



IFBB WORLD FIT MODEL CUP

April 14th - 15th, 2023
RIGA, LATVIA

INSPECTION REPORT



WELCOME

Dear Friends,

On behalf of the Latvian Bodybuilding, Fitness & Bodyfitness Federation it's a real pleasure to extend a warm welcome to all IFBB-affiliated National Federations to participate in the IFBB World Fit Model Cup to be held on April 14th - 15th, 2023 in Riga, the capital city of Latvia. The competition is open for athletes from all over the world.

I would be glad for you to join us for this beautiful event and great competition, to discover historical Riga city and our hospitality with a special atmosphere of common passion and unity.

Let's make the IFBB World Fit Model Cup a successful and remarkable event and a real celebration of sports, elegance and true commitment for a healthy lifestyle.

Please find enclosed the regulations of the competition and other necessary information.

We are looking forward to welcoming you in Riga, a place to enjoy friendship and a sport.

Sincerely yours,

Christina Vedernikova
Latvian Bodybuilding, Fitness & Bodyfitness Federation
President



ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important center of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.



Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic center, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. In some districts of Riga, for various reasons, complex wooden constructions of that time have still been preserved, and that is an amazing phenomenon in the 21st century. In 1997, the historic center of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List. In 2014, Riga was nominated as a Capital city of culture in Europe.



OFFICIAL AIRPORT

Riga International Airport is the largest airport in the Baltic States with direct flights to over 100 destinations in 30 countries. The airport has several offers for traveling towards and back from city center. You can choose between taxi, rented car, public transport and even international buses. Public transport costs EUR €2 one way and taxi is about EUR €20 one-way.

More information about public transport connections, taxicabs and location can be found on lower part of the airport home page www.riga-airport.com



Feel free to use also international airport info service number +371 29311817 if you have any uncertainties.



VISA

A valid passport is required to enter the territory of the European Union (Schengen Zone). Schengen Area nowadays covers most of the European Countries with an exception made for the UK and the countries that are soon to be part of this agreement as Romania, Bulgaria, Croatia, Cyprus and Ireland. Although not members of the European Union, the following countries like Norway, Iceland, Switzerland and Lichtenstein are also part of the Schengen zone enjoying the same freedom of movement policy, as the others EU-country citizens do not require a visa.

All other persons should consult the Latvian Embassy in their country to determine if they require a visa. For more information you can visit site of MINISTRY OF FOREIGN AFFAIRS OF THE REPUBLIC OF LATVIA: <https://www.mfa.gov.lv/en/article/state-emergency-and-epidemiological-safety-measures-latvia>

An Official Letter of Invitation will be made available if required until March 6th, 2023.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case od any misuse and/or unlawful utilization of the same visa.

VENUE SITE

ATTA CENTRE (60 Krasta Street, Riga)

<https://www.attacentre.com/en/>



Located in the heart of the capital of Latvia, ATTA CENTRE is one of the largest venues in the Baltics for different events and conferences, and offers the best technological solutions for holding the most successful events.

RECOMMENDED OFFICIAL HOTEL

Monika Centrum Hotels

21 Elizabetes Str, Riga, Latvia

+371 67031900

www.monika.centrumhotels.com



The official hotel of the event is 4-star Monika Centrum Hotels. A luxury hotel is situated in a prestigious part of central Riga. A spirit of hospitality and elegance lingers at Monika Centrum Hotels, which opened its doors in December 2005. This luxurious and artistically designed hotel gives royal treatment to all its guests. Here, you will always feel at home.

Registration will take place in this Hotel. All athletes, delegates & supporters kindly book your accommodation through [www. <https://monika.centrumhotels.com/>](http://www.monika.centrumhotels.com) and use the code **FITMODEL23**

It is very important that you book through the hotel's website in order to benefit from the special rates.

PARTICIPATION

This competition is open for all IFBB-affiliated National Federations worldwide. 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 April 3rd, 2023 (Monday). 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, April 14th, 2023. The Registration of athletes will take place on Friday, April 14th, 2023, between 17:00 and 19:00 at the Conference Hall of the Official Hotel (Monica Centrum Hotels, 21 Elizabetes Street, Riga). However, it is possible to register to the event as well on Saturday, April 15th, 2023 from 9:00 – 10:00 at the Venue: ATTA CENTRE (60 Krasta Street). All athletes will have to produce their Passport or Identity Card and the IFBB International Card 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 per year and are mandatory. Each athlete may pay his/her IFBB annual memberships fee of EUR €40 at the IFBB website:

<https://www.ifbb.gbispportinnovation.com/> or at the Registration in Riga.

