



50th AFBF Asian Bodybuilding and Fitness Championships and the Annual Congress

Inspection Report



**Beijing, China
May 18th – 21st, 2016
(Wednesday through Saturday)**

WELCOME:

The Chinese Bodybuilding Association, takes this opportunity to extend the warmest welcome to all Asian National Federations to participate in the **50th Asian Bodybuilding and Fitness Championships** and the AFBF Annual Congress in Beijing, China, May 18th-21st, 2016.

ABOUT BEIJING:

Beijing, also known as Peking, is the capital of the People's Republic of China and one of the most populous cities in the world, with a population of estimated 20 million. The city is the country's political, cultural, and educational center, and home to the headquarters for most of China's largest state-owned companies.



Landmark of Beijing—TianAnmen Square

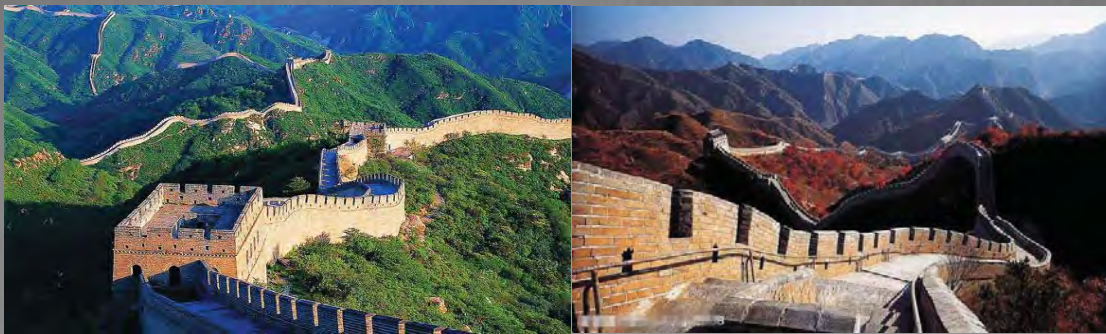
Governed as a municipality under the direct administration of the national government, Beijing is divided into 14 urban and suburban districts. It is a major transportation hub, with dozens of railways, roads and motorways passing through the city, and the destination of many international flights to China.



The transportation of Beijing

Few cities in the world have served as long as the political and cultural centre of an area as immense. Beijing is one of the Four Great Ancient Capitals of China. It has been the heart of China's history for centuries, and there is scarcely a major building of any age in Beijing that does not have at least some national historical significance. The city is renowned for its opulent palaces, temples, and huge stone walls and gates. Here is what the long history leaves Beijing precious cultural treasure.

The Great Wall



Winding for several kilometers in Beijing area, the Great Wall is the only man-made structure that could be seen in the space. The Great Wall is the grandest military project in Ancient China. It was firstly built in the Spring and Autumn Periods by the king of Yan Country. Recorded by the National Heritage Board in 2012, the total length of the Great Wall is 21196.18km, runs from the east to the west, covering 15 provinces and cities. It has a long history of more than 2,000 years.

The Summer Palace



The Summer Palace in northwest suburban Beijing is the largest and most complete imperial garden existing in China. It was first built in the 12th century as an imperial palace. Occupying an area of 304 hectares, the Summer Palace features hilly and water scenery.

Temple of Heaven



With an area of 2.7 million square meters, Temple of Heaven is the largest of its kind in the country. Built in 1420, the 18th year of the reign of Ming Emperor Yongle, the temple was where emperors went to worship heaven for good harvests.

The Forbidden City



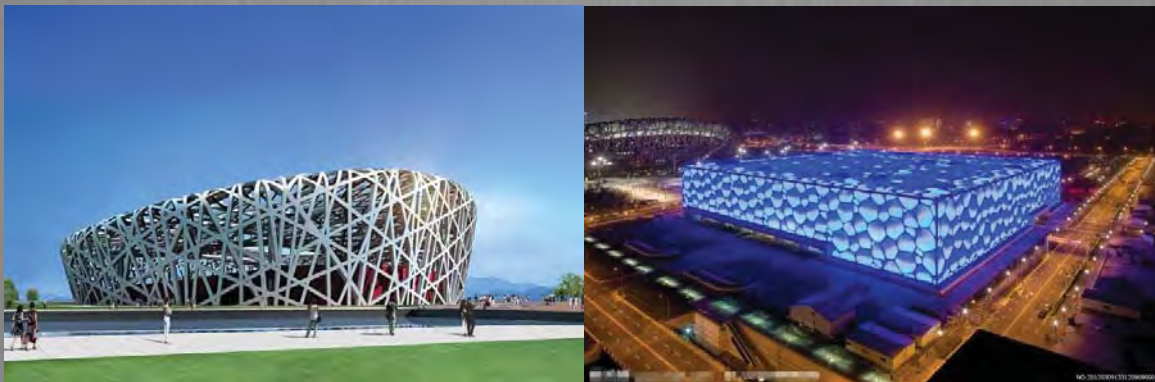
The Forbidden City, also called "Gu Gong" in Chinese, is the most important masterpiece of Chinese history and culture. This real Imperial Palace Museum was for centuries the imperial place for 24 emperors starting from 1368. The Forbidden City is the perfect place where some millions of preserved historical relics have been collected, displayed in a site that has kept its original splendid architecture for the pleasure of millions of tourists visiting the old city every year.

