

**2019 The Belt and Road
IFBB World Ranking Event**

IFBB Elite PRO Card Qualifier

Inspection Report

Xi'an, China

October 10th – 14th, 2019

Welcome

Chinese Bodybuilding Association welcomes all the countries along the route of Belt and Road Initiative, and other national federation approved by IFBB to attend the Belt and Road World Bodybuilding & Fitness Elite Ranking & IFBB Elite PRO Card Qualifier, which will be held from October 10th to 14th, 2019.

About Xian



Xi'an is the capital city of Shaanxi province as well as the political, economical and cultural center of Shaanxi province. It's an important city of the Belt and Road Initiative. It was also listed in the "famous historical city of the world" by UNESCO. Along with Athens, Rome, Cairo, Xi'an is one of the world's most influential ancient cities. It had witnessed 13 different dynamics' histories and is honored as the cradle of the Chinese nation, the birthplace of Chinese civilization as well.



Xi'an is the first batch of cities to be selected as China's outstanding tourist city, and the best tourist destination and civilized city as well. By far, there are six heritage sites in Xi'an listed in the "World Cultural Heritage List", which are Mausoleum of the First Qin Emperor, Terra-Cotta Warriors, General Wild Goose Pagoda, Small Wild Goose Pagoda, Daming Palace National Heritage of Tang Dynasty, Weiyang Palace Heritage of Han Dynasty and Xingjiao Temple.

Convenient Transportation Network



Xi'an locates in the central part of China and connects the central and western China together. It is also the biggest city in the Longhai Lanxin railway economical area, making it a frontier in the Chinese Western Development Strategy.

Local Cuisine

Xi'an is famous for its local cuisine as well, sharing a history of over 3100 years. It's also the birth place of Chinese civilization and Chinese foods. Rougamo and Pita Bread Soaked in Lamb Soup are two of local famous cuisine. In Xi'an, you can enjoy all kinds of cuisine in China and your favorites foods from America, Korea, Japan, Brazil, France and India.

Arrivals and Airport

The official arrival date is Thursday, October 10th, 2019.

The official departure date is Monday, October 14th, 2019.

The official arrival airport is **Xi'an Xianyang International Airport**. The Organizing Committee will pick you up at Xi'an Xianyang International Airport on arrival and transport you to the official hotel. It is very important that every National Federation provide in the Final Entry Form earlier about the complete arrival & departure details of its team, including the number of people in your delegation.

Please reconfirm your flight to Xi'an and contact the secretariat within 24-36 hours before your departure.

Early arrivals / late departures

Any National Federation, including any of its individual team members, arriving before the official arrival date of **October 10th, 2019 (Thursday)**, and/or staying after the official departure date of **October 14th ,2019 (Monday)**, will be responsible for all of their accommodation expenses, including arranging their own transportation between the airport and the hotel.

Please notify the Organizing Committee the details of your arrival/departure time and the number of people in your delegation no later than 15 days before the competition, so that suitable transportation can be arranged for your National Team members. Your cooperation is essential to ensuring adequate transportation for your team.

Typical room charge (included breakfast) before the official arrival date and after the official departure date will be USD \$100 per day per person in double room and USD \$150 in single room. Please notify the Organizing Committee of any early arrivals and/or any late departures no later than September 25th, 2019.

Venue for competition



Shaanxi Grand Theater

The Shaanxi Grand Theatre is an international and comprehensive theater. There are 2,100 seats opera halls, 500 seats theater halls and two playhouses, which could satisfy various forms of cultural performances. and become the best and largest competition venue in the western hardware.

Location: Yanta South Road Qujiang District, Xi'an.

