11-13 DECEMBER 2020

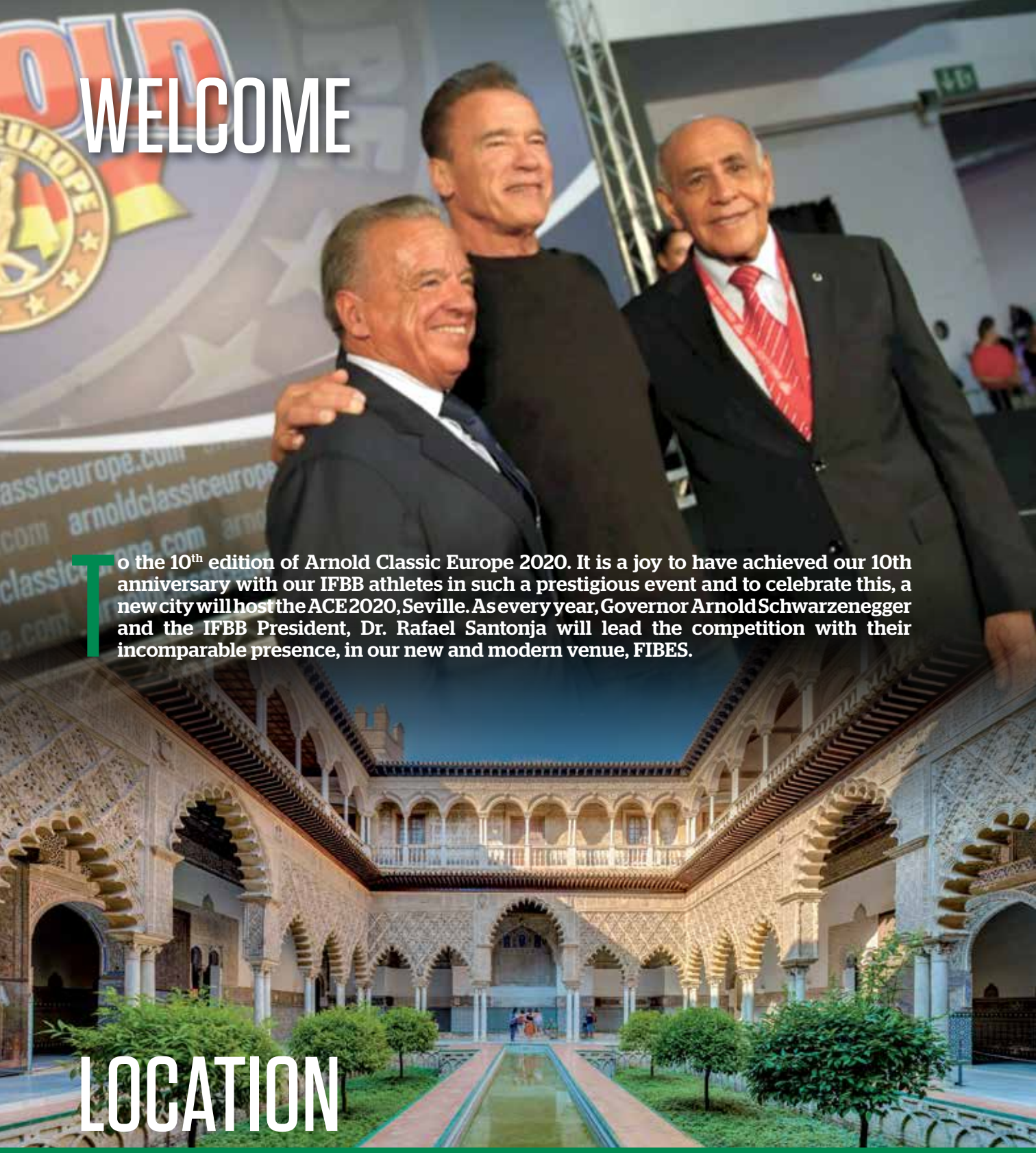
IFBB WORLD RANKING EVENT,
IFBB ELITE PRO QUALIFIER

ARNOLD CLASSIC EUROPE 2020

# INSPECTION REPORT

## 2020 ARNOLD CLASSIC EUROPE

# WELCOME



To the 10th edition of Arnold Classic Europe 2020. It is a joy to have achieved our 10th anniversary with our IFBB athletes in such a prestigious event and to celebrate this, a new city will host the ACE 2020, Seville. As every year, Governor Arnold Schwarzenegger and the IFBB President, Dr. Rafael Santonja will lead the competition with their incomparable presence, in our new and modern venue, FIBES.

