



Dear friends, dear IFBB Family,

On behalf of the IFBB Tahiti Bodybuilding & Fitness Federation, I am pleased to invite you and our Vice-President Oceania South Pacific Mr. Paul GRAHAM to participate in the IFBB South Pacific & Oceania Championships which will be held on 4th to 5th of October 2019 in Tahiti, French Polynesia. This will be the opportunity for most of you to discover our beautiful, peaceful and welcoming country.

Please find enclosed the regulations of the competition and the other necessary information. We are hoping that many of you will be able to join us for this competition and make it a hugely successful event.

We are looking forward to welcoming you in Tahiti!

Mauruu'ru,

Yours Sincerely,  
Jerry Yeung  
President Executive

# **2019 IFBB SOUTH PACIFIC & OCEANIA CHAMPIONSHIPS OCTOBER 04<sup>th</sup> -05<sup>th</sup>, PAPEETE, TAHITI FRENCH POLYNESIA Inspection Report**

## **Welcome :**

Jerry YEUNG President of the Tahitian Bodybuilding & Fitness Federation and all his members welcome you to the « 2019 IFBB South Pacific & Oceania Championships » October 04<sup>th</sup> - 05<sup>th</sup>, 2019.

The IFBB South Pacific & Oceania Championships is a competition that takes place every year and we follow in the footsteps of last year's event which was held in Rarotonga, Cook Islands.

## **Location :**

Tahiti is a dynamic and vibrant city with world-renowned dining, shopping and sightseeing attractions.

French Polynesia comprises of Islands, the Moorea island, the Tetiaroa Island, and more than 118 outlying islands.

For more information about French Polynesia, please visit :

<https://tahititourisme.fr/fr-fr/>

## **Venue :**

« **Tahiti Pearl Beach Resort\*\*\*\*** » in the Endeavour Ballroom .

All of the event will take place at « Tahiti Pearl Beach Resort », Lafayette Beach - PK7, Arue, 98701 Papeete, French Polynesia.

<https://www.tahitipearlbeach.pf/en/resort>

## **Currency :**

The official currency of the French Polynesia is French Polynesia Franc (XPF).

1.00 USD = 107.55 XPF (as for Aug. 18, 2019)

1.00 EUR = 119.33 XPF (as for Aug. 18, 2019)

Current rates at:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=XPF>

## **Credit Cards :**

International credit cards such as American Express, VISA, and MasterCard are

we come at many hotels, retails shops and restaurants; however some smaller restaurants, shops and vendors at open air markets will only take cash.

### **Visas :**

Citizens of many countries do not need a visa if coming for a short period of time, but it varies from country to country.

Detailed information here in :

<http://www.polynesie-francaise.pref.gouv.fr/Vos-demarches/ETRANGERS/Francais/Conditions-d-entree-des-etrangers-en-Polynesie-francaise>

To understand the application timeline and process please refer to the French Polynesia Immigration website and contact information :

<http://www.polynesie-francaise.pref.gouv.fr/>

An Official Letter of Invitation will be made available if required.

### **Electrical Current :**

The standard electrical voltage in Tahiti is 220 volts AC, 60 Hz. Plugs C and E types. More info at

<https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

### **Language :**

Tahitian, a dialect of Mainland Island, is spoken by 70% of people in Tahiti however French is also widely spoken and is the language of preference in the government, business and tourism sectors. As a visitor, you can expect to encounter minimal problems communicating in English, as most taxi drivers, salespeople, tourism industry employees and police have reached competent levels of the language. Also, all official signs and public transport announcements, as well as most menus, are in both French and English.