Venue for opening ceremony/ over-all / awarding ceremony



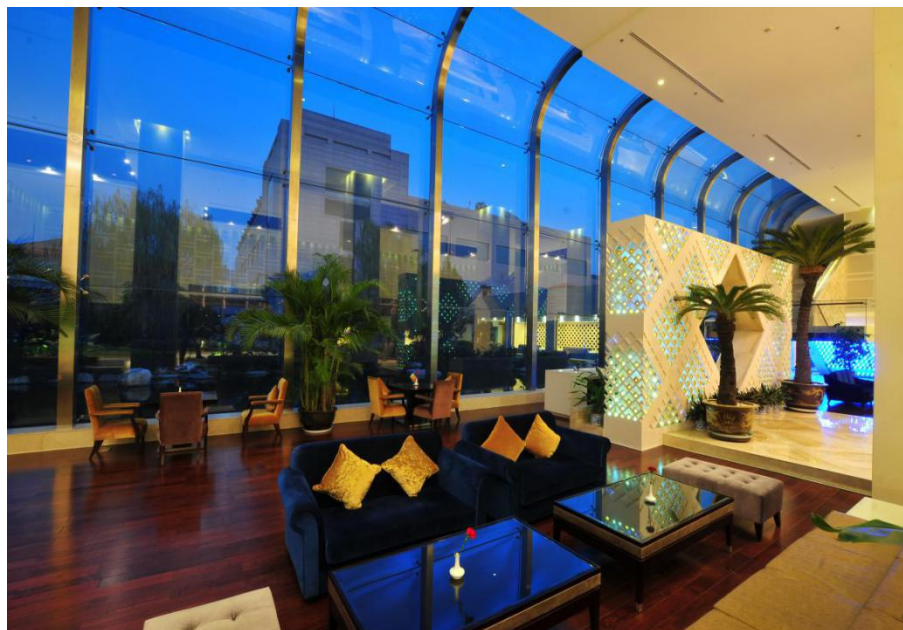
The Grand Tang Mall - Kaiyuan Square

Kaiyuan Square is the quintessence of The Grand Tang Mall, with 161 meter length and 78 meter width, about 12,200 m² space. There are many statues telling story of the glory ancient Tang dynasty.

Location: No.664 Yanta south road, Qujiang District, Xi'an

Official Hotel

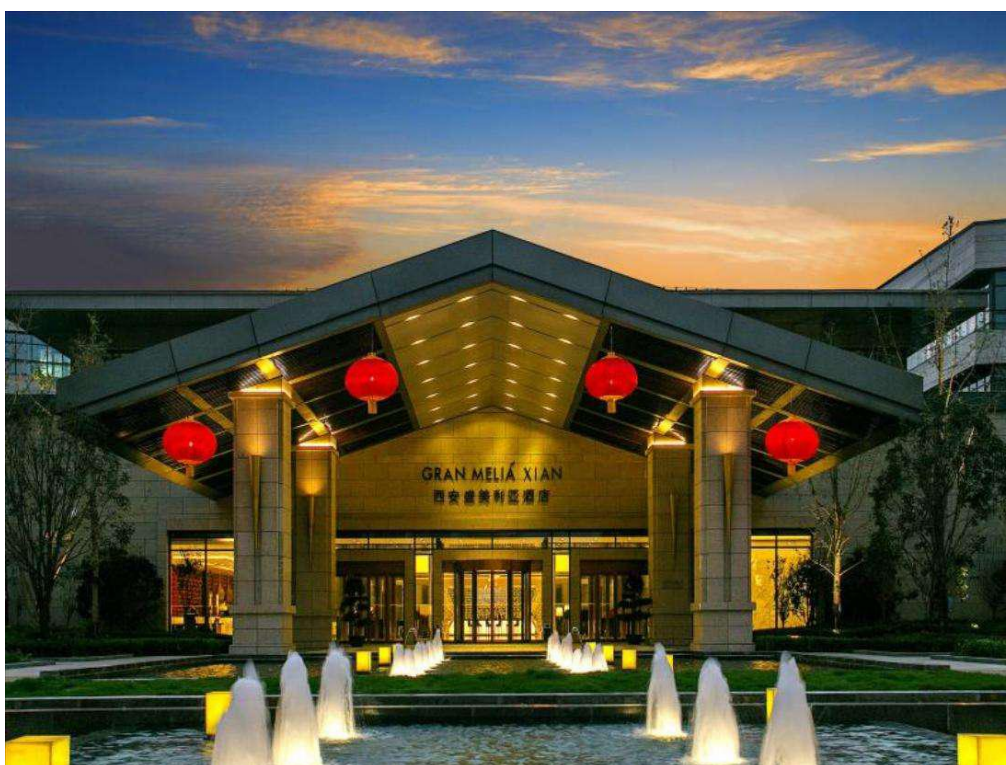
For National Federation Athletes&Delegates :



Qujiang Hotel

Address : No. 6, Yanta south road, Qujiang district, Xi'an.

