

Culture  
calls

2011

TALLINN

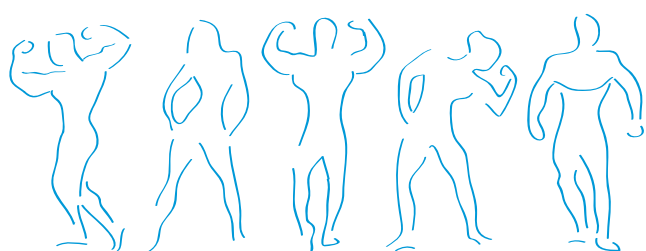
EUROPEAN CAPITAL OF CULTURE



**IFBB World Men  
Classic Bodybuilding Championships  
And  
IFBB World Bodybuilding, Fitness & Bodyfitness Cup**

Tallinn, Estonia, November 18-21, 2011

# INSPECTION REPORT



World Classic TALLINN 2011  
Bodybuilding Championships



## Welcome

The Organizing Committee of the Estonian Bodybuilding and Fitness Federation extend a warm welcome to all IFBB National Federations to participate in the IFBB Amateur Classic Bodybuilding World Championships and Amateur Bodybuilding, Fitness and Bodyfitness World Cup in Tallinn, Estonia.

## About Tallinn

Tallinn (historically known by the German and Danish name Reval, among other names) is the capital and largest city of Estonia. It lies on the northern coast of Estonia, along the Gulf of Finland. The city is an important industrial, political and cultural center, and seaport.

Tallinn can be divided into two parts, the old and the new part. Old Tallinn is just like a museum. The centre of Old Tallinn - Toompea - is especially rich in historical monuments. The Tallinn Town Hall just beside Toompea is one of the most important historical monuments in Estonia. Town Hall was first mentioned in 1322 and nowadays it is the only one left in the Baltic countries. The Old Town of Tallinn is just like a museum. Its golden age blossomed from the early 15th century to the middle 16th century. Medieval buildings and sacred structures have been preserved nearly unchanged. For this unique architectural layering Tallinn's Old Town has earned a place in the UNESCO's World Heritage list.

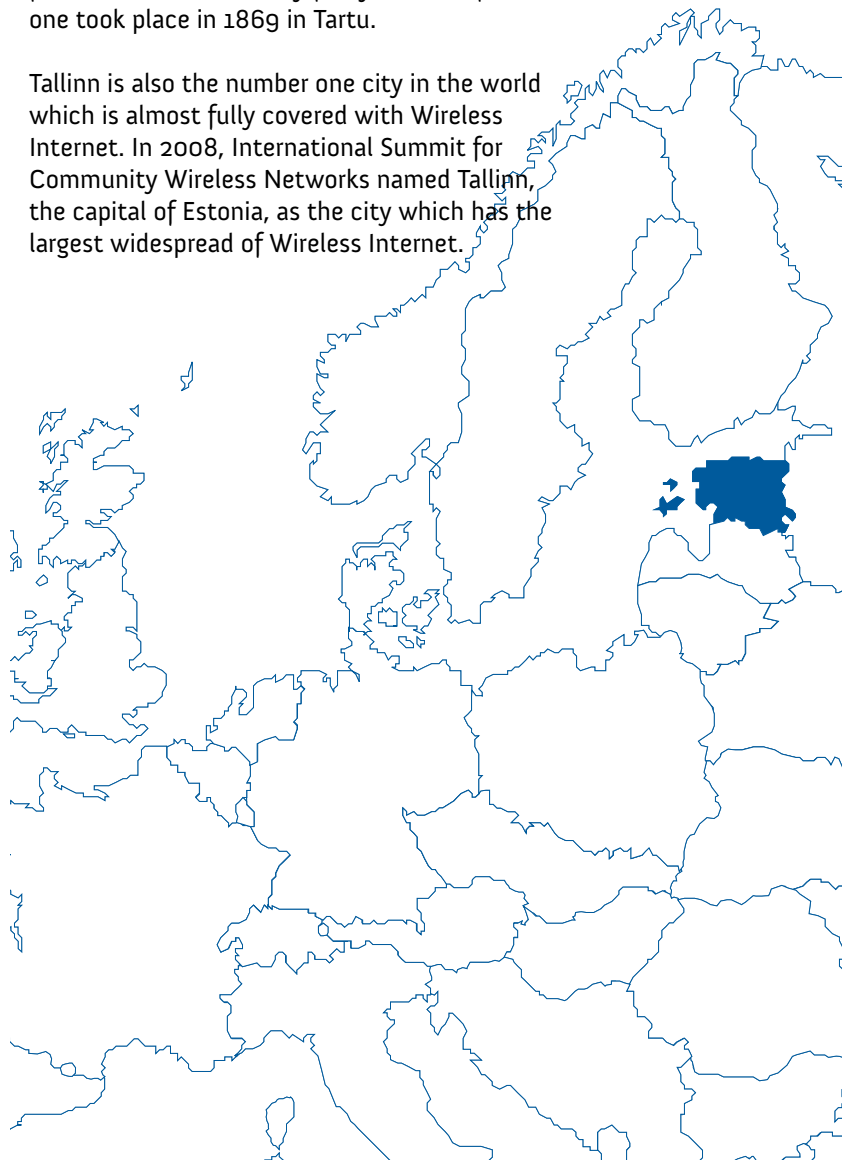
The new part of Tallinn is much bigger than the old one. It is divided into 8 districts: Lasnamäe, Mustamäe, Õismäe, Nõmme, Pirita, Kesklinn, Põhja-Tallinn and Kristiine. The biggest districts are Lasnamäe, Mustamäe, Õismäe and Nõmme.