### **Climate :**

With a tropical climate, French Polynesia enjoys a good sunshine throughout the year. The IFBB South Pacific & Oceania Championships 2019 will take place in summer (April to October). Expect hot, humid and sunny weather with occasional showers. Average temperature is 22°C-30°C, with high humidity. For detailed information about current and seasonal weather, visit :

<https://meteo.pf/fr>

### **Getting around Tahiti :**

There are many ways to get around the City Papeete, whether it is by taxi or bus. The City claims one of the world's safest, most efficient and frequent public transport systems. For more information, click the link below :

<http://www.ville-papeete.pf/rubriques.php?listing=actualites>

## Tahiti Faa'a International Airport :

Tahiti-Faa'a International Airport is located in Faaa on the island of Tahiti in French Polynesia, 5 km from Papeete, 20 minutes by taxi to the « Tahiti Pearl Beach Resort ». It serves as a connecting platform for Air France, Air Tahiti Nui, Aircalin, Lan Airlines, Hawaiian Airlines, Air New Zealand, French Bee, United Airlines and Air Tahiti. It is classified as a state aerodrome.

Tahiti is a key aviation hub serviced by more than 10 airlines that provide connections to major cities throughout the world. The Tahiti Faa'a International Airport is a 24-hour airport, which is consistently ranked among the safest airports in the world.

For more information, visit : <http://www.tahiti-aeroport.pf/>

## Participation :

The 2019 IFBB South Pacific & Oceania Championships is open to IFBB-affiliated South Pacific & Oceania **National** Federations.

Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible. IFBB National Federations are informed that participation in this Championship is unlimited.

To participate in this competition, athletes must be nominated by their IFBB-affiliated federations. To be nominated, you must do the following :

- Contact your IFBB-affiliated National Federation and declare you would like to participate in the 2019 IFBB South Pacific & Oceania Championships.
- National Federations approve the list of competitors from their countries, completes the Final Entry Form and e-mails it to the IFBB Tahiti Head Office : [ifbbtahiti.secretary@gmail.com](mailto:ifbbtahiti.secretary@gmail.com) and [ifbb.tahiti@gmail.com](mailto:ifbb.tahiti@gmail.com) with a copy to the IFBB Technical Committee and IFBB Head Office in Madrid not later than **September 20<sup>th</sup>, 2019**.
- After being approved by your National Federation, you need to pay the **IFBB Registration Fee of USD \$100**. This will have to be paid at the time of the Official Registration in Tahiti or in advance. We fully recommend you to make advance payment by PayPal or Credit Card through the following link: [www.ifbb-tahiti.com](http://www.ifbb-tahiti.com)  
**Crossovers:** If an athlete wants to participate in the second category (like a master or junior in the senior open class also), the registration fee for this second category is **USD \$50**.

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 in 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.

The deadline date for submitting the Final Entry Forms is **Friday, September 20<sup>th</sup>, 2019**. The final decision to allow an athlete to compete in this event rests with the IFBB.

### **Competitor Notification :**

Competitors officially nominated by National Federations in the Final Entry Forms are considered as approved. If, for any reason, a competitor has not been approved by the IFBB, his/her National Federation will be notified that he/she will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete.

### **Official Athlete Registration (Weigh-In) and Fee :**

The official arrival day for all National Teams is **Friday, October 04<sup>th</sup>, 2019**.

Registration, weigh-in and height measurements will take place at « **Tahiti Pearl Beach Resort** » on **Friday, October 04<sup>th</sup>, 2019 from 17:30 till 19:30 hrs.**

At the registration, weigh-in, you will be asked to produce:

- ID Document
- IFBB International Card (Blue Book)
- Posing music on audio CD or USB (if posing is required in your division)
- Official attire to each round, including shoes (women athletes)

Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to do so at Registration. The cost is EUR €35 (USD \$45) per calendar year. IFBB International Cards are mandatory.

As mentioned above, the **IFBB Registration Fee of USD \$100** per participant will have to be paid in advance online or at the Registration. We fully recommend you to make advance payment at [www.ifbb-tahiti.com](http://www.ifbb-tahiti.com)

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

If you have not paid before the Championships, you will have to pay these fees upon arrival at the Official CHECK-POINT in the « Tahiti Pearl Beach Resort ». The IFBB Registration Fees is completely separate from the hotel security deposit.

