



EMMS
PRAGUE
SHOWDOWN
INSPECTION
REPORT

SEP. 30 – OCT. 1, 2016
TIPSPORT ARENA PRAGUE





EVLS PRAGUE SHOWDOWN

SEP. 30 – OCT. 1, 2016 TIPSPORT ARENA PRAGUE



PRO CARD

**MEN'S
BODYBUILDING**
5 CATEGORIES

- Juniors (2 cat.)
- Masters (2 cat.)

**MEN'S
BODYBUILDING
CLASSIC**
2 CATEGORIES



PRO CARD

**MEN'S
PHYSIQUE**
4 CATEGORIES

- Juniors (2 cat.)



**WOMEN'S
FITNESS**
2 CATEGORIES



**WOMEN'S
BODYFITNESS
(FIGURE)**
4 CATEGORIES

- Masters (2 cat.)



PRO CARD
**WOMEN'S
BIKINI-FITNESS
(BIKINI)**
6 CATEGORIES

- Juniors (3 cat.)
- Masters (1 cat.)



**WOMEN'S
PHYSIQUE**
2 CATEGORIES

**TOTAL
PRIZE MONEY 10 000 \$**

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PRIZE MONEY

	1	2	3
MEN'S BODYBUILDING OVERALL	500 USD	300 USD	200 USD
WOMEN'S BIKINI-FITNESS OVERALL	500 USD	300 USD	200 USD
MEN'S PHYSIQUE OVERALL	500 USD	300 USD	200 USD

MEN'S BODYBUILDING			
Junior up to 75 kg	200 USD	100 USD	50 USD
Junior over 75 kg	200 USD	100 USD	50 USD
Masters 40-49 yrs.	200 USD	100 USD	50 USD
Masters over 50 yrs.	200 USD	100 USD	50 USD
Classic up to 180 cm	200 USD	100 USD	50 USD
Classic over 180 cm	200 USD	100 USD	50 USD

MEN'S PHYSIQUE			
Junior up to 178 cm	200 USD	100 USD	50 USD
Junior over 178 cm	200 USD	100 USD	50 USD

WOMEN'S BIKINI			
Junior up to 160 cm	200 USD	100 USD	50 USD
Junior up to 166 cm	200 USD	100 USD	50 USD
Junior over 166 cm	200 USD	100 USD	50 USD
Masters open class	200 USD	100 USD	50 USD

WOMEN'S FITNESS			
up to 163 cm	200 USD	100 USD	50 USD
over 163 cm	200 USD	100 USD	50 USD

WOMEN'S PHYSIQUE			
up to 163 cm	200 USD	100 USD	50 USD
over 163 cm	200 USD	100 USD	50 USD

WOMEN'S BODYFITNESS			
up to 163 cm	200 USD	100 USD	50 USD
up to 168 cm	200 USD	100 USD	50 USD
over 168 cm	200 USD	100 USD	50 USD
Masters open class	200 USD	100 USD	50 USD



WELCOME

EVLS Prague Showdown will be held in Tipsport arena in Prague at the turn of September and October.

This year you have the amazing opportunity to become a part of the Europe's grandest power, bodybuilding and fitness festival – become the first official winner of EVLS Prague Amateur which will be held on the same weekend together with the traditional EVLS Prague Pro and newly introduced benchpress contests.

Moreover, the FITNESS Expo complementing the exciting EVLS Prague Showdown will definitely be on during the entire weekend in Tipsport Arena of Prague, i.e. the same venue of the show. Everyone who will attend the contest or simply come to support their favorite athletes, will have an opportunity and option to visit the FITNESS Expo featuring various sports nutrition, natural performance enhancing supplements, as well as sporting equipment mainly focused on the field of bodybuilding and fitness.

LOCATION

The EVLS Prague Amateur will be held in Prague, the capital city of the Czech Republic. Prague, with 1.3 million residents, is often referred to as the „historical pearl of the Europe“ and is one of the most beautiful cities in the world with unique and unforgettable atmosphere.

WE ARE LOOKING FORWARD TO SEEING YOU IN PRAGUE SOON!

