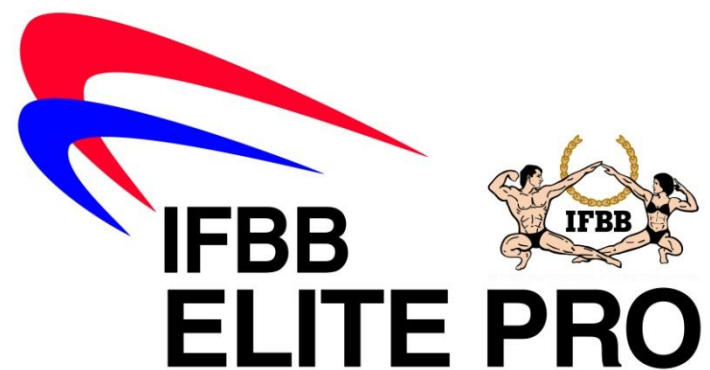


INDONESIAN GRAND PRIX

‘Muscle Beach’ Bali 2019

IFBB Elite Pro Qualifier
Inspection Report



IFBB GRAND PRIX

IFBB ELITE PRO QUALIFIER
7 PRO CARDS

REGISTRATION
\$100

Women's Bodyfitness - Open
Women's Bikini - Open
Women's Wellness - Open

Men's Classic Bodybuilding
Up to & Incl 168 cm
Up to & Incl 171 cm
Up to & Incl 175 cm
Up to & Incl 180 cm

Men's Bodybuilding
Up to & Incl 70 kg
Up to & Incl 75 kg
Up to & Incl 80 kg
Up to & Incl 85 kg

Muscular Men's Physique - Open
Men's Physique - Open

F I T N E S S E V E N T

MUSCLE BEACH

Bali

WIN TOTAL CASH PRIZES
IDR 80 MILLION



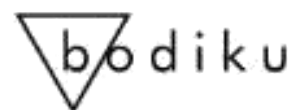
SATURDAY

26
October

THE BIG EVENT IS HERE

INTERNATIONAL BEST BODIES HEAD TO BALI

INFO@MUSCLEBEACHBALI.COM | MUSCLEBEACHBALI.COM



BALI - INDONESIA

October 25th-26th, 2019

WELCOME

Indonesia Bodybuilding & Fitness Federation (IBFF) extends a warm welcome to all National Federations and regional associations in Asia & Australia, approved by IFBB to participate in the Indonesian Grand Prix 'Muscle Beach Bali, October 25th - 26th, 2019.

BALI IS IN INDONESIA

Multiple aspects of Indonesian culture and Indonesian symbols.

From top to bottom - left to right.

Red and white Indonesian flag as background, wayang kulit depicting Arjuna, Garuda Pancasila Indonesian national emblem, Kris blade from Java, Nusantara or the map of Indonesian archipelago, Borobudur Buddhist temple in Central Java, Papuan dance, Baiturrahman Mosque of Banda Aceh, Rumah Gadang Minangkabau traditional house, Torajan wooden carving as background, Satay - an Indonesian national dish, Angklung bamboo music from Sundanese West Java, Balinese Pendet dancer, Tumpeng cone shaped rice dish from Java, Gamelan, Batik and Songket textiles as background.

Bahasa Indonesia

Berbagai aspek kebudayaan Indonesia dan simbol Indonesia. Dari atas ke bawah, kiri ke kanan: Latar bendera Merah Putih, Wayang Kulit tokoh Arjuna dari Jawa Tengah, Garuda Pancasila lambang negara Indonesia, Keris dari Jawa, Peta kepulauan Nusantara, Candi Borobudur di Jawa Tengah, tarian Papua, Masjid Raya Baiturrahman di Banda Aceh, Rumah Gadang Minangkabau, ukiran kayu pola khas Toraja, Sepiring Sate kambing salah satu makanan khas Indonesia, alat musik bambu Angklung dari rakyat Sunda di Jawa Barat, tari Pendet dari Bali, hidangan Tumpeng dari Jawa, Gamelan, serta Batik dan Songket sebagai latar



FOOD

Indonesia is the home of satay; one of the country's most popular dishes. There are many variants across Indonesia.

