



# INSPECTION REPORT



prof. Gabriel Toncean

**President of the Romanian Bodybuilding and Fitness Federation  
President of the County Council of Bistrita Nasaud  
And the Organizing Committee of the  
2017 IFBB World Juniors & Masters Bodybuilding and Fitness  
Championships in Bistrita, Romania.**

His Excellency Rafael Santonja, Ph.D., IFBB President  
Dear IFBB Executive Council members and IFBB officials

We have the great pleasure to invite you to the IFBB Amateur Junior & Masters Bodybuilding, Classic Bodybuilding, Fitness, Body Fitness, Bikini Fitness and Physique World Championship 2017, to be held on November 10th to November 13th, 2017.

The event will take place in Bistrita, in Bistrita-Nasaud County, Romania. This is one of the most picturesque areas of Romania and it is the place that served as inspiration for Bram Stoker's writing on Dracula. The geographical coordinates described in the book fully correspond to this location, where the Bargau Mountains and Lake Colibita come together in wilderness.

On the high occasion of the Championship, our partners will organise different activities for the staff and for the guests. This way, one might have the chance to enjoy an acoustic concert in open air, under the moon, inside the citadel or may discover the element that created the myth of Dracula.

Judging from a sports point of view, we are in the final technical phase and we started my communication campaign. The location where the competition is to be held, the main hall of Bistrita, has a capacity of a couple of thousands people, and they will definitely assure a great atmosphere.

We are looking forward to have you here!

Most Respectfully,

prof. Gabriel Toncean

President of the Balkan Bodybuilding and Fitness Federation  
President of the Romanian Bodybuilding and Fitness Federation



Dr. Rafael Santonja &  
prof. Gabriel Toncean



**Bistrita**  
Where the legend of  
Dracula was born

# IFBB WORLD BODYBUILDING AND FITNESS CHAMPIONSHIPS

— amateur junior & masters —

The City of BISTRITA, ROMANIA

10th-13th NOVEMBER 2017

[cmbistrita2017.com](http://cmbistrita2017.com)



[cmbistrita2017](https://twitter.com/cmbistrita2017)

## LOCATION

Bistrita, residence of Bistrita Nasaud is located in Bistrita depression on lower course of the river Bistrita Ardeleana at altitude of 358 m, with the coordinates 47°10 north latitude and 24 ° 30 east longitude.

In the Bistrita is one of the most important urban medieval centers in Transylvania, noting the historic contoured the urban and architectural value. Among the architectural monuments that recall the Bistrita Citadel retains the Cooper Tower and few fragments of walls. Sugalet Complex it consists of 13 buildings bunk connected by some spacious entries forming a gallery of 20 arches; Silversmith's House, the John Zidaru House-most oldest building in Bistrita, National College "Liviu Rebreanu" and National College "Andrei Muresanu".





## Bistrita-Nasaud County

Due to favorable geographical location, soil quality, rich forests and minerals, Bistrita-Năsădud lands have been inhabited since ancient times. Archaeological remains of the Neolithic, the Dacian, Roman and Roman Daco discovered in the county, is evidence of the permanence and continuity of the Romanian people on these sites. Also, documents in seconds. XIII-XV Gelu attesting to the principality, state party that included a large part of the present territory of the county (Salva, Mocod, Maieru, Rebra, etc.).

In medieval cities of Bistrita and Ciceu Rodna was heavily fortified and had old craft traditions and trade ties, and Bistrita Nasaud lands forming a bridge between Transylvania and Bukovina, to Moldova, the customs point of Rodna. Because of this Bistrita ranked fifth in the hierarchy of cities in Transylvania during the Middle Ages. Due to the important role played in the history of the development, is now the capital of Bistrita county.

From the twelfth century Romanian history, this area has strong interference with the history of Germans who came here brought arpadieni kings and the history of Hungary and later the Austro-Hungarian Empire. During the empire in the Bistrita Nasaud and border guard regiments were formed from local people who were entrusted to be a shield for the eastern part of the empire and who enjoyed the privileges of the Empress Maria Teresa.

In Bistrita, Andrei Muresanu poet composed "Romanian Awake," the anthem of today's Romania, for which there is a house in the city municipal museum dedicated to the great Romanian patriot, and an imposing statue at the center of town, where celebrates every year the main national commemorative events.