# LOCATION

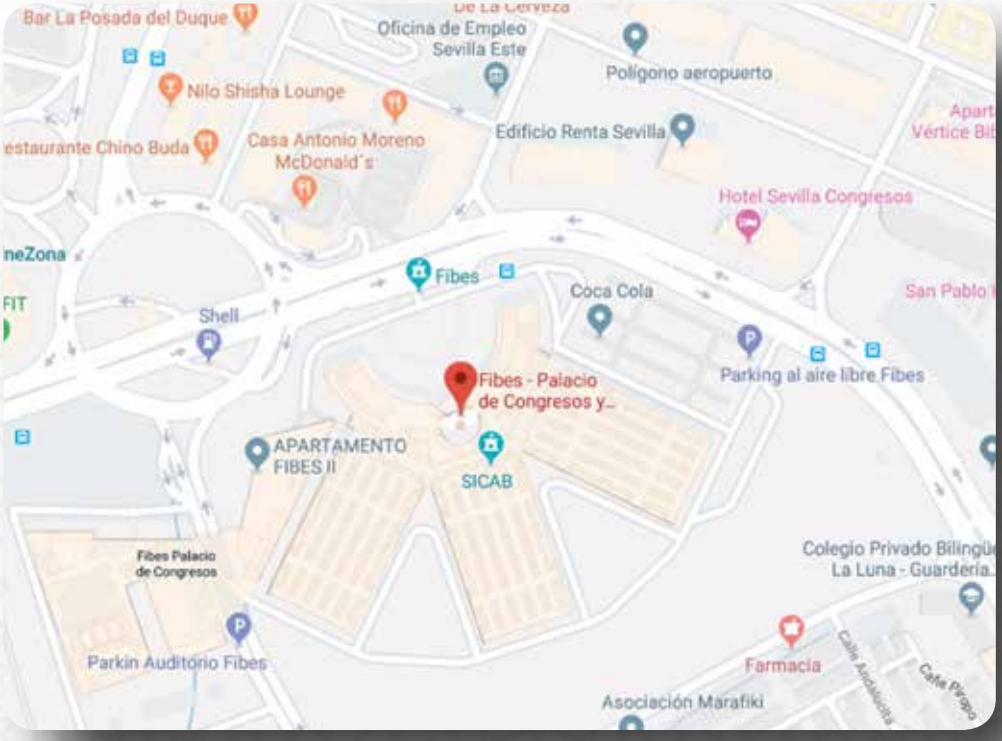
Our host city this year is the beautiful city of Seville, the capital of the South of Spain. Seville is a city plenty of history, tourist attractions, nice people, good gastronomy and its wonderful weather during the whole year turns it into the perfect place to embrace our event. It offers excellent communication via airplane, train ad road as well as an attractive and interesting accommodation offer open to any kind of pocket. Moreover, Seville has hosted in the recent months some very important international events such as the MTV Europe Music Awards and the Cinema Goya Awards 2019, and it has been a perfect set to popular series and films like Game of Thrones and Star Wars.

# VENUE

The Congress and Exhibition Palace, otherwise known as FIBES, it is a modern and functional venue located just 7km from the city center of Seville. This fairground is divided into two parts: FIBES I and FIBES II. The IFBB ACE CHampionships will take place at FIBES I which counts with 3 big halls of 7.200sqm each for the enjoyment of all visitors. Meanwhile, the Elite Pro Show will be held in FIBES II, with a capacity of 3.500 seats, being the largest auditorium of Spain and a perfect setting for our competition.

## ADDRESS

FIBES SEVILLA
AVENIDA ALCALDE LUIS URUÑUELA 1, 41020 SEVILLA



# HOW TO GET TO FIBES

**BY PLANE**

Seville airport "San Pablo" it's 7km from FIBES and it has only 1 terminal. You need to get first to the city centre and then to FIBES:

- Taxi: outside of the terminal there are a lot of taxis waiting to pick you up. It takes 14 minutes aprox. to get to FIBES.
- Bus: line EA works from 5:20am to 00:50am. It takes 35 minutes and costs 4€ to the city centre. Once you are there, check the following options to get to FIBES.

