

**2013 AFBF Asian Bodybuilding & Fitness
Championships and AFBF 6th Congress**

May 31st – 3rd June 2013

Almaty - Kazakhstan

Inspection Report

WELCOME

The Organizing Committee of the National Federation of Powerlifting, Bodybuilding and Fitness (NFPBF) takes this opportunity to welcome all National Federations of Asia to participate in the **2013 AFBF ASIAN BODYBUILDING & FITNESS CHAMPIONSHIPS**, and the **AFBF ANNUAL CONGRESS** that will be held in **ALMATY, KAZAKHSTAN** from **May 31st - June 3rd 2013**.



Kazakhstan has the population of 15,186,000 people and territory 2,719,500 sq km. The population of Kazakhstan consists mainly of Muslim Kazakhs and Russians; there are smaller minorities of Ukrainians, Germans, Uzbeks, and Tatars. From 1927 to 1996, Almaty was the capital of Kazakh ASSR.

Almaty is the former capital of Kazakhstan and the country's largest city, with a population of 1,472,866. The city is located in the mountainous area of southern Kazakhstan.

The name "Almaty" comes from the Kazakh word for "apple". The name is often translated as a city "rich with apples". The climate in Almaty is humid and continental with very warm summers and cold winters.

Almaty is a cultural, scientific, economic and transport centre of Kazakhstan. It is one of the most beautiful cities of Asia.





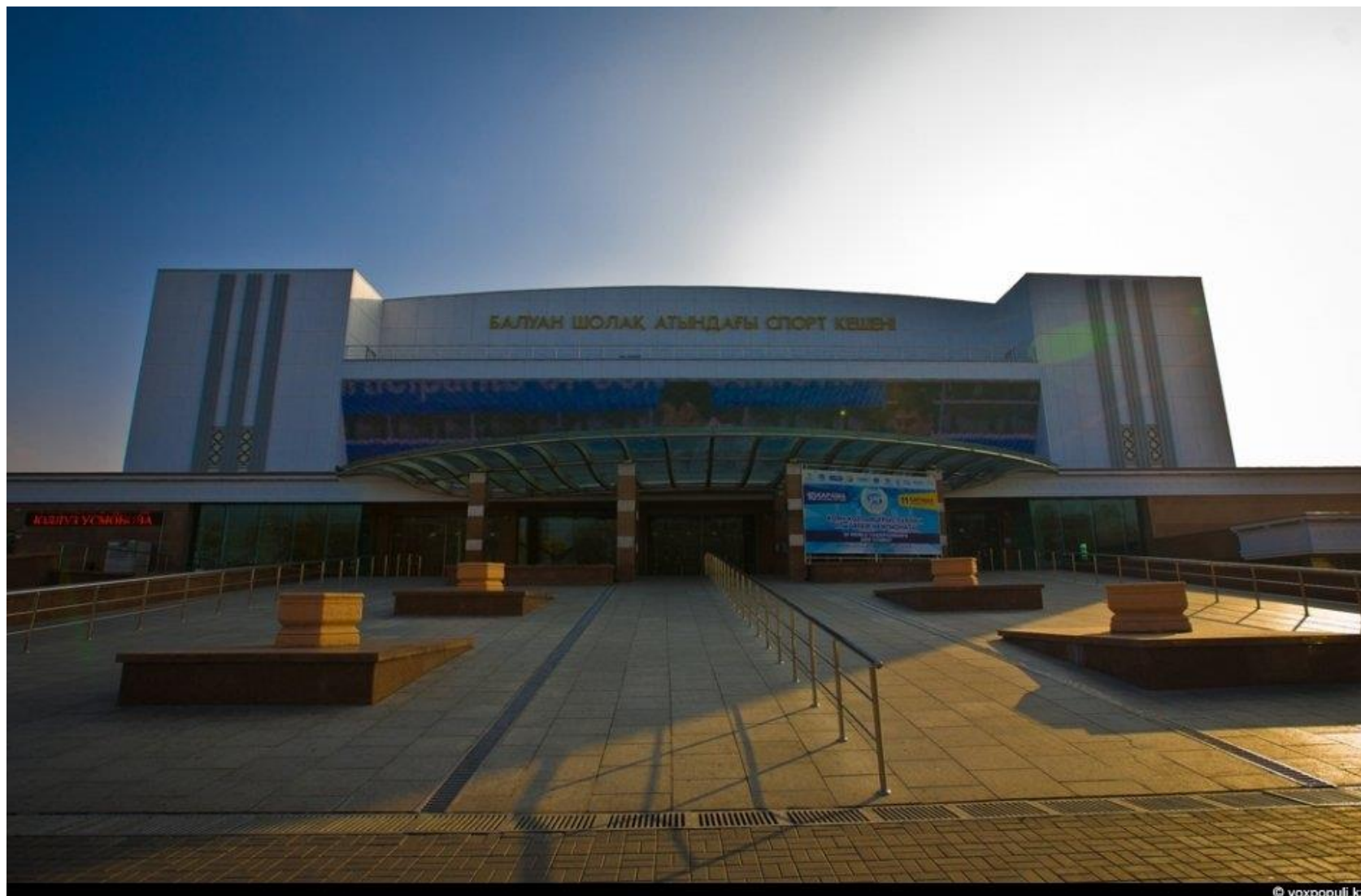
About Kazakhstan: <http://www.akorda.kz/en/category/kazakhstan>, <http://dostoprim.almaty.kz/page.php?lang=2>