(The four sites above have been confirmed world cultural heritages by UNESCO)

Other Great Sites in Beijing



The best representatives for Beijing are the vanishing Hutongs and square courtyards. Through hundreds of years, they have become symbol of Beijing's life.



Beijing's Olympic Park, home of several venues for the events of the 2008 Olympics, is spectacular, particularly in the evenings when the Bird's Nest and the Water Cube are illuminated. As Beijing has been confirmed home city of Olympics 2008, the spirit of "green Olympics, scientific Olympics and humanized Olympic" have surely promoted the development of sports and Olympics in China as well as in the world, and strengthened the friendly communications between Chinese and foreign people.

OFFICIAL HOTEL

The official hotel for all National Teams (Athletes & Delegates) coming to the Championships is the Beijing JIUHUA Palace Hotel.



The exclusive
Beijing JIUHUA
Palace Hotel is

located at the sixth ring roads of Beijing, lied along the high way between Beijing and Chengde Imperial Summer Resort. It takes about 40 minutes from Beijing International Airport to drive to the hotel and 20 minutes to National Olympic Park where 2008 Olympic Games were held. It is one of the best spa hotels in Beijing.



Address: Xiaotangshan Town, Changping District, Beijing.

Built in the year of 2009, the hotel shares a good reputation of his natural hot spring and China's ancient royal architectural style . The hotel provides 2368 rooms, connected by a spacious hall-reception area with indoor gardens and. There is also a Convention, Medical Care Centre, comfortable cafeteria, WiFi Internet access and an endless range of services and facilities to ensure your stay is as comfortable as



possible. More luxury than ever to enjoy your stay more than ever. You only have to ask.



VENUE

The Championships will take place in the JIUHUA Convention Exhibition Center, which is located aside the official hotel.



The JIUHUA Convention Exhibition Center which is also part of JIUHUA Tourism Holiday Village, is an indoor arena next to the JIUHUA Palace Hotel. It has reformed the hosting of international congresses, television shows and many cultural events since the establishment year of 2009. It has a seating capacity of 4,000 and a floor space of 4,410 square meters. It is the ideal framing for congress social events organization.



ACCOMMODATIONS:

- FOR OFFICIAL PARTICIPANT

The Organizing Committee has provided 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, ticket to the farewell banquet, and onsite transportation at a cost of **USD \$ 300** per person in a double room or **USD \$ 400** per person in a single room.

The package starts with dinner **on May 18th (Wednesday) 2016**, and ends with breakfast **on May 21st (Saturday), 2016**.

For all Official Participants pursuant to IFBB rules:

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 offsite/hotel expenses.

The term "OFFICIAL PARTICIPANT" means:

1. An ATHLETE who is duly authorized by his/her national federation and who is registered by the AFBF to compete in the Championships
2. A DELEGATE who is duly authorized by his/her national federation and who is registered by the AFBF & IFBB to participate in the Championships pursuant to AFBF & IFBB rules.

IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the **TECHNICAL MEETING (14:00 p.m., 18th, May)**. 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 provided a full special package rate, which includes three (3) nights' accommodation with three (3) meals per day (breakfast, lunch & dinner], tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a special cost.

- For single room **USD \$ 550**

- For Double room **USD \$ 650**

The package starts with dinner **on May 18th (Wednesday) 2016**, and ends with breakfast **on May 21st (Saturday), 2016**.

Hotel Security Deposit

An initial security deposit of **USD \$ 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 to Beijing without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the AFBF Registration Fee **BEFORE** a room can be assigned.

For AFBF Executive Council Members:

Official arrival date is May 17th (Tuesday) 2016 and the official departure date is May 21st (Saturday), 2016.

IFBB REGISTRATION FEES:

Each athlete and Official Delegate must pay the **AFBF registration fee of USD \$ 100 each** (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). This fee is payable to the **AFBF** upon arrival **at the official Hotel in Beijing**. The AFBF registration fee is completely separate from the hotel security deposit.

