

IFBB GRAND PRIX TAIPEI

INSPECTION REPORT



TAIPEI CITY

Taipei is Taiwan's largest city as well as its economic, political, and cultural center. It is a modern cosmopolitan metropolis with a lively and diversified face, filled with exuberance.

From the world's tallest building (2004~2010) to the biggest collection of Chinese art, Taipei invites you into a world of fascinating contrasts - a mix of the modern and traditional, with a generous dash of energy and friendly smiles to make this one of your most memorable trips to Asia.

The cultural kaleidoscope of Taiwan's capital city pulses wherever you go. Incense - veiled temples dating back to dynastic times blend seamlessly with a neon street life of a decidedly more modern era. Taipei has dozens of world - class restaurants where gourmets can sample the best regional Chinese cuisine; and for the gourmand, there are plenty of night markets serving up scrumptious evening snacks in an environment of chaotic excitement and fun.

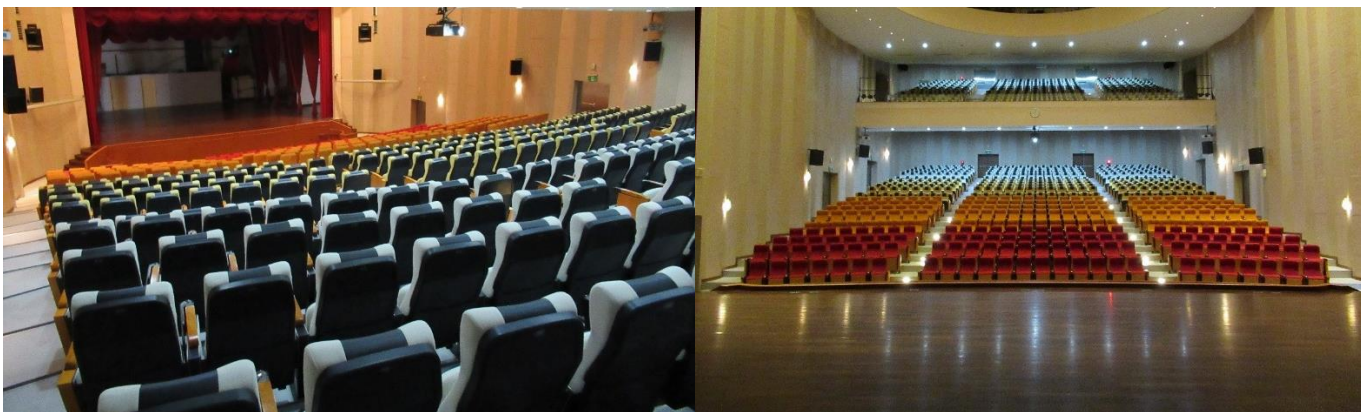
The polarities of Taipei are vividly present as well in the joining of the urban and natural. Just a few minutes from the heart of the city you can soak away the cares of the world in mineral - rich hot springs nestled in the lush mountain foothills ringing the Taipei Basin. And throughout the city there are plenty of trails, parks and other oases of tranquility to lift and invigorate your spirits.

Whether you're just stopping over en route to another Asian destination, or planning a longer stay, Taipei is a many-faceted treasure that will call you back again and again.

Discover the heart of Asia in beautiful Taipei!

More Info : <https://www.travel.taipei/en>

THE VENUE



**No. 1, Aiguo W. Rd., Zhongzheng Dist., Taipei City 100, Taiwan
(Zhongzheng Hall, Taipei City University)**

IFBB GRAND PRIX TAIPEI

1. Organizer : Chinese Taipei Bodybuilding & Fitness Federation(CTBBF) 、 International Federation of Bodybuilding and Fitness (IFBB)

2. Co-organizer : Department of Sports, Taipei City Government

3. Adviser : Sports Administration, Ministry of Education 、 Chinese Taipei Olympic Committee 、 Republic of China Sports Federation

4. Competition time : October 24th to 25th, 2020

5. Competition Venue : No. 1, Aiguo W. Rd., Zhongzheng Dist., Taipei City 100, Taiwan

(Zhongzheng Hall, Taipei City University)