Other Indonesian favourites include opor ayam (curry style), gulai, ketupat, diced potatoes with spices, and fried shallots, often served during Lebaran (Eid al-Fitr) in Indonesia. Indonesian dishes such as nasi goreng, gado-gado, satay and soto are ubiquitous in the country, and are considered national dishes.

The official national dish of Indonesia however, is tumpeng, chosen in 2014 by Indonesian Ministry of Tourism and Creative Economy. It is a dish that binds the diversity of Indonesia's various culinary traditions.

Popular dishes that originated in Indonesia are now common to neighbouring countries, Malaysia and Singapore. Indonesian dishes such as satay, beef rendang, and sambal are favoured in Malaysia and Singapore.

Soy-based dishes, such as variations of tofu and tempeh, are also very popular. Tempeh is regarded as a Javanese invention, a local adaptation of soy-based food fermentation and production.

Another fermented food is oncom, similar in some ways to tempeh but using a variety of bases (not only soy), created by different fungi, and particularly popular in West Java.



ABOUT BALI

Bali is a province of Indonesia and the westernmost of the Lesser Sunda Islands. Located east of Java and west of Lombok, the province includes the island of Bali and a few smaller neighbouring islands, notably Nusa Penida, Nusa Lembongan, and Nusa Ceningan.

The provincial capital, Denpasar, is the most populous city in the Lesser Sunda Islands and the second largest, after Makassar, in Eastern Indonesia. Bali is the only Hindu-majority province in Indonesia, with 83.5% of the population adhering to Balinese Hinduism.

Bali is Indonesia's main tourist destination, which has seen a significant rise in tourists since the 1980s. Tourism-related business makes up 80% of its economy. It is renowned for its highly developed arts, including traditional and modern dance, sculpture, painting, leather, metalworking, and music. The Indonesian International Film Festival is held every year in Bali.

Bali is part of the Coral Triangle, the area with the highest biodiversity of marine species. In this area alone, over 500 reef-building coral species can be found. For comparison, this is about seven times as many as in the entire Caribbean. Most recently, Bali was the host of the Miss World 2013 and 2018 Annual Meetings of the International Monetary Fund and the World Bank Group. Bali is the home of the Subak irrigation system, a UNESCO World Heritage Site.



BALI MAP



ALILA SEMINYAK

Surprisingly different...

Introduction

Unfurling along a pristine beach on Bali's southwest coast, mere steps from the Indian Ocean, Alila Seminyak ups the ante on tropical cool. A stunning beachfront resort that radiates sophistication, vibrance and vivacity, offering an indulgence of luscious lifestyle facilities and refined spaces for chilling out in style.

Location

Alila Seminyak lies less than 30 minutes from Ngurah Rai International Airport and a short stroll from the fashionable streets of Seminyak, where you can indulge in the upmarket attractions that have made Seminyak one of the hottest destinations on the island.

Here, high-end designer boutiques, art and antique galleries rub shoulders with trendy nightspots, fine dining establishments and uber chic cafes, including notably happening hangouts such as Ku De Ta, La Lucciola and Potato Head. Soak up Seminyak's unique ambience that blends the appeal of a village neighbourhood with the best attributes of a cosmopolitan lifestyle.



FACILITIES

Senses spoiled, wellness stimulated, occasions celebrated...

Experience it all at Seasalt and Beach Bar, Spa Alila offering Asian-inspired treatments, integrated swimming pools, a state-of-the-art gym, and a variety of indoor and outdoor venues that provide ideal settings for any occasion, from business meetings to weddings and grand banquets.

For those keen to discover the hidden treasures of Seminyak, our Leisure Concierge offers activities tailored to guests' personal interests for enriching destination experiences.

Other facilities include complimentary Wi-Fi Internet access, 24-hour in-room dining, Alila Living boutique, airport transfers, car rental facilities, laundry and dry cleaning services.

Address

Jalan Taman Ganesha No. 9 Petitenget, Kerobokan Bali, Indonesia.

