



# **BioTech USA – FitBalance IFBB International Cup**

## **INSPECTION REPORT**



**BUDAPEST, HUNGARY**

**21. September 2014**

### **WELCOME**

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation and FitBalance Hungary, extends a warm welcome to IFBB Europe National Federations to participate in the BioTech USA - FitBalance IFBB International Cup.

## ABOUT BUDAPEST



The phrase „Central European” is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe’s Carpatian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian peoples and shared certain anthropological and cultural traits with the Turks.

Budapest’s most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the „City of Festivals”; several major cultural events are held in and around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections include: the Museum of Applied Arts, the Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It is definitely worth mentioning the Synagogue on Budapest’s Dohány Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has an unique collection of traditional Jewish artifacts.

Budapest is visited by 40 million tourist per year.

<http://www.youtube.com/watch?v=e0wkokaybWA>

## OFFICIAL HOTEL

The official hotel will be four star category and it will be located in Budapest.

### Hotel Aréna Budapest

H - 1148 Budapest, Ifjúság útja 1-3

<http://www.danubiushotels.com/our-hotels-budapest/danubius-hotel-arena>



## ACCOMMODATION

The Organiser will provide dicount accommodation with breakfast one day, 20th September 2014 in the official hotel (next to the venue site, 50 meter)

### Accommodation

Date: 20-22 September 2014 2 night

Roomrate:

One bed room : **66 EUR** / room / night

Double bed room: **74 EUR** / room / night

**The Official Arrival Date is Saturday , 20th September , 2014.**

**The Official Departure Date is Monday , 22th September , 2014.**

## **IMPORTANT NOTICE**

**All National Team Official Participants (athletes, delegates) who arrive a day before the competition must check in BEFORE the start of Technical Meeting (20th September , 2014, 5:00pm).**

**We will provide for all nations five tickets!**

**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 for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies for family members.  
NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

## **WEIGHT IN**

**The weight in will be in the official Hotel, Hotel Aréna.**

**20 September 2014 from 17:30 (who will arrive the day before competition)**

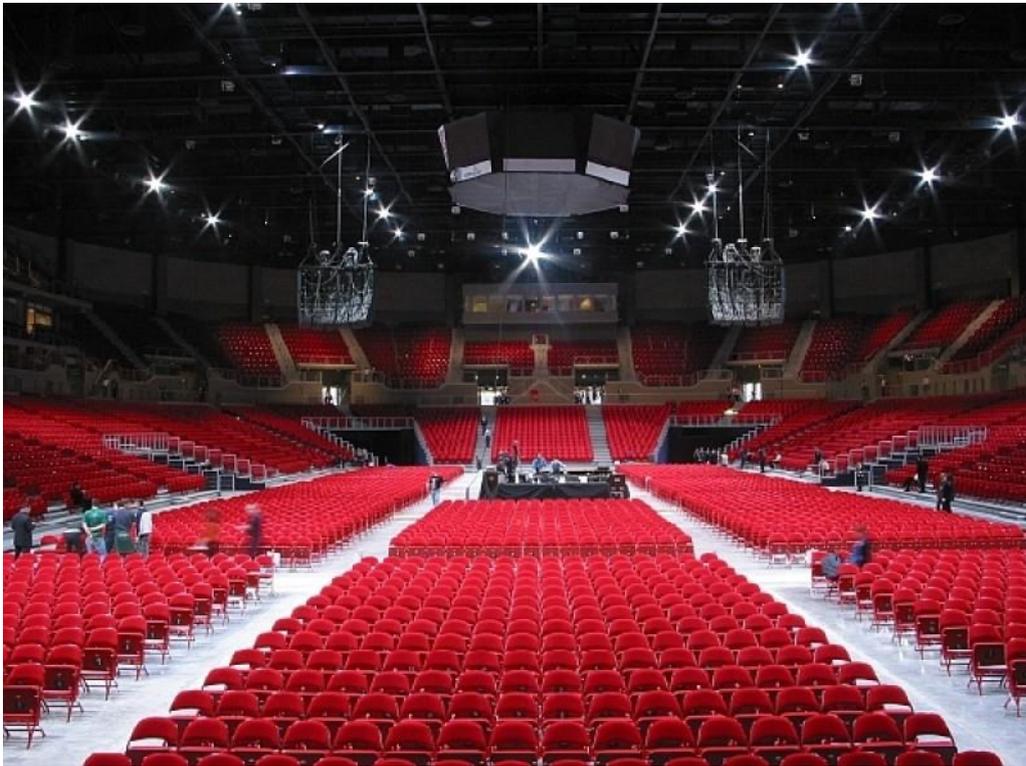
**21 September 2014 from 07:45 – 08:30 (who will arrive the competition day)**

## **VENUE SITE**

**Papp László Budapest Sportaréna**

**H - 1143 Budapest, Stefánia út 2.**

**<http://en.budapestarena.hu/html/>**



## **HOTEL SECURITY DEPOSIT**

A hotel security deposit of **€100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for any and all expenses incurred by any members of his or her team.

**PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

## **AIRPORT**

The official airport is the Budapest, Liszt Ferenc International Airport. The transportation from the airport to the hotel will be arranged for all teams. The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transportation between airport and hotel on Saturday, 20th September 2014 for €20 per person and the transportation between hotel and airport on Monday 22th September 2014 for €20 per person, based on the stated times of arrivals and departures.