For IFBB/CBBA officials



Gran Melia Xi' an Hotel

Address : No. 1666, Qujiangchi Road, Yanta District, Xi'an.

Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the Official Arrival Date, after the Official Departure Date and during the Championships, for all Official Participants (Athletes and Delegates), extra delegates, supporters, media and others.

Accommodation & Security Deposit

The official arrival date is October 10th, 2019 (Thursday), while the departure date is October 14th, 2019 (Monday). The Organizing Committee has provided free accommodation for official participants and delegates in Double room only, which includes four nights' accommodation with three meals per day (breakfast, lunch & dinner) and on-site transportation. If any national federation have a single room request, extra USD \$150 /person/day will be charge.

The accommodation starts from dinner on October 10th, 2019 (Thursday), breakfast, lunch and dinner on October 11th, 12th and 13th and ends with breakfast on October 14th, 2019 (Monday).

Important Notice

This package ends with breakfast on October 14th, 2019 (Monday), which means you can manage your accommodation part of the October 14th all by yourself. You can choose to start your departure on October 14th. If you decide to stay longer than October 14th noon and take a short visit in the city, you have to pay the extra charge of accommodation.

An initial security deposit of USD \$100 per person is required upon check-in 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 the same currency as remitted. In order to facilitate matters, the chief delegate or team manager 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.

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

Official Delegates

1. Three (3) or more competitors: Two (2) delegates
2. Two (2) competitors or less: One (1) delegate

Participation

All IFBB-affiliated National Federations worldwide are welcome to attend this event.

The number of competitors participating in these championships is unlimited.

Participating athletes have to be recommended by their National Federation by sending the Final Entry Form with their names directly to the Chinese Bodybuilding Association, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than September 30th, 2019 (Monday). The final decision to allow an athlete to compete in this event rests with the IFBB.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

Registration

Official Athlete Registration will take place at the Official Hotel “Qujiang Hotel” on Friday, October 11th, 2019, 10:30 hrs local time (UTC + 8).

Athletes and judges need to arrive no later than October 10th (Thursday). All national teams that arrive after this date, please contact the Organizing Committee 15 days prior to the contest, up to September 25th.

It is the responsibility of the chief delegate or team manager to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate. All athletes will need to provide their Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR €35 or USD \$45 and are mandatory.

Registration Fee

Registration fee for athletes and delegates to enter this competition is USD \$150 which has to be paid in advance by credit/debit card or PayPal at IFBB webpage: <http://www.ifbb.com/competition-registration> for your best comfort and convenience.

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is September 30th, 2019 (Monday). On September 30th, 24:00 hrs (midnight - Central European Time, UTC +2 in summer) the online payment system will be switched off.

Categories and Disciplines

Disciplines			
		Disciplines	Categories
1	1	Men's Classic Bodybuilding	Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
	2		Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
	3		Up to & incl. 175 cm Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
	4		Up to & incl. 180 cm Max Weight [kg] = (Height [cm] – 100) + 7 [kg]
	5		Over 180 cm Up to 188 cm Max Weight [kg] = (Height [cm] – 100) + 9[kg]
	6		Up to 196 cm Max Weight [kg] = (Height [cm] – 100) + 11[kg]
	7		Over 196 cm Max Weight [kg] = (Height [cm] – 100) + 13 [kg]
2	8	Men's Bodybuilding	65 kg: Up to and incl. 65 kg
	9		75 kg: Up to and incl. 75 kg
	10		85 kg: Up to and incl. 85 kg
	11		95 kg: Up to and incl. 95 kg
	12		Over 95 kg: Over 95 kg
3	13	Men's Physique	Up to & including 170 cm
	14		Up to & including 173 cm
	15		Up to & including 176 cm
	16		Up to & including 179 cm

