, May 3rd, 2017

07:30 – 10:00	Breakfast (not included in the Registration Fee)
10:00 – 21:00	Arrival of National Teams and Official Athlete Registration
12:30 – 14:30	Lunch
17:30	Team Managers and Judges Meeting
19:00 – 21:30	Dinner

Thursday, May 4th, 2017

07:30 – 10:00	Breakfast
09:00 – 11:30	EBFF Congress
12:00 – 14:00	Prejudging and Finals part 1 - including Overalls
12:30 – 14:30	Lunch
15:00	Prejudging and Finals part 2 - including Overalls
19:00 – 22:00	Dinner

Friday, May 5th, 2017

07:30 – 10:00	Breakfast
09:00 – 13:30	Prejudging and Finals part 3 - including Overalls
13:00 – 14:30	Lunch
15:00	Prejudging and Finals part 4 - including Overalls
19:00 – 22:00	Dinner

Saturday, May 6th, 2017

07:00 – 10:00	Breakfast
09:00 – 13:30	Prejudging and Finals part 5 - including Overalls
13:00 – 14:30	Lunch
15:00	Prejudging and Finals part 6 - including Overalls
19:00 – 22:00	Dinner

Sunday, May 7th, 2017

07:30 – 10:00	Breakfast
09:00 – 13:30	Prejudging and Finals Part 8 - including Overalls
13:00 – 14:30	Lunch
15:00	Prejudging and Finals Part 9 - including Overalls
19:00 – 22:00	Dinner

Monday, May 8th, 2017

7:30 – 10:00	Breakfast
till 12:00 Noon	Departure of delegations