

**IFBB World Classic Bodybuilding Championships 2014
And
Men's Physique & Bikini Fitness World Cup**

12th to 15th of December 2014

La Nucía (Alicante) SPAIN



Welcome:

The Organizing Committee of the International Federation of Bodybuilding and Fitness extends a warm welcome to all IFBB National Federations to participate in the **2014 IFBB World Classic Bodybuilding Championships** and the **IFBB Bikini-Fitness & Men's Physique World Cup**, in La Nucía, Spain; from 12th – 15th of December 2014.

La Nucía (Alicante), the Host City:



Street in La Nucía

La Nucía is located in a fruit valley between Benidorm and Callosa d'En Sarrià, 3 km from the coast of Altea. The urban center is on a promontory overlooking the Mediterranean Sea, 51 km north of Alicante Airport and 8 km north of Benidorm. Population (with over 80 different nationalities, mainly europeans) are 17.000 citizens.

La Nucía is really beginning to liven up. First the town hall decided to hold a weekly craft market every Sunday morning from 10am till 2 pm, now the local tourist office is beginning to take visitors on a free conducted tour of the old town centre. In various languages, including English. The tours start at 11, 12 and 1 on the Sunday morning, starting at the tourist information stand on the craft market. La Nucía old town centre is a very nice place once you get to know it.

The village itself is spotless, with its many parks and gardens immaculately maintained the shops were varied and busy, with hardly an empty unit to be seen. The narrow streets with the colourful houses are a joy to potter round and explore. We popped into the town hall to see what was going on and were rewarded with leaflets and information regarding all sorts of things such as **the beautiful sports centre and leisure areas known as “Camilo Cano”, where it’s located the venue site**. The venue is a complex of things such as shaded outdoor pools with a handy café/bar, tennis courts, football pitches and even climbing walls for the more adventurous! There is also a beautiful indoor pool with a fully equipped gym, sauna and steam room for the colder blooded.

La Nucía, an exemplary European Town of Sport:



*King Felipe VI, presenting the **“Spanish National Sports Award 2012”** to La Nucía’s Major, Dr. Bernabé Cano.*

The city of La Nucía received the awards of “**European Town of Sport 2013**” and “**Spanish National Sports Award 2012**” because of its sport facilities, its sport policy, and the managers who have situated La Nucía at the vanguard of physical activity with the 150,000-square-meter Sport Complex “**Camilo Cano**”, in which the city has invested more than **70 million euros** in the last 4 years. Its Major, **Dr. Bernabé Cano**, is a real Sport supporter who loves specially football and fitness.

A video of venue site and La Nucia sport facilities is available at:

<https://www.youtube.com/watch?v=HYWQNlyXSeY>

Official Hotels:



Hotel “**Magic Villa del Mar******”

The 4 Stars (****) Hotel “**Magic Villa del Mar**” will be the main official hotel and is located in the “Poniente” beach of Benidorm, at *Avenida Armada Española, 1, 03500 Benidorm, Alicante*.

Complementary Hotels are “Golden” and “Marconi”, both located around 80 metres from “Magic Villa del Mar”, are also in the Poniente Beach.



Room at “**Hotel Golden**”

The three official Hotels, “**Marconi**”, “**Golden**” and “**Magic Villa del Mar**”, are located in the main commercial street of Benidorm, in a safety and fun touristical area of Benidorm city, not more than 8 km from venue site in La Nucia.



View from “**Marconi**” Hotel.

Accommodations:

The Organizer will provide free-of-charge accommodation and three meals per day, starting with dinner on Friday, December 12th, till breakfast on Monday, December 15th, 2014 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.
- 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, December 12th, 2014.

The Official Departure Date is Monday, December 15th, 2014.

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 your own bed-linen and towels to save on 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 official 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 290,- per person in a double room or Euro 390,- 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 Alicante International Airport. It is located about a 50 minutes bus-drive away from La Nucia.

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 Alicante 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, December 12th, 2014) and / or staying on after the Official Departure Date (Monday, December 15th, 2014) 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 December 1st, 2014. The Organizing Committee will be able to assist you to get special deals for extra nights in the official hotel.

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 Spanish 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 COMPETITION

BODYWEIGHTS AND LIMITATIONS:

Classic Bodybuilding category, may be called as well "Olympic Bodybuilding" due to its inclusion at the next coming Asian Beach Games from the Olympic program, and as well in other regional Olympic IFBB participation like the European Games in Baku, Azerbaijan 2015. It is a fast growing and successful area of our sport.

Its participation has been fully implemented in most of the 189 IFBB Affiliated National Federations and in the Continental and World Championships.

CLASSIC BODYBUILDING WORLD CHAMPIONSHIPS

	Division	Discipline	Category	A-Team	B-Team
1	Men	CBB	Up to 168 cm	5	5
2	Men	CBB	Up to 171cm		
3	Men	CBB	Up to 175 cm		
4	Men	CBB	Up to 180 cm		
5	Men	CBB	Over 180 cm		

MEN'S PHYSIQUE and WOMEN'S BIKINI-FITNESS CUP

	Division	Discipline	Category	A-Team	B-Team
6	Men	BB	Open ¹	none	none
¹ Open means in that case: Open only for athletes who have missed the weight limit of their CBB-class.					
7	Men	Physique	Up to 172 cm	1	1
8	Men	Physique	Up to 175 cm	1	1
9	Men	Physique	Up to 178 cm	1	1
10	Men	Physique	Up to 181 cm	1	1
11	Men	Physique	Over 181 cm	1	1
12	Women	Bikini Fitness	Up to 160 cm	1	1
13	Women	Bikini Fitness	Up to 163 cm	1	1
14	Women	Bikini Fitness	Up to 166 cm	1	1
15	Women	Bikini Fitness	Up to 169 cm	1	1
16	Women	Bikini Fitness	Up to 172 cm	1	1
17	Women	Bikini Fitness	Over 172 cm	1	1

