

# IFBB World Master Championships 2019



December 6<sup>th</sup> - 9<sup>th</sup>, 2019

Tarragona, Spain

**MASTERS ELITE PRO QUALIFIER**

## **INSPECTION REPORT**

## Location

### Tourism



Tarragona is a surprising and amazing city full of beautiful places to visit. This city, also known as Tarraco, was a Roman City. After the demise of the Western Roman Empire, it was captured first by the Vandals and then by the Visigoths. The Visigothic Kingdom's disappearance in 714 with the conquest of Umayyad. It is Roman heritage, protected by UNESCO since 2000.

Some Roman buildings to visit: The Roman walls; The Capitol, or citadel; The Amphitheatre; The Roman circus; The Pretorium

– Tower; The Provincial and Colonial fora; The Necropolis; The palace of Augustus, called the house of Pilate; The so-called tower, or sepulcher, of the Scipios; Arch of Sura, or of Bara; or The Aurelian Way.

### Beaches

#### **El miracle**

This is the main beach of Tarragona, so to get there you only have to follow the Rafael de Casanova promenade. From the Balcony of the Mediterranean we will enjoy panoramic views of the El Miracle beach and its calm waters, which extends along 500 meters long and 75 meters wide.

#### **L'Arrabassada**

Not far from the center of Tarragona we find the beach of L'Arrabassada, the best beach in Tarragona to enjoy with the family. The atmosphere of this beach is very relaxed, its waters are clean and calm and its golden and soft sands. L'Arrabassada has a blue flag and is cleaned daily. It extends for 550 meters long and 65 wide and has all the facilities, including showers, beach bars and restaurants.



# How to get to Tarragona from Barcelona Aiport



You have two transport options to travel to Tarragona from Barcelona airport: train or taxi.



The fastest and most expensive is the taxi. The price is calculated with a taximeter. The trip takes 1 hour and 10 minutes.



The cheapest option is the train. As there are no direct trains, the journey takes 1 hour and 30 minute

## Official Hotel

# 4R GRAN REGINA



C/ Joan Fuster, 3  
43840 Salou (Tarragona)  
T. +34 977 353 533  
F. +34 977 388 878

Gran Regina is located next to the Port Aventura Theme Park and Ferrai Land, just 200 m from the center of Salou and about 700m from the beach. The high quality and variety of services will make you enjoy your holiday in the heart of the Costa Dorada.

The hotel has 294 rooms, all with terrace and equipped with air conditioning (del 15/06 al 15/09), heating, bathroom with hairdryer, satellite TV with music channel, telephone, safe (€) and fridge (€).

The facilities include Internet corner (€), restaurant (buffet service, “show cooking”), pool bar, sun terrace, 2 swimming pools (adults and children), SPA (€), parking (€), playground, mini club, games room, access adapted for disabled people daytime and a very good gym.



# Competition Venue

## Palau Firal i de Congressos de Tarragona Arquitecte Rovira, 2, 43001 Tarragona

### Tarragona Trade Fair and Congress Centre

The Tarragona Trade Fair and Congress Centre, in the heart of the city, is close to the main shopping area, known as Rambla Nova, the main hotels and the train station.

One of the Congress Centre's defining features is the natural stone wall which can be seen on each of the floors of the building.

