

IFBB WORLD JUNIOR CHAMPIONSHIPS

Cluj Napoca, Romania - October 23rd to 25th, 2020



Personally, and on behalf of the IFBB I am very pleased to welcome you to the 2020 IFBB WORLD JUNIOR CHAMPIONSHIPS, for the second time in the friendly city of Cluj-Napoca.

I wish to thank the President of the Balkan Federation & Fitness and Romanian Federation of Bodybuilding and Fitness, Mr. Gabriel Toncean, energetic and capable IFBB oficial, and all his team, for having the enthusiasm, passion and acknowledgment of bodybuilding, with such inspiration and driving force, to host a most successful championship.

The IFBB convey his thanks and respect to Cluj-Napoca City Hall, his sport authorities and the sponsors that will make possible that, our best athletes will meet in the most efficient environment at the city of Cluj-Napoca, to compete and enjoy nice journeys of friendship and solidarity, under the inspiration of our IFBB principles.

Wishing happiness and success to all,

Dr. Rafael Santonja

IFBB President



We have the great pleasure to invite you to the **WORLD JUNIOR CHAMPIONSHIPS**, to be held on October 23rd to 25th, 2020, beautiful town Cluj-Napoca, in Cluj County, Romania.

Romanian Federation of Bodybuilding and Fitness and Cluj-Napoca City Hall, are putting together all the ingredients to make possible, this championship in a place of story, where nature and history come together.

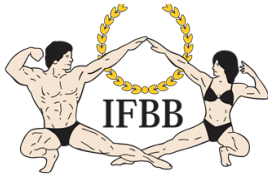
On the high occasion of the **WORLD JUNIOR CHAMPIONSHIPS**, our partners will organise diferent activities for the staff and for the guests, in the Venue location: the polyvalent hall BTarena.

We are looking forward to have you here!

Most Respectfully,

Prof. Gabriel Toncean

BBFF & RFBF President



INSPECTION REPORT

WELCOME

The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the City Hall of Cluj-Napoca and Ministry of Youth and Sports gives a most warm welcome to all the National Federations that will be participating in the **IFBB WORLD JUNIOR CHAMPIONSHIPS** in the city of Cluj-Napoca, Romania!

LOCATION: Cluj-Napoca



OFFICIAL DATA: The **IFBB WORLD JUNIOR CHAMPIONSHIPS** event will be held on Saturday – October 24th, 2020.

Official athlete registration: Friday, October 23rd. 2020.

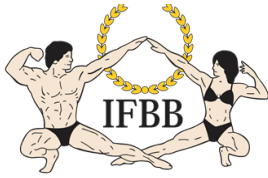
VENUE: The Polyvalent Hall - BTarena, Strada Uzinei Electrice, Cluj-Napoca 400375

IMPORTANT ARRIVAL AND CHECK-IN NOTICIES

The official arrival day is Friday, October 23rd, 2020.

OFFICIAL AIRPORT

The official airport for arrivals in Cluj-Napoca City is International Airport Avram Iancu.



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OFFICIAL HOTEL:

Grand Hotel Napoca **** - Strada Octavian Goga 1, Cluj-Napoca 400698

✓ 5 min walk away from the Venue location

<http://hotelnapoca.ro/?lang=en>



PARTICIPATION

These Championships are open for all the IFBB-affiliated National Federations from all over the world. Participation in these Championships is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

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.

It is also the full obligation and responsibility of a National Federation to monitor all the athletes affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes will not register/compete/ or participate in any capacity in any event either at National or International level, Official or Invitational.

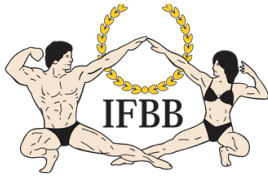
REGISTRATION AND REGISTRATION FEE

Registration and weight-in will take place on Friday, October 23rd, from 13:00 to 19:00 hrs. at The Polyvalent Hall - BTarena, Strada Uzinei Electrice, Cluj-Napoca 400375.

All athletes will have to produce their Passports & 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 and are mandatory.

At the **IFBB WORLD JUNIOR CHAMPIONSHIPS**, any direct registration from athletes will not be accepted as this must be processed by their respective IFBB-affiliated National Federations.

Final Entry Forms will only be considered if they are sent by the National Federation of the athlete and directly to the IFBB Head Office in Madrid and the IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.



You will receive your tags or wrist band for athletes and coaches at the registration. All athletes must wear their posing attire during weight-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB Rules.