### **IMPORTANT NOTICE**

You must pay the hotel security deposit of USD \$50 per person and the IFBB Registration Fee **BEFORE** your Team members are provided accommodations. If

any of your athletes or delegates arrives to Tahiti without their Team Manager or Chief Delegate, that athlete or delegate must pay the hotel security deposit and IFBB Registration Fee **BEFORE** a room can be assigned.

### **Important Information :**

All the costs for the hotel accommodations, transport from and to the airport and 3 meals per day for **Official Participants\*** are **free of charge for 2 days and nights from the official arrival date, Friday, October 04<sup>th</sup>, 2019 to the official departure date, Sunday, October 06<sup>th</sup>, 2019 for all officials delegations, according to the IFBB Rules:**

\*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, and 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:

Three (3) or more competitors = two (2) delegates;

Two (2) competitors or less = one (1) delegate

**A National Federation with no athlete may send (1) delegate; however, this delegate will be responsible for all his or her expenses.**

### **IMPORTANT NOTICE**

All National Team Official Participants (athletes and delegates) must check-in **BEFORE** the start of Technical Meeting (October 04<sup>th</sup> at 16:00 hrs). Any Official Participant not checked-in by this deadline, without notifying the Organizing Committee, will be classified as an extra delegate and will be responsible for all his or her expenses. Any judges, coaches or trainers who are not an Official Participant will be responsible for all his or her own expenses. If your National **Federation** wishes to bring a judge, coach or 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.

### **Athletes without delegate :**

All athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes arriving without a Delegate must be nominated by their National Federation by sending the Final Entry Form with their names., failing which the Athletes will not be allowed to participate.

### **Failure to honor the Final Entry Form deadline :**

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championships activities. A failure to respect

these deadlines is breach of IFBB Rules.

If a National Federation fails to respect the deadlines 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 accommodation, meals, onsite transportation, and access to the Pre-judging, 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 numbers of Athletes and Delegates, so as to obtain free-of-charge accommodations, meals on site transportation, access to Pre-judging, Finals and Farewell Banquet and other amenities at the expenses of the Organizer. Part of this misrepresentation may be 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.

### **Doping Controls :**

Doping controls will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a **WADA** accredited laboratory. 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. The IFBB reserves the rights to target test any athlete. The IFBB is 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.

### **Preliminary Entry Form :**

The deadline date for the Preliminary Entry Form is **September 2<sup>nd</sup>, 2019**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your Federation intend to participate. If at this time you do not know the actual names of 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 :**

The deadline date for the Final Entry Form is **September 20<sup>th</sup>, 2019**. National Federations must submit the actual names of all Official Participants (Athletes **by category** and Delegates, including Judges). You must also include **your** flight 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.

### Men's Divisions :

DIVISIONS	CLASSES
<b>MEN'S BODYBUILDING</b>	<b>Open</b> <ul style="list-style-type: none"> <li>• Up to and including 80 kg</li> <li>• Up to and including 90 kg</li> <li>• Over 90 kg</li> <li>• Overall (1 Elite Pro Card)</li> </ul> <b>Masters 40 years &amp; over - Open</b>
<b>MEN'S CLASSIC PHYSIQUE</b>	<ul style="list-style-type: none"> <li>• Classic Physique - Open (1 Elite Pro Card)</li> <li>• (Weight /Height limits apply)</li> </ul>
<b>MEN'S PHYSIQUE</b>	<b>Novice - Open</b> <b>Juniors (16-23 years) - Open</b> <b>Men's Open</b> <ul style="list-style-type: none"> <li>• Up to and including 175 cm</li> <li>• Up to and including 180 cm</li> <li>• Over 180 cm</li> <li>• Overall (1 Elite Pro Card)</li> </ul> <b>Masters 40 years &amp; over - Open</b>