PLEASE NOTE!!! When paying in cash at arrival in the hotel, **ONE official delegate** per National Federation will have to take the responsibility for payment of the IFBB Registration Fee.

No individual payments will be taken. Please have the right amount with you.

Airports:

The official arrival airport is Beijing Capital International Airport (BCIA).



The transportation from the official arrival airport to the official hotel will be arranged for all teams. The Organizing Committee will pick you up at the airport **on the Official Arrival Day (Wednesday)** and drive you to the official hotel and back to Beijing Capital International Airport **on the official Departure Day (Saturday)**.

IMPORTANT NOTICE

Please notify the Organizing Committee the details of your arrival time **no later than 10 days before** the Championships, so that suitable transportation can be arranged for your National Team members.

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.

Your cooperation is essential to ensuring adequate transportation for your team.

FLIGHT RECONFIRMATION: to reconfirm your flight from Alicante to your country, please contact the secretariat **within 24 hours before your departure**.

EARLY ARRIVALS& LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the official arrival date of **May 18th(Wednesday) 2016**, and/or staying after the official departure date of **May21st(Saturday) 2016** will be responsible for **all of their expenses**, including arranging their own transportation between the airport and the hotel.

Typical room charge(included breakfast) before the official arrival date and after the official departure date will be approximately USD \$ 100 for a double room(per day) or USD \$ 150 for a single room(per day).

You must notify the Organizing Committee of any early arrivals and/or any late departures **no later than April 29th, 2016**.

CATEGORIES

2016 Asian Championships Categories				
<u>(MEN)</u>				
No.	No. Categories	Categories	Class	
1	1	MEN'S PHYSQUE	Up to & incl. 172 cm	
2	2		Over 172 cm	
3	1	MEN'S FITNESS	Open	
4	1	MEN'S BODYBUILDING	55KG	
5	2		60KG	
6	3		65KG	
7	4		70KG	
8	5		75KG	
9	6		80KG	
10	7		85KG	
11	8		90KG	
12	9		95KG	
13	10		100KG	
14	11		Over 100KG	
15	1		MEN'S CLASSIC BODYBUILDING	Up to & incl. 160 cm
16	2			Up to & incl. 162 cm
17	3			Up to & incl. 165 cm
18	4	Up to & incl. 168cm		
19	5	Up to & incl. 171 cm		
20	6	Up to & incl. 175 cm		
21	7	Up to & incl. 180 cm		

22	8		Over 180 cm
(WOMEN)			
23	1	WOMEN'S BIKINI FITNESS	Up to & incl. 163 cm
24	2		Over 163 cm
25	1	WOMEN'S BODYFITNESS	Up to & incl. 163 cm
26	2		Over 163 cm
27	1	WOMEN'S FITNESS	Up to & incl. 163 cm
28	2		Over 163 cm
29	1	WOMEN'S PHYSIQUE	Up to & incl. 163 cm
30	2		Over 163 cm

Note 1:

The weight to height limits of Classic Bodybuilding are as follows:	
Height	Bodyweight limit(kg)
Up to & incl. 160 cm	(Athlete's Height [in cm] minus 100) minus 3
Up to & incl. 162 cm	(Athlete's Height [in cm] minus 100) minus 2
Up to & incl. 165 cm	(Athlete's Height [in cm] minus 100) minus 1
Up to & incl. 168 cm	(Athlete's Height [in cm] minus 100) plus 0
Up to & incl. 171 cm	(Athlete's Height [in cm] minus 100) plus 2
Up to & incl. 175 cm	(Athlete's Height [in cm] minus 100) plus 4
Up to & incl. 180 cm	(Athlete's Height [in cm] minus 100) plus 6
Up to & incl. 190 cm	(Athlete's Height [in cm] minus 100) plus 8
Up to & incl. 198 cm	(Athlete's Height [in cm] minus 100) plus 9
Over 198 cm	(Athlete's Height [in cm] minus 100) plus 10

Please notice: for all Classic Bodybuilding competitors with a height over 180cm will participate in the same "Over 180cm" category.

Note 2:

AFBF Regulation in case of **less than 3 competitors** in a single category will allow to combine this category with the next category of the same division.

Note 3:

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"**.

Note 4:

The charge for B-team athletes will be decided by the hosting country.

INTERNATIONAL CARD

Athletes who have not yet obtained the IFBB International Card will have to pay **extra** EUR € 30, which is for the International Card (EUR € 30.00) .