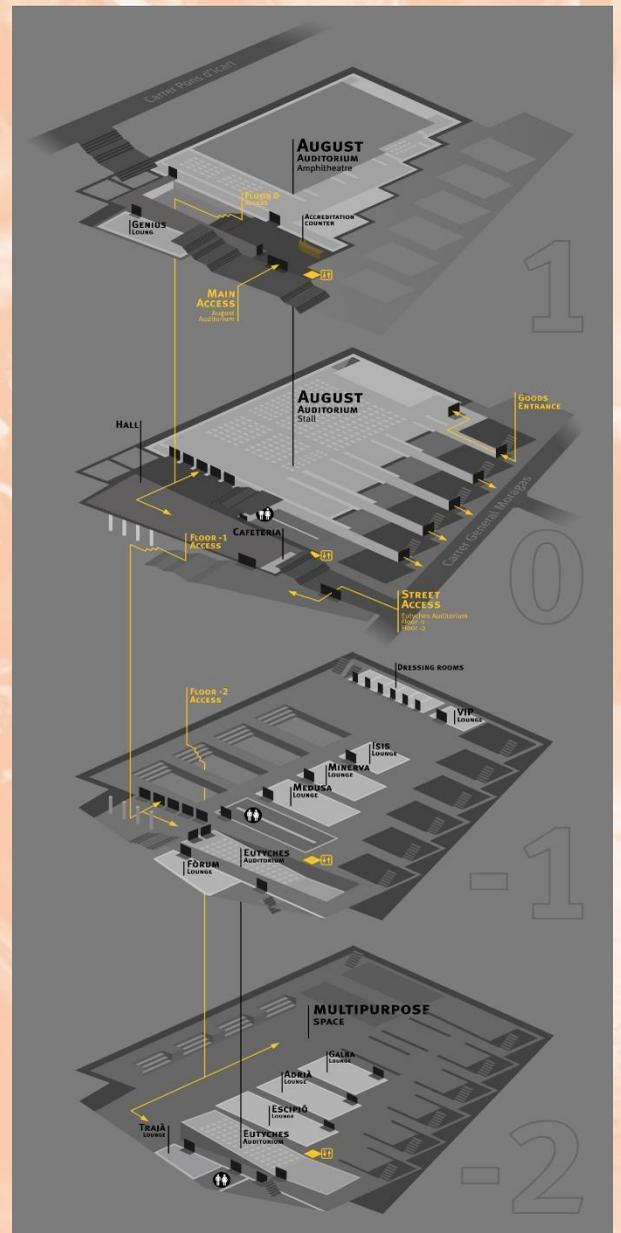
The Exhibition building, next to the Congress Centre, is an ideal place to hold trade fairs, shows and banquets. It is surrounded by 3000 m2 open-air esplanade, which can be used either as a parking facility or as a fair space.

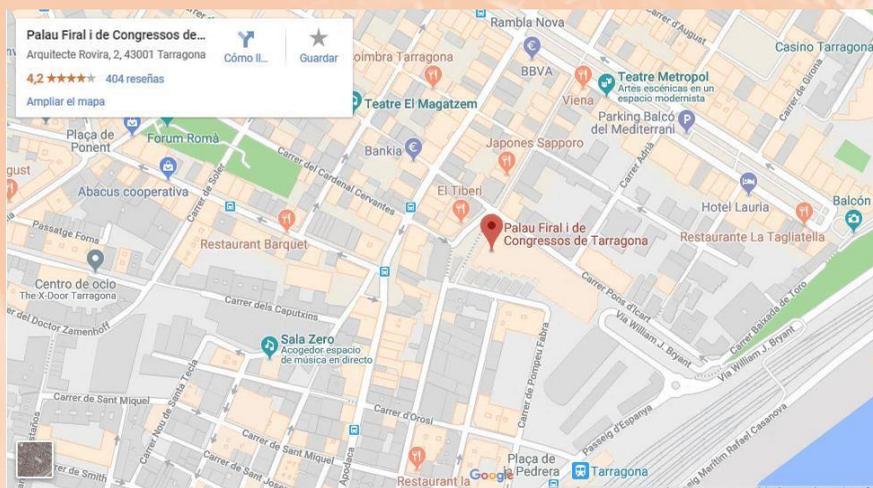
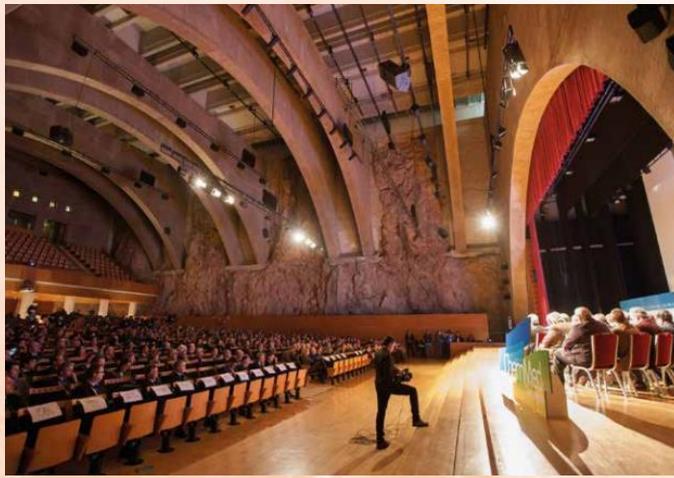
### Infinite Possibilities