One of the most beautiful sights in Tallinn is the park and palace of Kadriorg near the coast of the sea. This is 2 kilometres east of the centre and is served by buses and trams. The former palace of Peter the Great, built just after the Great Northern War, now houses (part of) the Art Museum of Estonia, presidential residence and the surrounding grounds include formal gardens

and woodland. The new residence of the Art Museum of Estonia: KUMU (Kunstimuseum, Art Museum) was built several years ago.

Tallinn, and of course the whole Estonia is famous for its song festivals at Lauluväljak, situating beside the park of Kadriorg. Song festivals are held in every five years. The first one took place in 1869 in Tartu.

Tallinn is also the number one city in the world which is almost fully covered with Wireless Internet. In 2008, International Summit for Community Wireless Networks named Tallinn, the capital of Estonia, as the city which has the largest widespread of Wireless Internet.





## Venue Site

<http://www.tallinnconcerthall.com/>

The Nokia Concert Hall theatre, concert and conference hall stage was built and assembled by specialists from the French company Caire on the 13th of August, 2009. According to Aivar Sirelpuu, the director of Nokia Concert Hall, fitting the stage technology was complicated by the multi-functionality of the hall: "We had to take in to consideration that the hall had to cater for the organization of concerts from classical music to pop, theatre shows to musicals as well as large, modern conferences." The stage technology of the new concert hall was assembled from scratch by specialists from one of the oldest and most renowned venue construction companies, Caire.

## Accommodations

The Organizer will provide free-of-charge accommodations and three meals per day, starting with dinner on Friday, November 18 till breakfast on Monday, November 21, 2011 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 athlete 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 Friday, November 18, 2011

The Official Departure Date is Monday, November 21, 2011

Important notice! All National Team Official Participants (athletes, delegates) must check in BEFORE the start of the Weigh-in and Registration. 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 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 (e.g. delegate) for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies to all family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

## Hotel Security Deposit

A hotel security deposit of Euro 100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry i.e. spoiled sheets or towels with tan, 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 all expenses incurred by any members of his or her team.

3

## Official Hotel

<http://www.parkhotel.ee/>

Reval Park Hotel & Casino in Tallinn, Estonia has spacious guestrooms. Each guestroom has a desk, multi-channel TV, hairdryer, minibar and internet access. Striking Scandinavian décor with a luxurious finish makes every guest a VIP. Smoking and non-smoking rooms are available, some rooms have allergy-friendly wood finish floors.

**IMPORTANT NOTICE:** Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the official arrival date, after the official departure date and during the Championships, for all participants (athletes and delegates), extra delegates, supporters, media and others.



## Competition Tan

**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.**

## Special Package For Additional Delegates, Supporters, Press And Photographers

4

The Organizing Committee has established a Full Special Package Rate including: 3 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, closing banquet and onsite transport at Euro 400 for each person in a double room or Euro 500 for a single room. For more information please ask the Organizing Committee.

There is a special package of Euro 120 for competition tickets and transportation airport-hotel / hotel-airport and hotel-venue site for semifinals and finals, plus banquet. This special package does not include accommodation and other meals except the closing banquet.

## Airport

The arrival airport is the Tallinn Ülemiste Airport. The Organizing Committee will pick you up at the airport on arrival and transport you to the Official Hotel (ca 3 km from the airport). It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

## Early Arrivals / Late Departures

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date (Friday, November 18, 2011) and / or staying on after the Official Departure Date (Monday, November 21, 2011) will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the Official Arrival Date and after the Official Departure Date will be approximately Euro 50 per day for a twin-bedded room with breakfast and dinner. You must notify the Organizing Committee of any early arrivals or late departures no later than October 10, 2011.