### Women's Divisions :

DIVISIONS	CLASSES
<b>WOMEN'S BIKINI-FITNESS</b>	<b>Novice - Open</b> <b>Juniors (16-23 years) - Open</b> <b>Women's Open</b> <ul style="list-style-type: none"> <li>• Up to and including 163 cm</li> <li>• Up to and including 169 cm</li> <li>• Over 169 cm</li> <li>• Overall (1 Elite Pro Card)</li> </ul> <b>Masters 35 years &amp; over - Open</b>
<b>WOMEN'S BODYFITNESS (FIGURE)</b>	<b>Open</b>
<b>WOMEN'S WELLNESS FITNESS</b>	<b>Open</b>

**IMPORTANT NOTICE**



Minimum number of competitors to run a category should be 3. If less than 3 athletes, categories will be combined.

All athletes are advised to read the documents provided by the IFBB outlining rules for each class : [www.ifbb.com/rules](http://www.ifbb.com/rules)

### **Pro Card Event :**

The « 2019 IFBB South Pacific Oceania Championships » is an IFBB Elite Pro Card qualifier for Bodybuilding, Classic Physique, Men's Physique & Bikini Fitness categories. Each Overall / Open category winner in the above mentioned divisions will receive the IFBB Elite Pro Card (after application through his/her National Federation) and will be awarded with the USD \$500 prize money.

### **Awards**

Top three athletes in each category will be awarded with medals.

Top six athletes in each category will receive Certificate of Excellence.

### **Training Facility :**

We have 2 sites for your training, one located at the Tahiti Pearl Beach Resort and the other is "The Gym Tahiti Centre" which is located just a few minutes into the town of Papeete. Free transportation for « The Gym Tahiti » is available.

### **Athlete and Delegate Entry to the Venue :**

Each athlete and official delegate participating in the championship will be provided with a wristband, and this will need to be worn when entering the venue to ensure admittance. The wristbands will be distributed at the Registration and will allow athletes and officials to attend the Event for all day free of charge.

### **Posing Music :**

All posing music must be supplied on a named audio CD or USB flash memory. To avoid confusion, there must be no other tracks on the CD or USB. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

### **Tanning Requirements :**

The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body coloring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body. Please refer to the IFBB Tahiti website for bookings with

the Official Tanner : [www.ifbb-tahiti.com](http://www.ifbb-tahiti.com)

## Judges :

All National Federations are reminded that their nominations for judges must be also included in the **Final** Entry Forms according to the IFBB Rules. For more information, please contact :

Mr. Jerry YEUNG [ifbtahiti.president@gmail.com](mailto:ifbtahiti.president@gmail.com) / [ifbb.tahiti@gmail.com](mailto:ifbb.tahiti@gmail.com)

Mrs. Carole GRAHAM [carole@ifbbaustralia.com.au](mailto:carole@ifbbaustralia.com.au)

IFBB International Judges must have a valid IFBB International Judge's Card with the IFBB yearly judges fee of EUR €50 (USD \$60) paid for 2019. All judges must be present at the Team Managers & Judges Meeting, which will start on October 04<sup>th</sup> at 16:00 at the Official Hotel.

## Media Accreditation :

All media accreditation, except local media, shall be controlled by the IFBB Tahiti Magazine. All persons wishing to obtain media accreditation for this event must contact the Organizing Committee no later than September 20<sup>th</sup>, 2019.

## Backstage Access :

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be the same sex as the athlete they are assisting.

## Early arrivals :

Any National Federations arriving **BEFORE** the Official Arrival Date of October 04<sup>th</sup>, 2019 and staying on after the Official Departure Date of October 06<sup>th</sup>, 2019 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. If you would like to stay additional days **BEFORE** or **AFTER** the Championships, please contact the Hotels cited. You are obliged to notify the Organizing Committee of your early arrivals and staying after October 5<sup>th</sup>, 2019 no later than September 2<sup>nd</sup>, 2019.