**BY BUS**

TUSSAM is the bus company in Seville. There are 2 options:

- Line 27: from Plaza del Duque
- B4: from Nervión neighbourhood, la Gran Plaza

**BY TRAIN**

Cercanías line C4 from Sevilla Santa-Justa station and San Bernardo station.

Stop: Estación Palacio de Congresos.

**BY TAXI**

There are 4 public taxi companies in Seville:

- Eurotaxis de Sevilla
- Radiotaxi Giralda
- Radiotaxi
- Teletaxi

Uber is also operating in the city.

**BY CAR**

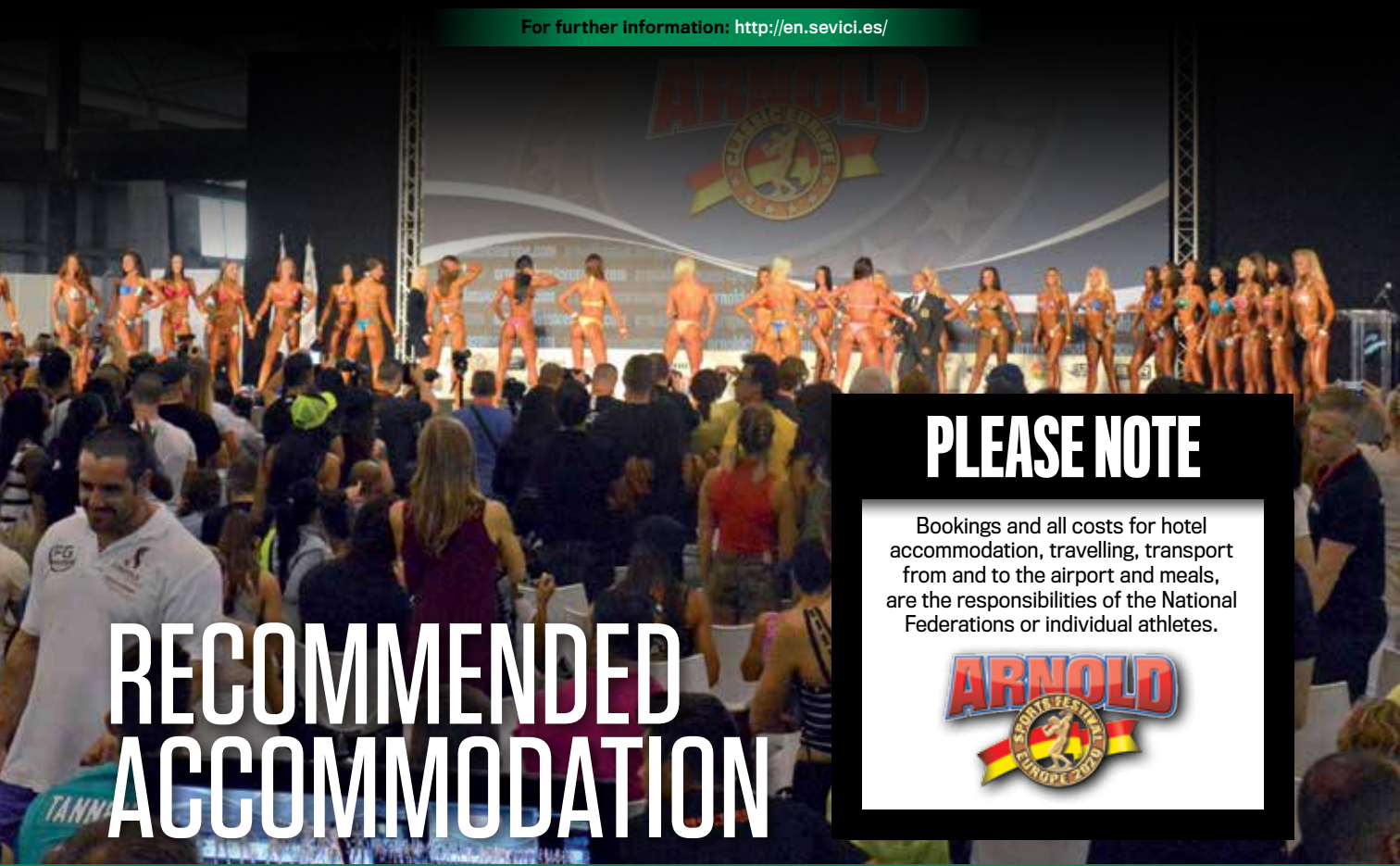
FIBES is 15 minutes by car from the city centre.