Please notify the Organising Committee the details of your arrival time no later than 14 days before the Championships so that suitable transportation can be arranged for your National Team members.

It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

**Your cooperation is essential to ensuring adequate transportation for your team.**

## **VISAS**

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Hungarian Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required.

## **CATEGORIES OPEN FOR COMPETITION**

	<b>CATEGORY</b>	<b>DISCIPLINE</b>	<b>BODYWEIGHT HEIGHT</b>
1	Junior Women	Fitness	Open Class
2	Women	Fitness	Open Class
3	Junior Men	Physique	Open Class
4	Men	Physique	Under 170 cm
5	Men	Physique	Under 174 cm
6	Men	Physique	Under 178 cm
7	Men	Physique	Over 178 cm
8	Men	Olympic BodyBuilding	Under 175 cm
9	Men	Olympic BodyBuilding	Over 175 cm
10	Men	BodyBuilding	Under 80 kg
11	Men	BodyBuilding	Under 85 kg
12	Men	BodyBuilding	Under 90kg
13	Men	BodyBuilding	Under 95 kg
14	Men	BodyBuilding	Under 100 kg
15	Men	BodyBuilding	Over 100 kg
16	Men	Masters BodyBuilding Over 40 years	Open Class
17	Women	Physique	Open Class

18	Junior	Bodyfitness	Open Class
19	Women	Bodyfitness	Under 158 cm
20	Women	Bodyfitness	Under 163 cm
21	Women	Bodyfitness	Under 168 cm
22	Women	Bodyfitness	Over 168 cm
23	Junior	Bikini-Fitness (Modell)	Open Class
24	Women	Bikini-Fitness (Modell)	Under 160 cm
25	Women	Bikini-Fitness (Modell)	Under 163 cm
26	Women	Bikini-Fitness (Modell)	Under 166 cm
27	Women	Bikini-Fitness (Modell)	Under 169 cm
28	Women	Bikini-Fitness (Modell)	Under 172 cm
29	Women	Bikini-Fitness (Modell)	Over 172 cm
30	Women	Bikini-Fitness (Modell) Over 35 years	Open Class

## **IFBB REGISTRATION FEE**

There is NO REGISTRATION FEE!

## **PASSPORT/MUSIC**

All competitors must provide their PASSPORT and MUSIC at weigh in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The Athletes's 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 ANTHEM/NATIONAL FLAG**

All National Federations must bring with them to Budapest the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Budapest their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

*\*Note: For all European National Federations, the EBFF already has a copy of all National Anthems on CD.*

## **JUDGES**

The judges will be chosen from the arriving country and from the Hungarian International judges.

## **MEDIA ACCREDITATION**

All media accreditation, except 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 [ifbbverseny@gmail.com](mailto:ifbbverseny@gmail.com) no later than 16th September , 2014.

### **IFBB MEDIA ACCREDITATION FORM**

## **COMPETITOR INFORMATION FORM**

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

### **COMPETITOR INFORMATION FORM**

## **GREEN CARDS**

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

five (5) or more competitors - two (2) green cards  
less than five (5) competitors - one (1) green card

## **BACKSTAGE ACCESS/DRESSING ROOM ACCESS**

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

## **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**

GMT +1 hour

## CURRENCY

The national currency in Hungary is the Hungarian Forint. One Euro is approximately equal to 300 Forint (one USD is approximately equal to 225 Forint) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

## CLIMATE

During the month of september , the average temperature is 17-20 ° C.

## ELECTRICAL CURRENT

The electrical outlets are 220 Volt

## LANGUAGE

The official language in Budapest is Hungarian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

## ATHLETES WITHOUT DELEGATES

All Athletes competing at IFBB Central Europe Cup 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 National Federation, 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 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 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 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.

## **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 the IFBB against the offending National Federation.

## **CORRESPONDENCE/CONTACT INFORMATION**

Please send all correspondence to:

István Huber  
President of Hungarian Federation of Bodybuilding and Fitness  
and  
Viola Vargha  
Assistant General Secretary

and

Csaba Bara

Marketing Director

Mobile: +36 30 960 81 86

Email: [ifbbverseny@gmail.com](mailto:ifbbverseny@gmail.com)

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](mailto:international@santonja.com)

## **TENTATIVE SCHEDULE OF ACTIVITIES**

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

<b>Saturday September 20.</b>	11.00 – 17.00	Official Arrival Date for Athletes and Delegates at the Hotel
	17.00	Technical Meeting,
	17.30	Judges & Team Managers Meeting
	18.00	<b>WEIGH-IN, REGISTRATION</b>
<b>Sunday September 21.</b>	07.00-08.00	Breakfast
	07.45-08.30	<b>WEIGH-IN, REGISTRATION</b>
	09.00-18.00	<b>Prejudging and Finals</b>
	19.00	Official Departure Date Check out and departure of all participants

## **PRELIMINARY ENTRY FORM**

The deadline date for the Preliminary Entry Form is **16th September, 2014**. 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.

**PRELIMINARY ENTRY FORM**

**FINAL ENTRY FORM**

The deadline date for the Final Entry Form is **16th September, 2014**. National Federations must submit the actual names of all Official Participants (Athletes by weight 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.

**FINAL ENTRY FORM**

**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 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.**