THE VENUE SITE

Championships will take place in the Baluan Sholak Palace of Culture and Sports.

It was built in 1967 and extensively renovated in 2009–2011. It is named after Baluan Sholak, a celebrated Kazakh composer, singer, dombra player.

The seating capacity is 3600. There are gyms, locker rooms and a press centre. Total area is 3500 square meters. The area of the arena is 1220 square meters.



OFFICIAL HOTEL

The official hotel for athletes & delegates of the Championships is “Grand Aiser” Hotel, which is a twin four stars buildings located in downtown.



About Hotel: <http://www.grandaiserhotel.kz/en/>

ACCOMMODATIONS

Also, the organizing committee has established a full special package rate, which includes three (3) nights accommodations with (3) three meals per day (breakfast, lunch, dinner), tickets to the prejudging and finals, tickets to the farewell banquet, and onsite transportation at a cost of US\$ 250 per person in a twin bedded room.

1. Three (3) or more competitors: Two (2) delegates
2. Two (2) competitors or less: One (1) delegate
3. National Federations with no athlete may send one (1) official delegate.

This delegate will be responsible for all of his/her own expenses.

The term "OFFICIAL PARTICIPANT" means 1) an ATHLETE who is duly authorized by his/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/her national federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules.

IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the **TECHNICAL MEETING (4:30, May, 31)**. Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The organizing committee has established a full special package rate, which includes four (4) nights accommodations with three (3) meals per day (breakfast, lunch & dinner], tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a cost of USD 550 per person in a twin bedded room or USD 750 per person in a single bedded room. You have to leave hotel till 12 o'clock 3 June.

HOTEL SECURITY DEPOSIT

An initial security deposit of US\$ 100 per person is required upon check-in for incidental and personal expenses, which may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team manager 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 member of his/her team

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and AFBF Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives in Almaty without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and AFBF Registration Fee **BEFORE** a room can be assigned.

AIRPORT

The official arrival airport is Almaty International Airport. The Organizing Committee will pick you up at Almaty International Airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the Organizing Committee the complete arrival & departure details of its team, including the number of people in the delegation. Your cooperation is essential to ensuring adequate transportation for your team.

EARLY ARRIVALS & LATE DEPARTURES

Any national federation, including any of its individual team members, arriving before the official arrival date of May 31st - June 04th, 2013 and/or staying after the official departure date of June 4th, 2013 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations (with breakfast) before the official arrival date and after the official departure date will be approximately US\$ 200 for a twin bedded room or US\$ 150 for a single bedded room.