Its GPS coordinates are: 37.4060141 , 5.9317924

**BY BICYCLE**

Seville is one of the European cities with more bike kilometres. It's easy to rent a bike since there is a bicycle lane that arrives to FIBES.

**For further information:** http://en.sevici.es/




# RECOMMENDED ACCOMMODATION

## PLEASE NOTE

Bookings and all costs for hotel accommodation, travelling, transport from and to the airport and meals, are the responsibilities of the National Federations or individual athletes.

Sevilla has a wide hotel offering and nearby FIBES there are a lot of options where you can stay. Halcón Viajes, one of the leading travel agencies in Spain, has a wide and personalized offer that guarantees the best options and rates in Seville made for you. Halcón Viajes also helps you with flights, trains and transport.

Do not hesitate to email them here **jorge.pd@globalia.com** or call them to (+34) 913990179 in order to get the best offers.

# TIME ZONE

Seville is in the central European time zone (UTC+2 hour in summer).

# CLIMATOLOGY

During the Expo week, the weather may change on the same day as this season is often changeable. The average December's temperature is between 17ºC – 6ºC (62,6ºF – 42,8ºF).

# CURRENCY

The official currency in Seville is Euro (€). 1€ = 1,12$
Check exchange rates of EUR to other currencies at: **http://www.xe.com/currency/eur-euro**. All major credit cards are widely accepted at most major hotels, department stores and restaurants .

# ELECTRICITY

In order to use your personal devices properly, please note that voltage in Spain is 230V, 50Hz, C plug type.

# PARTICIPATION

The attendance at the IFBB Amateur Championships is open for all the IFBB affiliated athletes of all the National Federations from all over the world. Participation is unlimited. The athletes' registration will be only considered if they are nominated by their IFBB-Affiliated National Federation. **Entry forms shall be e-mailed** to **info@ifbb.com** and **amichalak5@gmail.com**

Those athletes who do not meet the established requirements, those who missed the deadline for registration, or those who registered in a division that has already been closed, will be notified by their National Federation if they are unable to compete. The ACE Amateur Organizing Committee reserves the right to decline the entry to any athlete who does not meet the requirements.

We strongly encourage you to register shortly in order to make the proper arrangements to compete at the anniversary of Arnold Classic Europe 2020.

# VISA FOR IFBB ATHLETES

A valid passport is required to enter Spain. EU country citizens, Iceland, Liechtenstein, Norway and Switzerland do not need to obtain a Visa. Also, citizens of other 65 other countries do not need a Visa. Check at: **https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area**

If you need a Visa, detailed information can be found at: **https://www.schengenvisainfo.com/spain-visa/**

It is the National Federations' responsibility to obtain an entry Visa for the country organizing the Championship. All National Federations will be able to ask for an invitation letter either to the ACE Organization or the IFBB Office **(info@ifbb.com).** The invitation letter does not mean you are granted your Visa. Neither IFBB nor ACE Office is responsible for the attendant's visas. To receive an invitation letter, the applicant should forward the following information to the IFBB Head Office:

- A copy (scan) of passport.
- Staying place of the attendance (hotel, apartment, etc. address).

If the Visa is not granted, the cancellation policy for the Championship still applies.

An athlete, who requested and received a Visa invitation from the IFBB Head Office or the Organizing IFBB Committee and decides to use this Visa unlawful to stay in the host country or in any other country, will be subject to the disciplinary proceedings and measures.

# REGISTRATION FEE

Registration of athletes will only be considered if they have been previously nominated by their National Federation and the entry form has been emailed to the IFBB Office info@ifbb.com and to amichalak5@gmail.com. The final decision to allow an athlete to compete it is up to the IFBB.

The registration fee for athletes is €200 if payment is made prior to November 30th at 23:59h (Central European summer time, UTC +2). Registration can be paid by credit/debit card or PayPal at the IFBB website.

