



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

AJUNTAMENT DE
TARRAGONA

EL PALAU
Palau Firal i de Congressos de Tarragona

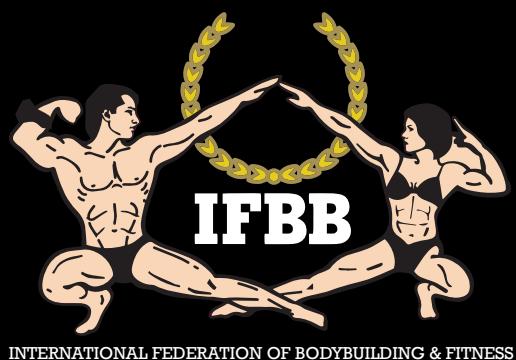


IFBB AMATEUR WORLD CUP 2019



1 - 4 NOVEMBER

TARRAGONA (SPAIN)
PALAU FIRAL I DE CONGRESSOS



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

2019 IFBB WORLD CUP

**MEN'S BODYBUILDING, MEN'S CLASSIC BODYBUILDING,
MEN'S PHYSIQUE, MEN'S CLASSIC PHYSIQUE**

**WOMEN'S BIKINI FITNESS, WOMEN'S BODYFITNESS,
WOMEN'S PHYSIQUE, WOMEN'S BIKINI WELLNESS**

INSPECTION REPORT



**1- 4 November 2019
TARRAGONA (SPAIN)**

IFBB RANKING POINT EVENT ELITE PRO QUALIFIER

WELCOME

The Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB) and Spanish Bodyscience & Fitness Federation (FEFF), take this opportunity to welcome all IFBB-affiliated National Federations of the world to participate in the IFBB World Cup, Tarragona, Spain on November 1st- 4th, 2019



ABOUT TARRAGONA

Is a port city located in northeast Spain on the Costa Daurada by the Mediterranean Sea. Founded before the 5th century BC, it is the capital of the Province of Tarragona, and part of Tarragona and Catalonia. Geographically, it is bordered on the north by the Province of Barcelona and the Province of Lleida. The city has a population of 201,199 (2014).



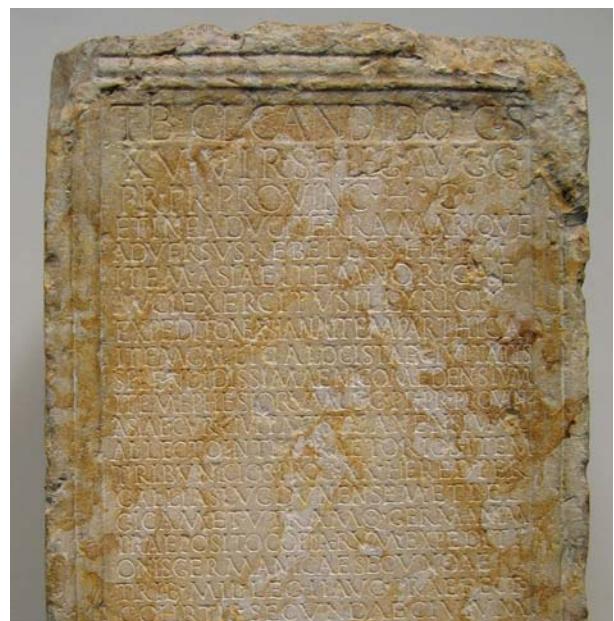
HISTORY



One Catalan legend holds that it was named for Tarraho, eldest son of Tubal in c. 2407 BC; another (derived from Strabo and Megasthenes) attributes the name to 'Tearcon the Ethiopian', a 7th-century BC pharaoh who campaigned in Spain. The real founding date of Tarragona is unknown.

The city may have begun as an Iberic town called Kesse or Kosse, named for the Iberic tribe of the region, the Cossetans, though the identification of Tarragona with Kesse is not certain. William Smith suggests that the city was probably founded by the Phoenicians, who called it Tarchon, which, according to Samuel Bochart, means a citadel. This name was probably derived from its situation on a high rock, between 75–90 m (250–300 ft) above the sea; whence we find it characterised as *arce potens Tarraco*. It was seated on the river Sulcis or Tulcis (modern Francolí), on a bay of the Mare Internum (Mediterranean), between the Pyrenees and the river Iberus (modern Ebro). Livy mentions a portus Tarraconis and according to Eratosthenes it had a naval station or roads (*Ναύσταθμον*); but Artemidorus Ephesius says with more probability that it had none, and scarcely even an anchoring place; and Strabo himself calls it *αλίμενος*. This better reflects its present condition; for though a mole was constructed in the 15th century with the materials of the ancient amphitheatre, and another subsequently by an Irishman named John Smith Sinnott, it still affords but little protection for shipping.

HISTORY



During the Roman Republic, the city was fortified and much enlarged as a Roman colony by the brothers Publius Cornelius Scipio and Gnaeus Cornelius Scipio Calvus, who converted it into a fortress and arsenal against the Carthaginians. The city was first named Colonia Iulia Urbs Triumphalis Tarraco and was capital of the province of Hispania Citerior. Subsequently, it became the capital of the province named after it, Hispania Tarraconensis, in the Roman Empire Iand conventus iuridicus.