You must notify the Organizing Committee of any early arrivals and/or any late departures no later than April 24th, 2013

FLIGHT RECONFIRMATION

To reconfirm your flight to and from Almaty, please contact the secretariat within 24-36 hours before your departure.

WEIGH-IN AND REGISTRATION

Weigh-in, measurement and registration of athletes will take place at the official Hotel. 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.

Each athlete must bring his/her PASSPORT and POSING MUSIC to the weigh-in and registration.

CATEGORIES

1.MEN'S BODYBUILDING

- 55kg
- 60kg
- 65kg
- 70kg
- 75kg
- 80kg
- 85kg
- 90kg
- -100kg
- +100kg

2.MEN'S JUNIOR BODYBUILDING

- -70kg
- +70kg,

3.MEN'S MASTERS BODYBUILDING

- +50 years
- +60years

MEN'S FITNESS

- Open

5.WOMEN'S BODYBUILDING

- 49kg
- -52kg
- +52kg

6.WOMEN'S FITNESS

- Open

7.WOMEN'S BODYFITNESS

- -160cm
- +160cm

There is no "B" team permitted at this championship, except for the host country. The "B" team athletes may compete for places and awards, however, their placing will not be included in the "Rest Team Award".

SECRETARIAT

The Organizing Committee will maintain a secretariat at the official hotel from 10.00AM May 31st 2013 to 7.00 PM June 3rd, 2013. You may obtain information and assistance from the secretariat when required.

PARADE OF THE NATIONS

The mandatory dress code for all delegates participating in the Parade of Nations is as follows:

- Blue blazer with the IFBB/AFBF crest
- Gray dress pants/skirt with shirt and IFBB/AFBF tie
- Black dress shoes with dark socks

No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes. One (1) delegate and two (2) competitors (one man, one woman) per country must take part in the parade of the nations.

CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipments shall be strictly prohibited in the backstage and/or dressing room areas except when used by AFBF authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

NATIONAL ANTHEM/FLAG

All participating country must bring with them to Kazakhstan the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be on a separate CD to any posing music.

All participating national federations must bring with them to Kazakhstan two (2) national flags. The flags must be manufactured of dense silk and measure no more than 2.5 Meter X 1.5 Meter.

POSING MUSIC

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

IMPORTANT NOTICE

THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.

JUDGES

Only International Judges holding the IFBB/AFBF judging cards will be allowed to judge in this Championship.

In order to assist the judges committee in their selection of the judges at these championships, please forward your information of judges to Mr. Alexandr Kolyuka, the General Secretary of Kazakhstan Federation of Bodybuilding and Fitness and copy to the IFBB office.

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international cards to Kazakhstan.

PLEASE DO NOT FAX YOUR NOMINATIONS TO THE AFBF HEAD QUARTERS

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

GREEN CARDS

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

- Five (5) or more athletes - two (2) green cards.
- Less than (5) athletes - one (1) green card.

DOPING CONTROLS

Competitors will be tested according to the current IFBB/AFBF Doping Control Rules. Doping controls will be conducted by the AFBF medical commission pursuant to the IFBB/AFBF anti-Doping rules, using the WADA accredited laboratory in the area.

In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

IMPORTANT NOTICE

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals

The AFBF reserves the rights to target test any athlete.

The IFBB/AFBF is a 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 AFBF international competitions.

IMPORTANT NOTICE

Pursuant to IFBB Anti-Doping rules and as a result of decisions taken at the 2005 IFBB international congress (Shanghai, China, November 27, 2005) regarding a registered athlete testing pool (to be established in 2006) and an out-of-competition doping control program (to be implemented in 2007), every athlete competing in IFBB world championships must provide accurate and up-to-date whereabouts information.

VISAS

Any foreign visitor wishing to enter Kazakhstan must have a valid passport and visa.