100 台北市中正區愛國西路 1 號(臺北市立大學博愛校區中正堂)

6. Participation : The contest is open to IFBB-affiliated National Federations from Asia (AFBF members). The number of competitors participating in these championships is unlimited. Online Pre-Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee (ctbbf2010@gmail.com), to the IFBB Technical Committee (amichalak5@gmail.com) and IFBB Head Office in Madrid (info@ifbb.com) not later than Friday, October 16th, 2020. Local athletes (CTBBF members) register through the website: <https://forms.gle/6L6kiDHVUWmggnXm8>, completing the Entry Form. The final decision to allow an athlete to compete in this event rests with the IFBB.

7. Categories :

- Men's Bodybuilding
 - Men's Bodybuilding Up to & incl. 65 kg
 - Men's Bodybuilding Up to & incl. 70 kg
 - Men's Bodybuilding Up to & incl. 75 kg
 - Men's Bodybuilding Up to & incl. 80 kg
 - Men's Bodybuilding Up to & incl. 85 kg
 - Men's Bodybuilding Up to & incl. 90 kg
 - Men's Bodybuilding Up to & incl. 95 kg
 - Men's Bodybuilding Up to & incl. 100 kg
 - Men's Bodybuilding Over 100 kg

- **Men's Physique**

- Men's Physique Up to & incl. 170 cm
- Men's Physique Up to & incl. 173 cm
- Men's Physique Up to & incl. 176 cm
- Men's Physique Up to & incl. 179 cm
- Men's Physique Up to & incl. 182 cm
- Men's Physique Over 182 cm

- **Men's Classic Bodybuilding**

- Men's Classic Bodybuilding Up to & incl. 168 cm (**Max Weight [kg] = (Height [cm] - 100) [kg]**)
- Men's Classic Bodybuilding Up to & incl. 171 cm (**Max Weight [kg] = (Height [cm] - 100) + 2 [kg]**)
- Men's Classic Bodybuilding Up to & incl. 175 cm (**Max Weight [kg] = (Height [cm] - 100) + 4 [kg]**)
- Men's Classic Bodybuilding Up to & incl. 180 cm (**Max Weight [kg] = (Height [cm] - 100) + 7 [kg]**)
- Men's Classic Bodybuilding Over 180 cm:
 - Body height 180,1 cm up to 188 cm (**Max Weight [kg] = (Height [cm] - 100) + 9 [kg]**)
 - Body height 188,1 cm up to 196 cm (**Max Weight [kg] = (Height [cm] - 100) + 11 [kg]**)
 - Body height over 196 cm (**Max Weight [kg] = (Height [cm] - 100) + 13 [kg]**)

- **Men's Classic Physique**

- Men's Classic Physique Up to & incl. 168 cm (**Max Weight [kg] = (Height [cm] - 100) + 4 [kg]**)
- Men's Classic Physique Up to & incl. 171 cm (**Max Weight [kg] = (Height [cm] - 100) + 6 [kg]**)
- Men's Classic Physique Up to & incl. 175 cm (**Max Weight [kg] = (Height [cm] - 100) + 8 [kg]**)
- Men's Classic Physique Up to & incl. 180 cm (**Max Weight [kg] = (Height [cm] - 100) + 11 [kg]**)
- Men's Classic Physique Over 180 cm:
 - Body height 180,1 cm up to 188 cm (**Max Weight [kg] = (Height [cm] - 100) + 13 [kg]**)
 - Body height 188,1 cm up to 196 cm (**Max Weight [kg] = (Height [cm] - 100) + 15 [kg]**)
 - Body height over 196 cm (**Max Weight [kg] = (Height [cm] - 100) + 17 [kg]**)

- **Women's Bodyfitness**

- Women's Bodyfitness Up to & incl. 158 cm
- Women's Bodyfitness Up to & incl. 163 cm
- Women's Bodyfitness Up to & incl. 168 cm
- Women's Bodyfitness Over 168 cm