On November 30th at 24:00h (midnight Central European summer time, UTC +2), the amount will be increased to €300.

In order to get everything correct and clear, please write your name on your online payment and bring with you a copy of your payment confirmation to the registration.

If you decide to pay directly at the Registration on December 10th, registration fee will be €300.

According to the IFBB judgement, crossovers (second category) will have a fee of €100.

## PLEASE NOTE

**Crossovers:** Athletes competing in the Juniors or Masters categories are allowed to compete in senior categories of the same division. Crossovers are also allowed between Games CBB, CBB, Classic Physique and Bodybuilding. Crossovers between other divisions are not allowed i.e. between Bodybuilding and Muscular Men's Physique or Bikini Fitness and Bodyfitness

## HOW TO GET REGISTER

1. Be a member of your National Federation and follow the qualification rules set by your federation.
2. Register as an International Athlete, paying your IFBB Blue Book at https://www.ifbb.gbisportinnovation.com/affiliation-ifbb
3. Request to attend the competition from your profile and wait for your federation approval.
4. Once you get the approval, pay the registration fee and use your personal access code to download the liability form.

# OFFICIAL ATHLETES REGISTRATION

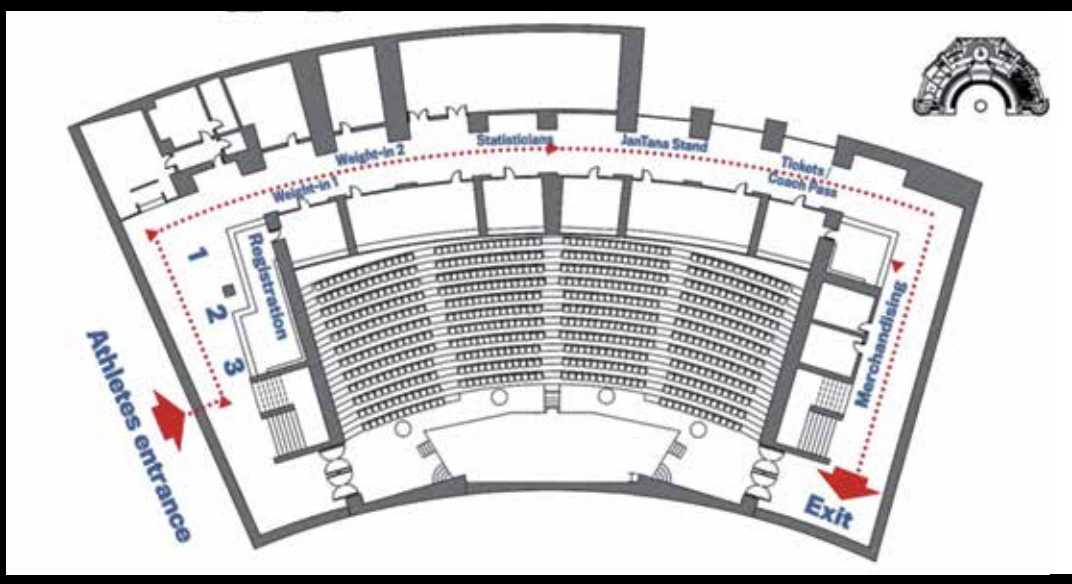
The official arrival day is December 10th. The weight-in and registration will start on Thursday 10th from 10h to 20h and will be held at the corridor next to Al-Ándalus Auditorium at FIBES Sevilla. Address: Avenida Luis Uruñuela 1, 41020 Sevilla.

All athletes must bring his/her passport and IFBB International Card at the Registration. Any athlete who has not purchased or renewed yet his/her IFBB International Card will have to buy one at registration. IFBB International Cards are €35 and are mandatory.

All posing music must be brought on an audio CD or USB pen drive and it must be at the start of the CD. Each competitor has to affix his/her name on the CD or USB for easy identification. The pen drive should be packed in an envelope.

The use of profane, vulgar or offensive language is strictly banned in the posing music.

Each athlete participating at the Championships will be provided with a wristband at the Registration. This identification will allow him/her daily admission to the venue and it must not be lost.



