



IFBB World Classic Bodybuilding

Championships

Bikini-Fitness

World Cup

15th to 18th of November 2013

St. Poelten

AUSTRIA

Welcome

The Organizing Committee of the Austrian Amateur Bodybuilding and Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the 2013 IFBB World Classic Bodybuilding Championships and the IFBB “Bikini-Fitness World Cup” in St. Poelten, Austria from 15th – 18th of November 2013.

[Austria¹ - The Country of the Waltz](#)

The **Republic of Austria** is a landlocked country of roughly 8.47 million people in Central Europe. It is bordered by the Czech Republic and Germany to the north, Hungary and Slovakia to the east, Slovenia and Italy to the south, and Switzerland and Liechtenstein to the west. The territory of Austria covers 83,855 square kilometers (32,377 sq. mi) and has a temperate and alpine climate. German is the country's official language. Other local official languages are Hungarian, Burgenland Croatian, and Slovene.

The origins of modern-day Austria date back to the time of the Habsburg dynasty when the vast majority of the country was a part of the Holy Roman Empire of the German Nation. During the 17th and 18th centuries, Austria became one of the great powers of Europe and, in response to the coronation of Napoleon I as the Emperor of the French, the Austrian Empire was officially proclaimed in 1804. In 1867, the empire was reformed into Austria-Hungary.

¹ Source: Wikipedia <http://en.wikipedia.org/wiki/Austria>

The First Austrian Republic was established in 1919. In the 1938 Anschluss, Austria was occupied and annexed by Nazi Germany. This lasted until the end of World War II in 1945. Austria's former democratic constitution was restored. In 1955, the Austrian State Treaty re-established Austria as a sovereign state. In the same year, the Austrian Parliament created the Declaration of Neutrality, which declared that the Second Austrian Republic would become permanently neutral.

Today, Austria is a parliamentary representative democracy comprising nine federal states. The capital and largest city, with a population exceeding 1.7 million, is Vienna. The country has developed a high standard of living. Austria has been a member of the United Nations since 1955, joined the European Union in 1995, and is a founder of the OECD. Austria also signed the Schengen Agreement in 1995, and adopted the European currency, the Euro, in 1999.

St. Poelten, the Host City

Just to get a first impression how it looks there from a bird's perspective click [here](#).

Discover the diverseness of the newest Austrian Provincial Capital.

Be it just for a day or a whole week, a stay in St. Poelten is always rewarding. Not many cities are so rich in contrast. Whether you are exploring the beautiful Old Town and its Baroque and Jugendstil buildings or the hypermodern Government Quarter and Culture District: you'll have the feeling of taking part in a treasure hunt!

Just a few convincing facts why the newest regional capital city of Austria won't let you down:

- a gorgeous, fully intact, historically preserved old city
- a slew of architecturally significant buildings from Contemporary Austrian Architecture
- a diverse, year round art and performance program within its own Cultural District
- St. Poelten, a popular shopping destination features Austria's second oldest pedestrian zone
- Unspoiled nature area within the city limits sporting - top sports and recreational facilities
- a broad selection of eating choices and accommodations

St. Poelten's central location in Lower Austria makes it an ideal starting point for daytrips

The Venue Site – Veranstaltungszentrum (VAZ)

The World Championships will be held in Hall C offering 3.200 sq. m. of space, located on the ground floor. The Hall capacity is about 1400 seats, It has movable walls, movable equipment and air-conditioning. It has been the venue for an enormous number of concerts, balls and other types of amusement.



Please find further information at www.vaz.at (Please click “Location”)

The Official Hotels

The Four Stars Hotel “Metropol” is located in the heart of Austria’s youngest provincial capital, enjoying a central and quiet location in the midst of the baroque Old Town of St. Poelten. As a leading business & seminar hotel, Hotel “Metropol” offers modern international standards combined with typical Austrian hospitality.