Augustus wintered at Tarraco after his Cantabrian campaign, and bestowed many marks of honour on the city, among which were its honorary titles of Colonia Victrix Togata and Colonia Julia Victrix Tarraconensis. Tarraco lies on the main road along the southeastern coast of the Iberian Peninsula.

According to Mela it was the richest town on that coast, and Strabo represents its population as equal to that of Carthago Nova (now Cartagena). Its fertile plain and sunny shores are celebrated by Martial and other poets; and its neighbourhood is described as producing good wine and flax. The city also minted coins.

An inscribed stone base for a now lost statue of Tiberius Claudius Candidus was found in Tarragona during the nineteenth century. The 24-line Latin inscription describes the Governor and Senator's career as an ally of the future Roman emperor Septimius Severus, who fought in the civil war following the assassination of Commodus in 192 AD. This important marble block was purchased by the British Museum in 1994.

HISTORY



ANCIENT REMAINS:

The Roman ruins of Tarraco have been designated a World Heritage Site by UNESCO.

Part of the bases of large Cyclopean walls near the Cuartel de Pilatos are thought to pre-date the Romans. The building just mentioned, a prison in the 19th century, is said to have been the palace of Augustus. The second century Tarragona Amphitheatre near the seashore was extensively used as a quarry after the fall of the Western Roman Empire, and but few vestiges of it now remain. A circus c. 450 metres (1,480 ft) long, was built over in the area now called Plaça de la Font, though portions of it are still to be traced. Throughout the town Latin, and even apparently Phoenician, inscriptions on the stones of the houses mark the material used for buildings in the town.

Two ancient monuments, at some little distance from the town, have, however, fared rather better. The first of these is Les Ferreres Aqueduct, which spans a valley about 4 kilometres (2 miles) north of the city. It is 217 m (712 ft) in length, and the loftiest arches, of which there are two tiers, are 26 m (85 ft) high. There is a monument about 6 km (4 mi) along the coast road east of the city, commonly called the "Tower of the Scipios"; but there is no authority for assuming that they were buried here.

Other Roman buildings include:

- The Roman walls
- The capitol, or citadel
- The Amphitheatre
- The Roman circus
- The Pretorium - Tower
- The Provincial and Colonial fora
- The Necropolis
- The palace of Augustus, called the house of Pilate
- The so-called tower, or sepulchre, of the Scipios
- Arch of Sura, or of Bara
- The Aurelian Way.

The city is also home to the National Archaeological Museum of Tarragona.

HISTORY



FROM THE DEMISE OF THE ROMANS TO THE UNION OF SPAIN:

After the demise of the Western Roman Empire, it was captured first by the Vandals and then by the Visigoths. The Visigothic Kingdom's rule of Tarragona was ended by the Umayyad conquest of Hispania in 714. It was an important border city of the Caliphate of Córdoba between 750 and 1013. After the demise of the Caliphate, it was part of the Taifa of Zaragoza between 1013 and 1110 and under the control of the Almoravid dynasty between 1110 and 1117. It was taken by the County of Barcelona in 1117. After the dynastic union of Aragon and Barcelona, it was part of the Kingdom of Aragon from 1164-1412. After dynastic union of Aragon and the Crown of Castile, it remained a part of Aragon until the foundation of the Spanish Empire in 1516.

During the Catalan revolt, Tarragona was captured by Catalan insurgents with French support in 1641, but it was retaken by Spanish troops in 1644. It was captured by allied Portuguese, Dutch, and British troops in 1705 during the War of the Spanish Succession and remained in their hands until Treaty of Utrecht in 1713. During the war, the Catalans supported the unsuccessful claim of Archduke Charles, Duke of Teschen against the victorious Bourbon Duke of Anjou, became Philip V of Spain. He signed the Nueva Planta decrees, which abolished the Crown of Aragon and all remaining Catalan institutions and prohibited the administrative use of Catalan language on 16 January 1716.

PENINSULAR WAR:

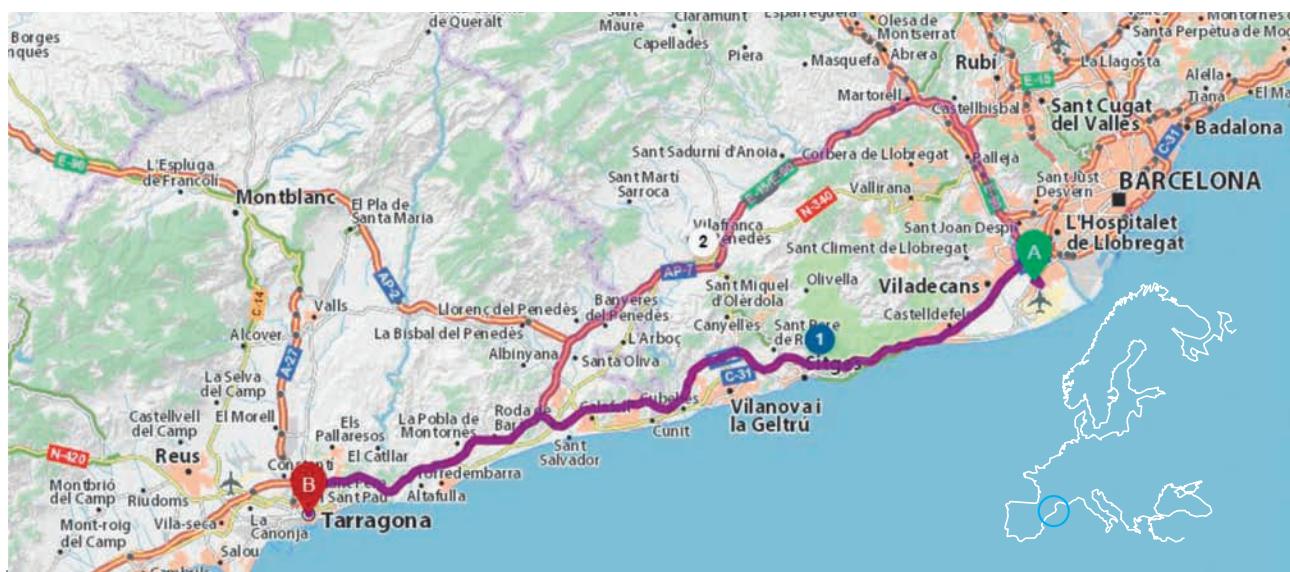
During the Peninsular War, in the first siege of Tarragona from 5 May to 29 June 1811, Louis-Gabriel Suchet's Army of Aragon of the First French Empire laid siege to a Spanish garrison led by Lieutenant general Juan Senen de Contreras. A British naval squadron commanded by Admiral Edward Codrington harassed the French besiegers with cannon fire and transported large numbers of reinforcements into the city by sea. Nevertheless, Suchet's troops stormed into the defenses and killed or captured almost all the defenders. It became a subprefecture center in Bouches-de-l'Èbre department of French empire.

In the second siege of Tarragona (3–11 June 1813), an overwhelming Anglo-Spanish force under the command of Lieutenant General John Murray, 8th Baronet failed to wrest Tarragona from a small Franco-Italian garrison led by Brigadier general Antoine Marc Augustin Bertoletti. Murray was subsequently removed from command for his indecisive and contradictory leadership. The Anglo-Spanish forces finally captured Tarragona on 19 August.

SPANISH CIVIL WAR:

During the Spanish Civil War, Tarragona was in the hands of the Second Spanish Republic until captured by Franco's Nationalist troops on 15 January 1939 during the Catalonia Offensive.

HOW TO GET THERE



COSTA DAURADA

You have two transport options to travel to Tarragona from Barcelona airport: train or taxi.



BY TAXI

- The fastest and most expensive is the taxi. The price is calculated with a taximeter. The trip takes 1 hour and 10 minutes.



BY TRAIN

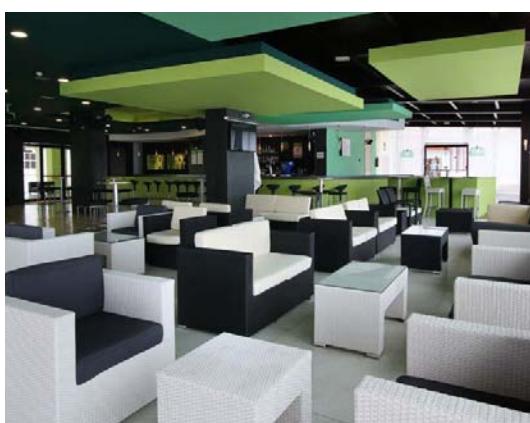
- The cheapest option is the train. As there are no direct trains, the journey takes 1 hour and 30 minutes.



AIRPORT

- The official arrival airport is the Barcelona International Airport "El Prat".

ACCOMMODATIONS



OFFICIAL HOTEL:
**MEDPLAYA
HOTEL
CALYPSO**

C/ Pompeu Fabra 54-62
43840 Salou (Tarragona)
T. +34 977 38 49 00
calypso@medplaya.com

The modern resort, located opposite a couple of buildings east of Salou, is a 10-minute walk from Capellans Beach, 3.5 km from Aquopolis Water Park and 7 km from PortAventura.

The bright and spacious rooms have flat-screen TVs and Wi-Fi (for a fee), as well as desks. All have balconies or terraces.

The hotel has a buffet restaurant, an open-air restaurant (open seasonally) and a bar, as well as 2 lagoon-style outdoor pools with waterfalls, a solarium and a pool bar. It also has children's pools, playground, bowling and games room, as well as live entertainment and business center.

IMPORTANT!

Supporters and coaches, can book the hotel by themselves contacting directly with the hotel. Each participant will be responsible of their own expenses about accommodations and transport.

COMPETITION VENUE



TARRAGONA TRADE FAIR AND CONGRESS CENTRE

Arquitecte Rovira, 2, 43001 Tarragona.