Throughout history, Bistrita burg made the transition from German industrial city. Currently, an industrial city of Bistrita holds significant potential, a network of considerable commercial and tourist attractions for both visitors as Romanian and foreign.

Bistrita-Nasaud County has given the country a number of outstanding personalities, among whom mention Henry Wadsworth, Andrei Muresanu, Alan hanged, Gregory Moisil, Ion Pop Reteganu.



### Golden Krone Hotel (Dracula's castle)

In Bram Stoker's novel, Dracula, the leading character, Jonathan Harker, visits Bistrița and spends a night at the Golden Krone Hotel (Hotelul Coroana de Aur) on the eve of St. George's Day, before continuing his journey east to Dracula's castle. Although no such hotel existed when the novel was written, a hotel with the same name has since been constructed for visitors

## Things to Do in Bistrita-Nasaud County

### Evangelical Church

The greatest attraction of Bistrița's Main Square (Piata Centrala) is the Evangelical Church built by Transylvanian Saxons centuries ago. Construction of this gothic church began in 1470 and was completed almost 100 years later by Petrus Italus de Lugano, who added renaissance elements to the structure. A 246-foot (75m) steeple overlooking the city was added later, making it the highest stone church tower in Romania.



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Colibita Lake

Baile Figa

Bargau Valley

Bistrita Monastery

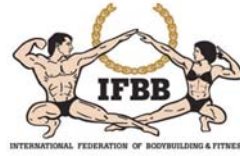
Piatra Fantanele Monastery

Sugalete Medieval Buildings

National Centre for Information and Tourism Promotion Bistrita

Casa Argintarului ou Ourives House ou Casa do Joalheiro

Parcul National Muntii Rodnei



## LANGUAGE

The official language in Bistrita is Romanian.  
English is widely spoken in hotels, restaurants, shopping centers and tourist areas

## CURRENCY

The national currency in Romania is Leu (RON).  
1 EUR = 4.5 RON (as for mid June). (one USD is approximate equal to RON 4.20) but the rates can fluctuate.  
Current rates at: <http://www.xe.com/currencycharts/?from=EUR&to=RON>  
All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

## ELECTRICAL CURRENT

230 V, 50 Hz. Plugs and sockets of type C and F.  
Better to check at: <http://www.worldstandards.eu>

## TIME DIFFERENCE

Coordinated Universal Time (UTC) +2 hours

## OFFICIALS HOTEL

Executive Official Hotel

Metropolis \*\*\*\*\*  
Parcului Street, no. 19, Bistrita, Romania, 420035

Hotel Coroana de Aur \*\*\*\*  
Parcului Street, no. 19, Bistrita, Romania, 420036

Hotel Coroana de Aur \*\*\*  
Parcului Street, no. 19, Bistrita, Romania, 420036



Metropolis  
\*\*\*\*\*



Coroana de Aur \*\*\*\*





## ACCOMMODATION

The Organizing committee will provide accommodation free of charge and three meals per the day, beginning with lunch Friday November 10th and finishing with breakfast Monday 13th for all the official participants in accordance with the rules of the IFBB:

Three or more competitors; two official delegates permitted.  
Two competitors or less: only one delegate is permitted.

The term "Official Participant" means

- 1) an Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships, and
- 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

National Federation without athlete can send an official delegate; nevertheless, this delegate will be responsible for all of his or her own expenses.

## IMPORTANT NOTICE:

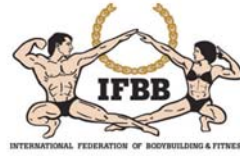
All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting November 10th 6:00pm). Any Official Participant not checked in by this deadline without notifying the Organizing Committee will be classified as an extra delegate and will be responsible for all his or her 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, a coach or a 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**

Date of official arrival:  
Friday, November, 10th 2017.

Date of official departure:  
Monday, November, 13th 2017.



## HOTEL SECURITY DEPOSIT

A hotel security deposit of EUR 100 € per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, 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 member of his/her team.

## IMPORTANT NOTICE:

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

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES

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 PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA & OTHERS

The Organizing Committee has established a full special package rate, which includes:  
three (3) nights accommodation,  
three (3) meals per day (breakfast, lunch and dinner),  
tickets to the prejudging & finals,  
tickets to the farewell banquet  
onsite transportation at a special cost.