Any tanning which can be wiped off is not allowed.

The **IFBB registration fees** are as follows:

Each official participant of the junior categories and the official delegates, including the delegates without competitors, must pay the Registration Fee of EUR 250. For wishing to compete in the second category (Games CBB, Classic Bodybuilding, Classic Physique, Bodybuilding), the additional fee of EUR 100 will be charged.

Fees have to be paid in advance by PayPal at IFBB webpage:

<https://www.ifbb.gbispportinnovation.com/affiliation-ifbb>

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 online payment system will be switched off on Thursday, October 15th, 24:00 hrs (midnight- Central European Summer Time, UTC +2). If paying at the Registration an extra fee of EUR 50 per participant will be charged.

The IFBB Registration Fee is completely separate from the hotel security deposit.

EXPO & CHAMPIONSHIPS SCHEDULE

Official Athlete Registration: Friday, October 23rd, 2020, from 13:00 to 19:00 hrs

EXPO and Championships: Saturday, October 24th, 2020, from 10:00 to 19:00 hrs

EXPO and Championships: Sunday, October 25th, 2020, from 10:00 to 13:00 hrs

LANGUAGE

The official language in Cluj-Napoca is Romanian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

CURRENCY

The national currency in Romania is LEU. One Euro is approximately equal to **4.8 LEU**, but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

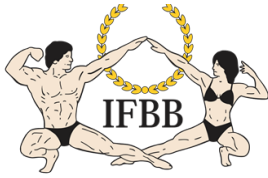
Cluj-Napoca has a continental climate. The climate is influenced by the city's proximity to the Apuseni Mountains, as well as by urbanisation. Some West-Atlantic influences are present during winter and autumn.

The city has the best air quality in the European Union, according to research published in 2014 by a French magazine and air-quality organization that studied the EU's hundred largest cities.

ELECTRICAL CURRENT

The electrical current is 220 volts, 50 Hz. Plugs / sockets of the C and F types (two round prongs). More info at <https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

TIME DIFFERENCE



Cluj-Napoca is in the Eastern European Time Zone (UTC +3 hours – in summer).

ACCOMMODATION

The Organizing Committee will provide accommodation and three meals per the day, beginning with lunch on Friday, October 23rd and finishing with breakfast on Sunday, **October 25th** for all the official participants in accordance with the rules of the IFBB:

- Three or more competitors; two official 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.

National Federation without athlete can send an official delegate; nevertheless, this delegate will be responsible for all of his or her own expenses.

Date of official arrival: Friday, October 23rd, 2020.

Date of official departure: Sunday, October 25th, 2020.

IMPORTANT NOTICE:

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the Technical Meeting October 23rd – 19:30). 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 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

EARLY ARRIVALS:

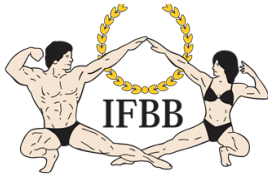
Any National Federations arriving before the official arrival date of October 23rd, 2020 and staying on after the official departure date of October 25th, 2020 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee.

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.



PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES

IMPORTANCE NOTICE

You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE (if not already paid online) your team members are provided accommodations. If any of your athletes or delegates arrive to Cluj-Napoca 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: two (2) nights accommodation, with three meals per day (breakfast, lunch and dinner), tickets to the prejudging & finals, tickets to the farewell banquet and onsite transportation at a special cost.

- In a single room: EUR 350 per person.
- In a double room: EUR 250 per person.

TRANSPORTATION TO AND FROM THE AIRPORT

The transportation from the airport to the hotel will be arranged. The Organizing Committee will pick you up at the “Avram Iancu” International Airport. The transportation between airport and hotel will be available for EUR 10 per person (one way or both directions??), based on the provided times of arrivals and departures.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 36 to 48 hours before your arrival. To confirm, please send your flight, day, time of arrival and departure by email: secretariat@frcf.ro

YOUR COOPERATION IS ESSENTIAL TO ENSURING ADEQUATE TRANSPORTATION FOR YOUR TEAM

VISAS

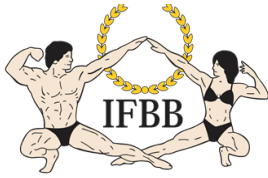
A valid passport is required to enter in Romania. EU-country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

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 Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championships' organizer are not responsible of attendants visas.

To receive Invitation Letter, the applicant should forward the following information to the IFBB or Championships' organizer : A copy (scan) of passport.