Austria Trend Hotel Metropol

Schillerplatz 1

3100 St. Poelten

Tel.: +43 (2742) 70 700

Fax: +43 (2742) 70 700-133

<http://www.austria-trend.at/Hotel-Metropol/de/>



Cityhotel Design & Classic (Four Stars)

Experience the exiting contrast between simple, cosy elegance and modern comfort in the newly built hotel area and the generous historic atmosphere of the former City Hall. **Tradition meets Lifestyle.**

Cityhotel Design & Classic
Völkplatz 1
3100 St. Pölten
Austria

Tel: +43 (0)2742 755 77

<http://www.cityhotel-dc.at/de/pages/hotel-91.aspx>



Both hotels have saunas and are equipped with a small gym. Right across the street to **Metropol Hotel** there is “Life Gym” which can be used for training and sauna for free for athletes and officials.

Accommodations

The Organizer will provide free-of-charge accommodation and three meals per day, starting with dinner on Friday, November 15th, till breakfast on Monday, November 18th, 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 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 in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to

participate in the Championships pursuant to IFBB rules. National Federations with no athlete may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses. The Official Arrival Date is Friday, November 15th, 2013. The Official Departure Date is Monday, November 18th, 2013.

IMPORTANT NOTICE: All National Team Official Participants (athletes, delegates) must check in BEFORE the start of the Weigh-in and Registration. Any Official Participant not checked-in by this deadline will be classified as an „extra delegate“ and will be responsible for all of his or her expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation select this individual to be an Official Participant (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

Hotel Security Deposit

A hotel security deposit of Euro 100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, room service, laundry i.e. spoiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at checkout 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 of the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

We recommend to bring along bed-linen and towels to save from laundry costs.

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.

Special Package for Additional/Extra Delegates, Supporters, Press and Photographers

The Organizing Committee has established following packages at both hotels:

- A Special Package including: 3 nights + breakfast buffet, tickets for semifinals and finals, farewell banquet and transportation (airport-hotel, onsite, hotel – airport). Package prices: Euro 450,- per person in a double room or Euro 550,- per person accommodated in a single room.
- A Special Package including: tickets for semifinals and finals, onsite-transportation and farewell banquet at 150.- Euros. That package does not include accommodation and other meals except the closing banquet.

Airport

The arrival airport is the renovated and modernized Vienna International Airport. It is located about a 90 minutes bus-drive away from St. Poelten.

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Friday) and drive you to the official hotel and back to Vienna

Airport on the official Departure Day (Monday) for 50,- Euros per person (25.- Euro each way per person).

It is very important that every National Federation provides to the Organizing Committee the complete information on its team, including the number of persons and the arrival/departure details in time.

Early Arrivals / Late Departures

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date (Friday, November 15th, 2013) and / or staying on after the Official Departure Date (Monday, November 18th, 2013) will be responsible for all their own expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals or late departures no later than October 18, 2013.

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 Austrian 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 Competition²

Division	Discipline	Category	A-Team	B-Team
Men	CBB	Up to 168 cm	5	5
Men	CBB	Up to 171cm		
Men	CBB	Up to 175 cm		
Men	CBB	Up to 180 cm		
Men	CBB	Over 180 cm		
Men	BB	Open ³		
Women	Bikini Fitness	Up to 168 cm	1	1
Women	Bikini Fitness	Over 168 cm	1	1

The weight / height limits for Classic Bodybuilding are as follows

Height

Up to 168 cm

Up to 171 cm

Up to 175 cm

Up to 180 cm

Over 180 cm and up to 190 cm

Up to 198 cm

Over 198 cm

Bodyweight limit [kg]

Height [cm] – 100

Height [cm] – 100) + 2

Height [cm] – 100) + 4

Height [cm] – 100) + 6

Height [cm] – 100) + 8

Height [cm] – 100) + 9

Height [cm] – 100) + 10

² Body Building: BB; Classic Body Building: CBB;

³ Open means in that case: Open only for athletes who have missed the weight limit of their CBB-class.