The Tarragona Trade Fair and Congress Centre, in the heart of the city, is close to the main shopping area, known as Rambla Nova, the main hotels and the train station.

One of the Congress Centre's defining features is the natural stone wall which can be seen on each of the floors of the building.

The Exhibition building

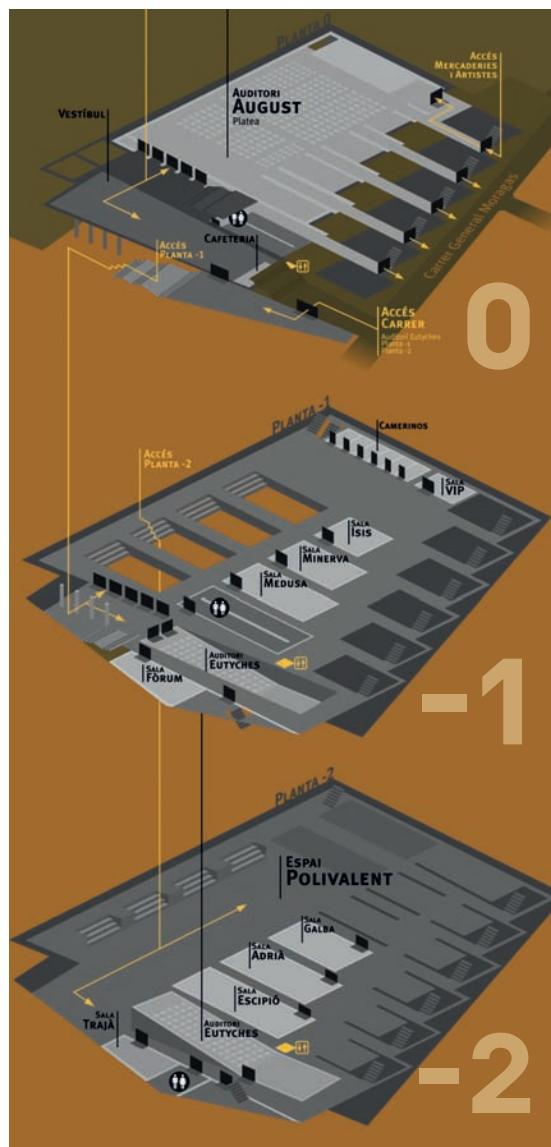
Next to the Congress Centre, is an ideal place to hold trade fairs, shows and banquets. It is surrounded by 3000 m² open-air esplanade, which can be used either as a parking facility or as a fair space.

Infinite Possibilities

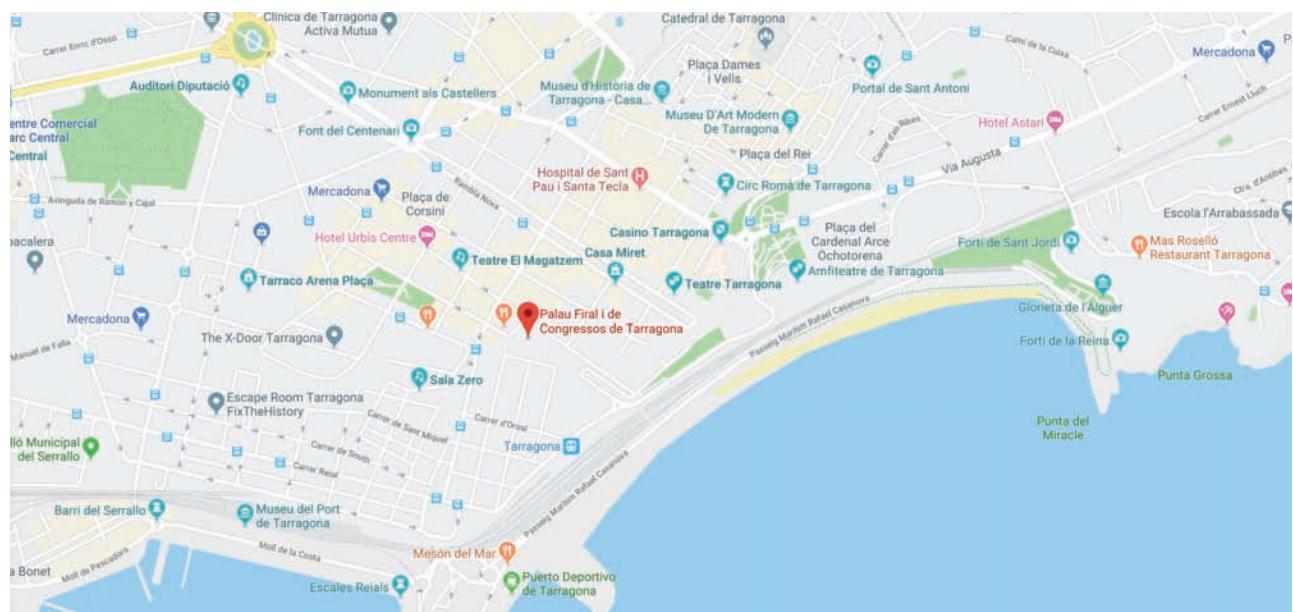
The Centre has 10 rooms fitted with the latest technology to satisfy even the most demanding customer. The building is a suitable venue for local, national and international events of all kinds: congresses, conventions, meetings and trade fairs.