# CHAMPIONSHIPS SCHEDULE

**REGISTRATION & WEIGHT IN:** Thursday December 10th from 10h to 20h.

EXPO & Championships:

- Friday 11th from 10h to 20h.
- Saturday 12th from 10h to 20h.
- Sunday 13th 10h to 18h.

IFBB Amateur Championships start on Friday 11th at 10h.

The venue will count on two different stages. One of them will be at Al-Ándalus Auditorium and the other one will be at one of the Expo pavilions.

IFBB categories will be run on both stages.

# IMPORTANT NOTICE TO COMPETITORS

Athletes participating in this Championship will be given a goodie bag and a wristband at the Official Athlete Registration on Thursday December 10th. This wristband must be worn during the whole event. It will allow you to go in and out of the Expo and should not be removed till it is over.

# IMPORTANT INFORMATION

**DO NOT MISS THE ELITE PRO SHOW ON SATURDAY 12TH AT 5PM AT FIBES II**

If you are already registered to compete at the ACE 2020 and you want to attend the IFBB Elite Pro Show on Saturday, you can purchase the tickets from 20€ on this link: **https://arnoldsportsfestivaleurope.com/tickets/**

# JUDGES

To be taken into consideration during the selection of judges' panels at the competition, IFBB International Judges and test-judges shall be included in the Final Entry form sent by National Federations, according to the IFBB rules.

For further information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, here: **pawelfilleborn@gmail.com.**

All international judges must bring their International Judge's Card to Seville.

IFBB international judges must have a valid IFBB Judge's Card, having previously paid the annual judges fee of €50.

All judges must be present at the Team Managers and Judges' Meeting. Any judge who is absent at this meeting, will not be allowed to judge at these Championships.

The Judges' Meeting will take place on Thursday 10th December at 5pm. It will be held in FIBES I, at Bahía Room.

# TANNING

Jan Tana and her Tanning Team will be offering tanning, hair and make-up service at FIBES I, next to Al-Ándalus Auditorium. In order to schedule your appointment in advance, click on this link:

**http://www.onsitetan.com/book-here/**

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.

The use of tans and bronzers that can be wiped off are not allowed. If the tan comes off by simply wiping, the athlete will not be able to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if they be applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold colouring are forbidden whether applied as part of tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.

# MEDIA ACCREDITATION

All the media professionals who wish to have access to the event must be in possession of the official accreditation. To register, it is necessary to send the request to: **media@arnoldclassiceurope.es** no later than November 23rd, 2020.

All the requests must be approved by the IFBB, who reserves the right to accept or refuse the petition.

# BACKSTAGE ACCESS

The access to the backstage and/or dressing room areas shall be strictly limited. Only delegates or trainers with the corresponding Backstage Pass (wristband) will be allowed to enter this zone. These passes will be on sale on Thursday December 10th at the Official Athlete Registration.

## PLEASE NOTE

There will be a limited number of extra Backstage Passes (wristbands) available at the Official Athlete Registration that can be purchased for €80 each. This pass will allow the holder to go in and out of the venue during the whole weekend, having access to the Expo. It must be worn all the time.

# AWARDS

- **Top 3** athletes in each category will be awarded with medals.
- **Top 6** athletes in each category will be awarded with a Certificate of Excellence and a trophy.
- **Overall winner** in each category will be awarded with a trophy.
- **Top 5** athletes in Men's and Women's Senior categories will be awarded with points to their **IFBB World Ranking** according to the IFBB World Ranking Rules.
- **IFBB Elite Pro Cards** for the top 3 overall winners in these categories: Men's Physique, Classic Bodybuilding, Bodybuilding, Women's Physique, Fitness, Bodyfitness, Bikini Fitness, Wellness Fitness, Classic Physique and Muscular Men's Physique (after application through your National federation).

# ENTRY FORM AND CONTACT DETAILS

All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak to **amichalak5@gmail.com** and to the IFBB Office **info@ifbb.com.**

The submitting deadline for the entry form is on Monday 30th November.

# IMPORTANT INFORMATION

All the IFBB National Federations are aware that participation in this Championship is unlimited. Athletes, please remember that you must be in possession of your IFBB International Card at the Registration. Any athlete who has not purchased or renewed his/her IFBB Card must do it at the registration. IFBB International Cards are mandatory.