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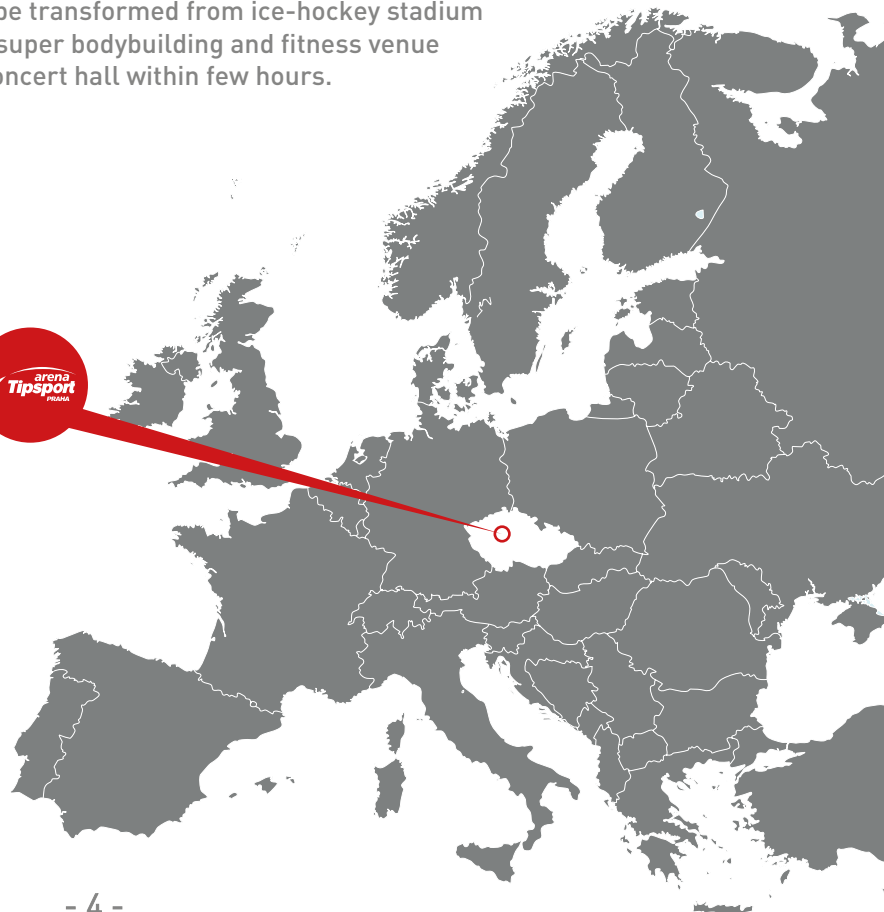


For additional information,
registration and tickets, please visit:
WWW.EVLSPRAGUESHOWDOWN.COM



Prejudging & Finals of the EVLS Prague Amateur 2016 will be held in TIPSPORT Arena of Prague together with EVLS Prague Pro and Fitness Expo 2016.

TIPSPORT Arena is a multifunctional city arena that can be transformed from ice-hockey stadium to a super bodybuilding and fitness venue or concert hall within few hours.

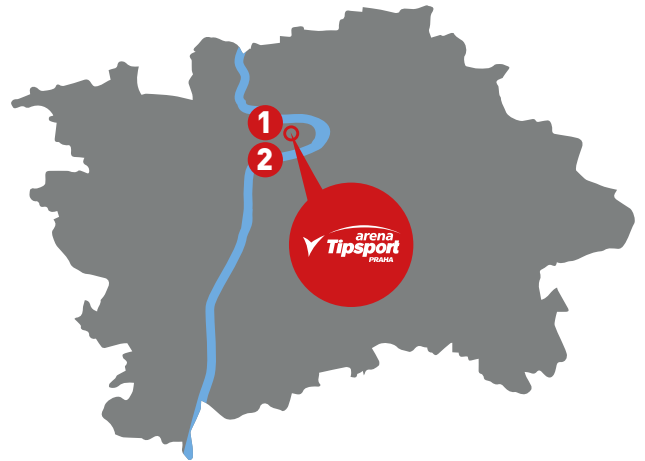


RECOMMENDED IFBB HOTELS

ACCOMMODATION WITH LOWEST RATE GUARANTEE!

The promoter's organizing committee took special care to arrange for the best and lowest rates for accommodation in the selected premium hotels walking distance away from the event's venue also to include competitors' specialty breakfast as part of the accommodation package for each participant. This exclusive offer is valid for all athletes as well as their team members and friends.