The Congress Centre's two main auditoria, called August and Eutyches, offer excellent acoustics for major concerts and large-scale events.

On the -2 floor of the centre is a multipurpose space, covering an area of 3000 m², ideal for commercial exhibitions and banquets.



COMPETITION VENUE



INFORMATION



PARTICIPATION

The IFBB World Cup is open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible.

Registration of international athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at:
secretaria@ifbb-spain.com
- IFBB Head Office at: info@ifbb.com
- IFBB Press Commission at:
amichalak5@gmail.com

IFBB REGISTRATION

Registration will take place in venue site:

Palau Firal I de Congressos de Tarragona
c/Arquitecte Rovira, 2
43001 Tarragona.

Friday 1st November from 10:00h to 20:00 h.

PAYMENT OF IFBB REGISTRATION FEE AND IFBB INTERNATIONAL CARD

Registration fee for athletes to enter this competition is EUR **€300,00** which have to be paid in advance by credit/debit card or PayPal at IFBB web-page:

<http://www.ifbb.com/competition-registration>

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is **Monday, October 14th, 2019, 24:00 hrs** (midnight - Central European Time, UTC +2) the online payment system will be switched off.

If paying at the Registration on November 1rd, 2019, an **extra fee of EUR €100** per participant will be charged.

If an athlete wants to participate in the second category (like a master or junior in the senior class also), the registration fee for this second category is additional **EUR €100**.

Athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. Any athlete who has not purchased yet or renewed his/her IFBB International Card will have to buy one at registration. **IFBB Cards are €35** and are mandatory.

IFBB WORLD CUP CATEGORIES

MEN & WOMEN	
DISCIPLINE	CATEGORY
1 Men Bodybuilding	Up to & incl. 75 kg
2 Men Bodybuilding	Up to & incl. 80 kg
3 Men Bodybuilding	Up to & incl. 85 kg
4 Men Bodybuilding	Up to & incl. 90 kg
5 Men Bodybuilding	Up to & incl. 100 kg
6 Men Bodybuilding	Over 100 kg
7 Men Classic Bodybuilding *	Up to & incl. 171 cm
8 Men Classic Bodybuilding *	Up to & incl. 175 cm
9 Men Classic Bodybuilding *	Up to & incl. 180 cm
10 Men Classic Bodybuilding *	Over 180 cm (see notes below*)
11 Men's Classic Physique	Up to & incl. 171 cm
12 Men's Classic Physique	Up to & incl. 175 cm
13 Men's Classic Physique	Over 175 cm (see notes below*)
14 Women's Physique (60 s routine)	Open Class
15 Women Bodyfitness	Up to & incl. 163 cm
16 Women Bodyfitness	Up to & incl. 168 cm
17 Women Bodyfitness	Over 168 cm
18 Women Bikini-Fitness	Up to & incl. 158 cm
19 Women Bikini-Fitness	Up to & incl. 160 cm
20 Women Bikini-Fitness	Up to & incl. 162 cm
21 Women Bikini-Fitness	Up to & incl. 164 cm
22 Women Bikini-Fitness	Up to & incl. 166 cm
23 Women Bikini-Fitness	Up to & incl. 169 cm
24 Women Bikini-Fitness	Up to & incl. 172 cm
25 Women Bikini-Fitness	Over 172 cm
26 Women Wellness Fitness	Up to & incl. 163 cm
27 Women Wellness Fitness	Over & incl. 163 cm
28 Men's Physique	Up to & incl. 170 cm
29 Men's Physique	Up to & incl. 173 cm
30 Men's Physique	Up to & incl. 176 cm
31 Men's Physique	Up to & incl. 179 cm
32 Men's Physique	Over 179 cm
33 Muscular Men's Physique	Open Class
34 Junior Women Bikini-Fitness	Open Class
35 Junior Men Bodybuilding	Open Class
36 Junior Men's Physique	Open Class
37 Master Women Bikini-Fitness	Open Class
38 Master Women Bodyfitness	Open Class
39 Master Women's Physique	Open Class
40 Master Men's Physique	Open Class
41 Master Men Bodybuilding	Up to & incl. 70 kg
42 Master Men Bodybuilding	Up to & incl. 80 kg
43 Master Men Bodybuilding	Up to & incl. 90 kg
44 Master Men Bodybuilding	Over 90 kg
45 Master Men Classic BB	Open Class
46 Men's Classic Physique	Open Class

* - categories with weight/height limits

OPEN NEW CATEGORIES INTERNATIONAL ROOKIES

In these new rookie categorie may participate, all athletes who have not been ranked in the top six in the world or continental championships . Categorie Crossover:

	DISCIPLINE	CATEGORY
7	Men Bodybuilding	Open Class
2	Men Classic Bodybuilding *	Open Class
3	Men´s Classic Physique	Open Class
4	Women's Physique (60 s routine)	Open Class
5	Women Bodyfitness	Open Class
6	Women Bikini-Fitness	Open Class
7	Women Wellness Fitness	Open Class
8	Men's Physique	Open Class
9	Muscular Men's Physique	Open Class

2019 IFBB WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]

JUNIOR CLASSIC BODYBUILDING (16-23 years old)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 9 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 11 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 13 [kg]

MEN & MASTERS CLASSIC BODYBUILDING

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).

