

**EUROPEAN MEN'S BODYBUILDING, CLASSIC BODYBUILDING  
and MIXED-PAIRS BODYBUILDING AMATEUR CHAMPIONSHIP  
SOFIA, BULGARIA, 20-23 MAY 2011**



## WELCOME

The Organizing Committee and the Bulgarian Bodybuilding and Fitness Federation extend a warm welcome to all IFBB National Federations to participate in the IFBB/EBFF Men's European Bodybuilding, Classic Bodybuilding & Mixed Pairs Championship in Sofia, Bulgaria on May 20-23, 2011.

## ABOUT SOFIA

Sofia is the capital and the largest city in Bulgaria. Located in the west of Bulgaria and in the foot of Vitosha Mountain, Sofia is the city that grows and never ages. Founded more than 7,000 years ago Bulgarian's modern capital testifies to the country's eternal bond between past and present.

Monuments to its rich Thracian, Roman, Bulgar and Ottoman history rub shoulders with modern-day edifices of cosmopolitan city life. Over 250 historic landmarks and architectural monuments blend in with the city's modern skyline. The well-preserved town walls date from antiquity, when Thracians established their city next to the most important and highly respected mineral spring, still functioning today.

Sofia has had several names during the years but it remains as a great place to visit and will offer you a lot of surprises and unforgettable moments: skiing in the morning, attending a business meeting in the early afternoon, having dinner in a stylish restaurant in the evening and finish the day enjoying the company of your friends, singing and dancing in a live music club.



Fresco of the Boyana Church, 11<sup>th</sup> Century



The House of Parliament



Sofia University St. Kliment Ohridski



St. Alexander Nevski Cathedral

## OFFICIAL HOTEL



Vitosha Park Hotel is a 4 star hotel offering accommodation in 173 rooms, studios and apartments (including 24 suites, 3 VIP apartment and 6 VIP studios).

There are two panoramic elevators, two emergency staircases and an internal lift leading to the hotel rooms. Guests can enjoy their time in the 2 restaurants: TOSCANA and PIAMONTE, in the Lobby Bar, Pool Bar, Piano Bar, Conference Bar, Lounge Café and Bistro.

As a result of the high goals, VITOSHA Park Hotel today boasts incomparable Wellness Center (fitness, swimming pool, massages, steam bath, sauna, solarium, hairdresser's studio, beauty parlor, relax room, tennis courts, table tennis and water aerobics club).



### IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations (including accommodations before the Official Arrival Date on Friday, May 20, 2011 and/or after the Official Departure Date on Monday, May 23, 2011) for all Official Participants (athletes and delegates) and extra delegates.

## ACCOMMODATION

The Organizing Committee will provide free-of-charge accommodations and three meals per day for all **A-Team Athletes and Delegates** pursuant to the following IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitor or less = one (1) delegate

National Federations with no athlete(s) may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses.

All Athletes and Delegates will be accommodated in double rooms (two persons per room).

The Official Arrival Date is Friday, **May 20, 2011**.

The Official Departure Date is Monday, **May 23, 2011**.

### IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check-in BEFORE the start of the Weigh-in and Registration; by Friday, May 20, 2011, 6:00 pm. 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.**

## SPECIAL & GROUP PACKAGES

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS:

The Organizing Committee has established a **Full Special Package Rate**, which includes three (3) nights accommodations with three (3) meals per day (breakfast, lunch and dinner), tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation\* at a cost of **EURO € 350 per person in a double-bedded room or EURO € 450 for a single-bedded standard room**.

The Organizer has also established a **Partial Special Package Rate**, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite transportation\* at a cost of **€ 150**.

Package for **B-Team Competitors** is **€ 500** (which includes participation fee of € 150 and transportation to and from the venue site).

*\*limited to transportation between the official airport and official hotel upon arrival and departure*



## VENUE SITE



The National Palace of Culture is a multifunctional complex, a contemporary castle synthesis of modern architecture and plastic arts. The magnificent spaces are spiritualized by more than hundred works of the monumental painting, sculpture, wood-carving, Gobelin, metal plastic, and other art genres. There is more steel used in it than in the Eifel's Tour.

The capitals cultural life, as well as prestigious congress and convention activities, business and political events are centralized under its roof. In this sense, the Palace is unique. The model that looks eclectic at first sight, in fact is profoundly democratic. The Art lives and the Muses get together in NDKs halls and lobbies. It is a place where art and business go together.



The area of Hall 1 is 11 000 sq. m. Located on the ground floor is has capacity of 3 692 fixed armchair seats (amphitheater).

There are movable acoustic walls, built-in equipment, air-conditioning, stalls - 12 and on the 1<sup>st</sup> balcony 14 channel wireless simultaneous interpretation system, electro acoustics, sound effects system, 16 multi-track recording systems, Dolby stereo sound; digital recording features, CCTV, facilities allowing radio and TV broadcasting, Projection system, 3-Phases Power outlets, 2 mobile orchestra pits, complete stage-lighting, etc.

## HOTEL SECURITY DEPOSIT

An initial deposit of **€ 100 per person** is required upon check-in for incidental and personal expenses which may arise (telephone, room service, mini bar, etc). The unused portion of this deposit will be returned upon check-out. 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 team. **Please inform the members of your team before departure not to create additional expenses.**

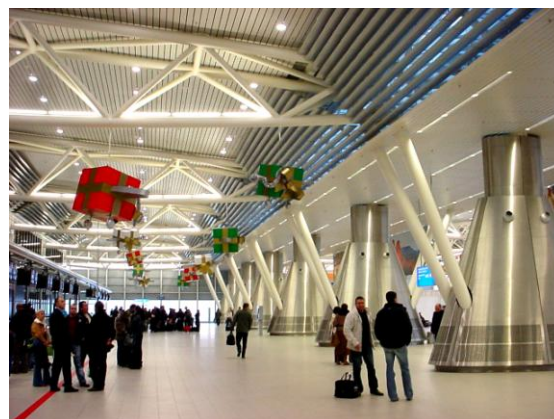
## AIRPORT

**Sofia International Airport (SOF) in Bulgaria is the official airport and is about 20 minutes drive.**

The Organizer will arrange special shuttle bus transportation for those National Delegations arriving at the Sofia Airport. The price per person for one direction will be 20 Euros.

Please notify the Organizing Committee the details of your arrival time **by May 11, 2011** so that suitable transportation can be arranged for your National Team members.

Sofia Airport is the biggest international airport in the country with over 5 million visitors annually - passengers, visitors and greeters, personnel.



**IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE AIRPORT TO THE HOTEL.**

## EARLY ARRIVALS / LATE DEPARTURES

The Official Arrival Date is Friday, **May 20, 2011**.

The Official Departure Date is Monday, **May 23, 2011**.

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date** of **May 20, 2011** and/or staying on after the **Official Departure Date** of **May 23, 2011** will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

### IMPORTANT NOTICE

Please contact the Organizing Committee **NO LATER THAN MAY 2nd, 2011** for accommodations and other arrangements if you intend to arrive before the Official Arrival Date and/or depart after the Official Departure Date.

## VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not need a visa (only an Identity Card). All other persons should consult the Bulgarian Embassy or Consulate in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

## CATEGORIES OPEN FOR COMPETITION

CATEGORY	DISCIPLINE	BODY WEIGHT/HEIGHT	A-Team	B-Team
Men	Bodybuilding	Up to & incl. 65 kg	8	8
Men	Bodybuilding	Up to & incl. 70 kg		
Men	Bodybuilding	Up to & incl. 75 kg		
Men	Bodybuilding	Up to & incl. 80 kg		
Men	Bodybuilding	Up to & incl. 85 kg		
Men	Bodybuilding	Up to & incl. 90 kg		
Men	Bodybuilding	Up to & incl. 100 kg		
Men	Bodybuilding	Over 100 kg		
Men	Classic Bodybuilding	Up to & including 168 cm -100 + 0 kg	5	5
Men	Classic Bodybuilding	Up to & including 171 cm – 100 + 2 kg		
Men	Classic Bodybuilding	Up to & including 175 cm -100 + 4 kg		
Men	Classic Bodybuilding	Up to & including 180 cm – 100 + 6 kg		
Men	Classic Bodybuilding	Over 180 cm (see explanatory notes below*)		
Mixed pairs	Bodybuilding	Open Category	1	1

\*Explanatory note for the Men Classic Bodybuilding “Over 180 cm” category:

This category has 4(four) separate weight/height divisions:

- For competitors with a body height of over 180 cm up to and including 190 cm, the following formula will be used:  
Maximum weight (in kg) = height (in cm) – 100 (maximum + 8 kg allowance)  
*e.g. a competitor who is 190 cm in height may weigh a maximum of 98 kg*
- For competitors with a body height over 190 cm and up to and including 198 cm, the following formula will be used:  
Maximum weight (in kg) = height (in cm) – 100 (maximum +9 kg allowance)  
*e.g. a competitor who is 191 cm in height may weigh a maximum of 100 kg*
- For competitors with a body height over 198 cm, the following formula will be used:  
Maximum weight (in kg) = height (in cm) – 100 (maximum +10 kg allowance)  
*e.g. a competitor who is 199 cm in height may weigh a maximum of 109 kg*
- All competitors described in points 1-3 above shall compete in the “Over 180 cm” category.

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

### THE A-TEAM

1. Each National Federation may enter an A-team. The maximum allowable number of competitors in the "A" team shall be equal to the total number of categories open for competition at the Championships; there are 8 men bodybuilding categories (maximum of eight (8) athletes per National Federation will be accepted). There are 4 classic bodybuilding categories (maximum of four (4) athletes per National Federation in A-Team. There is one (1) mixed pairs category (maximum of one (1) mixed pair per National Federation in the A-team is allowed). **Please note that the men competitors for the mixed pairs should be among the official 12 athletes of the male team for these championships.**

2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2).

3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all "A"-team competitors.

4. Each National Federation shall pay a Registration Fee of **€150** for each A-team competitor and delegate.

5. The A-team competitors shall compete for placing and awards, including the Best National Team award.

6. A National Federation must fully declare its A-team competitors on the Final Entry Form and must register the A-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

### THE B-TEAM

1. Each National Federation may enter a B-team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the B-team shall not exceed those in the A-team; in this case, 12 competitors and one mixed pair.

2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2).

3. The National Federation shall be obliged to pay the Full Special Package Rate of **€500** for each B-team competitor. This package shall comprise the competitor registration fee, accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

4. The B-team competitors shall compete for placing and awards, excluding the Best National Team award.

5. A National Federation must fully declare its B-team competitors on the Final Entry Form and must register the B-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

## SECRETARIAT

During the official dates of the Championships, the Organizer will maintain a Secretariat in the Lobby of the Official Hotel – Park Hotel Vitosha.

## IFBB REGISTRATION FEE

All Official Participants (Athlete and Delegates, including delegates without athletes) will be required to pay a **150.00 Euro - IFBB Registration Fee**. This can be done before the arrival date by means of credit card or PayPal facilities through the IFBB Head Office. Alternatively the registration fee can be paid upon check-in. The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

**To pay the registration fee for the official athletes and delegates before arrival, please contact the IFBB head office or go to [www.ifbb.com](http://www.ifbb.com) and on the home page scroll down to "PayPal-click here to pay".**



### 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 arrives in Sofia 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 CONTROLS

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

In order to compete in the Championships, 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:

1. *Random Selection*: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
2. *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*

## PASSPORT / MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on 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 and/or offensive language is strictly prohibited in posing music.

## NATIONAL ANTHEM

All participating National Federations must bring with them a CD of their national anthem. The national anthem must be the only music on the CD. **PLEASE BRING ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS**

## 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 taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country 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 to Mr. Pawel Filleborn, Chairman, IFBB Judges Committee (+48 22 642 73 51, [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)), and IFBB Head Office in Madrid no later than May 9th, 2011 (+34 91 535 0320, [internacional@santonja.com](mailto:internacional@santonja.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**

Each National Federation must submit the names of its judges, including test judges, on the Final Entry Form. If you fail to submit the name of your judge(s) in advance, your nominated judge(s) will not judge or test judge at the Championships.

### **JUDGES / TEAM MANAGERS MEETING**

Each National Federation must ensure that its nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting. **All Judges must attend the Judges/Team Managers Meeting, failing which they will not be allowed to judge.**

### **MEDIA ACCREDITATION**

All media accreditation, accept 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 EBFF Media Accreditation Form, said form which must be remitted to the IFBB/EBFF by e-mail at [interbody@home.pl](mailto:interbody@home.pl) **no later than May 09, 2011.**

### **COMPETITOR INFORMATION FORM**

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

### **GREEN CARDS**

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

**IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES/TEAM MANAGERS MEETING, IT WILL NOT BE ISSUED A GREEN CARD.**

### **BACKSTAGE ACCESS / DRESSING ROOM ACCESS**

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area 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 is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

## USEFUL INFORMATION

The electrical outlets are 220 volts.

The Bulgarian Lev is the Bulgarian currency. 1 EUR = 1,95583 leva. Hotels, restaurants and shops accept all major credit cards.

Bulgarian is the official language although English is widely spoken. English is spoken in hotels, travel agencies, shops, etc. The time difference is GMT + 2 hours

## ATHLETES WITHOUT DELEGATES

All Athletes competing at EBFF European 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 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 EBFF reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting 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 as to obtain free-of-charge accommodations, meals, onsite transportation and 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.

## 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 the 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 non-participation, be fined an amount equal to the Special Package Rate.

## ATTENDANCE AT THE EBFF INTERNATIONAL CONGRESS

It is a duty and responsibility of each National Federation to ensure that it is represented at the EBFF International 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.

## **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 AND FINAL ENTRY FORMS**

The deadline date for the Preliminary Entry Form is **March 30, 2011**. National Federations 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.

The deadline date for the Final Entry Form is **May 9, 2011**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight 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 co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.



## TENTATIVE SCHEDULE

<b>Thursday, May 19</b>	
10:00	Check-in EBFF Executive Members
16:00 – 18:00	EBFF Executive Members Meeting
<b>Friday, May 20</b>	
08:00 – 17:00	Check-in point in the lobby of the official Hotel Vitosha
10:30	Press Conference
18:00 – 19:30	Judges / Team Managers Meeting
19:30	Weigh-in
21:00 – 22:00	Dinner
<b>Saturday, May 21</b> <b>(Venue site: National Palace of Culture)</b>	
08:00 – 10:00	Breakfast
09:30 – 14:00	Prejudging, Morning session
13:00 – 15:00	Lunch
16:00	Prejudging, Evening session
20:00 – 22:00	Dinner
<b>Sunday, May 22</b>	
08:00 – 10:00	Breakfast
09:00	EBFF International Congress
13:00 – 15:00	Lunch
15:30	Finals
22:00	Farewell Banquet
<b>Monday, May 17</b>	
08:00 – 10:00	Breakfast
Departure of all participants  <b>(Official departure date for all National Delegations)</b>	

## CONTACT INFORMATION

Preliminary and Final Entry Forms must be sent to the Organizer:

**Mr. Patrik Angelov**  
**HEAD OF THE ORGANIZING COMMITTEE**

**Tel: +359 (0) 2 9300 615**

**E-mail: [angelov@bbbff.com](mailto:angelov@bbbff.com)**

**Web: [www.bbbff.org](http://www.bbbff.org), [www.bbbff.com](http://www.bbbff.com)**

**Mr. Nedyalko Tashev**  
**BBBFF SECRETARY**

**Tel: +359 (0) 2 9300 615**

**E-mail: [info@bbbff.com](mailto:info@bbbff.com)**

**Web: [www.bbbff.org](http://www.bbbff.org), [www.bbbff.com](http://www.bbbff.com)**

Please copy all the correspondence to:

**Dr. Rafael Santonja**  
**IFBB PRESIDENT**

**Tel: +34 91 535 2819, Fax: +34 91 535 0320**

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

**Web: [www.ifbb.com](http://www.ifbb.com)**

**Mr. Alexander Staliyski**  
**BBBFF PRESIDENT**

**Tel: +359 (0) 2 9300 615**

**E-mail: [staliyski@bbbff.com](mailto:staliyski@bbbff.com)**

**Web: [www.bbbff.org](http://www.bbbff.org), [www.bbbff.com](http://www.bbbff.com)**

## 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, 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.**