If the visa is not granted, the Cancellation Policies for the Championship will still apply.

An athlete, who requested and received an invitation from 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.



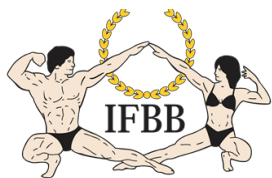
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CATEGORIES OPEN FOR COMPETITION

NR. CRT.	DISCIPLINE	CATEGORY
<i>JUNIORS 16 – 20 YEARS OLD</i>		
1	JUNIOR WOMEN BODYFITNESS	OPEN CLASS
2	JUNIOR WOMEN FITNESS	OPEN CLASS
3	JUNIOR WOMEN BIKINI FITNESS	UP TO 160 CM
4	JUNIOR WOMEN BIKINI FITNESS	UP TO 166 CM
5	JUNIOR WOMEN BIKINI FITNESS	OVER 166 CM
6	JUNIOR WOMEN WELLNESS FITNESS	OPEN CLASS
7	JUNIOR MEN BODYBUILDING	UP TO 75 KG
8	JUNIOR MEN BODYBUILDING	OVER 75 KG
9	JUNIOR MEN CLASSIC BODYBUILDING*	OPEN CLASS
10	JUNIOR MEN GAMES CLASSIC BODYBUILDING**	OPEN CLASS
11	JUNIOR MEN'S CLASSIC PHYSIQUE***	OPEN CLASS
12	JUNIOR MEN FITNESS**	OPEN CLASS
13	JUNIOR MEN'S PHYSIQUE	OPEN CLASS

NR. CRT.	DISCIPLINE	CATEGORY
<i>JUNIORS 21 – 23 YEARS OLD</i>		
1	JUNIOR WOMEN BODYFITNESS	OPEN CLASS
2	JUNIOR WOMEN FITNESS	UP TO & INCL. 163 CM
3	JUNIOR WOMEN FITNESS	OVER 163 CM
4	JUNIOR WOMEN BIKINI FITNESS	UP TO & INCL. 160 CM
5	JUNIOR WOMEN BIKINI FITNESS	UP TO & INCL. 166 CM
6	JUNIOR WOMEN BIKINI FITNESS	OVER 166 CM



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7	JUNIOR WOMEN WELLNESS FITNESS	UP TO & INCL. 163 CM
8	JUNIOR WOMEN WELLNESS FITNESS	OVER 163 CM
9	JUNIOR MEN BODYBUILDING	UP TO & INCL. 75 KG
10	JUNIOR MEN BODYBUILDING	OVER 75 KG
11	JUNIOR MEN CLASSIC BODYBUILDING*	OPEN CLASS
12	JUNIOR MEN GAMES CLASSIC BODYBUILDING**	OPEN CLASS
13	JUNIOR MEN CLASSIC PHYSIQUE***	OPEN CLASS
14	JUNIOR MEN FITNESS**	OPEN CLASS
15	JUNIOR MEN'S PHYSIQUE	UP TO & INCL. 174 CM
16	JUNIOR MEN'S PHYSIQUE	UP TO & INCL. 178 CM
17	JUNIOR MEN'S PHYSIQUE	OVER 178 CM

** - height / weight limits will not be applied

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

***- Junior Men Classic Bodybuilding bodyweight limits:**

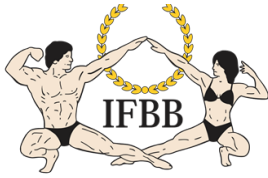
Up to & incl. 162 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]
 Up to & incl. 165 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
 Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]
 Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
 Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
 Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
 Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
 Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
 Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

**** - Junior Men Games Classic Bodybuilding limits:**

Up to & incl. 162 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]
 Up to & incl. 165 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
 Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]
 Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
 Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
 Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
 Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
 Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
 Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]

***** - Junior Men Classic Physique bodyweight limits:**

Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
 Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
 Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]



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Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]

Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]

Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)

- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

- An athlete, male or female, may compete as JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.

-An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

Subject to final approval by the IFBB, the Organizer may propose changes to the above list of categories. Following the IFBB regulations, in case the number of registered athletes in any of the above categories would be less than five (5), the affected category or categories may be restructured or eliminated by decision of the IFBB.

AWARDS

Top six athletes in each category & overall winners will be awarded with medals, trophies and IFBB certificates.

PARTICIPATION

These Championships are open for **ALL the IFBB-affiliated National Federations**. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is October 15th, 2020.