*example: if athlete is 170,5 cm tall, his weight should be below and NOT MORE than 72,5kg (170,5 minus 100 is 70,5 plus 2 is 72,5)

Up to 162 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 3 [kg]
Up to 165 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 2 [kg]
Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 1 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 3 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]

JUNIOR GAMES CLASSIC BODYBUILDING (16-23 YEARS OLD)

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 59 kg (162 minus 100 is 62, minus -3 is 62).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 70,5kg (170,5 minus 100 is 70,5)

Up to 162 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 2 [kg]
Up to 165 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 1 [kg]
Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]

MEN GAMES CLASSIC BODYBUILDING

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 60 kg (162 minus 100 is 62, minus -2 is 60).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 3 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 8 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 9 [kg]

JUNIOR CLASSIC PHYSIQUE (16-23 YEARS OLD)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 70 kg (168 minus 100 is 68 plus +2 is 70).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 73,5kg (170,5 minus 100 is 70,5 plus 3 is 73,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 8 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 11 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 13 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 15 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 17 [kg]

MEN & MATERS CLASSIC PHYSIQUE

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 72 kg (168 minus 100 is 68 plus 4 is 72).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 76,5kg (170,5 minus 100 is 70,5 plus 6 is 76,5)

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller class, wherever possible.

If less than 5 athletes in the heaviest or tallest class, it will be combined with the closest lighter or shorter category.

If still less than 5 athletes, more categories will be combined or, eventually, one open class will be run. In case of categories with less than 5 competitors, no titles will be awarded and no points to the IFBB World Ranking will be counted.

Age divisions will not be combined; however, categories inside the same age division may be combined, if less than 5 athletes per category.

JUNIOR

If not enough athletes in a category (5 as per rules applicable to official events) The category may be combined in one, 16-23

NEWS

JUDGES

In order to assist the Judges Committee in their selection of the judges at the World Championships, please forward your nominations for judges from your Federation as soon as possible but no later than October 24 th, 2019 (deadline for sending the Final Entry Forms) to:

IFBB JUDGES COMMITTEE
Mr. Paweł Filleborn (Chairman)
Email: pawelfilleborn@gmail.com

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their International Cards to Spain.

IMPORTANT

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. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

Judges have to pay the yearly Judges' Licence fee of EUR €50 for 2019. 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 Judges/Team Manager meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

**PLEASE DO NOT FAX YOUR NOMINATIONS
TO IFBB HEADQUARTERS**

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 not later than October 22th, 2019.

You may contact the IFBB PRESS COMMISSION to obtain this form:

amichalak5@gmail.com

JUDGES AND DELEGATES MEETING

There will be a Team Managers and Judges Meeting prior to the official athlete registration (weigh-in) on **Friday, November 1st at 18:00 hrs.** In the venue site. All Judges and Delegates will be obliged to attend this meeting.

POSING MUSIC

All posing music must be on an audio CD only. The posing must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

IMPORTANT

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

CAMERA/VIDEOTAPE 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.

TIME DIFFERENCE

GMT (Greenwich Mean Time) / UTC +1 hour (CEST-Central European Summer Time Zone).

CURRENCY

The national currency in Spain is EURO. Exchange rates to other currencies may be found at:

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

All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of November, the average daily temperature is 15 °C.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.



LANGUAGE

The official language in Tarragona is Spanish and Catalan. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINNING 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.

NEWS

IMPORTANT INFORMATION FOR ATHLETES

We are excited to inform you, the "Jan Tana Team" will be providing "**Tanning, Hair & Makeup**" services at the contest venue!



We Recommend purchasing services from Jan Tana to insure you Look Your Best.

"Jan Tana" is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pros.

<http://www.onsitetan.com/book-here/>

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the **IFBB Chief Judge**. It is not acceptable for a **National Federation** to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal. Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the **Special Package Rate**.

ATHLETES WITHOUT DELEGATES

All athletes competing at the **IFBB World Cup** must be members in good standing of their National Federations. Any athletes who arrives without a delegate must be nominated by his National Federation by sending the **Final Entry Form**, failing which the athlete will not be allowed to participate.

CREDIT CARDS

International credit cards such as **Visa, MasterCard and American Express** are widely accepted at most major hotels, stores & restaurants.

YOU MAY BE REQUESTED TO SHOW YOUR PASSPORT.

VISAS

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

PLEASE CONTACT THE SPANISH EMBASSY IN YOUR COUNTRY TO DETERMINE IF YOU NEED VISA.

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 Championship Organizer or IFBB.