	17		Over 179 cm
4	18	Men's Fitness	<p>Open category</p> <p>Up to & incl. 162 cm Max Weight [kg] = (Height [cm] – 100) – 2 [kg]</p> <p>Up to & incl. 165 cm Max Weight [kg] = (Height [cm] – 100) – 1 [kg]</p> <p>Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) + 0 [kg]</p> <p>Up to & including 171 cm: Max Weight [kg] = (Height [cm] -100) + 1 [kg]</p> <p>Up to & including 175 cm: Max Weight [kg] = (Height [cm] -100) + 2 [kg]</p> <p>Up to & including 180 cm: Max Weight [kg] = (Height [cm] -100) + 4 [kg]</p> <p>Up to & including 188 cm Max Weight [kg] = (Height [cm] -100) + 5 [kg]</p> <p>Up to & including 196 cm: Max Weight [kg] = (Height [cm] – 100) + 6 [kg]</p> <p>Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 7 [kg]</p>
5	19	Women's Fitness	Open category
6	20	Women's Bodyfitness	Up to & including 163 cm
	21		Over 163 cm
7	22	Women's Bikini Fitness	Up to & including 158 cm
	23		Up to & including 162 cm
	24		Up to & including 166 cm
	25		Up to & including 172 cm
	26		Over 172 cm

Rounds and Prize Money

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will awarded to the IFBB World Ranking.

Only the top 15 competitors will advance to Semifinals. The top 6 competitors from the semifinals shall advance to the finals and receive the rewards. The top 5 competitors in each category will be awarded points to the 2019 IFBB Elite World Ranking, according to the following scale:

Place	Points
1 st	7
2 nd	5
3 rd	4
4 th	3
5 th	2

The top 2 from Men's Classic Bodybuilding, Men's Bodybuilding, Men's Physique, Women's Bikini Fitness, and the top 3 from Women's Bodyfitness, can compete in the overall in their divisions.

AWARDS

The total Price Money is RMB ¥285,000 and **shall be paid by RMB.**

- Top six athletes in each category will be awarded certificates.
- Top three athletes in each category will be awarded with medals.
- Top 5 athletes in Men's & Women senior categories will be awarded points to the 2019 IFBB World Ranking according to the World Ranking Rules.
- Top three (3) Overall winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bikini Fitness, Women's Bodyfitness, as well as top 3 in Men's Fitness, Women's Fitness will be awarded with the IFBB Elite Pro Cards (after application through their National Federations).
- Top (3) Overall winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bikini Fitness, Women's Bodyfitness, as well as top 3 in Men's Fitness, Women's Fitness will receive medals, trophies and price money, according to the following table:

Disciplines		Price Money for top three places in open category and overall (which shall be paid by RMB)		
1	Men's Classic Bodybuilding	¥30,000	¥20,000	¥10,000
2	Men's Bodybuilding	¥30,000	¥20,000	¥10,000
3	Men's Physique	¥25,000	¥13,000	¥10,000
4	Men' s Fitness	¥10,000	¥8,000	¥5,000
5	Women' s Fitness	¥10,000	¥8,000	¥5,000
6	Women' s Bodyfitness	¥10,000	¥8,000	¥5,000
7	Women' s Bikini Fitness	¥25,000	¥13,000	¥10,000

Preliminary Entry Form

The Preliminary Entry Form should be sent as soon as possible but not later than **August 25th, 2019** to IFBB and CBBA, 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 athletes and delegates from your National Federation that will participate in the competition.

IFBB E-mail Address: info@ifbb.com

CBBA E-mail Address: cbba_cn@126.com

Final Entry Form

The deadline for the Final Entry Form is **September 30th, 2019**. National Federations must send the Final Entry Form to CBBA and IFBB as soon as possible but not later than the deadline date. Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other competition activities. A failure to respect these deadlines is a breach of IFBB Rules and may result in disciplinary measures being taken by the IFBB against the offending National Federation. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form. Registration of athletes will only be considered if they are entered by their National Federation and were listed in the Final Entry Form.