In single room: Eur 450 €

In double room: Eur 350 €



## VENUE

Polyvalent Sports Hall  
 Vasile Conta street, no.1, Bistrita, Romania

## OFFICIAL AIRPORT

The official airport for arrivals is the Avram Iancu International Airport in Cluj Napoca. Cluj International Airport is the second largest airport in Romania after Bucharest Henri Coanda International Airport. The airport is located across the district Someșeni in Cluj Napoca.

The transportation from the airport to the hotel will be arranged. The Organizing Committee will pick you up at the "Avram Iancu" International Airport. The transportation between airport and hotel will be available on Friday, November 10th 2017 for €20.00 per person and the transportation between hotel and airport on Monday, 13th 2017 for €20.00 per person, based on the provided times of arrivals and departures.

## FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 36 to 48 hours before your arrival. . To confirm, please send your flight, day, time of arrival and departure by fax: +40213170400 or email: [secretariat@frcf.ro](mailto:secretariat@frcf.ro) or [presedinte@frcf.ro](mailto:presedinte@frcf.ro)

**YOUR COOPERATION IS ESSENTIAL TO ENSURING ADEQUATE TRANSPORTATION FOR YOUR TEAM**



## EARLY/ LATE

### EARLY ARRIVALS / LATE DEPARTURES

Any National Federations arriving before the official arrival date of November 10th and staying on after the official departure date of 13th will be responsible for all their own expenses.

They will also be responsible for their own transportation between the airport and the hotel, if the arrival date is before. If you would like to stay additional days before or after the Championships, please contact the Organizing Committee who will be able to arrange a special rate.

## VISAS

Citizens of the EU as well as Iceland, Norway, Lichtenstein, and Switzerland don't need visa to enter the Romania Passport or ID is required only.

Other counties citizens may need a visa. A uniform Schengen (short-stay) visa allows its holder to stay in the Schengen Area for the duration identified in the visa, which can be 90 days at most. Information available at:

<https://www.mae.ro/en/node/2035>

Citizens of 59 countries don't need a visa. Detailed information at: <http://www.mae.ro/en/node/2040>

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 Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer : - A copy (scan) of passport.

If the visa not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

## PARTICIPATION

These Championships are open for All the IFBB affiliated national Federations from all over the world. Participation of athletes is limited to A-Team and B-Team from each country except the host country. Registration of athletes will only be considered if they are nominated by their IFBB affiliated National Federation.



## OFFICIAL ATHLETE REGISTRATION

The official arrival day is Friday, November 10th 2017. The weight-in and registration of athletes will be conducted on Friday, November 10th 2017 between 10:00 and 21:00 hrs in the Metropolis Hotel.

All athletes will have to produce their Passports or Identity Cards and IFBB International Cards at the Official Registration. Any athlete who has not yet obtained the IFBB International Card or need to renew his/her Card will have to do it at the Registration. IFBB International Cards are EUR 30 € per year and are mandatory.

All posing music must be on an audio CD only. The posing music must be the only track on the CD. Each competitor must affix his name on the CD for an easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## REGISTRATION FEE

### A-TEAM :

Each official participant of the Junior categories and the official delegates, including the delegates without competitors, must pay the Registration Fee of EUR 300 € Each official participant of the Masters categories, must pay the Registration Fee of EUR 300 € This fee has to be paid to the appointed IFBB official on arrival at the hotel or in advance through the IFBB webpage

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

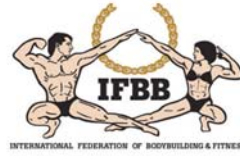
### B-TEAM :

Each participant of the Junior categories must pay the Registration Fee of EUR 300. Participant of the Masters categories, must pay the Registration Fee of EUR 300 €

### EXTRA:

Each extra-delegates must pay the Registration Fee of EUR 350 €

The Registration Fee of IFBB is completely independent of the security deposit of the hotel.



