

**64<sup>th</sup> IFBB Men's World Amateur  
Bodybuilding Championships  
and International Congress**

**November 3 – 8, 2010  
Baku, Azerbaijan**

**Inspection Report**

## Welcome

The Organizing Committee of the Ministry of Youth and Sport of the Azerbaijan Republic and the Azerbaijan Federation of Bodybuilding and Fitness takes this opportunity to welcome all National Federations of the world to participate in the 64<sup>th</sup> IFBB Men's World Amateur Bodybuilding Championships and International Congress in Baku, Azerbaijan, November 3<sup>rd</sup> to 8<sup>th</sup>, 2010.



## Location

Baku, the capital of the Azerbaijan Republic, is situated on the Absheron peninsula. Baku is a city of rich history and unique architecture. Baku, once a city within a fortress, after the discovery of oil, within a short historical period changed into a very important industrial, commercial and cultural center in the Caucasus.

## Official Hotel

The official hotel of the Championships is the "Park Inn" hotel. The hotel is situated in the center of the city, near the Boulevard and Baku Bay. The Hotel has sea and city views.



## Accommodations

The organizing committee will provide free-of-charge accommodations and three (3) meals per day for all official participants (athletes & delegates) from the national federations according to the following IFBB rules:

Three or more competitors: two delegates permitted.

Two competitors or less: only one delegate is permitted.

National federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.

The term "Official Participant" means 1) an Athlete who is duly authorized by his national federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

**IMPORTANT NOTICE:** All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting (4:30 pm November 5<sup>th</sup>, 2010). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a 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.

## Special packages rates for extra delegates, supporters, media and others

The organizing committee has established a full special package rate, which includes four (4) nights accommodations with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a cost of euro 550 per person in a twin bedded room or euro 850 per person in a single bedded room.

## IFBB Registration Fees

Each official participant (athletes and delegates, including delegates without competitors), must pay the IFBB registration fee of EURO 200.00 each. This fee is payable to the IFBB upon arrival at the official Hotel in Baku. The IFBB registration fee is completely separate from the hotel security deposit.

## 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, laundry, 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 all expenses incurred by any member of his/her team.

**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 Baku without their Team manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the IFBB Registration Fee BEFORE a room can be assigned.**

## Venue Site of the Championships

The Championships will take place in a modern concert hall, the Palace named after Heydar Aliyev, with seating capacity of 2200 people. The Palace is approximately five minute drive from the "Park Inn" hotel.



## Airport

The official arrival airport is Heydar Aliyev International airport in Baku. The organizing committee will pick you up at the international airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the organizing committee the complete arrival & departure details of its team, including the number of people in the delegation.

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

## Early arrivals & late departures

Any national federation, including any of its individual team members, arriving before the official arrival date of November 4, 2010 and/or staying after the official departure date of November 8, 2010 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the official arrival date and after the official departure date will be approximately Euro 140 for a single or twin bedded room.

You must notify the organizing committee of any early arrivals and/or any late departures **no later than September 30, 2010.**

## Flight reconfirmation

To reconfirm your flight to and from Baku, please contact the secretariat within 24-36 hours before your departure.

## Bodyweight categories

- |                       |                               |
|-----------------------|-------------------------------|
| • Bantam weight       | Up to & Incl. 65Kg (143 lbs)  |
| • Light weight        | Up to & Incl. 70Kg (154 lbs)  |
| • Welter weight       | Up to & Incl. 75Kg (165 lbs)  |
| • Light-Middle weight | Up to & Incl. 80Kg (176 lbs)  |
| • Middle weight       | Up to & Incl. 85Kg (187 lbs)  |
| • Light-Heavy weight  | Up to & Incl. 90Kg (198 lbs)  |
| • Heavy weight        | Up to & Incl. 100Kg (220 lbs) |
| • Super-Heavy weight  | Over 100Kg (220 lbs)          |
- National federations will be permitted to enter a team of up to a maximum of (8) eight athletes with no more than (2) two athletes in the same weight category.
  - There is no "B" team permitted at this championship, except for the host country. The "B" team athletes may compete for placings and awards, however, their placing will not be entered of the "Best National Team Award".

## Secretariat

The organizing committee will maintain a secretariat at the official hotel from 9.00 AM November 3, 2010 to 7.00 PM November 8, 2010.

You may obtain information and assistance from the secretariat.

## Parade of the nations

The mandatory dress code for all delegates participating in the Parade of Nations will be IFBB attire, e.g. black dress shoes, grey dress pants, with shirt, IFBB tie, and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

## Camera / video tape equipment

Cameras and/or video tape equipments shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

## National Anthem / Flag

All participating countries must bring with them to Baku the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be separate from those containing the posing music of the athletes.

All participating national federations must bring with them to Baku two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 Meter X 1.5 Meter.

## Posing music

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 name on the CD for easy identification. **IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC**

## Judges

In order to assist the judges committee in their selection of the judges at the world championships, please forward your nominations for judges from your federation as soon as possible to:

**Mr. Pawel Filleborn**  
**Chairman, IFBB Judges Committee**  
**Fax: +48 22 642 73 51**  
**Email: p.filleborn@neostrada.pl**

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international cards to Baku.

PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS

**IMPORTANT NOTICE:** All judges who wish to be included in the judges panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

## **Green cards**

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

Five (5) or more athletes – two (2) green cards.

Less than (5) athletes - one (1) green card.

## **Doping Controls**

Doping controls will be conducted by the IFBB medical commission pursuant to the IFBB anti-Doping rules, using the WADA accredited laboratory in Moscow. 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 controls 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 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.

## **Important Notice**

Pursuant to the IFBB Anti-Doping rules and as a result of decisions taken at the 2005 IFBB international congress (Shanghai, China, November 27, 2005) regarding a registered athlete testing pool (to be established in 2006) and an out-of-competition doping control program (to be implemented in 2007), every athlete competing in the IFBB world championships must provide accurate and up-to-date whereabouts information.

## **Visas**

A valid passport is required for entry into Azerbaijan. Please contact the embassy of Azerbaijan in your country to determine if you need a visa. An official letter of invitation will be made available if required. In case there is no Embassy of Azerbaijan in your country, address the organizing committee of the championships. The deadline date for sending applications for getting visas is October 15<sup>th</sup> 2010. We will arrange your visas in accordance with the existing prices.

## **Time difference**

GMT + 4 hours.

## **Currency**

The official currency of Azerbaijan is Manat

1 US Dollar = 0,8 manat

1 Euro = 1,12 manat

## **Credit cards**

International credit cards such as visa, mastercard, american express are widely accepted at the most major hotels, stores & restaurants. You may be requested to show your passport.

## **Climate**

During the month of November, the average temperature is 10-12<sup>o</sup> C.

## **Electrical current**

220 Volts

## **Language**

Azerbaijan (official), Turkish, Russian and English are widely spoken.

## **People**

Azerbaijan people are friendly, hospitable and modest. They also have a sense of balance and moderation. Foreigners who live in Azerbaijan are treated with respect and tolerance.

## **Training facility**

There is a fully equipped training center at the official Hotel.

## **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.

You may contact the IFBB press commission to obtain this form:

**Mr. Pierre Scatolini,  
Chairman, IFBB press commission  
Email: pierre.scatolini@ifbb-news.com**

## **Medical Withdrawal**

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

## **Attendance at the IFBB international congress**

It is the duty and responsibility of each national federation to ensure that it is represented at the IFBB international 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 country in the congress.

## **Athletes without delegates**

All athletes competing at the 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 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 where 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.

## **Preliminary Entry Form (PEF)**

The deadline for the Preliminary Entry Form (available in the Appendix) is September 8, 2010. National Federation 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 (FEF)**

The deadline for the Final Entry Form is October 23<sup>rd</sup>, 2010. National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the dead line date. All names of the delegation have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

**Correspondence / Contact information:**

Please send all correspondence to:

**Rauf Bunyatliyev**

**The Azerbaijan Bodybuilding and Fitness Federation  
President**

**Nizami str. 96,**

**Az 1000 Baku**

**AZERBAIJAN**

**Phone: +99 412 418 53 07**

**Fax: +99 412 493 00 81**

**Email: [azfbb@azdata.net](mailto:azfbb@azdata.net)**

**Please copy all correspondence to:**

**Dr. Rafael Santonja**

**IFBB President**

**Calle Jaén No. 8**

**28020 Madrid**

**SPAIN**

**Phone: +34 91 535 2819**

**Fax: +35 91 535 0320**

**E-mail: [internacional@santonja.com](mailto:internacional@santonja.com)**

# 64<sup>th</sup> IFBB Men's World Amateur Bodybuilding Championships

Baku – Azerbaijan, November 3-8, 2010.

## Tentative Schedule

### Wednesday, November 3, 2010

7.00 am – 7.00pm  
8.00 pm

Arrival of the IFBB Executive Council Members  
Dinner for the IFBB Executive Council Members

### Thursday, November 4, 2010

7.00 am – 7.00pm  
12.00pm– 3.00pm  
3.00 pm  
7.00 pm

Arrival of delegates and competitors. Registration and  
Check-in  
Lunch  
The IFBB Executive Council Meeting  
Welcome Dinner

### Friday, November 5, 2010

7.00 am – 9.30 am  
10.00am–12.00pm  
12.30pm– 3.00pm  
4.30 pm  
5.00 pm  
5.30 pm  
6.00 pm  
8.00 pm

Breakfast  
Sightseeing Tour for Official Delegates and Competitors  
Lunch  
Technical Meeting  
Judges Meeting  
Team Managers Meeting  
Weigh-in, Registration  
Dinner

### Saturday, November 6, 2010

7.00 am – 9.00am  
10.00 am  
7.00 pm – 9.pm

Breakfast  
Prejudging  
Dinner

### Sunday, November 7, 2010

7.00 am – 9.00am  
8.30 am  
12.00pm –2.00pm  
3.00 pm  
9.00 pm

Breakfast  
The IFBB Congress  
Lunch  
Finals  
Farewell Banquet

### Monday, November 8, 2010

7.00 am– 10.00am  
12.00 Noon

Breakfast  
Departure