Phone +62 361 3021 888 seminyak@alilahotels.com

www.alilaseminyak.com

Officials Hotels

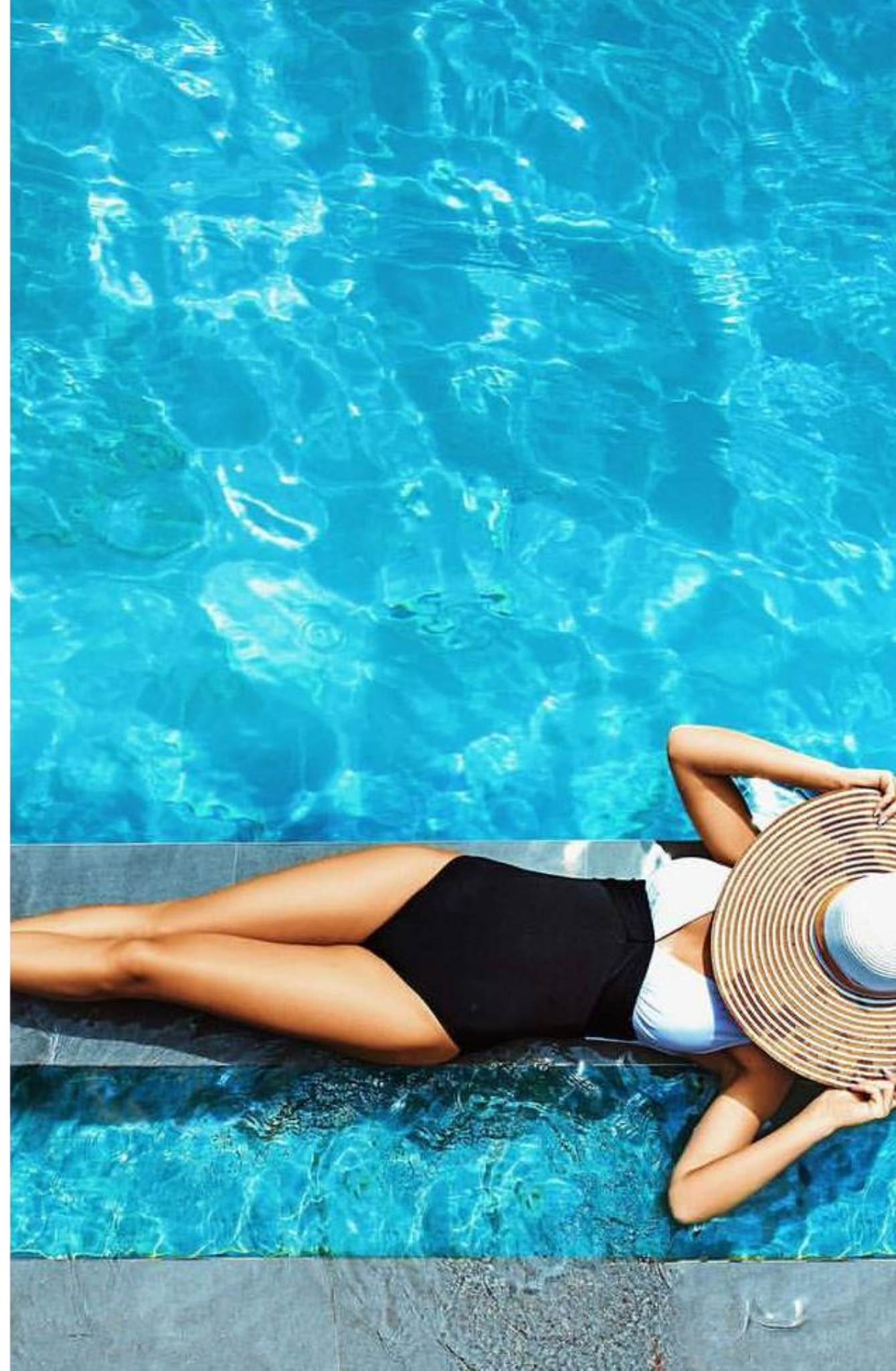
A. Alila Seminyak Hotel <https://www.alilahotels.com/seminyak>

B. Peppers Seminyak Resort <http://www.peppersseminyak.com>

C. Montigo Resort. <https://www.montigoresorts.com/seminyak/>

D. Sense Hotel <https://www.sensehotelbali.com>

E. Jambu Luwuk Hotel. <https://jambuluwukseminyak.com>



- ① GYM / MOVEMENT STUDIO
- ② EVENT CENTRE (Under Family Pool)
- ③ FAMILY POOL
- ④ PARTY POOL
- ⑤ BEACH BAR
- ⑥ LOBBY
- ⑦ SPA ALILA (Under Lobby)
- ⑧ TEMPLE GARDEN
- ⑨ RESORT TEMPLE
- ⑩ PLAY ALILA
- ⑪ SERENE POOL
- ⑫ SEASALT
- ⑬ 1 KING BED DELUXE
- ⑭ 1 KING BED DELUXE POOL
- ⑮ STUDIOS AT ALILA SEMINYAK
- ⑯ STUDIO ROOFTOP





MUSCLE BEACH BALI

Petitenget Beach

Public entrance

Mano entrance

EVENT VENUE

NEXT TO ALILA SEMINYAK

GENERAL INFORMATION

VISA

Over 160 nationalities do not need a Visa to enter Indonesia. Citizen's of countries that do not require purchase of a Visa on Arrival will be granted FREE ENTRY including the option of a 30 day maximum stay.

Process to obtain Visa on Arrival : No need to do anything in your home country however, your passport must be valid at least 6 months. On arrival in Bali, and before passing through the immigration counter, queue at the "Visa on Arrival counter" located at arrival hall 9 in the airport and pay USD\$35. AUD, EUR, IDR equivalents are also accepted. Officials will stamp your passport. Once you have this stamp, proceed to the immigration counter and present your passport.

TAXI, AIRPORT TRANSFER, TOURS & HOTEL ENQUIRY

Event team's email : manik@yasamice.com

CURRENCY

The national currency in Indonesia is Rupiah (IDR). USD \$1.00 = IDR 14150,1 as for Sept. 25th, 2019.

Current rates at: <https://www.xe.com/currency/idr-indonesian-rupiah>

Major credit cards are widely accepted at most major hotels, department stores and restaurants. Note : you may be requested to show your passport /ID Card.

CLIMATE

During the month of October, the average temperature is around Low 22°C - High 28°C. Time Zone : UTC +08:00 hours.

LANGUAGE

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

ABOUT THE EVENT

PARTICIPATION

The contest is open for AFBF-affiliated National Federations as well as for Australian Federation. The number of competitors participating in these championships is unlimited.

Online Pre-Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than October 14th, 2019. The final decision to allow an athlete to compete in this event rests with the IFBB.

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.

OFFICIAL ATHLETE REGISTRATION

Official Athlete Registration (Weigh-in) will take place at the official hotel '**ALILA SEMINYAK - Event Centre** on **October 25th from 12:00 till 17:00 hrs.** It is the responsibility of the chief delegate or team manager to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate and will be responsible for their own expenses.

Registration of athletes will only be considered if competitors are entered by their National Federation. All athletes will have to produce their passports and IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed (for 2019) his/her International Card will have to do so at the registration. IFBB International Cards are USD \$45 per year and are mandatory. Please be sure to bring USD cash with you.

All posing music must be prepared on an USB flash drive only (please make sure that there is only one piece of posing music inside your USB flash drive, no other document inside). Each competitor must affix his/her name on the USB for easy identification. This USB must be delivered to the Organising Committee during the Official Athlete Registration (weigh-in). **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

REGISTRATION FEE

Registration fee for athletes to enter this competition is **USD \$100** which have to be paid in advance by credit/debit card or PayPal at 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.

The deadline date to do the online payment is October 15th, 2019 (Tuesday). On October 15th, 24:00 hrs (midnight - Central European Summer Time, UTC +2 in summer) the online payment system will be switched off. If paying at the Registration on October 25th, 2019, an **extra fee of USD \$50** per participant will be charged.

CATEGORIES OPEN AT THE 2019 INDONESIAN GRAN PRIX

MEN BODYBUILDING:	MEN CLASSIC BODYBUILDING*	WOMEN BODYFITNESS:
Up to & including 70 kg	Up to & including 168 cm	One open category
Up to & including 75 kg	Up to & including 171 cm	1 Pro Card
Up to & including 80 kg	Up to & including 175 cm	
Over 80 kg	Over 175 cm	WOMEN BIKINI-FITNESS:
Overall (1 Pro Card)	Overall (1 Pro Card)	One open category
		1 Pro Card
MEN'S PHYSIQUE:	MUSCULAR MEN'S PHYSIQUE:	
One open category	One open category	WOMEN'S WELLNESS FITNESS:
1 Pro Card	1 Pro Card	One open category
		1 Pro Card

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

*- Men Classic Bodybuilding bodyweight limits [in kg]:

Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]
Over 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]

AWARDS

Top 3 athletes in each category will be awarded with cash, medals, certificates and trophies.

Top 4-6 athletes in each category will be awarded with certificates.

Overall champion will be awarded with medal, certificate and a trophy. Overall champions of men's and women's categories will be awarded with the IFBB Elite Pro Cards.

JUDGES

To be taken into consideration during selection of judges panels at the competition, 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. All international judges must bring their International Judge's Cards to Indonesia.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2019. These fees may be paid at the competition in Indonesia.

All Judges must be present at the Team Managers and Judges Meeting. Any Judge absent at this meeting will not be allowed to judge at this competition. If any of the above conditions has not been met, Judges will be unable to carry out their duties.

ELECTRIC CURRENT

The electrical outlets are 220 V, 50 Hz. Socket/plug of type C and F, Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

CAMERA / VIDEO EQUIPMENT

Cameras and/or video equipment shall be strictly prohibited in the backstage area except when used by IBFF authorised media personnel who will be identified with official ID passes. Any recording devices, under any circumstances are strictly prohibited in the dressing room area.

NATIONAL ANTHEM / FLAG

All participating countries must bring with them to Bali - Indonesia the music of their respective national anthems (shortened version only) on an USB flash drive. This must be **on a separate USB than any posing music**. All participating National Federations must bring with them two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 meter x 1.5 meter.

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. These cards will be distributed during judges and team manager meetings as follows:

Five or more athletes: 2 green cards.

Less than five athlete: 1 green card

DOPING CONTROL

Competitors will be tested according to the current IFBB/AFBF Doping Control Rules. Doping control will be conducted by IFBB according to the IFBB Anti-Doping Rules, using the WADA accredited laboratory in the area. In order to compete in the championships, all competitors at the Official Athlete Registration will be required to sign a Drug Testing Consent Waiver of Liability Form.

Doping control maybe conducted using any of the following methods:

- Random selection: A number of athletes selected at random throughout the event, such as at weigh-in.
- Weighted selection: A number of athletes selected at random from among the top finalist, such as at finals.

The IFBB is the 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 championships.

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB/IBFF. All persons wishing to obtain media accreditation for this event must register with the IFBB/IBFF by completing and signing an IBFF media accreditation form.

ATHLETE 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.

FINAL ENTRY FORM SENDING DETAILS

The deadline date for sending the Final Entry Form is **Monday, October 14th, 2019**. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges).

<p><u>Please send your Entry Form no later than</u> <u>October 14th, 2019 to:</u> Organizing Committee Mobile: +62 813 5390 7341 E-mail: info@musclebeachbali.com</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail : amichalak5@gmail.com</p>	<p><u>Please Send a copy to:</u> International Federation of Bodybuilding and Fitness Head Office:</p> <p>Ms. Diana Mozos Phone: +34 91 535 2819 E-mail: info@ifbb.com</p>
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TENTATIVE AGENDA

Friday, October 25th, 2019

LOCATION
ALILA SEMINYAK
@Event Centre

10:00 - 11:00 hrs
TECHNICAL MEETING
Officials / Delegates

12:00 - 17:00 hrs
OFFICIAL ATHLETE REGISTRATION
All Athletes

Saturday, October 26th, 2019

LOCATION
@PETITENGET BEACH

10:00 - PREJUDGING

Men's Physique
Muscular Men's Physique
Men's Classic Bodybuilding
Women's Bodyfitness
Women's Bikini Fitness
Men's Bodybuilding
Women's Wellness Fitness

SUPER FINAL

Opening
Martial Art Demo
Women's Bodyfitness
Men's Physique
Women's Bikini Fitness
Muscular Men's Physique
Swim Wear Show
Men's Classic Bodybuilding
Special performance
Men's Bodybuilding
Women's Wellness Fitness

ORGANIZER DETAILS

EMAIL

info@musclebeachbali.com

MOBILE / WA

+62 813 5390 7341

ADDRESS

IFBB INDONESIA (IBFF)

PEPPERS SEMINYAK, Jl. Pura Telaga Waja, Petitenget, Seminyak, Kuta, Kerobokan Kelod, North Kuta, Badung
Regency, Bali 80361

www.peppersseminyak.com