



INSPECTION REPORT FITNESS BRASIL 2018



FB:SP

ELITE PRO

INSPECTION REPORT

FITNESS BRASIL

MAY, 2nd to 5th, 2019
Sao Paulo - Brazil

WELCOME

Dr. Rafael Santonja, President of the IFBB, Prof. Mauricio de Arruda Campos, President of the Brazilian Confederation of Bodybuilding and Fitness - IFBB Brasil, and Mr. Waldyr Soares, Founder and President of Fitness Brasil Fair, welcome you to the 1st FITNESS BRASIL SHOW.

VENUE

The Bodybuilding and Fitness Championship will be held at the FITNESS BRAZIL FAIR that will take place at the PRO MAGNO Event Center, located at Avenida Professora Ida Kolb, 513, Sao Paulo / SP. A new and modern event center with good accessibility, near Marginal do Tiete.



TRANSPORTATION

By Plane

Congonhas International Airport (CGH): distance from 19 Km

Guarulhos/Cumbica International Airport (GRU): distance from 29 Km

By Car

At PRO MAGNO, the visitor will land directly at the event. Access to the parking lot is through the entrance of Av. Profa. Ida Kolb 513 - Jardim das Laranjeiras, Sao Paulo - SP, 02518-000

By Subway/Train

The stations subway closest to PRO MAGNO are:

1.5 km from Barra Funda Station (Line 3 - Red)

5.2 km from the Portuguese Tiete Station (Line 1 - Blue)

By Bus

The following line options are available considering landing at Av. Ordem e Progresso and entrance by the gate of Av. Professor Ida Kolb nº 513.

9784/10- JD DOS FRANCOS - From the station Barra Funda

917M / 10 - MORRO GRANDE - From the station Ana Rosa

9717-10 - (SANTANA/ JD. ALMANARA)- From the Carandiru subway station.

9701/10 - HOSP. CACHOEIRINHA - From the Carandiru and Portuguesa Tiete subway stations

PARTICIPATION

The National Federations of the 199 IFBB affiliated countries are eligible to enroll athletes for the FITNESS BRASIL SHOW. The number of participating athletes is unlimited. Remember that ONLY athletes are accepted that are approved and nominated/ summoned by their National Federation.

HOTELS

Ibis Hotel (near the Casa Verde Bridge) - 3.3km

Ibis Styles Hotel (Marques de Sao Vicente Avenue) - 2.4km

Panamby Hotel (Ordem e Progresso Avenue) - 1,4km

Transamérica Hotel (Perdizes) -5km

Tryp Hotel (Higienópolis) - 7.1km

Holiday Inn Hotel (Beside Anhembi Park) - 4.9km

Novotel Hotel (Near Center North Event Center) - 4.5 miles

Mercure Hotel (Braz Leme Avenue) - 4,4km

IMPORTANT INFORMATION

ATHLETES and OFFICIAL DELEGATES must book hotel on their own.
Please book your stay in advance to avoid embarrassment.

REGISTRATION and WEIGH-IN

Official Athlete Registration time is provided as from 10:00 a.m. to 6:00 p.m., THURSDAY, 2 of MAY 2019, PRO MAGNO Event Center (next to the stage of the competition)

The registration fee is US\$ 200 and must be paid in advance online. We recommend for your convenience and comfort that you make the advance payment by credit or debit card through the website <https://ifbb.com/competition-registration/> until the April 22th (REGISTRATION). Register your name during the online payment and take a copy of the payment confirmation to be presented during weigh-in, at the inscription. For second category add US\$ 100.

For payment of registration at the time of weigh-in, there will be an increase of USD\$ 50 , therefore, the value of USD\$ 250.

IFBB CARD

All athletes are required to present the IFBB Card with the 2019 seal. Athletes who do not yet have the IFBB Card or those who have but do not have the seal for the year 2019 must pay the international annuity in the weigh-in, in the value of USD\$ 45.

When paying the IFBB Card, the athlete will receive a digital signature from Muscle and Health magazine.

MUSIC

Music must be delivered in USB (mp3), only.

The use of profanity, vulgar and offensive language is strictly prohibited in presentation music.

TANNING NEEDS

IFBB PROHIBITED ALL PRODUCTS THAT CAN SPOT. AN IFBB OFFICIAL WILL SHOW THE PAINTING OF ALL ATHLETES IN THE BACKSTAGE AND IF THE PRODUCT EXITS THE BODY TO BE TOUCHED, THE ATHLETE WILL BE REQUIRED TO REMOVE ALL PAINTINGS BEFORE RIDING UP THE STAGE

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.