The capacity is indeed limited, thus please proceed with the reservation through the provided accommodation form available at www.evlspragueshowdown.com, section Bodybuilding – Accommodation as soon as possible. The special rates cannot be guaranteed after we have run out of the pre-booked capacity in these hotels.

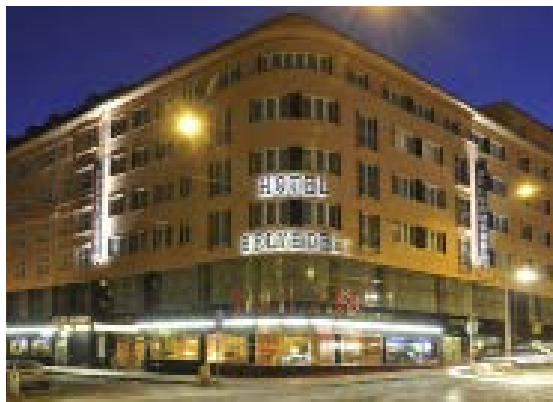


1 PARKHOTEL PRAGUE

Category: 4 stars (****)
Address: Parkhotel Prague
Veletržní 20, 170 00 Prague 7

Price:
Double room, breakfast included: 115 €
Single room, breakfast included: 110 €

www.parkhotel-praha.cz



2 HOTEL BELVEDERE PRAGUE

Category: 4 stars (****)
Address: Hotel BELVEDERE PRAGUE
Milady Horákové 19, 170 00 Prague 7

Price:
Double room, breakfast included: 95 €
Single room, breakfast included: 90 €

www.hotelbelvedereprague.cz

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ARRIVALS/ TRANSPORTATION

Transport from Vaclav Havel International Airport Prague to official hotels in Prague:
EUR 20.00 PER PERSON FOR A RETURN TRANSFER

Price of transportation must be paid at arrival at the event's registration desk. Any national team will not be registered until the reserved transportation has been paid. Please book your airport transfer via www.evlspragueshowdown.com, section "Competitors – accommodation" and advise via the same channel in case of your itinerary's change or further details. Please send your detailed travel itinerary to amateur@evlsprague.com, to ensure the transfer can be provided.

For any transfer/local transportation assistance,
please contact directly: amateur@evlsprague.com

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For additional information,
registration and tickets, please visit:
WWW.EVLSPRAGUESHOWDOWN.COM

PLEASE NOTE:

THE PROMOTER'S STAFF FOR EVLS PRAGUE AMATEUR HAVE MANAGED TO SIGNIFICANTLY REDUCE THE COST FOR ATHLETES' ROOMS IN THE HOTELS AND WARMLY RECOMMEND TO RESERVE ACCOMMODATIONS IN THE PROPOSED FACILITIES.

FOR ACCOMMODATION PROVIDED THROUGH THE PROMOTER OF THE EVENT, PLEASE GO TO

www.evlspragueshowdown.com, section Competitors – Accommodation.

For the information you can use email: amateur@evlsprague.com.

Please reserve your rooms well in advance in order to ensure the best rates and terms.

IMPORTANT NOTICE! HOTEL DEPOSITS

An initial deposit of EUR 50.00 per person is required upon check-in at hotel front desk for incidental and personal expenses which may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out. In order to expedite this effectively, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of the respective team.

ACCOMMODATION AND TRANSPORT FORM

PLEASE, CLICK HERE TO ACCESS TO FORM PAGE AT WWW.EVLSPRAGUESHOWDOWN.COM

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IMPORTANT ARRIVAL AND CHECK-IN NOTICES

The official arrival days for the athletes are Wednesday and Thursday, September 28 and September 29, 2016, respectively.

The presentation and registration will be conducted on both of these days. IFBB Registration fee for Pro Card's categories will be EUR 200.00 per competitor, for other categories the fee will be EUR 150.00. The fee will have to be paid at the time of registration. We fully recommend you to make advance payment by PayPal at ifbbevents@hotmail.com for your best comfort and convenience.