## CATEGORIES OPEN FOR THE COMPETITION JUNIORS (age limit : 16-23 years)

No	DISCIPLINES	CATEGORY	A-TEAM	B-TEAM
1	Junior Women Body Fitness	Open Class	1	1
2	Junior Women Fitness	Up to & incl. 163 cm	2	2
3	Junior Women Fitness	Over 163 cm		
4	Junior Women Bikini-Fitness	Up to incl. 160 cm	3	3
5	Junior Women Bikini-Fitness	Up to incl. 166 cm		
6	Junior Women Bikini-Fitness	Over 166 cm		
7	Junior Men Bodybuilding	Up to & incl. 75 kg	2	2
8	Junior Men Bodybuilding	Over 75 kg		
9	Junior Men Classic Bodybuilding**	Open Class	1	1
10	Junior Men Fitness	Open Class	1	1
11	Junior Men Physique	Up to & incl. 174 cm	3	3
12	Junior Men Physique	Up to & incl. 178 cm		
13	Junior Men Physique	Over 178 cm		

# IFBB WORLD

## BODYBUILDING AND FITNESS

# CHAMPIONSHIPS

— amateur junior & masters —

### The City of BISTRITA, ROMANIA

### 10th-13th NOVEMBER 2017

[cmbistrita2017.com](http://cmbistrita2017.com)


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## MASTERS

No	DISCIPLINES	AGE LIMIT	CATEGORY	A-TEAM	B-TEAM
14	Master Women Bikini-Fitness	Age >35 yrs	Up to 163 cm	2	No Limit
15	Master Women Bikini Fitness	Age >35 yrs	Over 163 cm		
16	Master Women Body-Fitness	Age>35-44 yrs	Open Class	2	No Limit
17	Master Women Body-Fitness	Age>45 yrs	Open Class		
18	Master Women Physique	Age>35 yrs	Open Class	1	No Limit
19	Master Men Physique	Age 40-44 yrs	Open Class	3	No Limit
20	Master Men Physique	Age 45-49 yrs	Open Class		
21	Master Men Physique	Age >50 yrs	Open Class		
22	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 70 kg	12	No Limit
23	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 80 kg		
24	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 90 kg		
25	Master Men Bodybuilding	Age 40-44 yrs	Over 90 kg		
26	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 70 kg		
27	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 80 kg		
28	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 90 kg		
29	Master Men Bodybuilding	Age 45-49 yrs	Over 90 kg		
30	Master Men Bodybuilding	Age 50-54 yrs	Up to & incl. 80 kg		
31	Master Men Bodybuilding	Age 50-54 yrs	Over 80 kg		
32	Master Men Bodybuilding	Age 55 & over	Up to & incl. 75 kg		
33	Master Men Bodybuilding	Age 55 & over	Over 75 kg		
34	Master Men Classic BB	Age 40-44 yrs	Open Class	3	No Limit
35	Master Men Classic BB	Age 45-49 yrs	Open Class		
36	Master Men Classic BB	Age>50 yrs*	Open Class		

*If less than 6 athletes in a category, this category will be combined with the next category, if possible*







## BODYWEIGHT LIMITS:

Junior Men's Fitness bodyweight limits:

- For all body heights: Max. Bodyweight [kg] = Height [cm] – 100 [kg]

Junior Men's Classic Bodybuilding bodyweight limits:

- Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
- Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
- Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
- Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
- Up to & incl. 190 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
- Up to & incl. 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4.5 [kg]
- Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]

Master Men's Classic Bodybuilding bodyweight limits:

- Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
- Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
- Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
- Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
- Over 180 cm: Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
- Up to & incl. 198 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
- Over 198 cm: Max Weight [kg] = (Height [cm] - 100) + 10 [kg]

## THE RULES REGARDING A AND B TEAMS

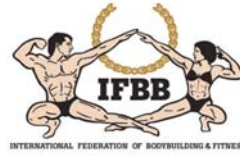
The rules regarding A and B teams for this event are as follows:

The „A”- team

- Each National Federation may enter an „A”- team.
- The maximum allowable number of competitors in the „A”- team is 36 (13 juniors + 23 masters).
- A maximum allowable number of „A”- team competitors per National federation in any one category shall not exceed two (2).
- Pursuant to applicable rules, the Organiser will provide free-of-charge accommodation, meals, onsite transportation between hotel and venue and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- National federation shall pay a Registration Fee for each „A”-team competitor
- The „A”-team competitors shall compete for placings and awards, including Best National Team award
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form (FEF) 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.