JUDGES

To participate in the Judge Panel, the IFBB International Judges must be included in the Final Entry Form (filled out by the National Federation) in accordance with IFBB rules.

International judges must bring their IFBB Card and must be paid the 2019 annuity fee paid. Those who have not yet been paid will have to pay the US\$ 50 fee in the Weigh-in/Registration.

The judges must be present at the judge meeting. Any judge absent from the meeting may not judging the championship.

BACKSTAGE ACCESS

Access to backstage will be strictly limited to support staff (official delegates).

"Green Cards" are used to limit access during the previous and the final round. At the team meeting and judging, they will be distributed as follows:

- o Five (5) or more athletes: two (2) "Green Cards"
- o Less than five athletes: one (1) "Green Card"

For more access, it will follow as follows:

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For more access, it will follow as follows:

ACCESS OF COACHES AND TRAINERS

The coaches and/or trainers must acquire the access in the Weighing / Registration

Access for three (3) days: USD\$ 60

Access for two (2) days: USD\$ 50

Access for one (1) day: USD\$ 30

CAMERA PHOTOGRAPHY / VIDEO

The use of photographic and video equipment in the dressing room and / or locker room areas is strictly prohibited except when used by persons authorized by the IFBB and in any case these devices are prohibited in the backstage.

VISA

Passports from 90 countries do not require a visa to Brazil for a period of 90 days. To check, visit <http://www.portalconsular.itamaraty.gov.br/imagens/qgrv/QGRV-simples-ing-Aug02.pdf>. For other countries Brazil offers a special type of visa for athletes and accompanying. Please contact the embassy of Brazil in your country. An official invitation letter will be available if required. Send an email to secretaria@ifbbbrasi1.com.br

An athlete, included in an official team of your national federation, who requests and receives an invitation letter from the official IFBB office or the organizing committee of an IFBB sanctioned event for visa purposes and uses this visa to remain illegally in the country host country or in any other country, shall be subject to disciplinary procedures and measures.

The corresponding National Federation is responsible for carefully controlling the correct and legal use of the visa by your athlete and will be subject to a fine and / or suspension in case of any misuse and / or illegal use of the same visa.

TIME DIFFERENCE

UTC/GMT - 3 hours

CURRENCY

The official currency in Brazil is the "Real" (R\$).
US \$ 1.00 (US \$) = approximately **R\$ 4,02**
€ 1.00 (euro) = approximately **R\$ 4,389**

CREDIT CARDS

International credit cards such as Visa, Master and American Express are widely accepted in major hotels, shops and restaurants. It may be necessary to present your passport at the time of payment.

ELETRICITY

127 V, 60 Hz, type C or N sockets. Check at: <http://www.worldstandards.eu>

LANGUAGE

The official language in Brazil is Brazilian Portuguese

WEATHER

The average daily temperature in April / May is 19.7 degrees (67.5 F). Average relative humidity of 80% and average rainy days is 7. The city has a humid subtropical climate influenced by the monsoons. The city experiences four seasons. Winter is mild and sub-dry, and summer is moderately hot and rainy. Autumn and spring are transitional seasons. Sao Paulo is known for its changing climate.

FINAL ENTRY FORM

All athletes should contact their National Federation.

National Federation

The deadline for submitting the form is APRIL, 22nd, 2019. Send to

IFBB General Secretary
William Tierney
E-mail: w.tierney@ifbb-uk.com

IFBB Press Commission
Andrew Michalak, M. Se
E-mail: amichalak5@gmail.com

International Federation of Body-
building and Fitness

Dr. Rafael Santonja
E-mail: headquarters@ifbb.com
info@ifbb.com

CATEGORIES FOR THE COMPETITION - MALE

MEN'S BODYBUILDING

JUNIOR

Up to & incl 75 Kg (1)

Over 75 Kg (2)

SENIOR

Up to & incl 70 Kg (3)

Up to & incl 80 Kg (4)

Up to & incl 90 Kg (5)

Up to & incl 100 Kg (6)

Over 100 Kg (7)

MASTER AGE 40 - 45 YEARS

Open category (8)

MASTER AGE OVER 45 YEARS

Open category (9)

MEN'S CLASSIC BODYBUILDING

JUNIOR

Open category (10)

SENIOR

Up to & incl 175 cm (11)

Over 175 cm (12)

MASTER OVER 40 YEARS

Open category (13)