A-Team

- Each National Federation may enter an A-Team according to the rules specified below. The maximum number of competitors in the A-Team is 7 (including Bikini-Fitness athletes)
- A maximum number of A-Team competitors per National Federation in one category shall not exceed two (2).
- The Organizer will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet for all A-Team competitors.
- National Federation shall pay an IFBB Registration Fee of Euro 250. - for each A-Team competitor and delegate. The A-Team competitors shall compete for placings and awards, including The Best National Team Award.
- A National Federation must declare its A-Team competitors on the Final Entry Form and must register the A-Team competitors upon check-in the official hotel. Any undeclared competitor shall be responsible for all his or her expenses.

B – TEAM

- Each National Federation may enter a B-Team according to the rules specified below. The maximum allowed number of competitors in the B-Team is 7.

- The National Federation must pay the Full Package Rate (Euro 450 in a double room, 550 in a single room) for each B-Team competitor. This includes the IFBB Registration Fee, accommodation, meals, transportation airport – official hotel – airport, onsite transportation and Farewell Banquet.
- The B-Team competitors shall compete for placings and awards, excluding the Best National Teams Classification.
- National Federation must declare its B-Team competitors on the Final Entry Form and must register the B-Team competitors upon check-in the official hotel. Any undeclared competitor will be disqualified.

IMPORTANT NOTICE: *The Best Team Classification will include the World Men Classic Bodybuilding Championships only.*

Secretariat

The Organizing Committee will maintain a Secretariat at the Official Hotel (Hotel Metropol) from Friday November 15th 10:00 o'clock until Monday November 18th, 2013, 11:00 o'clock. You may obtain information and assistance from the Secretariat.

Doping Control

Doping controls will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory in Seibersdorf. In order to compete, 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:*

- Random selection: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
- 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 the duty and an obligation to ensure that their athletes are competing drug-free at IFBB international contests.

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 athlete's 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.*

National Anthem

All participating National Federations must bring a short version (less than 60 seconds) of their national anthem on CD. The national anthem must be the only music on the CD.

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.

Judges

All National Federations are reminded that their nominations of judges and test judges must be forwarded as soon as possible but no later than October 26, 2013 to

Mr. Pawel Filleborn, Chairman IFBB Judges Committee;

E-mail: pawelfilleborn@gmail.com

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

IMPORTANT NOTICE: All judges must attend the Judges/Team Managers' Meeting.

If a judge is absent from this meeting, he or she will not judge.

Media Accreditation

All media accreditation, except Austrian 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 October 26, 2013. He will provide all necessary information. amichalak5@gmail.com

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.

[Competitor Information Format](#)

Green Cards

Green cards, used to limit access to the Weigh-in area and backstage during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows: 5 or more competitors — 2 green cards; less than 5 competitors — 1 green card.

IMPORTANT NOTICE: If a National Federation does not attend the Judges / Team Managers Meeting, it will not be given a green card.

Backstage and Dressing Rooms Access

Access to the backstage and dressing room areas is 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

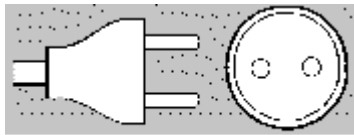
Camera and videotape equipment shall be strictly prohibited in the backstage area except when used by IFBB-authorized media persons. In any event, these devices shall be strictly prohibited in the dressing room

area.

Useful Information

Time: Central European Time

Electrical outlets: 220 Volts



Plug Type C

Currency: Euro

Language: German. English is widely spoken in hotels, shopping and sports centers, tourist areas.

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 or her 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. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form. 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 to obtain free-of-charge accommodations, meals, onsite transportation, access to 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 Full 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 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 withdrawal, be fined an amount equal to the Full Special Package Rate.

Failure to Cooperate

Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by IFBB against the offending National Federation.

Preliminary Entry Form

The deadline for sending the Preliminary Entry Form is September 1st 2013. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but no later than the deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants, 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 November 4th, 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 November 4th then this National Federation will have to pay the full package of 450.- Euro in a double room or 550.- Euro in a single room for each member of its National Team (athletes and delegates) instead of the Registration Fee.