The Centre has 10 rooms fitted with the latest technology to satisfy even the most demanding customer. The building is a suitable venue for local, national and international events of all kinds: congresses, conventions, meetings and trade fairs.

The Congress Centre's two main auditoria, called August and Eutyches, offer excellent acoustics for major concerts and large-scale events.

On the -2 floor of the centre is a multipurpose space, covering an area of 3000 m2, ideal for commercial exhibitions and banquets.





## Airport

The official arrival airport is the **Barcelona International Airport “El Prat”**.

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 the Barcelona Airport on the official Departure Day (Monday) for EUR €40 per person (EUR €20 each way per person). On December 6<sup>th</sup> buses will leave from the airport to the hotel every hour (0:00) from 8:00 till the last flight arrival.

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.

Your cooperation is essential to ensure 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 December 6<sup>th</sup> and/or staying after the official departure date of December 9<sup>th</sup>, 2019 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals.*

## Flight Reconfirmation

To reconfirm your flight from Barcelona to your country, please contact the secretariat within 24 hours before your departure.



## Accommodations

The Organizing Committee will provide free-of-charge accommodations for three (3) nights and three (3) meals per day for all official participants (athletes & delegates) from National Federations according to the following IFBB rules:

- Three or more competitors: two delegates permitted.
- Two competitors or less: only one delegate is permitted.

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.

*Official arrival date is December 6<sup>th</sup>, 2019 (Friday) and the official departure date is December 9<sup>th</sup>, 2019 (Monday).*

*IFBB Executive Council Members: official arrival date is December 5<sup>th</sup>, 2019 (Thursday) and the official departure date is December 9<sup>th</sup>, 2019 (Monday).*

### ***IMPORTANT NOTICE***

**All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting.**

**Any judge, coach, or trainer will be responsible for all his expenses. The same rule applies for family members.**

**NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

## Hotel Security Deposit

A hotel security deposit of **EUR €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 to Tarragona 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.

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

The Organizing Committee has established a full special package rate, which includes three (3) nights accommodation, with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, and onsite transportation at a special cost.

**For single room EUR €475 per person**

**For Double room EUR €350 per person**

## Participation

The IFBB World Master Championships is open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible.

**The number of participating athletes is unlimited.**

Verify, please, if athletes to be registered on this event are NOT suspended or fulfilling any period of ineligibility due to the Anti-Doping Rules violation or any disciplinary case at national or international level.

Registration of international athletes will only be considered if they are nominated by their IFBB- affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)
- IFBB Head Office at: [officemanager@ifbb.com](mailto:officemanager@ifbb.com)
- IFBB Press Commission at: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

The deadline for submitting the Final Entry Forms is November 25<sup>th</sup>, 2019. The final decision to allow an athlete to compete in this event rests with the IFBB.

## IFBB Registration and Accommodation

Registration will take place in the Hotel 4R Gran Regina, Calle Joan Fuster 3, 43840 Salou, Tarragona, Friday 6<sup>th</sup> December from 10:00 till 20:00 h.