GAMES CLASSIC BODYBUILDING

Open category (14)

CLASSIC PHYSIQUE

Up to & incl 175 cm (15)

Over 175 cm (16)

MEN'S PHYSIQUE

JUNIOR

Up to & incl 174 cm (17)

Over 174 cm (18)

SENIOR

Up to & incl 170 cm (19)

Up to & incl 173 cm (20)

Up to & incl 176 cm (21)

Up to & incl 179 cm (22)

Over 179 cm (23)

MASTER AGE OVER 40 YEARS

Open category (24)

MUSCULAR MEN'S PHYSIQUE

Up to & incl 175 cm (25)

Over 175 cm (26)

MEN'S FITNESS

Open category (27)

WHEELCHAIR BODYBUILDING

Open category (28)

CHILDREN FITNESS

Open category (29)

CATEGORIES FOR THE COMPETITION - FEMALE

WOMEN'S BIKINI FITNESS

JUNIOR

Up to & incl 164 cm (30)

Over 164 cm (31)

WOMEN'S BODYFITNESS

JUNIOR

Open category (51)

SENIOR

Up to & incl 160 cm (32)
Up to & incl 162 cm (33)
Up to & incl 164 cm (34)
Up to & incl 166 cm (35)
Up to & incl 169 cm (36)
Up to & incl 172 cm (37)
Over 172 cm (38)

MASTER AGE OVER 35 YEARS

Up to & incl 163 cm (39)
Over 163 cm (40)

WOMEN'S WELLNESS FITNESS**JUNIOR**

Open category (41)

SENIOR

Up to & incl 158 cm (42)
Up to & incl 163 cm (43)
Up to & incl 168 cm (44)
Over 168 cm (45)

MASTER OVER 35 YEARS

Open category (46)

SENIOR

Up to & incl 158 cm (52)
Up to & incl 163 cm (53)
Over 163 cm (54)

MASTER 35 - 44 YEARS

Open category (55)

MASTER OVER 45 YEARS

Open category (47)

WOMEN'S PHYSIQUE

Up to & incl 163 cm (48)
Over 163 cm (49)

WOMEN'S FITNESS

Open category (50)

CHILDRENFITNESS

Open category (51)

OVERALLS

MALE CATEGORY

Men's Bodybuilding (52)
Men's Classic Bodybuilding (53)
Men's Games Classic Bodybuilding (54)
Men's Classic Physique (55)
Men's Physique (56)
Muscular Men's Physique (57)

FEMALE CATEGORY

Women's Bikini Fitness (58)
Women's Wellness Fitness (59)
Women's Bodyfitness (60)
Women's Physique (61)

AWARDS

TOP 3 in each category will receive trophy and medal

TOP 4, 5 and 6 in each category will receive medal

OVERALL in each discipline will receive trophy

TOP 5 in each men's and women's division, senior division, will score for the 2019 IFBB World Elite Ranking, according to the rules available at <http://ifbb.com/wp-content/uploads/2018/02/elite-brochure-2018.pdf>

IFBB ELITE PRO CARO for OVERALL TOP 3 athletes in the Men's Bodybuilding, Men's Classic Bodybuilding, Men's Classic Physique, Men's Physique, Men's Muscular Men's Physique, Women's Bikini Fitness, Women's Bodyfitness, Women's Wellness Fitness, Women's Physique disciplines.

TENTATIVE SCHEDULE

Thursday, May, 2nd, 2019

10:00 a.m. to 6:00 p.m. - Registration/Weigh-in: Pro Magno Event Center (close to the stage)

18:15h - Meeting of delegates and judges

Friday, May, 3rd, 2019

10:00 a.m. to 5:00 p.m. - Semifinals and Finals, part 1

Saturday, May, 4th, 2019

10:00 a.m. to 5 p.m. - Semifinals and Finals, part 2

Sunday, May, 5th, 2019

10:00 a.m. to 5 p.m. - Semifinals and Finals, part 3

** order of competition will be published shortly

Access to the venue for warm-up and body painting from 8:00 a.m.

More information about the schedule and other details about the competitions will be made available at www.ifbb.com and www.ifbb.com.br

Each athlete and official delegates participating in the championship will receive a bracelet to access the competition venue. For access to the venue during the 3-day event, the bracelet must not be removed.

The costs of travel, transportation and meals are the responsibility of the athlete and / or official delegate. Check out more information with your National Federation. The list of recommended hotels and contacts are provided in this document.



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