

# **IFBB EUROPEAN FIT MODEL CHAMPIONSHIPS**

**April 27<sup>th</sup> – 29<sup>th</sup>, 2019  
RIGA, LATVIA**



## **INSPECTION REPORT**

## WELCOME

Dear Friends,

The Latvian Bodybuilding, fitness & bodyfitness federation and the city of Riga extend a warm welcome to all IFBB-affiliated National Federations from all the countries planning to participate in the most important fit model competition 2019 in the Europe.

On behalf of the Latvian Bodybuilding, fitness & bodyfitness federation I am pleased to invite you to participate in the IFBB European Fit Model Championships to be held on April 27<sup>th</sup> – 29<sup>th</sup>, 2019 in Riga, the capital of Latvia. I would be glad for you to join us for this significant event, to discover our beautiful and welcoming country and make the IFBB European Fit Model Championships a successful and remarkable event.

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

We are looking forward to welcoming you in Riga.

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.



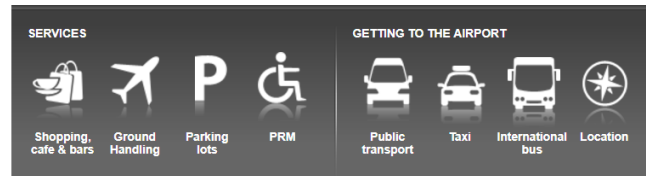
Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic center, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. 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 90 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 about EUR €2 one way and taxi is about EUR €15 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](http://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: <http://www.mfa.gov.lv/konsulara-informacija/valstis-kuru-pilsoni-var-ieceLOT-latvija-bez-vizas>. An Official Letter of Invitation will be made available if required.

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.

## OFFICIAL HOTEL

### Monika Centrum Hotels

21 Elizabetes street, Riga, +371 67031900

[www.monika.centrumhotels.com](http://www.monika.centrumhotels.com)



All competitors, delegates and extra delegates will be accommodated in the official, 4-star Monika Centrum Hotels located in the center of the city.

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.

## **ACCOMMODATION**

The Organizer will provide free-of-charge accommodations and meals, starting with dinner on Saturday, April 27<sup>th</sup>, 2019, and ending with breakfast on Monday, April 29<sup>th</sup>, 2019, for all Official Participants\* pursuant to IFBB Rules:

Three (3) or more competitors = two (2) delegates;  
Two (2) competitors or less = one (1) delegate.

\*The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB Rules.

National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses.

**The Official Arrival Date is Saturday, April 27<sup>th</sup>, 2019**  
**The Official Departure Date is Monday, April 29<sup>th</sup>, 2019**

Accommodations before the Official Arrival Date and after the Official Departure Date will be EUR €70 per person per day in a double room and EUR 120 per person per day in a single room, breakfast included. You must notify the Organizing Committee of any early arrivals and/or late departures no later than April 15<sup>th</sup>, 2019.

### **IMPORTANT NOTICE:**

All National Team Official Participants (athletes, delegates) must check in BEFORE the start of the Registration/weigh-in (April 27<sup>th</sup>, 2019, 16:00). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all of his or her own expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation select this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies for family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

## **HOTEL SECURITY DEPOSIT**

A hotel security deposit of **EUR €50 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, 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 any and all expenses incurred by any members of his or her team.

## **SPECIAL PACKAGES**

### **SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS**

The Organizing Committee has established a Special Package Rate, which includes two (2) nights' accommodations with meals and tickets to the Prejudging and Finals at a cost of EUR €350 per person in a double business class junior suite room or EUR €425 for a single business class junior suite room.

## VENUE SITE

Royal Casino SPA & Hotel Resort (Terbatas street 73, Riga)

[www.royalcity.lv](http://www.royalcity.lv)

# GO STUDIO CONCERT HALL



Royal Casino SPA & Hotel Resort is a unique, luxury, biggest entertainment complex in the Baltics for the lovers of good leisure. Here are situated casino and hotel, SPA and fitness centre “Global Fitness”, karaoke bar and restaurants, as well as five clubs, everything to make your leisure unforgettable. Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes’ walk from the Old Riga, 30 minutes from the Riga International Airport.



## **PARTICIPATION**

These Championships are open for ALL European IFBB-affiliated National Federations. Participation in these Championships 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 delegates directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than April 15<sup>th</sup>, 2019 (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 Saturday, April 27<sup>th</sup>, 2019. Check in and registration of teams will be conducted on Saturday, April 27<sup>th</sup>, 2019, between 12:00 and 16:00 at the Official Hotel (Monica Centrum Hotels, 21 Elizabetes Street, Riga, Latvia). The registration and measurement of athletes will take place on Saturday, April 27<sup>th</sup>, 2019, between 16:00 and 18:00 at the Conference Hall of the Official Hotel. 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 this IFBB International Card will have to buy one at registration. IFBB Cards are EUR €35 per year and are mandatory. Each athlete participating in the Championship will be provided with a competitor wrist band at the Registration. This wrist band allows daily admission to the venue and should not be removed.