- **Women's Wellness Fitness**

- Women's wellness fitness Up to & incl. 158 cm
- Women's wellness fitness Up to & incl. 163 cm
- Women's wellness fitness Up to & incl. 168 cm

- Women's wellness fitness Over 168 cm
- **Women's Bikini Fitness**
- Women's Bikini Fitness Up to and incl. 158 cm
- Women's Bikini Fitness Up to and incl. 160 cm
- Women's Bikini Fitness Up to and incl. 162 cm
- Women's Bikini Fitness Up to and incl. 164 cm
- Women's Bikini Fitness Up to and incl. 166 cm
- Women's Bikini Fitness Up to and incl. 169 cm
- Women's Bikini Fitness Up to and incl. 172 cm
- Women's Bikini Fitness Over 172 cm

8. Registration Fee:

Registration fee for athletes to enter this competition is USD \$200, which have to be paid in advance by credit/debit card or PayPal at IFBB webpage: <https://ifbb.com/competition-registration/> for your best comfort and convenience. Please add your name the during online payment and bring a copy of your payment confirmation to the registration.

The deadline date for the online payment is October 16th, 2020. Online payment system will be switched off on Friday, October 16th, at 24:00 (midnight, Central European Sumer Time, UTC+2). If paying to the appointed IFBB official at the Registration on October 22nd, 2020, it will be USD \$250 per participant. Crossovers (additional categories) – an extra fee of USD \$100 per each of additional categories will be charged.

Each athlete is required to have his/her IFBB International Card (IFBB Athlete Blue Book) valid for 2020 year. To buy a new Card or renew your old one a fee of EUR €35 is charged.

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|--------------------------|------------------|
| Registration Fees | |
| One Category | USD\$ 200 |
| Two Categories | USD\$ 300 |
| Three Categories | USD\$ 400 |
| Four Categories | USD\$ 500 |

9. Venue site : Zhongzheng Hall, Taipei City University

(100 台北市中正區愛國西路 1 號(臺北市立大學博愛校區中正堂))

Address : No. 1, Aiguo W. Rd., Zhongzheng Dist., Taipei City 100, Taiwan

MRT : Chiang Kai-shek Memorial Hall Station (Exit 7)

Bus 1 : 252 、 660 、 644 (Taipei City University Station)

Bus 2 : 2-1 262 、 3 、 0 東 (Taipei First Girls High School Chongqing)

Bus 3 : 204 、 235 、 630 、 644 、 532 、 706 、 662 、 663 、 241 、 243 、 244 、 5 、 236 、

10. Hotel:

Orange Hotel - Kaifong Taipei (福泰桔子商旅 開封店)

(No.41, Sec. 1, Kaifong St., Zhongzheng District, Taipei City 10044, Taiwan)

(100 台北市中正區開封街一段 41 號)

Tel : +886-2-2388-1523 Book : +886-2-2719-2199

About Orange Hotel: Choose any Orange hotel and find yourself in the prime locations of any major city in Taiwan, minutes away from enjoying Taiwan's culture of vibrant night markets, historical sites, or Taipei's renowned nightlife with the security of knowing that you're only minutes away from home. The newly redesigned Orange pays homage to modern western influences and provides all of the amenities and services that any seasoned traveler knows are necessary when away from home, so the real question is: why haven't you chosen Orange?

For booking information of quarantine hotels, please check.

<https://taiwan.taiwanstay.net.tw/covhotel/>

11. COVID NOTES:

CECC announces guidelines for confirmed cases returning to Taiwan to protect against community transmission of COVID-19

The Central Epidemic Command Center (CECC) announced on June 17 that it has taken measures in accordance with the Communicable Disease Control Act to ensure onboard safety for crew and passengers on inbound flights carrying confirmed cases of coronavirus disease 2019 (COVID-19), as well as to minimize the risk of community transmission by these cases. Under Subparagraphs 2 and 3, Paragraph 1, Article 58 of the Act, the CECC allows only confirmed cases who meet one of the conditions listed below to fly back to Taiwan and violators will be fined NT\$10,000 to NT\$150,000 in accordance with Article 69 of the Act.