SECRETARIAT

The Organizing Committee will maintain a secretariat at the official hotel from **10:00 a.m. May 18th, 2016 to 11:00 a.m. June 21st, 2016**. You may obtain information and assistance from the secretariat when required.

WEIGH-IN AND REGISTRATION

Weigh-in, measurement and registration of athletes will take place at the Official Hotel: the “JIUHUA Palace Hotel” **on Wednesday, May 18th, from 15:30 pm till 17:00 pm**. 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, IFBB INTERNATIONAL CARD** and **POSING MUSIC** to the weigh-in and registration.

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
- Grey 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 Nations.

CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment's 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 countries must bring with them to Kitakyushu, Japan, 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 Kitakyushu, Japan, 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!!!

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.

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 **Chinese Body Building Association, Email: cbba_cn@126.com** and copy to the AFBF Headquarters office. The names of those judges submitted in advance will receive priority consideration. All international judges **must** bring their International Cards to Beijing.

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.

DOPING CONTROL

Competitors will be tested according to the current IFBB/AFBF Doping Control Rules. Doping control 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

There are two methods of selecting athletes for doping control:

- Random Selection: A number of athletes selected at random throughout an event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalist's 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 the 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 and continental championships must provide accurate and up-to-date whereabouts information.

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.

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.

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 be 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 at the Congress.

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 accommodation, meals, onsite transportation, access to the 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 Special Package Rate for each person involved.

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is **March 1st, 2016**. National Federation must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than the 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 29th, 2016**. National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the deadline date.

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

Lifestyle in Beijing

Time Difference

- GMT +8:00 hours.
- No daylight-saving time

Climate

- During the month of May, the average temperature is 14-26°C.

Language

- The official language in China is mandarin Chinese.
- Different areas of China share different kinds of geographical dialects.

Currency

- The official currency is Chinese Yuan(RMB)
- Approximately 1 US Dollar is 6.3502 Yuan (the rates can fluctuate)



Credit Card

International credit cards such as VISA, MasterCard, are widely accepted at the most major hotels, stores & restaurants. However, Union Pay is the most popular one.

Electrical Current

The electrical outlet are **220 V, 50 Hz**. Socket / plug of **type A & I**. The **Type A** electrical plug (or flat blade attachment plug) is an ungrounded plug with two flat parallel pins. The **Type I** plug has two flat pins in a V-shape as well as a grounding pin. A version of the plug, which only has the two flat pins, exists as well.



PLEASE SEND ALL CORRESPONDENCE TO:

Chinese Bodybuilding Association
Organizing Committee

Address: No.9, Ti Yuguan Road, Dongcheng District, Beijing.

Phone: +86 10 87182319

Email: cbba_cn@126.com

Website: www.cbba.net.cn/

Mr. Gu Qiao, General Secretary

Mr. Zhu Tong, Assistant General Secretary

COPY ALL CORRESPONDENCE TO:

Mr. Tariq Ali Omar

Assistant General Secretary of AFBF

Manama, Kingdom of Bahrain
P.O. Box 5754
Tel: +973-17-720084 – 1740435
Fax: +973-17-721557
Fax: +973-17-721557
E-Mail: asgafbf@gmail.com
OR : tariqbbh@yahoo.com

TENTATIVE SCHEDULE OF ACTIVISTS

Tuesday, May 17th, 2016

09:00--17:00	Arrivals of AFBF Executive Council Members
12:00	Lunch
18:00--19:00	Welcome dinner for the IFBB Executive Members

Wednesday, May 18th, 2016

06:00--19:00	Arrivals of AFBF National Delegations
07:00--09:00	Breakfast
09:00--11:00	AFBF Executive Council Meeting
11:00--13:00	Lunch
14:00--16:00	Technical & Judges Meeting
15:30--18:00	Weigh-in and Registration (all categories)
18:00-20:00	Dinner

Thursday, May 19th, 2016

7:00--9:00	Breakfast
9:00--11:00	AFBF Annual Congress
11:00--13:00	Lunch
13:00--16:00	Prejudging(Men's Physique+Men's Classic +Women's Bodyfitness + Women's Physique)
16:00--19:00	Finals(Men's Physique+Men's Classic +Women's Bodyfitness + Women's Physique)
19:00	Dinner

Friday, May 20th, 2016

7:00--9:00	Breakfast
9:00--11:30	Prejudging (Men's Bodybuilding + Women's Bikini)
11:30--13:30	Lunch
14:00--18:00	Finals(Men's Bodybuilding + Women's Bikini)
19:00	Farewell Banquet

Saturday, May 21st, 2016

7:00--9:00	Breakfast
9:00--12:00	Departure

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, delegates, 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 your athletes and/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.