Contact Details

Preliminary and Final Entry Forms must be sent to:

Organizing Committee [of the](#) Austrian Amateur Bodybuilding and Fitness Federation.

E-mail: wm2013@ifbb-austria.at

Postal address: Austrian Amateur Bodybuilding and Fitness Federation,
Flurweg 2, 3125 Statzendorf, AUSTRIA

Please copy all correspondence to:

International Federation of Bodybuilding and Fitness

Dr. Rafael Santonja, IFBB President

Tel: +34 91 535 2819

Fax: +34 91 636 1270

E-mail: internacional@santonja.com

Very important notice:

It is the responsibility of the President or General Secretary of each

participating National Federation to ensure that all National Team members (athletes, delegate, 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 the athletes 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.

Tentative Schedule of Activities

The following schedule of activities is tentative and subject to changes.

Please check regularly for updates.

FRIDAY, NOVEMBER 15th

10:00 - 17:00 Arrival of delegations at official hotel "Metropol"
18:00 Judges and Team Managers Meeting
19:00 Weigh-in and measurements
20:00 - 22:00 Dinner

SATURDAY, NOVEMBER 16th

07:00 - 10:00: Breakfast
10:00 - 15:00: PREJUDGING for Classic Bodybuilding, Bikini-Fitness
15:00 - 17:00: Lunch at the hotel "Metropol"
19:00 - 21:00 Dinner

SUNDAY, NOVEMBER 17th

07:00 - 10:00 Breakfast
10:30 - 12:00 Sightseeing Tour
12:00 - 13:30 Lunch
14:00 - Opening Ceremony and FINALS
20:00 - 22:00 Farewell Banquet

MONDAY, NOVEMBER 18th

07:00 - 10:00 Breakfast

06:00 - 11:30 Check out and departure of all participants



INTERNATIONAL BODYBUILDING & FITNESS FEDERATION
Calle Dublin No. 39-I, 28232 Las Rozas, Madrid, Spain
Tel: +34 91 535 2819 Fax: +34 91 636 1270
E-mail: internacional@santonja.com Website: www.ifbb.com

**2013 IFBB WORLD MEN'S CLASSIC BODYBUILDING CHAMPIONSHIPS
AND IFBB BIKINI-FITNESS WORLD CUP**
St. Poelten, Austria, November 15 - 18, 2013

PRELIMINARY ENTRY FORM

In order to assist in the planning and organization of these Championships and BIKINI FITNESS Cup, please complete the Preliminary Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN SEPTEMBER 01, 2013.**

PLEASE PRINT CLEARLY

FEDERATION NAME: _____

FEDERATION CONTACT PERSON:

Our Federation is planning to participate in:

- **2013 IFBB World Classic Bodybuilding: Please indicate "YES" or "NO".**
- **2013 IFBB Bikini-Fitness World Cup: Please indicate "YES" or "NO".**

Please be advised that there will be five (5) categories at the World Classic Bodybuilding Championships as follows: up to 168 cm, up to 171 cm, up to 175 cm), up to 180 cm and over+180 cm), two (2) categories in the Bikini-Fitness World Cup (up to 168 cm and over 168 cm) and one open Bodybuilding category for athletes only who have missed their weight limit.

Each National Federation may enter an "A team" of up to a maximum of ten (7) 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 seven (7) athletes: five (5) in the World Men's Classic Bodybuilding Championships and two (2) in the Bikini-Fitness World Cup. No "B team" athletes in the Bodybuilding category. 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 official (1) delegate 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 SEPTEMBER 01, 2013, TO:

Send the Preliminary Entry Form to:

Austrian Federation of Bodybuilding and Fitness
Dr. Wolfgang Schober
President IFBB-Austria
E-mail: wm2013@ifbb-austria.at

Please copy all correspondence to:

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