PLEASE NOTE: Reservation, booking 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. Check with your National Federation for more information.



TEAM MANAGERS & JUDGES MEETING

Team Managers and Judges Meeting will start on Friday, April 14th at 19:00 at the Official Hotel.

REGISTRATION FEE

IFBB Registration Fee for athletes to enter this competition is EUR €200, which have to be paid in cash at the registration in Riga on April 14th, 2023. If a junior or master athlete, as well as a beginner want to compete in a senior category, the additional fee of 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

IMPORTANT NOTICE:

IFBB International Judges must have a valid IFBB International Judge's Card with the IFBB yearly judges fee of EUR €50/USD \$60 paid for 2023.

CATEGORIES OPEN FOR COMPETITION

Women's Fit-Model: Up to and incl. 160 cm

Women's Fit-Model: Up to and incl. 164 cm

Women's Fit-Model: Up to and incl. 168 cm

Women's Fit-Model: Up to and incl. 172 cm

Women's Fit-Model: Over 172 cm

Women's Fit-Model: Overall

Beginners Women's Fit-Model: Open

Juniors Women's Fit-Model: Open

Masters Women's Fit-Model >35 years old: Open

Men's Fit-Model: Open

Minimum number of athletes to run a category should be 3. If less than 3 athletes, categories will be combined.

The rules for the male and female Fit-Model divisions can be found on www.ifbb.com or by clicking on the links: <https://ifbb.com/wp-content/uploads/2023/01/IFBB-RULES-FIT-MODEL-2022.pdf> and <https://ifbb.com/wp-content/uploads/2023/02/Mens-Fit-Model-Rules-2023.pdf>



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 trophies.

Overall winner will have a trophy.

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. They have to show the Green pass to the backstage. The pass can be purchased for EUR €25.

CAMERA/VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and 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.

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's 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 IFBB World Fit Model Cup the professional Tanning Services will be offered at the Venue Site. The price for tan will be EUR €110. Reservations & booking is available through the secretariat@ifbb.lv until April 9th or during the Registration on April 14th from 17:00 until 19:00.

LANGUAGE

The official language in Latvia is Latvian. English and Russian are widely spoken in hotels, restaurants, shopping and tourist areas.

TIME DIFFERENCE

UTC +3 hours (EEST - Eastern European Summer Time Zone).

CLIMATE

Climate in Riga is influenced by its proximity to the sea; therefore, it is moderately warm and humid. The daily mean temperature in April is +10⁰C.

CURRENCY

The national currency in Latvia is EURO. EUR 1.0 = USD 1.06 (as for February 2023). Current rates at <https://www.xe.com/currencyconverter/>

ELECTRIC CURRENT

The electrical outlets are 220 V, 50 Hz. Socket/plug of type C plug, with two round prongs, popularly known as the euro plug and used in all continental Europe countries. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the Head Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the Head Judge, who has the right to verify the reason for the withdrawal.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

FINAL ENTRY FORM

The deadline date for sending the Final Entry Form is Monday, April 3rd, 2023. National Federations must submit the actual names of all athletes by category, delegates and judges in the Final Entry Form. It is the responsibility of the President or General Secretary of each participating National Federation to ensure that all National Team members (athletes, judges) are fully aware of the rules and regulations governing participation at this competition, to include the statements contained within this Inspection Report.

CORRESPONDENCE & ENTRY FORM SENDING DETAILS

<p><u>Please send the Entry Form to:</u> Organizing Committee office: Ms. Vanesa Belova E-mail: secretariat@ifbb.lv</p>	<p><u>Please send a copy to:</u> IFBB Technical Committee: Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p> <p><u>and</u></p> <p>IFBB Head Office: Ms. Daria E-mail: contact@ifbb.com</p>
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Contact details for additional correspondence:

President of the LBFBF

Mrs. Christina Vedernikova

E-mail: ifbb@ifbb.lv

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the registration and must be given to the Secretariat at the registration. This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

TENTATIVE SCHEDULE

FRIDAY, APRIL 14th, 2023

17:00 - 19:00 Official Athlete Registration and measurements at the Official hotel: Monika Centrum Hotels

19:00 - 19:30 Team Managers & Judges Meeting at the Official hotel: Monika Centrum Hotels

SATURDAY, APRIL 15th, 2023

9:00 - 10:00 Official Athlete Registration and measurements at the Venue Site: ATTA CENTRE

17:00 Prejudging and Finals at the Venue Site: ATTA CENTRE