The invitation letter does not mean you are granted your visa. **IFBB and Championship organizer are not responsible of attendant's visas.**

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

A copy of Passport. Where the attendant will have his or her accommodation

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, onsite transportation, access to the Prejudging, 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 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.

ATHLETES WITHOUT DELEGATES

All athletes competing at the **IFBB World Cup** must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his **National Federation** by sending the **Final Entry Form**, failing which the athlete will not be allowed to participate.

IMPORTANT

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 statement 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.

AWARDS

- **Top six athletes** in each category will be awarded with medals and certificates.
- Overall in each discipline will have a trophy.
- **Top 5 athletes** in Men's and Women's senior categories will be awarded points to the 2019 **IFBB World Ranking according to the World Ranking** Rules. Overall winners or open category winners in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Women's Physique, Women's Bodyfitness, Women's Bikini Fitness and Women's Wellness Fitness are eligible to apply for the IFBB Elite Pro Card through their National Federations

FINAL ENTRY FORM (FEF)

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) **August 31th, 2019**. National Federations must return the Preliminary Entry Form to the **Organizing Committee** as soon as possible but not later than deadline, confirming your federation's intent to participate.

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 for the Final Entry Form is on **October 24th, 2019**. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges).

YOU MUST ALSO INCLUDE ARRIVAL AND DEPARTURE INFORMATION.

CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS

PLEASE SEND YOUR ENTRY FORM TO:

SPANISH BODYBUILDING & FITNESS
FEDERATION CO-ORGANIZING COMMITTEE

Address: c/Esglesia 357 3º 2ª Calella - Barcelona (Spain)

Phone: +34 766 41 44

Email: secretaria@ifbb-spain.com

Webs: www.ifbbspain.com

Mr. José Tomás Ramos Muñoz, President

COPY ALL CORRESPONDENCE TO:

IFBB HEAD OFFICE - Madrid (Spain)

Diana Mozos

Phone: +34 91 535 2819

Email: info@ifbb.com

IFBB TECHNICAL COMMITTEE

Andrew Michalak

Email: amichalak5@gmail.com

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.
Please check regularly for updates

TUESDAY, OCTOBER 31TH, 2019

09:00 - 17:00 Arrivals of the EBFF/IFBB Executive Council Members MEDPLAYA HOTEL CALYPSO

FRIDAY, NOVEMBER 1ST, 2019

10:00 - 20:00 Official IFBB Registration and Weigh-in
Each competitor must provide his passport
IFBB INTERNATIONAL CARD and Music

Palau Firal i de Congressos
de Tarragona
Arquitecte Rovira, 2, 43001
Tarragona

18:00 - 18:30 Judges and Delegates Meeting

SATURDAY, NOVEMBER 2ND, 2019

09:00 - 15:30 Eliminations, semifinals and Finals (part 1)

Palau Firal i de Congressos
de Tarragona
Arquitecte Rovira, 2, 43001
Tarragona

17:30 - 21:30 IFBB ELITE PRO WORLD CHAMPIONSHIPS
Eliminations, semifinals and Finals

SUNDAY, NOVEMBER 3RD, 2019

09:00 - 18:00 Eliminations, semifinals and Finals (part 2)
(one continuous session)

Palau Firal i de Congressos
de Tarragona
Arquitecte Rovira, 2, 43001
Tarragona

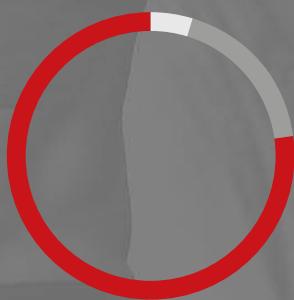


133 812 photos taken

18 competitions

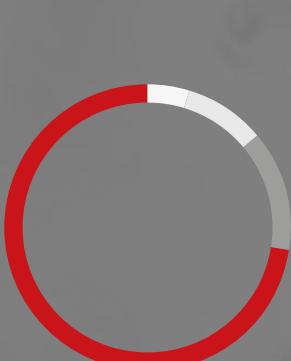
9 countries

1 team



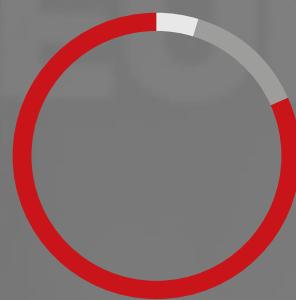
How pleased you was with speed of our service?

- | | |
|-------------|--------------|
| ■ Excellent | 77,5% |
| ■ Good | 18% |
| ■ Fair | 4,5% |
| ■ Poor | 0% |
| ■ Very Bad | 0% |



Did you like quality of photos?

- | | |
|-------------|--------------|
| ■ Excellent | 72% |
| ■ Good | 14,5% |
| ■ Fair | 9% |
| ■ Poor | 4,5% |
| ■ Very Bad | 0% |



Were you pleased with number of photos?

- | | |
|-------------|--------------|
| ■ Excellent | 82% |
| ■ Good | 13,5% |
| ■ Fair | 4,5% |
| ■ Poor | 0% |
| ■ Very Bad | 0% |

thank you for a great **2018**



IFBB OFFICIAL PHOTOGRAPHER

WHAT WILL YOU GET?