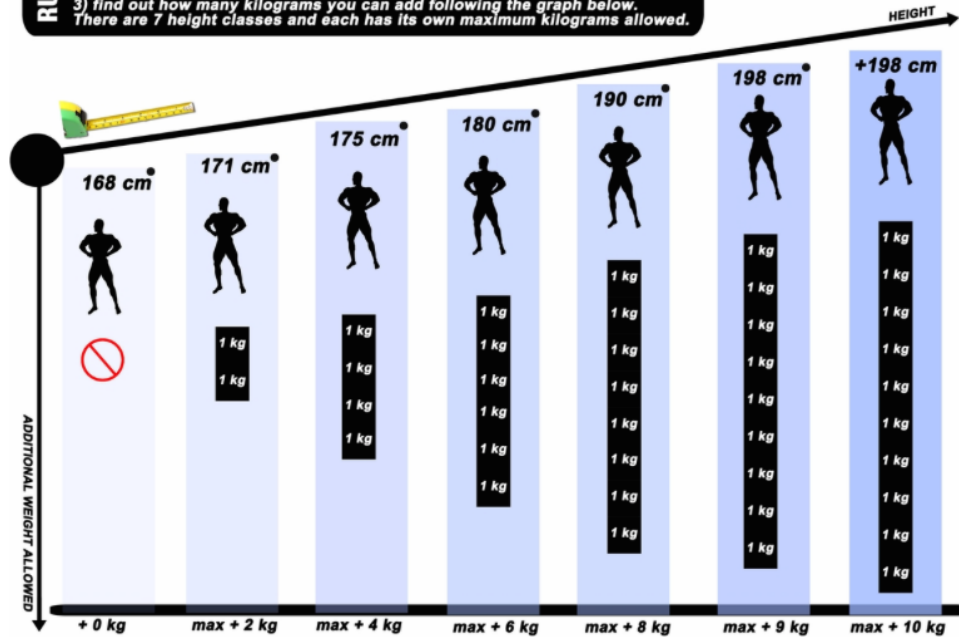


by Rossella Pruneti
www.rossellapruneti.com

HOW TO CALCULATE THE WEIGHT TO HEIGHT LIMITS IN IFBB CLASSIC BODYBUILDING



RULE
To find your limit:
1) measure your height in centimeters: XYZ cm
2) subtract 100 (XYZ - 100)
3) find out how many kilograms you can add following the graph below.
There are 7 height classes and each has its own maximum kilograms allowed.



3/28/2014

FROM THE IFBB RULES:

The weight to height limits for Seniors and Masters Classic Bodybuilding are as follows:

Height Bodyweight limit [kg]
Up to & including 168 cm: athlete's height [in cm] minus 100
Up to & including 171 cm: (athlete's height [in cm] minus 100) + 2
Up to & including 175 cm: (athlete's height [in cm] minus 100) + 4
Up to & including 180 cm: (athlete's height [in cm] minus 100) + 6
Up to & including 190 cm: (athlete's height [in cm] minus 100) + 8
Up to & including 198 cm: (athlete's height [in cm] minus 100) + 9
Over 198 cm: (athlete's height [in cm] minus 100) + 10

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
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

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 17 (including Bikini-Fitness and Men Physique 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 200. - for each A-Team competitor and delegate. The A-Team competitors of the all the categories shall compete for placings and awards.

- Only the Classic Bodybuilding categories A-team competitors placings shall be included in 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 6.

- The National Federation must pay the Full Package Rate (Euro 290 per person in a double room, 390 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 Magic Villa del Mar) from Friday December 12th 10:00 o'clock until Monday November 15th, 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 Madrid](#).

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 CD. 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 (máx 30 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. One delegate 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 November 23, 2014 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.

Judges Meeting:

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

Media Accreditation:

All media accreditation, except Spaniard 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 November 23, 2014. He will provide all necessary information.

Mr. Andrew Michalak, IFBB Press Commission;

E-mail: 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 & 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 + 1

Electrical outlets: 220 Volts (Plug Type C)

Currency: Euro

Language: Spanish. 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 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 October 30th, 2014. 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 December 1st, 2014. 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 December 1st, 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:

International Federation of Bodybuilding and Fitness

Tel: +34 91 535 2819

Fax: +34 91 636 1270

E-mail: headquarters@ifbb.com

And

Wanda Tierney

wanda.tierney@ifbb-uk.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 DECEMBER 12th	
10:00 - 17:00	Arrival of delegations at official hotel "Magic Villa del Mar"
18:00	Judges and Team Managers Meeting
19:00	Weigh-in and measurements
20:00 - 22:00	Dinner
SATURDAY, DECEMBER 13th	
07:00 - 10:00	Breakfast
10:00 - 15:00	PREJUDGING for Classic Bodybuilding, Bikini-Fitness & Men's Physique.
15:00 - 17:00	Lunch at the hotels "Magic Villa del Mar", "Marconi" & "Golden".
19:00 - 21:00	Dinner
SUNDAY, DECEMBER 14th	
07:00 - 10:00	Breakfast
10:30 - 12:00	Leisure Time
12:00 - 13:30	Lunch
14:00	Opening Ceremony and FINALS
21:00	Farewell Banquet
MONDAY, DECEMBER 15th	
07:00- 10:00	Breakfast
06:00- 11:30	Check out and departure of all participants