Kazakhstan visas are issued by Kazakhstan Diplomatic Missions abroad or upon arrival at a special request.

Embassy and Honored Consul in foreign countries will issue a visa. Please consult the Embassy and Honored Consul in your country to determine if you need a visa.

An official letter of invitation will be made available if required.

OTHER VITAL INFORMATION

TIME DIFFERENCE

-GMT+6 hours.

- No daylight-saving time

CLIMATE

- During the month of June, the average temperature is 25-30°C.

LANGUAGE

- Kazak (official), Russian are widely spoken.

CURRENCY

- The official currency of Kazakhstan is Tenge.

-1USDollar = 150,54 tenge

CREDIT CARD

- International credit cards such as visa is widely accepted at the most major hotels, stores & restaurants.

-You may be requested to show your passport.

REGISTERED VERSION

- However we recommend you to use cash, because it is simple faster than using cards

ELECTRICAL CURRENT

- The standard voltage is 220V/ 50 Hz.

- Sockets required a two-pin type plug or an adapter.

TRAINING FACILITY

There is a fully equipped training center at the official Hotel.

MEDIA ACCREDITATION

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

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the AFBF chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the AFBF chief judge, who has the right to verify the reason for the withdrawal.

ATTENDANCE AT THE AFBF ANNUAL CONGRESS

It is the duty and responsibility of each national federation to ensure that it is represented at the AFBF Annual Congress meeting. All national federations officially participating in the championships must also attend the congress, including national federations with athletes and no delegates. In this case the athlete must attend and represent his country in the congress.

ATHLETES WITHOUT DELEGATES

All athletes competing at AFBF Asian Championships must be members in good standing of their national federations. Any athlete who arrives without a delegate must carry an **OFFICIAL LETTER OF PARTICIPATION** from his national federation, failing which the athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS and occurs where 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 farewell banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation maybe 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.

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is Mart 20, 2013.

National Federation must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate.

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 (FEF)

The deadline for the Final Entry Form is April 20th, 2013.

National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the dead line date.

All names of the delegation have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

Dr. Rafael Santonja
IFBB President
Phone: +34 91 535 28 19
Fax: +34 91 636 12 70
internacional@santonja.com
Mr. Rauf Bunyatliyev
Assistant to the General Secretary of the IFBB
tel./fax: +99412 493 00 81
azfbb@azdata.net

Please copy all correspondence to:
Mr. Fahad Taqi
AFBF Executive Director
P.O. Box 5754
Manama, Kingdom of Bahrain
Tel: +973-17-721557
Fax: +973-17-740435
E-mail: afbfasia@gmail.com

Please send all correspondence to:

Mr. Alexandr Kolyuka
Almaty, Kazakhstan
The General Secretary of Kazakhstan Federation of
Bodybuilding and Fitness
kz.fbf@gmail.com
kavsportline@mail.ru

The 47th AFBF Asian Bodybuilding & Fitness Championship
Almaty - Kazakhstan
May 31st - June 3rd
2013

Official Agenda

Thursday, May 30, 2013

Arrivals of IFBB and AFBF executive councils members.

Friday, May 31, 2013

7:00am – 7:00pm Arrivals of delegations

7:00am – 9:30am Breakfast

12:30pm – 2.00pm Lunch

3:00pm – Press conference

4:00pm – Team Managers Meeting

4:30pm – Technical Meeting

5:00pm – Judges Meeting

6:00pm – Weigh-in, Registration

9:00pm – Dinner

Saturday, June 1, 2013

7:00am – 9:30am Breakfast

10:00am – **Prejudging**

6:30pm – AFBF Executive Council Meeting

9:00pm – Dinner

Sunday, June 2, 2013

7:00am – 8:30am Breakfast

9:00am – AFBF Congress

12:30pm – 2:00pm Lunch

3:00pm – **Finals**

9:00pm – Farewell Banquet

Monday, June 3, 2013

7:00am – 10:00am Breakfast

12:00 – Noon Departure