REGISTRATION WILL TAKE PLACE AT TIPSPORT ARENA AT ENTRY GATE NO. 31

- Registration /Accreditation/ will take place between 10:00 and 20:00 on Wednesday, September 28 and Thursday, September 29, between 10:00 and 20:00 2016 in Tipsport Arena of Prague
- Pawel Filleborn 's seminar for judges
- EVLS Prague Amateur 2016 Prejudging starts on Friday, September 30, 2016, at 9:00 in Tipsport Arena of Prague
- FITNESS Expo starts on Friday, September 30, 2016, 9:00 in TIPSPORT Arena of Prague
- Superfinals of EVLS Prague Amateur 2016 will take place on Saturday, October 1, 2016, at 18:00 in TIPSPORT Arena of Prague
- Banquet of EVLS Prague Amateur 2016 jointly with EVLS Prague Pro 2016 with all professionals shall take place on Saturday, October 1, 2016, starting at 22:00 - banquet ticket(s) will be available from September 30, 2016 directly at the event venue in the course of accreditation or via ticket sales points at EUR 20.00 per ticket, and EUR 15.00 per every other ticket purchased in a single transaction.

WINNERS OF MEN'S BODYBUILDING, MEN'S PHYSIQUE AND WOMEN'S BIKINI-FITNESS AT EVLS PRAGUE AMATEUR 2016 WILL BE OFFERED A PRO CARD!

More information about the event's organization, time-table and other contest details, please visit www.evlspragueshowdown.com and www.ifbb.com for regular updates.

REGISTRATION

REGISTRATION AND REGISTRATION FEE

Each National Federation will register their competitors by sending the Final Entry via email directly to the IFBB Technical Commission (amichalak5@gmail.com), copy to IFBB Head Office in Madrid (officemanager@ifbb.com) and to amateur@evlsp Prague.com with passport-sized photos for accreditation!

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

Registration fee for Pro Card Categories is € 200, for other categories the fee is € 150, which will be collected at the time of registration. Payment can also be made through Paypal as we mentioned before (at <http://www.ifbb.com/competition-registration/>, for further question, please contact wanda.tierney@ifbb-uk.com) for your best comfort and convenience.

IMPORTANT INFORMATION

All the costs for travel, hotel accommodations, local transportation including airport transfers, as well as board (meals) are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information. List and contacts of recommended hotels, transportation options (especially airport transfers) are provided in the Inspection Report...

- TIME DIFFERENCE:** Prague is in the Central European Time (CET) zone (GMT + 1 hour)
- CURRENCY:** The national currency in Czech Republic is Czech Koruna (CZK). All major credit cards are widely accepted at most hotels, department stores, restaurants.
- CLIMATE:** During the month of September/October, the daily average temperature is 10°C –12°C
- VISA:** A valid passport is required to enter Czech Republic for non-EU members where personal ID is sufficient. Competitors from other countries are kindly asked to consult Czech Embassy in their country to arrange for visa if necessary
- TANNING:** IFBB has banned all tans that can be wiped off. An official will check athlete's tan backstage and if the tan comes off by simple wiping, the athlete will be told to remove the tan before going on stage.

ADDITIONAL INFORMATION

BACKSTAGE ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only through appropriate registration.

CAMERA/VIDEO EQUIPMENT

Camera and/or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives, and in any event, these devices shall be strictly prohibited in dressing room areas.

Pro Tan[®]
Since 1987

Provided and serviced exclusively by ProTan USA. ProTan team of tanning professionals combined of its European staff will be available for all participating athletes just like to their pro colleagues.

Complete tanning color application always together with posing oil application at time of prejudging, finals and superfinals including touch-up after prejudging will be available.

Reservations & booking will be available on arrival during the registration or contact us via info@protanczech.cz

1 application – € 70.00 | 2 applications – € 90.00 | 3 applications – € 110.00

Quality will be guaranteed only to the athletes who will use the ProTan products, service and follow product instructions diligently.

Also will be provided professional make-up & hair service.

Make-up – € 65 | Hair – € 35

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ADDITIONAL INFORMATION

All IFBB-affiliated National Federations are informed that participation in this championship is unlimited. Remember that all athletes will have to present their IFBB International Card at the registration. Any athlete who has not yet purchased his or her IFBB International Card will have to buy one at the event's registration. IFBB cards are EUR 30.00 per year and mandatory from 2011.

POSING MUSIC

All posing music with 60 seconds for bodybuilding and 90 seconds for fitness competitors must be on an audio CD only. The posing music must also be at the start of respective CD. Each competitor must affix his name on the CD for an easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

JUDGES

All National Federations are reminded that their nominations for judges must be also included in the Entry Forms according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn at pawelfilleborn@gmail.com

PRESS ACCREDITATION

Any media representatives that wish to obtain press accreditation for this event must register through a web-based accreditation form at the event's official website www.evlspragueshowdown.com, section "Press" and register upon arrival at a dedicated media accreditation point.