## **IFBB REGISTRATION FEE**

Each Official Athlete and Delegate (“Official Participant”) must pay the IFBB Registration Fee of **EUR €300** (in a double room) or **EUR €375** (in a single room), which have to be paid at the Registration on April 27<sup>th</sup>, 2019.

This fee includes hotel accommodation from Saturday, April 27<sup>th</sup>, 14:00 noon till Monday, April 29<sup>th</sup>, 12:00 o’clock, meals and entrance to the Venue.

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

## **TEAM MANAGERS & JUDGES MEETING**

Team Managers and Judges Meeting will start on Saturday, April 27<sup>th</sup> at 18:30 at the Official Hotel.

## **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' panel at the Championships, IFBB International 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

### IMPORTANT NOTICE:

IFBB International Judges must have a valid IFBB International Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2019. All judges must be present at the Judges Meeting, which will start on April 27<sup>th</sup> at 18:30 at the Official Hotel.

## CATEGORIES OPEN FOR COMPETITION

**Women's Fit Model:** Up to and incl. 163 cm

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

**Women's Fit Model:** Over 168 cm

**Women's Fit Model:** Overall

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

The rules of the Fit Model category can be found on [www.ifbb.com](http://www.ifbb.com) or by clicking on the link: <http://ifbb.com/wp-content/uploads/2018/01/Womens-Fit-Model-Rules-2017.pdf>



## AWARDS

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

Top six athletes in each category will be awarded with a trophy and a certificate.

Overall winner will have a trophy.

## **THE BEST TEAM CLASSIFICATION**

The Best National Teams scoring includes top 3 girls from each National Team but no more than 2 from one category.

## **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.

## **CAMERA/VIDEOTAPE 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 2019 European Fit Model Championships the professional Tanning Services will be offered at the Venue Site. The price for two layers of Jan Tana will be EUR €80. Reservations & booking is available through the [secretariat@ifbb.lv](mailto:secretariat@ifbb.lv) until April 15<sup>th</sup> or during the Registration on April 27<sup>th</sup> from 16:00 till 18:00.

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

## **LANGUAGE**

The official language in Latvia is Latvian. English and Russian is 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 +5<sup>0</sup>C; average precipitation (rainfall) – 11 days.

## **CURRENCY**

The national currency in Latvia is EURO. Current exchange rates of EUR to other currencies at:

<http://www.xe.com/currency/eur-euro>

## **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/>

## **ATHLETES WITHOUT DELEGATES**

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

## **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, access to the Prejudging and 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 status but 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.

## **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. Any National Federation that fails to seek the prior approval of the Head Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

## **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.

## **PRELIMINARY ENTRY FORM**

The deadline date for the Preliminary Entry Form is February 25<sup>th</sup>, 2019. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation’s intent to participate in the Championships. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

## **FINAL ENTRY FORM**

The deadline date for sending the Final Entry Form is Monday, April 15<sup>th</sup>, 2019. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel. The National Federations must send the room assignments, who wants to share a room with someone (please name the room-mates) and who wants a single-room in the Final Entry Form.

If a National Federation fails to respect the deadline written in the Final Entry Form, each “Official Participant” from that federation will be required to pay EUR €350 (in a double room) or EUR €425 (in a single room) instead of the IFBB Registration Fee.

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.

## **CORRESPONDENCE & ENTRY FORM SENDING DETAILS**

<p><u>Please send Your Entry Form to:</u></p> <p><b>Organizing Committee office:</b> <b>Mrs. Anastasia Domnina</b> E-mail: <a href="mailto:secretariat@ifbb.lv">secretariat@ifbb.lv</a></p> <p><b>IFBB Technical Committee:</b> <b>Eng. Andrew Michalak</b> E-mail: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p>	<p><u>Please send a copy to:</u></p> <p><b>IFBB Head Office:</b> <b>Ms. Diana Mozos</b> E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a></p>
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Contact details for additional correspondence:

President of LBFBF

Mrs. Christina Vedernikova

E-mail: [ifbb@ifbb.lv](mailto: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/measurements. 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**

### **Saturday, April 27<sup>th</sup>, 2019**

12:00 - 16:00 Arrivals/check in at the Official Hotel Monika Centrum Hotels

16:00 - 18:00 Official Athlete Registration/measurements at the Monika Centrum Hotels

18:30 - 19:00 Team Managers & Judges Meeting at the Monika Centrum Hotels

18:30 - 20:00 Dinner at the Monika Centrum Hotels

### **Sunday, April 28<sup>th</sup>, 2019**

08:00 - 11:00 Breakfast at the Monika Centrum Hotels

12:30 - 14:00 Lunch at the Monika Centrum Hotels

18:00 - 22:00 Prejudging and finals at the Venue Site: Royal Casino SPA & Hotel Resort

22:00 - 23:30 Dinner at the Monika Centrum Hotels

### **Monday, April 29<sup>th</sup>, 2019**

08:00 - 11:00 Breakfast at the Hotel Monika Centrum Hotels

Up to 12:00 Departures