The final decision to allow an athlete to compete in this event rests with the IFBB.

SECRETARIAT

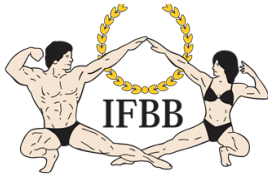
The Organizing Committee will maintain a Secretariat in the Venue Location, to start from 12:00 until 20:00, from Friday, October 23rd up to Sunday, October 25th.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals, will be distributed at the Judges & Team Managers Meeting as follows:

- a. Up to 5 competitors - 1 green card
- b. Up to 10 competitors - 2 green cards
- c. Over 10 competitors - 3 green cards

Only official Delegates/Trainers possessing the *Backstage Pass* will be allowed to enter the backstage area.



Please NOTE: There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased on October 23rd for **EUR 30** each person. This pass will allow the holder to go in and out of the venue during the weekend and will give access **ONLY** in backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!

Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/ VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

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 (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.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at the Registration. The music must be on CD, at the start of the CD. The Athletes' name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music!

NATIONAL FLAG/NACIONAL ANTHEM All the National Federations must bring with them to the event their National anthem (only brief version) on the CD/ memory stick. This has to be on a separated CD with no other type of music on the CD. All the National Federations will have to take with them to Cluj-Napoca its National Flag. The flags must measure not more than 2.5 meters x 1.5 metres.

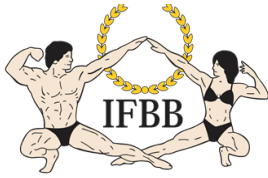
Please Note: For all the European Federations, the IFBB already has a copy of all national anthems on CD.

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations.

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test judges) **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com



All international judges must bring their International Judge's Cards to Cluj-Napoca.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well. Judges have to pay the yearly Judges' Licence Fee of EUR €50 for 2020. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept 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, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than October 15th, 2020.**

ATHLETES WITHOUT DELEGATES

All Athletes competing at these World Junior Championships must be affiliated Members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his/her National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when 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 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.

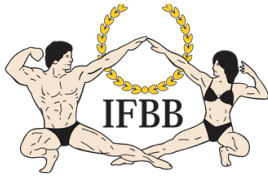
TANNING NEEDS:

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.

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 final date to send the PEF is **October 1st**. National Federations must email back the PEF to the Organizing Committee as soon as possible but prior to the deadline which confirms the intention of this federation to participate in the Championships.

If at this moment you do not know the names of the official participants indicate the total number of athletes who will participate in the Championships from your country.

FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is **Thursday, October 15th, 2020**. National Federations must provide the names of all the participants (athletes by category, delegates and judges). It also must include the details of flights for arrival and departure.

With the purpose of guaranteeing rooms for all the teams, the FEF must be sent before the date limit. Your cooperation is essential to guarantee your rooms in the hotel.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

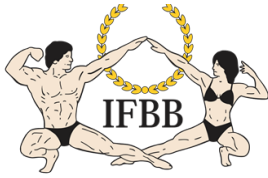
Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of the *IFBB Rules*.

If a National Federation fails to respect the deadline 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 accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

IF A NATIONAL FEDERATION FAILS TO SEND THEIR FINAL ENTRY FORM TO THE ORGANIZER AND ARRIVES AT THE VENUE WITHOUT PRIOR NOTICE, THE NATIONAL FEDERATION WILL BE OBLIGED TO PAY A FINE OF EUR €100 PER PERSON. THIS IS IN ADDITION TO THE REGISTRATION FEE.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

- IFBB Technical Committee
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com
- Organizing Committee
E-mail: secretariat@frcf.ro
- Please send a copy to the International Bodybuilding and Fitness Federation Head Office
Ms. Diana Mozos
E-mail: info@ifbb.com



FEDERAȚIA ROMÂNĂ DE
CULTURISM ȘI FITNESS



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

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

Friday, October 23rd, 2020

10:00 - 19:00 Official arrival day for athletes and delegates, weight-in & registration
19:00 Technical Meeting
19:30 Team Managers & Judges Meeting
20:00 – 22:00 Dinner

Saturday, October 24th, 2020

07:00-10:00 Breakfast
10:00-18:00 Prejudging and Finals of all categories
13:00-14:30 Lunch at the venue site
19:00-22:00 Dinner

Sunday, October 25th, 2020

07:00-10:00 Breakfast
Check-out and departure of all National Teams.