# CATEGORIES

THE FOLLOWING CATEGORIES ARE OPEN FOR THE 2020 ARNOLD CLASSIC EUROPE:

## Men Bodybuilding
Up to & incl. 70 kg
Up to & incl. 75 kg
Up to & incl. 80 kg
Up to & incl. 85 kg
Up to & incl. 90 kg
Up to & incl. 95 kg
Up to & incl. 100 kg
Over 100 kg

## Classic Physique
Up to & incl. 168 cm
Up to & incl. 171 cm
Up to & incl. 175 cm
Up to & incl. 180 cm
Over 180 cm

## Men Classic Bodybuilding
Up to & incl. 168 cm
Up to & incl. 171 cm
Up to & incl. 175 cm
Up to & incl. 180 cm
Over 180 cm

## Women Physique
Up to & incl. 163 cm
Over 163 cm

## Women Bikini-Fitness
Up to & incl. 158 cm
Up to & incl. 160 cm
Up to & incl. 162 cm
Up to & incl. 164 cm
Up to & incl. 166 cm
Up to & incl. 169 cm
Up to & incl. 172 cm
Over 172 cm

## Women Wellness Fitness
Up to & incl 158cm
Up to & incl 163cm
Up to & incl 168cm
Over 168cm

## Women Bodyfitness
Up to & incl. 158 cm
Up to & incl. 163 cm
Up to & incl. 168 cm
Over 168 cm

## Men Physique
Up to & incl 170 cm
Up to &incl 173 cm
Up to & incl 176 cm
Up to & incl 179 cm
Up to & incl 182 cm
Over 182 cm

## Muscular Men's Physique
Up to 175 cm
Over 175 cm

## Junior Women Bodyfitness 16-23 yrs
Open Class

## Junior Women Bikini-Fitness 16-23 yrs
Up to & incl. 160 cm
Up to & incl. 166 cm
Over 166 cm

## Junior Men Bodybuilding 16-23 yrs
Up to & incl. 75 kg
Over 75 kg

## Junior Men Classic Bodybuilding 16-23 yrs
Open Class

## Junior Men Physique 16-23 yrs
Up to & incl. 174 cm
Up to & incl. 178 cm
Over 178 cm

## Men Fitness
Open Class

## Women Fitness
Up to & incl. 163 cm
Over 163 cm

## Master Women Bikini-Fitness
Age >35: up to 164 cm
Over 164 cm

## Master Women Bodyfitness
Age >35 yrs: Open Class

## Women Fit Model
Up to & incl. 168 cm
Over 168 cm

## Men Fit Model
Up to 176cm
Up to 183 cm
Over 183 cm

## Master Women Physique
Age >35 yrs Open Class

## Master Men Physique
Age 40-44 yrs Open Class
Age >45 yrs Open Class

## Master Men Bodybuilding 40-44 yrs
Up to & incl. 70 kg
Up to & incl. 80 kg
Up to & incl. 90 kg
Over 90 kg

## Master Men Bodybuilding 45-49 yrs
Up to & incl. 70 kg
Up to & incl. 80 kg
Up to & incl. 90 kg
Over 90 kg

## Master Men Bodybuilding 50-54 yrs
Up to & incl. 80 kg
Over 80 kg

## Master Men Bodybuilding +55 yrs
Up to & incl. 75 kg
Over 75 kg

## Master Men Classic BB
Open Class

### NEW CLASSIC BODYBUILDING BODYWEIGHT LIMITS:

| BODY HEIGHT | BODYWEIGHT LIMIT [KG]: |
|---|---|
| Up to 168 cm | Max. bodyweight = (Height [cm] – 100) |
| Up to 171 cm | Max. bodyweight = (Height [cm] – 100) + 2 |
| Up to 175 cm | Max. bodyweight = (Height [cm] – 100) + 4 |
| Up to 180 cm | Max. bodyweight = (Height [cm] – 100) + 7 |
| Up to 188 cm | Max. bodyweight = (Height [cm] – 100) + 9 |
| Up to 196 cm | Max. bodyweight = (Height [cm] – 100) + 11 |
| Over 196 cm | Max. bodyweight = (Height [cm] – 100) + 13 |

The minimum number of competitors to run a category should be 5. In case there would be less than 5 athletes, categories will be combined wherever it is possible. If there are less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

Arnold Classic Europe

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