The „B” – team

- Each National Federation may enter a „B”- team according to the rules specified below.
- The maximum allowable number of JUNIORS competitors in the B-team shall not exceed those in the A-team (13 athletes);
- There is NO LIMITATION for „B”- team MASTERS competitors in these Championships.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”-team competitor. This package shall comprise of the competitor's Registration Fee, accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet.
- The „B”-team competitors shall compete for placings and awards, including the Best National Team award.
- A National Federation must fully declare its „B”- team competitors on the Final Entry Form (FEF) and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.



## AGE LIMITS

### JUNIOR <23 years of age

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

### FEMALE MASTERS:

- a) May compete as a MASTER competitor in the category 35-44 years of age from January 1st of the year in which the athlete reaches her 35th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, she may compete only in the category over 45 years of age.
- b) May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which the athlete reaches her 45th birthday.

### BOODYBUILDING AND MEN'S PHYSIQUE MALE MASTERS:

- a) May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may compete only in the category 45-49 years of age.
- b) May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category over 50 years of age.
- c) May compete as a MASTER competitor in the category over 50 years of age from January 1st of the year in which the athlete reaches his 50th birthday.

## PARTICIPATION

These Championships are open for the IFBB-affiliated National Federations. Participation of athletes is limited to A-Team and B-Team from each country, except the host country. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is October 23th, 2017.

The final decision to allow an athlete to compete in this event rests with the EBFF.



## SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Executive Official Hotel Metropolis to start from 08:00 am till 18:00 pm from Friday November 10th on Monday November 13th. You may obtain information and assistance from the Secretariat.

## GREEN CARDS

Green Cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals. They will be distributed at the Team Managers and Judges Meeting as follows:

- Eleven (11) or more competitors - three (3) green cards
- From six (6) up to ten (10) competitors - two (2) green cards
- Five (5) or less competitors - one (1) green card

If national federation officials do not attend the team managers and judges meeting, this federation will not be issued a green card.

## ACCESS

### BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be 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.

## EQUIPMENT

### 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.

## PASSPORT/ MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on CD, at the start of the CD. The Athletes' name must be affixed on the CD for identification purposes

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



## NATIONAL FLAG/ NATIONAL ANTHEM

All the National Federations must bring with them to Bistrita their National anthem (only brief version) in CD. This has to be on a separated CD with no other type of music on the CD. All the National Federations will have to take with them to Bistrita its National Flag. The flags must measure not more than 2.5 meters x 1.5 metres.

Please Note For all the European Federations the IFBB already has a copy of all nationals anthems on CD.

## PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate per country must take part in the Parade of Nations

## DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. 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 (available in the appendix)

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 IFBB reserves the rights to target test any athlete.

The IFBB 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 the IFBB international competitions.

## IMPORTANT NOTICE:

The IFBB reserves the rights to target test any athlete.



## JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test 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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Bistrita.

## IMPORTANT NOTICE:

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. Judges have to pay the yearly Judges' Licence Fee of EUR €50 for 2017. 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 Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

### 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, said form which must be remitted to the IFBB by e-mail at [info@ifbb.com](mailto:info@ifbb.com) no later than October 23rd 2017.

### IFBB COMPETITOR INFORMATION FORM

This form must be completed by each competitor with the weight and/or measurement of the height and should be send to the IFBB Press Commission Andrew Michalak: [amichalak5@gmail.com](mailto:amichalak5@gmail.com) .

This information is used to promote the competition in the press, the television, the IFBB Website and other mass media

## ATHLETES WITHOUT DELEGATES

All Athletes competing at these World Junior and Master Championships must be affiliated Members in good standing of their National Federations. Any Athlete who arrives without a Delegate must bring an Official Letter of Authorization 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 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.

## COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE coming to the weigh-in/height measurement and must be given to the IFBB Registrar at the registration table. This information is used to promote the competitor in the press, on TV, the website and other media.

## TANNING

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.

Pro Tan® is the Official Contest Preparation and Tanning company for the IFBB Junior & Master World Championships November 10th-13th 2017 Bistrita Romania.

Professional tanning services will be offered for a flat rate of €50 / \$60.

Tanning will be professionally applied by our team to guarantee the athlete gets the best color possible. Pro Tan's Professional Tanning Package Includes:

- Professional Application(s) of Pro Tan® Overnight Competition Color Base Coat.
- Professional Application of Pro Tan® Instant Bikini/Physique/Body Builder Bronze® Top Coat (Based on Category).
- Professional Backstage Oiling, Preparation and Touch-Ups.

## MEDICAL WITHDRAWAL

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



## PRELIMINARY ENTRY FORM (PEF)

The final date to send the PEF is September 18th 2017. The national federations must email back the PEF to the organizing committee as soon as is possible but before the date limit, which confirms the intention of its federation to participate in the championship.

If at this moment you do not know the names official of the official participants she indicates the total number of athletes who will participate in the championship of their federation.

## FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is October 23rd 2017. The National Federations must display the official names of all the participants (athletes by category of weight, the delegates and judges). It also must include the details of flights for arrival and departure.

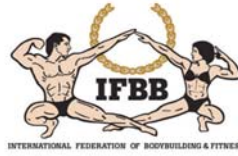
With the purpose of guaranteeing rooms for all the teams, the FEF must be sent before the date limit. Your cooperation is essential to guarantee your rooms in the hotel.

## 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 the IFBB Rules. 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.

**IF A NATIONAL FEDERATION FAILS TO SEND THEIR FINAL ENTRY FORM TO THE ORGANIZER AND ARRIVES IN BISTRITA WITHOUT PRIOR NOTICE, THE NATIONAL FEDERATION WILL BE OBLIGED TO PAY A FINE OF EUR €100 PER PERSON. THIS IS IN ADDITION TO THE REGISTRATION FEE.**





## **CORRESPONDENCE AND ENTRY FORM SENDING DETAILS**

**Romanian Bodybuilding and Fitness Federation**  
**Bd. Basarabia nr.37-39 sector 2**  
**Bucuresti, Romania Tel./Fax +40 21.317.04.00**  
**Mobile +40733502843**  
**E-mail: [contact@frcf.ro](mailto:contact@frcf.ro) and [presedinte@frcf.ro](mailto:presedinte@frcf.ro)**

**Please send a copy to:**  
**IFBB Head Office**  
**Ms. Diana Mozos**  
**E-mail: [info@ifbb.com](mailto:info@ifbb.com)**

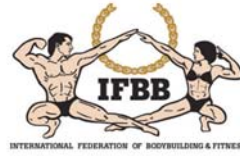
**And**

**IFBB Technical Committee**  
**Eng. Andrew Michalak**  
**E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)**

## **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 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**



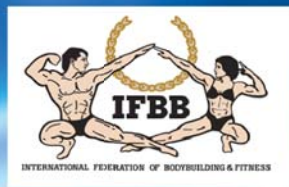


## TENTATIVE SCHEDULE OF ACTIVITIES

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

All sport activity (competition) will be held at the Polyvalent Sports Hall in Bistrita

<b>Thursday, November 9<sup>th</sup>, 2017</b>	
07:00 – 19:00	Arrival of the IFBB Executive Council Members
12:00 – 15:00	Lunch
19:00	IFBB Executive Council Meeting
21:00	Welcome Dinner
<b>Friday, November 10<sup>th</sup>, 2017</b>	
07:00 – 10:00	Breakfast (not included in the Registration Fee)
10:00 – 21:00	Arrival of National Teams and Official Athlete Registration
12:30 – 14:30	Lunch
18:00	Team Managers and Judges Meeting
19:00 – 22:00	Dinner
<b>Saturday, November 11<sup>th</sup>, 2017</b>	
07:00 – 10:00	Breakfast
10:00 – 13:30	Prejudging and Finals – Part 1 (Morning Session)
13:00 – 14:30	Lunch
15:00	Prejudging and Finals – Part 2 (Afternoon Session)
19:00 – 22:00	Dinner
<b>Sunday, November 12<sup>th</sup>, 2017</b>	
07:00 – 10:00	Breakfast
10:00	Official Opening & Parade of Nations
10:30 – 13:30	Prejudging and Finals Part 3 (Morning Session)
13:00 – 14:30	Lunch
15:00	Prejudging and Finals Part 4 (Afternoon Session)
21:00 – 24:00	Farewell Banquet
<b>Monday, November 13<sup>th</sup>, 2017</b>	
07:00 – 10:00	Breakfast
Up to 12:00	Departures of Delegates



**Bistrita**  
Where the legend of  
Dracula was born

# IFBB WORLD BODYBUILDING AND FITNESS CHAMPIONSHIPS

— amateur junior & masters —

The City of BISTRITA, ROMANIA

10th-13th NOVEMBER 2017

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