CATEGORIES

WOMEN'S CATEGORIES

BIKINI-FITNESS (BIKINI)

up to 160 cm | up to 163 cm | up to 166 cm
up to 169 cm | up to 172 cm | over 172 cm
Junior 16–23 yrs.: up to 160 cm | up to 166 cm | over 166 cm
Masters +35 yrs: one Open Class

FITNESS

up to 163 cm | over 163 cm

BODYFITNESS (FIGURE)

up to 163 cm | up to 168 cm | over 168 cm
Masters +35 yrs: one Open Class

PHYSIQUE

up to 163 cm | over 163 cm

MEN'S CATEGORIES

BODYBUILDING

up to 70 kg | up to 80 kg | up to 90 kg up to
100 kg | over 100 kg
Junior 16–23 yrs.: up to 75 kg | over 75 kg
Masters: 40–49 yrs. | over 50 yrs.

PHYSIQUE

up to 170 cm | up to 174 cm
up to 178 cm | over 178 cm
Junior 16–23 yrs.: up to 178 cm | over 178 cm

CLASSIC BODYBUILDING

up to 180 cm | over 180 cm

SUPERFINALS

MEN'S BODYBUILDING - top 2 from each category
MEN'S PHYSIQUE - top 3 from each category
WOMEN'S BIKINI-FITNESS - top 2 from each category

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EVLS PRAGUE AMATEUR 2016 SCHEDULE

WEDNESDAY, SEP. 28 – THURSDAY SEP. 29, TIPSPORT ARENA

10:00 – 20:00 Registration of competitors, judges, delegates

FRIDAY, SEP. 30, TIPSPORT ARENA

09:00 Fitness Expo opens
09:00 Prejudging and Finals
Women's Bikini-Fitness – up to 163 cm, 166 cm, 169 cm, Masters
Women's Bodyfitness – up to 163 cm, 168 cm, over 168 cm, Masters
Women's Fitness – up to 163 cm, over 163 cm
Men's Bodybuilding – up to 70 kg, up to 80 kg, Juniors, Masters,
Men's Classic Bodybuilding – up to 180 cm, over 180 cm
Men's Physique – up to 170 cm, 174 cm, Juniors

SATURDAY, OCT. 1, TIPSPORT ARENA

09:00 Fitness Expo opens
09:30 Prejudging and Finals
Men's Bodybuilding – up to 90 kg, up to 100 kg, over 100 kg
Women's Bikini – up to 172 cm, over 172 cm
Men's Physique – up to 178 cm, over 178 cm

17:00 Superfinals Opening Ceremony
18:00 Superfinals (Women's Bikini, Men's Physique, Men's Bodybuilding)
22:00 Banquet (VIP Lounge, Gate no. 32 in Tipsport Arena)

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IMPORTANT NOTES

ALL THE COSTS FOR TRAVEL, HOTEL ACCOMMODATIONS AND MEALS, AS WELL AS LOCAL TRANSPORTATIONS INCLUDING TRANSFERS FROM AND TO THE AIRPORT) MUST BE COVERED BY THE NATIONAL FEDERATIONS AND/OR ATHLETES THEMSELVES. HOTEL RESERVATION(S) MUST BE DONE THROUGH WEB FORM AT WWW.EVLSPRAGUESHOWDOWN.COM. (List of recommended hotels including contacts are provided in the Inspection Report). NEITHER THE PROMOTER, ITS ORGANIZING COMMITTEE, NOR THE IFBB WILL BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT FOR THE HOTEL ACCOMMODATIONS, LOGISTICAL ARRANGEMENTS, MEALS, OR ANY OTHER COSTS TO BE BORN BY THE EVENT'S PARTICIPANTS.

This competition is open for ALL the IFBB-affiliated National Federations.

The PROMOTER of the EVLS Prague Amateur 2016 event in PRAGUE, CZECH REPUBLIC, will not accept any direct registration from athletes, as these must be processed by their respective national IFBB federations.

Final Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Head office in Madrid and IFBB Technical commission. The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee for Pro Card Categories is € 200, for other categories the fee is € 150, which will be collected at the time of registration. We fully recommend to make advanced payment through:

<http://www.ifbb.com/competition-registration/>

Bring copy of your payment confirmation to the registration.