## For earlier arrival days - Official Accommodation Partner :

« Tahiti Pearl Beach Resort Hotel »

**Address :** Lafayette Beach PK7, Arue, French Polynesia

**Phone :** +689 40 48 88 00

<https://www.tahitipearlbeach.pf/fr>

\* The room rates are for single and double occupancy are subject to 10% service charge.

Complimentary benefits include :

- Complimentary local calls
- Complimentary in-room internet access
- Complimentary tea/coffee making facilities in room

- Complimentary newspaper
- In-room safe with capacity to store a laptop computer
- Complimentary use of Health Club and Swimming Pool, and Sauna (24-hour access)

Hotel check-in time is 14:00 hrs. Anyone arriving prior to 14:00 will be accommodated as rooms become available.

Hotel check-out time is 12:00 noon.

The following hotels are located nearby Tahiti Faa'a International Airport.

- The Royal Tahitien : [RESA@ROYALTAHITIEN.PF](mailto:RESA@ROYALTAHITIEN.PF) tel : +689 40 504 040
- The Hotel Tahiti Nui tel : +689 40 463 899
- The Hotel Sarah Nui Papeete

### Contact :

General Enquiries (venue, competition times, weigh-in, make up and accommodation) : [ifbbtahiti.mag@gmail.com](mailto:ifbbtahiti.mag@gmail.com)

Rules, regulations and registration: [www.ifbb-tahiti.com](http://www.ifbb-tahiti.com) or the IFBB Technical Committee: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

### Final Entry Form sending details :

**The deadline for submitting the Final Entry Forms is September 20<sup>th</sup>, 2019.**

<p><b><u>Please send your Final Entry Form no later than September 20<sup>th</sup>, 2019 to :</u></b></p> <p><b>Organizing Committee :</b>  <b>E-mail : <a href="mailto:ifbb.tahiti@gmail.com">ifbb.tahiti@gmail.com</a></b>  <b>Phone : +689 87 786 894</b>  <b>President : Jerry YEUNG</b></p> <p><b>IFBB Tahiti Office Manager :</b>  <a href="mailto:ifbbtahiti.secretary@gmail.com">ifbbtahiti.secretary@gmail.com</a>  <a href="mailto:ifbbtahiti.antho@gmail.com">ifbbtahiti.antho@gmail.com</a></p>	<p><b><u>Please Send a copy to :</u></b></p> <p><b>IFBB Representative,</b>  <b>Mrs. Carole GRAHAM :</b>  <b>IFBB Australia Secretary</b>  <b>Phone : 0410 403 530</b>  <b>Email : <a href="mailto:carole@ifbbaustralia.com.au">carole@ifbbaustralia.com.au</a></b></p> <p><b>IFBB Technical Committee:</b>  <b>Eng. Andrew Michalak</b>  <b>E-mail: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></b></p> <p><b>IFBB Head Office:</b>  <b>Ms. Diana Mozos</b>  <b>E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a></b></p>
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***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 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.***

# 2019 IFBB South Pacific & Oceania Championships

## Tentative Schedule (October 04<sup>th</sup> – 05<sup>th</sup>, 2019)

### Friday, October 04<sup>th</sup>:

#### Official arrival day for all National Teams:

- 11:30 -13:30 Lunch
- 16:00 - Team Managers and Judges Meeting
- 17:30 - 19:30 : Official Athlete Registration
- 20:00 - 21:00 : Dinner

### Saturday, October 05<sup>th</sup>:

- 06:00 - 08:00 : Breakfast
- 11:30 - 13:30 : Lunch
- 14:30 – Pre-judging

- Men's Classic Physique
- Men's Bodybuilding
- Men's Physique
- Women's Wellness Fitness
- Women's Bodyfitness (Figure)
- Women's Bikini Fitness

- 19:30 - 22:30 : Finals and Awarding Ceremonies
- 23:00 - Dinner

### Sunday, October 06<sup>th</sup>:

06:00 - 08:00 : Breakfast

#### Official departure of all delegations