1. Cases who developed symptoms more than two months prior to the flight date and whose symptoms have abated.
2. Those who developed symptoms at least 10 days earlier and can produce two negative COVID-19 test certificates (issued for specimens taken at least 24 hours apart).

The CECC reiterated that confirmed cases should wear a mask at all times during their flight to Taiwan. It advised that they should be subject to entry measures for travelers from countries listed at Level 3: Warning. For example, specimens must be collected at the port of entry and the cases required to quarantine at a designated site. Those who test negative will be required

to complete their quarantine at home, while those who are asymptomatic will also be required to undergo a 14-day home quarantine after entry.

Quarantine System for Entry: <https://hdhq.mohw.gov.tw/Default1?openExternalBrowser=1>

For booking information of quarantine hotels, please check.

<https://taiwan.taiwanstay.net.tw/covhotel/>

Visit CECC website: <https://www.cdc.gov.tw/En>

12. Official Athlete Registration and weigh-in :

- Friday, October 23rd, 08:30~09:30 at Zhongzheng Hall, Taipei City University (Venue site)
- Saturday, October 24th, 08:30~09:00 at Zhongzheng Hall, Taipei City University (Venue site)

13. Meeting:

- Judges Meeting : October 24th, 09:30~10:00
- Athletes Meeting : October 24th, 10:00~10:30

14. Judges: IFBB International Judges are qualified to judge the Competition.

They must possess the valid IFBB Judge's Cards, with the annual Judges Fee of EUR €50 paid for 2020.

15. Rules: INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB) Rules (2019 EDITION)

16. Award:

- Top three athletes in each class will be awarded with medals
- Top six athletes in each class will be awarded certificates
- Overall winner in Men's Bodybuilding, Men's Physique, Men's Classic Bodybuilding, Men's Classic Physique, Women's Bodyfitness, Women's Wellness Fitness, Women's Bikini Fitness will be awarded with medals
- Overall winner in Men's Bodybuilding, Men's Physique, Men's Classic Bodybuilding, Men's Classic Physique, Women's Bodyfitness, Women's Wellness Fitness, Women's Bikini Fitness will be awarded with Prize Money (NTD 10,000) & will have a right to apply for the IFBB ELITE PRO CARD (through their National Federation).

17. Posing Music: please mail to ctbbf2010@gmail.com (Please affix athlete Name and Category)

18. Punishment

- Any athlete who refuses to be awarded or brakes the medal or certificate will be

disqualified and suspended according to the IFBB Rules.

- Any athlete found guilty of misrepresentation will be immediately disqualified from the competition.

19. Correspondence/Contact information

- Please send all correspondence to:
Secretary of **Chinese Taipei Bodybuilding & Fitness Federation**
Freddie Kuo
TEL : +886225770921
E-mail : ctbbf2010@gmail.com
LINE ID : fred2772995

20. Tentative schedule

Friday, October 23rd

08:30-09:30 - Official Athlete Registration (Venue site)

Saturday, October 24th

08:30-09:00 - Additional Athlete Registration (Venue site)

10:30 – Semifinals and Finals – part 1

Sunday, October 25th

10:00 – Semifinals and Finals – part 2

Notes:

- **Male bodybuilders can't register in more than 4 categories.**
- All athletes will have to produce their Passport or ID Card and IFBB International Card at the registration. Any athlete who has not yet purchased or renewed (for 2020) this IFBB International Card will have to buy one at the registration. IFBB cards cost EUR €35 per year and are mandatory. To be paid in cash only.
- All Athletes must wear their posing attire during registration for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance to IFBB Rules.
- **Any athletes who are late will not be accepted to participate and will be responsible for their own expenses.**
- **The deadline date to do the payment and online registration is Friday, October 16th, 2020.**
To keep the Competition Venue clean use the proper tan. Any tanning which can be wiped off is not allowed and such competitors will not be allowed to enter the stage.