<p><u>Please send this Final Entry Form no later than September 30th, 2019 to:</u></p> <p>Chinese Bodybuilding Association</p> <p>Frank/ Daisy Phone: +86 18801221140/+86 18600313029 E-mail: cbba_cn@126.com</p>	<p><u>Please Send a copy to:</u></p> <p>International Federation of Bodybuilding and Fitness Head Office:</p> <p>Ms. Diana Mozos Phone: +34 91 535 2819 E-mail: info@ifbb.com</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p>
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Parade of Nations

The mandatory dress codes for all delegates participating in the Parade are as follows:

- Blue blazer with the IFBB/CBBA badge
- Grey dress pants/skirt with shirt and IFBB/CBBA tie
- Black dress shoes with dark socks
- No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes. One delegate per country must take part in the Parade of Nations.

Visa

Any foreign visitor wishing to enter China must have a valid passport and visa. Please click [this link](https://en.wikipedia.org/wiki/Visa_policy_of_China) to check more visa information:

Please make sure to receive the official confirmation about the Chinese visa policy in your country. If you need the event's invitation letter, please feel free to contact us.

Camera/video tape equipment

Cameras and/or video tape equipment's shall be strictly prohibited in the backstage and/or dressing room areas except when used by CBBA 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 Xi'an China the music of their respective national anthems (shortened version only) in an USB flash drive. This must be on a separate USB than any posing music. All participating National Federations must bring with them to Xi'an China two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 meter x 1.5 meter.

Green cards

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed on October 11th, 2019, during the Official Athlete Registration as follows:

Eleven or more athletes – three green cards

Six to ten athletes – two green cards

Less than six athletes – one green card

Doping control

Competitors will be tested by the Chinese Bodybuilding Association Anti- Doping Committee pursuant to the IFBB/CBBA Anti-Doping Rules, using the WADA accredited laboratory in the area. All competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

Doping control maybe 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 finalist's e.g.at finals.

The IFBB reserves the rights to target test any athlete.

Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at this competition.

National Federations have obligation to ensure that their athletes are not in their suspension period due to the illegal drug usage or rules' violation in other events.

Media accreditation

All media accreditation, except local media, shall be controlled by the IFBB and CBBA. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB media accreditation form.

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.

Misrepresentation

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS. Any National Federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined USD \$500 each.

Time zone

UTC + 08:00 hrs

Currency

The national currency in China is the Yuan Renminbi (CNY).

USD 1.00 = CNY 7.0 (as for August 2019) EUR 1.00 = CNY 8.0 (as for August 2019)

But the rates can fluctuate. Current rates are available at:

<http://www.xe.com/currency/cny-chinese-yuan-renminbi>

Chinese Yuan is widely preferred by most major hotels, department stores and restaurants. We recommend you to have some CNY in cash to make your trip to China more convenient.

Climate

During the month of October, the average temperature is around 19⁰C (66.2⁰F).

Electrical current

The standard voltage is 220 V / 50 Hz.

Sockets required a Type I plug or adapter.

For more detailed information:

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

Language

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

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, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these competitions, to include the statements contained within this Inspection Report.

IFBB and CBBA reserve all the right for the final explanation of this Inspection Report.

CORRESPONDENCE/CONTACT INFORMATION

Please send your e-mail to:

Secretary General of the Chinese Bodybuilding Association

Mr. Gu Qiao

Tel : +86010-85752850

E-mail : cbba_cn@126.com

Tentative Schedule

Date/Time		Event	Place
Oct. 10 th	All Day	Arrival	Qujiang Hotel
Oct. 11 th	09:00~10:30	Judges Meeting Technical Meeting	Gran Melia Xi'an Hotel
	10:30	Official Athletes Registration & Weigh-in	Qujiang Hotel
	19:00~21:00	opening ceremony	Kaiyuan Square of Great Tang All Day Mall
Oct. 12 th	09:00~19:00	competition	Shaanxi Grand Theater
Oct. 13 th	09:00	competition	Shaanxi Grand Theater
	18:00~21:00	Overall/Awarding/ Closing ceremony	Kaiyuan Square of Great Tang All Day Mall
Oct. 14 th	All Day	Departure	