Individual photos (elimination, semifinals) · Comparison photos (finals)
I-walk or posing routine · Award ceremony · Everything in high-resolution



HOW MANY PICTURES WILL I GET FOR 20 €?

It depends on many factors – your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

HOW LONG IT WILL TAKE TO GET PHOTOS?

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

HOW DO I GET PHOTOS?

During payment process you have to enter correct e-mail address – we will send you download link (Dropbox) where you can download all photos in digital format.



¿CUÁNTAS FOTOS OBTENDRÉ POR 20 €?

Depende de muchos factores: de tu sesión, la cantidad de fotógrafos que tenemos en la competencia, la velocidad de evaluación, etc. Por ejemplo, si terminas en eliminación, puedes esperar al menos 4 fotos (4 poses) pero si estás en la final puedes ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER FOTOS?

Puedes tomar hasta 7 días después del último día del espectáculo para competiciones pequeñas (por ejemplo, Diamond Cup) o 14 días para grandes competiciones (European Championships, World Championships, Arnold Classic).

¿CÓMO CONSIGO FOTOS?

Durante el proceso de pago, debes ingresar la dirección de correo electrónico correcta: le enviaremos el enlace de descarga (Dropbox) donde podrás descargar todas las fotos en formato digital.

ILE ZDJĘ DOSTANĘ ZA 20 €?

Zależy to od wielu czynników: od tego jak wypadniesz, liczby fotografów, których mamy w konkursie, szybkość oceniania itp. Na przykład, jeśli skończysz w eliminacjach, możesz spodziewać się co najmniej 4 zdjęć (4 poz), ale jeśli dostrzel do finału może to być do 30-40 zdjęć. Minimalna liczba zdjęć to 3.

KIEDY BĘDZIE MOŻLIWE ODEBRANIE ZDJĘĆ?

Może potrwać do 7 dni od ostatniego dnia pokazu w przypadku małych konkursów (np. Diamond Cup) lub 14 dni w przypadku dużych zawodów (European Championships, World Championships, Arnold Classic).

JAK MOGĘ UZYSKAĆ ZDJĘCIA?

Podczas procesu płatności należy podać prawidłowy adres e-mail - wyślemy Ci link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.



QUANTE FOTOGRAFIE POTRÒ AVERE PER 20 €?

Dipende da diversi fattori: la tua performance, il numero di fotografi di cui disponiamo alla competizione, la velocità della valutazione ecc. Ad esempio, se finisci in eliminazione, puoi aspettarti almeno 4 fotografie (4 pose), ma se sei in finale può essere fino a 30-40 fotografie. Il numero minimo di foto è 3.

QUANTO CIVORRÀ PER OTTENERE LE FOTOGRAFIE?

Possono trascorrere fino a 7 giorni dopo l'ultimo giorno dello spettacolo per le piccole competizioni (ad es. Diamond Cup) oppure 14 giorni per le grandi competizioni European Championships, World Championships, Arnold Classic).

COME POSSO OTTENERE LE FOTOGRAFIE?

Durante il processo di pagamento, devi inserire il tuo indirizzo e-mail corretto. Dopodiché, ti invieremo il link per il download (Dropbox) col quale potrai scaricare tutte le fotografie in formato digitale.



СКОЛЬКО ФОТОГРАФИЙ Я ПОЛУЧУ ЗА 20 €?

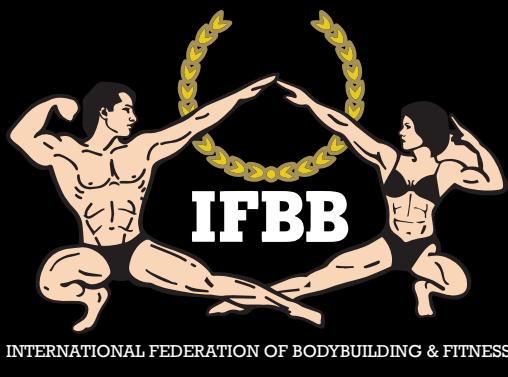
Это зависит от многих факторов - вашей работы, количества фотографов, которые будут на соревновании, скорости судейства. Например, если вы законите выступление на этапе отсея, вы можете ожидать как минимум 4 фотографии (4 позы), но если вы находитесь в финале, то может быть до 30-40 фотографий. Минимальное количество фотографий - 3.

СКОЛЬКО ВРЕМЕНИ ПОТРЕБУЕТСЯ, ЧТОБЫ ПОЛУЧИТЬ ФОТОГРАФИИ?

Это может занять до 7 дней после последнего дня показа на небольших соревнованиях (например, Diamond Cup) или 14 дней для крупных соревнований (European Championships, World Championships, Arnold Classic).

КАК МНЕ ПОЛУЧИТЬ ФОТОГРАФИИ?

Во время процедуры оплаты вы должны ввести правильный адрес электронной почты - мы вышлем вам ссылку для скачивания (Dropbox), где вы можете загрузить все фотографии в цифровом формате.



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