## Visas

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Estonian Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required.

## Categories Open For Competition

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Men	Classic Bodybuilding	up to 168 cm	5	5
Men	Classic Bodybuilding	up to 171 cm		
Men	Classic Bodybuilding	up to 175 cm		
Men	Classic Bodybuilding	up to 180 cm		
Men	Classic Bodybuilding	Over 180 cm		
Women	Fitness	open	1	
Men	Fitness	open	1	
Women	Bodyfitness	up to 163 cm	2	2
Women	Bodyfitness	over 163 cm		
Men	Bodybuilding	open	1	1
Women	Athletic Fitness	open	2	0
Men	Athletic Fitness	open	2	0

**IMPORTANT NOTICE: The Best Team Award will include the World Men Classic Bodybuilding Championships only. Athletic Fitness: each National Federation may enter 2 male and 2 female competitors. These competitors are treated as „A“ team members and must pay Euro 150 (IFBB Registration Fee)**

The weight / height limits for Classic Bodybuilding are as follows:

Height	Bodyweight limit
Up to 168 cm	Height – 100
Up to 171 cm	(Height – 100) + 2
Up to 175 cm	(Height – 100) + 4
Up to 180 cm	(Height – 100) + 6
Up to 190 cm	(Height – 100) + 8
Up to 198 cm	(Height – 100) + 9
Over 198 cm	(Height – 100) + 10

**The rules regarding „A“ and „B“ teams for this event are as follows:**

- Each National Federation may enter an „A“ team. The maximum allowable number of competitors in the „A“ team is 10 (+ 4 Athletic Fitness)
- A maximum allowable number of „A“ team competitors per National Federation in any one category shall not exceed two (2).
- The Organizer will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet to all „A“ team competitors.
- National Federation shall pay a Registration Fee of Euro 150 for each „A“ team competitor and delegate.
- The „A“ team competitors shall compete for placings and awards, including The Best National Team Award.
- A National Federation must declare its „A“ team competitors on the Final Entry Form and must register the A team competitors upon check-in the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.
- Each National Federation may enter a „B“ team according to the rules specified below. The maximum allowable number of competitors in the „B“ team is 10.
- The National Federation must pay the Full Package Rate (Euro 400) for each „B“ team competitor. This package includes accommodation, meals, onsite transportation and access to Prejudging, Finals and Farewell Banquet. It will also include the registration Fee.
- The „B“ team competitors shall compete for placings and awards, excluding the Best National Team Award.
- A National Federation must declare its „B“ team competitors on the Final Entry Form and must register the „B“ team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.



## Secretariat

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 11:00 November 18, to 11:00 November 21. You may obtain information and assistance from the Secretariat.

## Ifbb Registration Fee

Each official „A“ team athlete and each official delegate, including delegates without competitors must pay the IFBB Registration Fee of Euro 150. This fee is payable to the IFBB upon arrival at the official hotel. „B“ team competitors are not required to pay the IFBB Registration Fee since this is included in the Full Special Package Rate. The Registration Fee is completely separate from the hotel security deposit.

**IMPORTANT NOTICE:** The hotel security deposit and IFBB Registration Fee must be paid **BEFORE** team members are provided accommodations. If any of your athletes or delegates arrives without their Team Manager or Chief Delegate, that athlete or delegate must pay the hotel security deposit and IFBB Registration Fee **BEFORE** a room can be assigned.

## Doping Control

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory in Helsinki.

In order to compete, all competitors at the Weigh-in and Registration will be required to sign a Doping Control Consent & Waiver of Liability Form.

**IMPORTANT NOTICE:** Doping Controls may be conducted using any or all of the following methods:

- Random selection: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
- Weighted selection: A number of athletes selected at random from among the top finalists e.g. at Finals.

The IFBB reserves the right to Target Test any athlete.

The IFBB is a Signatory to the WADA Code. Participating National Federations have the duty and an obligation to ensure that their athletes are competing drug-free at IFBB international contests.

## Passport / Music

All competitors must provide their passport and music at the Weigh-in and Registration, failing which the competitor will not be registered. The music must be on the CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes.

**IMPORTANT NOTICE:** The use of profane, vulgar or offensive language is strictly prohibited in posing music.

## National Anthem

All participating National Federations must bring a short version (less than 60 seconds) of their national anthem on CD. The national anthem must be the only music on the CD.

## Parade Of Nations

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes is posing attire. One delegate and one athlete must take part in the Parade of Nations.

