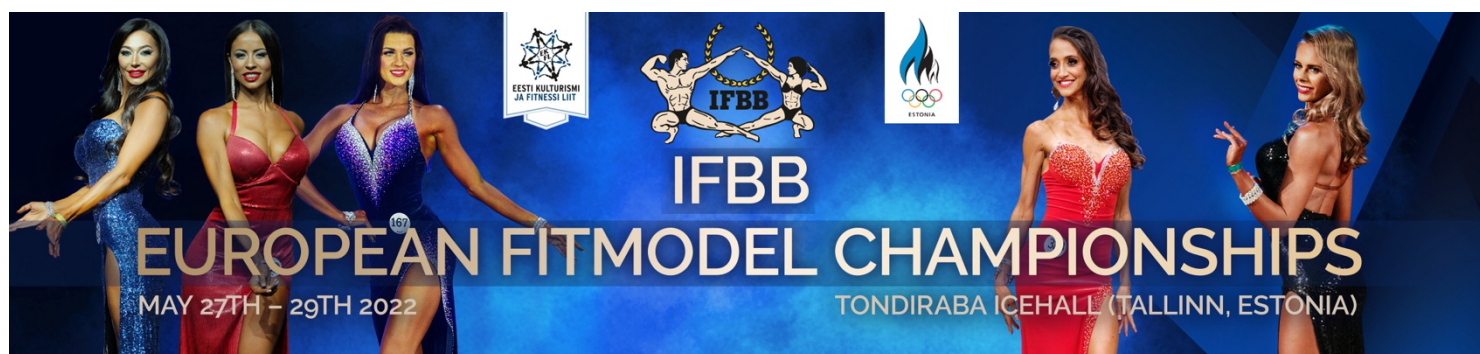


EESTI KULTURISMI
JA FITNESSI LIIT

2022 IFBB EUROPEAN FIT- MODEL CHAMPIONSHIPS

May 27th – May 29th, 2022
TALLINN, ESTONIA



INSPECTION REPORT

EUROPEAN FIT-MODEL CHAMPIONSHIPS

On behalf of the Estonian Bodybuilding and Fitness Federation, it is a great honor to invite IFBB-affiliated National Federations from Europe to participate in the 2022 IFBB European Fit-Model Championships.

WHEN AND WHERE

May 27th - 29th, 2022, Tallinn, Estonia.

RECOMMENDED AIRPORT/SEAPORT

Lennart Meri Tallinn Airport (TLL), 10112, Tallinn.

Port of Tallinn, 10151, Tallinn

The Estonian Bodybuilding and Fitness Federation will provide transport for all the athletes, judges and one official delegate from the airport and seaport to the official hotel for the registration. If some participants choose to stay in other hotels, we will also provide the transport to the chosen hotels and transport to and from the venue site.

Lunch at the competition site will be provided by the organizing federation for the athletes, judges, and one official delegate.

We offer supporter package for extra delegates, trainers, and supporters for 80€. It includes transportation, lunch at the venue site, entrance pass for the venue site, and a farewell banquet.

Supporter package can be purchased at the registration, pre booking is mandatory via e-mail: betti.nigul@kulturism.ee by May 25th 2022.

THE VENUE

Tondiraba Ice Hall is the first building in the large Tondiraba Sports Centre complex. The main arena is suitable for practices and competitions of figure skating, ice hockey, handball, gymnastics and for the first time also for fitness & bodybuilding.

Tondiraba Ice Hall is situated in the Tondiraba residential area in Lasnamäe District. Access to the Hall is quick and easy with a car or public transport. The Hall is surrounded by an illuminated parking lot for 500 vehicles. Parking is free in the parking lot.

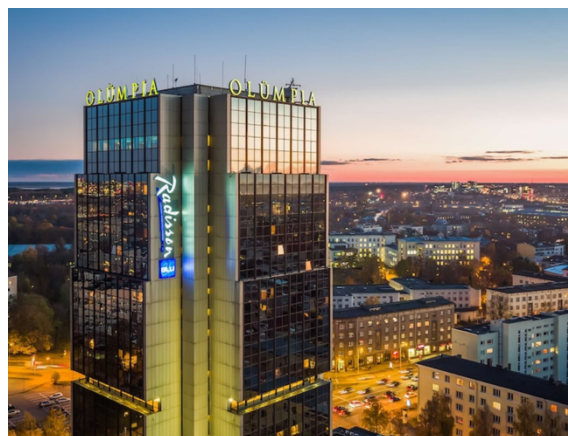
The address is 14 Varraku Street, 13917, Tallinn.



THE HOTEL

[Radisson Blu Hotel Olümpia](#), which is located in the center of Tallinn, is a stylish and modern hotel for business and leisure travelers. It is superbly situated at the crossroads of Tallinn's business, cultural, entertainment and shopping districts and boasts the perfect address for exploring the wonders of this fascinating city.

From the stunning UNESCO-listed old town with its vast choice of museums, art galleries and churches to shopping centers, all are conveniently within walking distance.



The address is 33 Liivalaia Street, 10118, Tallinn.

Two other nearby hotels, that are ready to accommodate the athletes and delegates are [Hestia Hotel Kentmanni](#) and [Ibis Tallinn Center](#).

If you choose to stay at one of these hotels, it is possible to contact the organizing federation, to arrange the booking by email: betti.nigul@kultuurism.ee

IBIS TALLINN CENTER (15 pre booked double rooms)
Accommodation in a double room 72€/per person for 2 nights.

HESTIA HOTEL KENTMANNI (15 pre booked double rooms)
Accommodation in a double room 102€/per person for 2 nights.

For accommodation in Radisson Blu Hotel Olümpia, contact the hotel directly.

PARTICIPATION

This competition is open for IFBB-affiliated National Federations from Europe. Participation is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with the names of athletes and judges directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than May 16th, 2022. The final decision to allow an athlete to compete in this event rests with the IFBB.

IMPORTANT NOTICE:

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.

OFFICIAL ATHLETE REGISTRATION

The official arrival day is Friday, May 27th, 2022. The Registration of athletes will take place on Friday, May 27th, 2022, between 16:00 and 20:00 at the Official Hotel ([Radisson Blu Hotel Olümpia](#))

All athletes must wear their posing attire during weigh-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.

All athletes will have to produce their Passports or Identity Cards and the IFBB International Card at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card, he/she will have to buy one at Registration. IFBB Cards are EUR €35 per year and are mandatory. Each athlete may pay his/her IFBB annual memberships fee of EUR €35 at the IFBB [website](#) or at the Registration in Tallinn.

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, and meals, are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information. Transport to and from the airport & seaport, and from the hotels to the venue site is organized by the organizing federation.

TEAM MANAGERS AND JUDGES MEETING

Team Managers and Judges Meeting will start on Friday, May 27th at 20:00 at the Official Hotel.

REGISTRATION FEE

The Registration Fee is **EUR €250** per athlete and will have to be paid in advance by credit/debit card or PayPal on IFBB webpage <http://www.ifbb.com/competition-registration/>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. NB! Reservation, booking and all costs for hotel accommodation, travelling to Estonia, and meals, are the responsibilities of the National Federations or individual athletes.

The online payment system will be switched off on May 17th, 2022 (Tuesday) at 24:00 h (midnight - Central European Summer Time, UTC +2). If paying at the Registration on May 27th, 2022, an extra fee of **EUR €50** per participant will be charged.

Additional category: **EUR €100** will be charged.

JUDGES

To be taken into consideration during selection of judging panels at the event, IFBB International Judges must be included in the Final Entry Forms sent by IFBB National

Federations. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judge's fee of EUR €50 paid for 2022. All judges must be present at the Team Managers and Judges Meeting, Friday, May 27th at 20:00 at the Official Hotel. Any judge absent at this Meeting will not be allowed to judge at this competition.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the competition.

CATEGORIES

Women's Fit-Model: Up to & incl. 160 cm
Women's Fit-Model: Up to & incl. 164 cm
Women's Fit-Model: Up to & incl. 168 cm
Women's Fit-Model: Up to & incl. 172 cm
Women's Fit-Model: Over 172 cm
Masters Women's Fit-Model >35 yrs.: Open
Men's Fit-Model: Open

Minimum number of athletes to run a category is 5. If there is less than 5 athletes, categories will be combined.

The rules for the female and male Fit-Model categories can be found on www.ifbb.com or [here](#) (women) and [here](#) (men).

AWARDS

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

Top six athletes in each category will be awarded with Certificates of Excellence.

Overall winner will have a trophy.

THE BEST TEAM CLASSIFICATION

The Best National Teams scoring includes top 3 female athletes from each National Team but no more than 2 from one category, 1 Master Women's Fit-Model athlete and 1 male athlete.

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.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

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

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. For this event green cards will only be issued to the athlete's specified (and named) coach. They will be distributed at the registration/weigh-in as follows:

- One (1) green card per athlete
- Additional green cards can be purchased at registration for **EUR €50**

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 simple wiping, the athlete will be told to remove the tan before going on stage. During the 2022 IFBB European Fit-Model Championships the professional Tanning Services will be offered at the Venue Site. Reservations are available through info@kulturism.ee until May 22nd or during the registration on May 27th from 16:00 till 20:00. For more information, don't hesitate to contact by email at info@kulturism.ee.

CORRESPONDENCE & ENTRY FORM SENDING DETAILS

<p><u>Please send Your Entry Form to:</u> Estonian Federation General Secretary Ms. Janika Koch-Mäe E-mail: info@kulturism.ee</p> <p>IFBB Technical Committee: Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p>	<p><u>Please send a copy to:</u></p> <p>IFBB Head Office: Ms. Maria Sanson E-mail: info@ifbb.com</p>
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For more information, don't hesitate to contact by email at info@kulturism.ee.

TENTATIVE SCHEDULE:

Friday, May 27th, 2022

16:00 – 20:00 Official Athlete Registration and measurements at the [Radisson Blu Hotel Olümpia](#) room Omega-Kapa

20:00 Team Managers & Judges Meeting at the [Radisson Blu Hotel Olümpia](#)

Saturday, May 28th, 2022

13:00 Prejudging and finals at the Venue Site: Tondiraba Ice Hall

20:00 Farewell banquet for all the participants and delegates together with our supporters and VIP ticket holders at [Radisson Blu Hotel Olümpia](#). Dress-code: black tie or official IFBB tie.

Afterparty - place and time are yet to be determined.

Sunday, May 29th, 2022

Departures