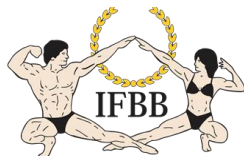




FEDERATIA ROMANA DE
CULTURISM SI FITNESS



IFBB EUROPEAN UNIVERSITY CHAMPIONSHIPS

Cluj-Napoca City, Romania – April 28/30



INSPECTION REPORT

WELCOME

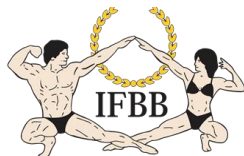
The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the International **Fitness &** Bodybuilding Federation (IFBB) and Ministry of Youth and Sports gives a most warm welcome to athletes from all National Federations Affiliated with the IFBB, that will be participating at the **IFBB EUROPEAN UNIVERSITY CHAMPIONSHIP**, in the city of Cluj Napoca, Romania!

LOCATION: Cluj Napoca City





FEDERATIA ROMÂNĂ DE
CULTURISM ȘI FITNESS



OFFICIAL SCHEDULE:

April 28th: Arrivals & Official Athlete Registration at the official Venue **The House of Students „Dumitru Farcas”**, from 15:00 to 19.00 local time.

April 29th: The **IFBB EUROPEAN UNIVERSITY CHAMPIONSHIP**, from 10:00 – local time

April 30th: Departures

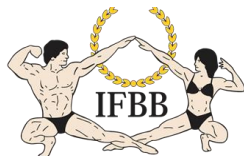
VENUE LOCATION: **The House of Students „Dumitru Fărcaș”**, Piața Lucian Blaga no. 1-3, Cluj-Napoca



OFFICIAL HOTEL:

NAPOCA HOTEL (Strada Octavian Goga 1, Cluj-Napoca 400698) <https://hotelnapoca.ro/?lang=en>





OFFICIAL AIRPORT

The official airport for arrivals is the **Cluj-Napoca International Airport Avram Iancu**.

REGISTRATION AND REGISTRATION FEE

Registration and weigh-in will take place on Friday, April 28th, from 15:00 to 19:00 hrs., at the Venue location, **The House of Students „Dumitru Farcas”**.

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 €40** and are mandatory.

At the **IFBB EUROPEAN UNIVERSITY CHAMPIONSHIP** event, any direct registration from athletes will not be accepted, as these 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 Organizaing Committee, IFBB Head Office in Madrid and 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 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.

The IFBB registration fees are as follows:

Registration fee for athletes is **EUR €100**. For wishing to compete in more categories, the additional fee of **EUR €100 for each of the additional categories** will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at the IFBB webpage: <http://www.ifbb.com/competition-registration> , for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

If paying at the Registration, an extra fee of EUR €50 per participant will be charged.

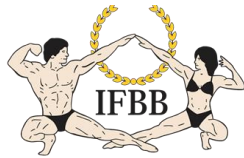
The deadline date to do the online payment is Tuesday, **April 18th, 2023**, 24:00 hrs (midnight - Central European Summer Time, UTC +2), then the online payment system will be switched off.

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 lei (LEU). One Euro is approximately equal to 5 lei, 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 is located in the temperate-continental area, with thermal influences due to the nearby mountains, but free from excesses.

ELECTRIC CURRENT

The electrical current is 220 Volts, 50 Hz. Plugs/sockets type C and F (2 round prongs).

TIME DIFFERENCE

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

VISAS

A valid passport is required to enter 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. Detailed information here: <https://www.mae.ro/en/node/2035>.

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 Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer : a copy (scan) of passport.

If the **visa has not been 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.

PARTICIPATION

The **IFBB EUROPEAN UNIVERSITY CHAMPIONSHIPS** are open to all National Federations affiliated with the IFBB. 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 **Monday, April 17th, 2023**.

CATEGORIES OPEN FOR COMPETITION*

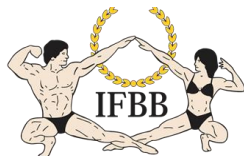
1. **Women's Bikini:** up to 160 cm; up to 166 cm & over 166 cm
2. **Men's Physique:** up to 174 cm; up to 178 cm & over 178 cm
3. **Fit-Pairs**
4. **Fitness Challenge Silver Level**

**An athlete, male or female, may compete in this event from January 1st of the year in which the athlete reaches his/her 18th birthday up to and including December 31st of the year in which the athlete turns 25.*

Note 1: A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

Note 2: POSSIBLE CROSSOVERS:

- ✓ *Women's Bikini Fitness – Fit-Pairs*
- ✓ *Men's Physique – Fit-Pairs*



- 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.) and the **STUDENT CARD/BOOK that must contain confirmation that the student fee has been paid for the year 2023 to the university where he is a student.**

AWARDS

- Top three athletes in each category will be awarded with *medals*.
- Top six athletes in each category will be awarded with a *Certificate of Excellence* and the champions with *trophies*.
- Overall winner will have a *trophy*.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Venue Location, to start from 12:00 till 20:00 from Friday - April 28th to Saturday – April 29th, 2023.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

A limited number of backstage passes will be for sale during registration, April 28th.

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 for EUR €30 each. 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.

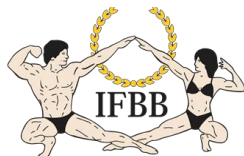
DOPING CONTROLS

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 only on the USB memory stick, in MP3 format.

IMPORTANT NOTICE

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

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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.
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 2023. 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 & office@frcf.ro *no later than April 25th, 2023.*

TANNING NEEDS:

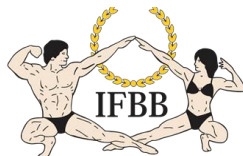
The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage. For more details, send email to ovidiumezdrea@pro-gym.ro

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 deadline to send the PEF is **March 31st, 2023**. The National Federations must email back the PEF to the Organizing Committee as soon as possible but no later than the deadline, which confirms the intention of its federation to participate in the championships.



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

FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is Monday, **April 17th, 2023**. The National Federations must display the official names of all the participants (athletes by category, delegates and judges). It also must include the details of flights for arrival and departure.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

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