## Judges

All National Federations are reminded that their nominations for judges and test judges must be forwarded as soon as possible but no later than October 10, 2011 to:

Pawel Filleborn, Chairman, IFBB Judges Committee;  
E-mail: pawelfilleborn@gmail.com

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

**IMPORTANT NOTICE:** All judges must attend the Judges / Team Managers´ Meeting. If a judge is absent from this meeting, he or she will not judge.

## Media Accreditation

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation must register with the IFBB by completing and signing an IFBB Media Accreditation Form which must be remitted to the IFBB by e-mail to Andrzej Michalak at amichalak5@gmail.com , no later than October 10, 2011.

## Competitor Information Form

This Form must be completed by each competitor BEFORE the weight / height measurement and given to the IFBB Registrar. This information is used to promote the competitor in press, on TV, the website and other media.

## Green Cards

Green cards, used to limit access to the Weigh-in area and backstage during the Prejudging and Finals, will be distributed at the Judges / Team Managers Meeting as follows: 5 or more competitors—2 green cards; less than 5 competitors—1 green card.

**IMPORTANT NOTICE:** If a National Federation does not attend the Judges / Team Managers Meeting, it will not be given a green card.

## Backstage Access / Dressing Room Access

Access to the backstage and dressing room areas is 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 videotape equipment shall be strictly prohibited in the backstage area except when used by IFBB-authorized media persons. In any event , these devices shall be strictly prohibited in the dressing room area.

## Useful Information

Time difference: GMT + 2 hours

Electrical outlets: 220 Volts

Currency: Euro

Language: Estonian. English is widely spoken in hotels, shopping centers and tourist areas.

## Athletes Without Delegates

All athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any athlete who arrives without a delegate must carry an Official Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

## Failure To Honor Final Entry Form Deadline

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of IFBB Rules. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the the Final Entry Form. If a National Federation fails to respect the deadline written on the Final Entry Form, each Official Participant from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation and access to the Prejudging, Finals and Farewell Banquet.

## 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 to obtain free-of-charge accommodations, meals, onsite transportation, access to Prejudging, Finals and Farewell Banquet 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 Full Special Package Rate for each person involved.

## 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 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 withdrawal, be fined an amount equal to the Full 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 for the Preliminary Entry Form is October 10, 2011. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but no later than deadline date, confirming your federation´s intent to participate. If at this time you do not know the actual names of the Official Participants, 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 November 7, 2011. 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. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

## Contact Information

Preliminary and Final Entry Forms must be sent to:

### Organizing Committee

E-mail: [org@ifbb.ee](mailto:org@ifbb.ee)

Tel: +372 53 93 9468 Ms Janika Jürgenson (English)

Tel: +372 50 60 193 Mr Jüri Vilo (Russian)

Postal address: Telliskivi 51, 10611 Tallinn, Estonia

Please copy all correspondence to:

### International Federation of Bodybuilding and Fitness

#### Dr. Rafael Santonja

IFBB President

Tel: +34 93 766 0630

Fax: +34 91 535 0320

E-mail: [international@santonja.com](mailto:international@santonja.com)

#### Mr Arnold Tokko

EBFF President

E-mail: [arnold@ifbb.ee](mailto:arnold@ifbb.ee)

#### Mr Indrek Otsus

EBFF General Secretary

Tel: +372 53 844 800

E-mail: [indrek@ifbb.ee](mailto:indrek@ifbb.ee)

## VERY IMPORTANT NOTICE:

It is the responsibility of the president or general secretary of each participating National Federation to ensure that all National Team members (athletes, delegate, 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 the athletes or delegates are traveling 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.

## Tentative Schedule Of Activities

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

### FRIDAY, NOVEMBER 18

11:00—17:00	Arrival of delegations at official hotel
18:00	Judges and Team Managers Meeting
19:00	WEIGH-IN
20:00—22:00	Dinner

### SATURDAY, NOVEMBER 19

07:00—10:00	Breakfast
10:00—14:00	PREJUDGING for Fitness, Bodyfitness, Bodybuilding and Athletic Fitness
12:00—14:00	Lunch at the hotel
15:00	PREJUDGING for Classic Bodybuilding
19:00—22:00	Dinner

### SUNDAY, NOVEMBER 20

07:00—10:00	Breakfast
11:00—12:00	Book presentation: Revitalization, Estonian version
12:00—14:00	Lunch
15:00	Opening ceremony and FINALS
22:00—24:00	Farewell Banquet

### MONDAY, NOVEMBER 21

07:00—10:00	Breakfast
06:00—11:00	Check out and departure of all participants