## IFBB Registration Fees

Each Athlete and Official Delegate must pay the IFBB registration fee of EUR **€350** (in a double room) or EUR **€475** (in a single room). The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay **EUR €385 (in a double room) or EUR €510 (in a single room)**, which includes the International Card (EUR €35) and the registration fee (EUR €350).

The online payment system will be switched off on November 26<sup>th</sup>, 2019 at 24:00 (midnight, CET > UTC +1). Paying at the Registration on December 5<sup>th</sup>, 2019, additional fee of EUR €50 will be charged.

## Payment of IFBB Registration Fee and IFBB International Card

**THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID IN ADVANCE ONLINE. THE DEADLINE IS UNTIL NOVEMBER 26th, 24:00 CET**  
<http://www.ifbb.com/competition-registration/>

**IF YOU HAVE NOT PAID BEFORE THE CHAMPIONSHIPS, AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE REGISTRATION FEE WILL BE EUR €50.00 PER PERSON MORE.**

<b>2019 IFBB MASTERS WORLD CHAMPIONSHIPS</b>			
	<b>DISCIPLINE</b>	<b>AGE LIMIT</b>	<b>CATEGORY</b>
1	Master Women Bikini-Fitness	Age 35-39 yrs	Up to 164 cm
2	Master Women Bikini-Fitness	Age 35-39 yrs	Over 164 cm
3	Master Women Bikini-Fitness	Age 40-44 yrs	Open Class
4	Master Women Bikini-Fitness	Age >45 yrs	Open Class
5	Master Women Bodyfitness	Age 35-39 yrs	Open Class
6	Master Women Bodyfitness	Age 40-44 yrs	Open Class
7	Master Women Bodyfitness	Age >45 yrs	Open Class
8	Master Women's Physique	Age >35 yrs	Open Class
9	Master Women Wellness Fitness	Age >35 yrs	Open Class
10	Master Men's Physique	Age 40-44 yrs	Open Class
11	Master Men's Physique	Age >45 yrs	Open Class
12	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 70 kg
13	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 80 kg
14	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 90 kg
15	Master Men Bodybuilding	Age 40-44 yrs	Over 90 kg
16	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 70 kg
17	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 80 kg
18	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 90 kg
19	Master Men Bodybuilding	Age 45-49 yrs	Over 90 kg
20	Master Men Bodybuilding	Age 50-54	Up to & incl. 80 kg
21	Master Men Bodybuilding	Age 50-54	Over 80 kg
22	Master Men Bodybuilding	Age >55	Up to & incl. 75 kg
23	Master Men Bodybuilding	Age >55	Over 75 kg
24	Master Men Classic Bodybuilding	Age 40-44 yrs	Open Class
25	Master Men Classic Bodybuilding	Age 45-49 yrs	Open Class
26	Master Men Classic Bodybuilding	Age >50 yrs*	Open Class
27	Master Men Classic Physique	Age 40-44 yrs	Open Class
28	Master Men Classic Physique	Age 45-49 yrs	Open Class
29	Master Men Classic Physique	Age >50 yrs*	Open Class

## Judges and Delegates Meeting

There will be a **Team Managers and Judges Meeting on Friday, December 6<sup>th</sup>, at 18:00 hrs.** All Judges and Delegates will be obliged to attend this meeting.

## Secretariat

The Organizing Committee will manage a Secretariat at the official hotel from **Thursday, December 5<sup>th</sup>, until Monday, December 9<sup>th</sup>, from 08:00 till 20:00 (on Monday till 11:00).** You may obtain information and assistance from the Secretariat.

## Camera Video Tape Equipment

Cameras and/or video tape equipment 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.

## Posing Music

All posing music must be in audio CD or USB Memory. ***Only in MP3 format.*** The posing music must also be at the start of the CD/USB. Each competitor must affix his name or competition's number on the CD for easy identification.

***IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.***

## Tanning needs

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

## 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.**

## Judges

To be taken into consideration during selection of judge's panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by their National Federations, according to the IFBB Rules.

For more information, please contact

• **Mr. Pawel Filleborn - Chairman, IFBB Judges Committee, Email: pawelfilleborn@gmail.com**

IFBB International Judges must have a valid IFBB Judge's Cards with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may be paid at the World Fitness Championships. All judges must attend the Team Managers & Judges Meeting.

**PLEASE, DO NOT SEND YOUR NOMINATIONS TO THE IFBB HEADQUARTERS**

### **IMPORTANT NOTICE**

**All judges who wish to be included in the judge panels at these Championships should be specified in the Final Entry Form. The test judges should also be specified in the Final Entry Form. If any judges do not attend the Team Managers & Judges Meeting, they will not be permitted to judge.**

## Visas

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

**[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_the\\_Schengen\\_Area](https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area)**

Please contact the Spanish Embassy in your country to determine if you need a visa. It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

**A copy of Passport. Where the attendant will have his or her accommodation**

If the visa is not granted, the Cancellation Policies for the championship will still apply. An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

## Currency

The official currency of Spain is the Euro (€). Approx. EUR €1.00 = USD \$1.12.  
Current rates at: <http://www.xe.com/currencyconverter/>

## Credit Cards

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

## Time Difference

CET Zone > GMT / UTC +1.

## Climate

In December the average daily temperature is 15°C.

## Electrical Current

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## Language

The official language is Spanish and Catalan

## 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 not later than November 27th, 2018. You may contact the IFBB Press Commission to obtain this form: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

## Athletes Without Delegate

All athletes competing at the IFBB Master World Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

## 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.

## Preliminary Entry Form (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) November 5<sup>th</sup>, 2019. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline, 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 sending the Final Entry Form is Monday, November 25<sup>th</sup>, 2019. 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. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

**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 travelling 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.**

FRIDAY, DECEMBER 6th 2019		
09:00 - 19:00	Arrivals of IFBB National Delegations, REGISTRATION	Palau Firal i de Congressos
13:30 - 15:30	Lunch	Hotel
16:00 - 18:00	Team Managers and Judges Meeting	Palau Firal i de Congressos
10:00 - 20:00	Official Registration and Weigh-in. Each competitor must provide his passport, IFBB international card and music at registration	Palau Firal i de Congressos
19:00 - 22:00	Dinner	Hotel
SATURDAY, DECEMBER 7th 2019		
09:00 - 21:00	Eliminations, Semifinals and Finals	Palau Firal i de Congressos
SUNDAY, DECEMBER 8th 2019		
09:00 - 21:00	Eliminations, Semifinals and Finals	Palau Firal i de Congressos
MONDAY, DECEMBER 9th 2019		
07:30 - 10:30	Breakfast	At the corresponding host hotel
DEPARTURES		

## CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

**PLEASE SEND YOUR ENTRY FORM TO:**

**Spanish Bodybuilding and Fitness Federation Co-  
Organizing Committee**  
Address : c/Esglesia 3573<sup>o</sup> 2<sup>a</sup> – Calella – Barcelona - Spain Phone:  
**+347664144**

Email : [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

Website : [www.ifbbSpain.com](http://www.ifbbSpain.com)

**Mr. José Tomás Ramos Muñoz, President**

**COPY ALL CORRESPONDENCE TO:**

**IFBB HeadOffice in Madrid, Spain**

**Ms. Diana Mozos**

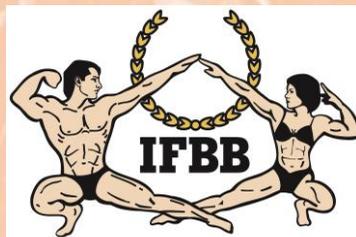
Phone: +34 91 535 2819

E-mail: [info@ifbb.com](mailto:info@ifbb.com)

**And: IFBB Technical Committee**

**Eng. Andrew Michalak**

E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS