

IFBB NORDIC CHAMPIONSHIPS 2013

19.th October 2013 in Tallinn

WELCOME

The Organizing Committee of the Estonian Bodybuilding and Fitness Federation extend a warm welcome to Nordic IFBB National Federations to participate in the Nordic Championships 2013, Oct 19, Tallinn, Estonia.

The Official Arrival Date is Friday, October 18

The Official Departure Date is Sunday, October 20

NB! In case of early arrivals / late departures the Organizers can not guarantee accommodation if this information is not forwarded before October 4.

VENUE SITE. Salme Kultuurikeskus /www.salme.ee/, Salme Str.12

ACCOMMODATIONS. The Official Hotel is Reval Park Hotel & Casino /www.parkhotel.ee/, Fr.R.Kreutzwaldi Str.23.

Cost for double room is 55 EUR / night and for single room 50 EUR / night.

NB! For every delegation one double room is free of charge.

NB! Only the Organizing Committee is authorized to arrange hotel reservations.

TRANSPORTATION. The Organizers will provide free of charge transportation between the Venue Site and the Official Hotel.

NB! It takes 5..10 minute drive from Tallinn Airport and Port of Tallinn to reach the Official Hotel. There will be no transportation by the Organizers.

HOTEL SECURITY DEPOSIT of 50 EUR per athlete is required upon check-in for incidental and personal expenses that may arise.

COMPETITION CATEGORIES. There are 17 categories as follows:

Bodybuilding Men: -80, -90, -100, +100 kg

Bodybuilding Women: one open category

Classic Bodybuilding Men: -180, +180 cm

Women's Physique: one open category

Men's Physique: one open category

Body Fitness: -163, -168, +168 cm

Bikini Fitness: -163, -168, +168 cm

Athletic Fitness Women: one open category

Athletic Fitness Men: one open category

NB! There is no limitation in the number of athletes. Each Federation decide if their competitors have the standard to be qualified.

NB! If there is less than 4 competitors in any weight / height category, these athletes compete in the next (nearest) category.

COMPETITOR INFORMATION FORM must be completed by each competitor before the registration (weight / height measurement).

GREEN CARDS, used to limit access to the Weigh-in area and backstage during the Prejudging and Finals, will be distributed at the Judges / Team Managers Meeting.

NB! One Green Card per 4 competitors.

NB! Coaches and helpers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

MEDIA ACCREDITATION. All persons (including photographers) wishing to obtain media accreditation must register with the Organizing Committee by sending their request no later than October 4 to: org@ifbb.ee

NB! Camera and videotape equipment shall be strictly prohibited in the dressing room area.

JUDGES. Each National Federation send 2 judges for the Nordic Championships. The nominations must be written in the FEF.

COMPETITION TAN. The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off simply by wiping, the athlete will be told to remove the tan.

DOPING CONTROLS will be conducted by SA Eesti Antidoping (Estonian Antidoping Agency), using the WADA accredited laboratory in Helsinki. Doping controls may be conducted using any or all of the following methods:

- A) Random Selection at Weigh-in or Prejudging
- B) Weighted Selection at the Finals
- C) Target Testing

PASSPORT / MUSIC. All competitors must provide their passport and music at the registration / weigh-in, failing which the competitor will not be registered. The music must be at the start of the CD. The athletes name must be fixed on the CD.

PARADE OF NATIONS. All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes is posing attire. One delegate and 2 athletes (preferably a male and a female) must take part in the Parade of Nations.

PRELIMINARY ENTRY FORM. The deadline for the PEF is September 10.

FINAL ENTRY FORM. The deadline for the FEF is October 4.

ADDITIONAL INFORMATION.

Organizing Committee: Estonian Bodybuilding and Fitness Federation

E-mail: org@ifbb.ee

Phone: +372 844 800 (English)

Postal address: Telliskivi 51, 10611 Tallinn, Estonia

Mr Arnold Tokko

EBFF President

E-mail: arnold@ifbb.ee

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TENTATIVE SCHEDULE OF ACTIVITIES

FRIDAY, OCTOBER 18

13:00 - 17:00 Arrival of delegations at Reval Park Hotel & Casino

18:00 Technical Meeting (judges, delegates) at Reval Park Hotel & Casino

19:00 - 21:00 Weigh-in / Registration at Reval Park Hotel & Casino

SATURDAY, OCTOBER 19

9:00 - 13:00 Prejudging (categories with over 6 competitors)

15:00 Opening Ceremony and Finals

21:00 - 24:00 Farewell Banquet at Venue site.

NB! Banquet tickets (20 EUR) are available at Registration.

SUNDAY, OCTOBER 20

6:00 - 11:00 Departure of delegations