



Inspection Report

23rd MEN'S & WOMEN'S (Juniors, Seniors
and Masters) BALKAN BODYBUILDING,
FITNESS AND BODY-FITNESS
CHAMPIONSHIPS

Zaječar, Serbia, May 9th -11th, 2014.

WELCOME: The President of Organizing Committee Mr. Saša Mirković and The Serbian Bodybuilding and Fitness Federation President, Mr. Goran Ivanović, invite all Balkan National Federations – members of the IFBB – to participate in the

**23rd BALKAN MEN'S & WOMEN'S (Juniors, Seniors and Masters)
BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS**
that will take place in Zaječar, Serbia from 9th to 11th of May 2014.



Serbia has connected West with East for centuries – a land in which civilizations, cultures, faiths, climates and landscapes meet and mingle. It is located in the centre of the Balkan Peninsula, in southeastern Europe. The northern portion belongs to central Europe, but in terms of geography and climate it is also partly a Mediterranean country. Serbia is landlocked but as a Danube country it is connected to distant seas and oceans. Serbia is a crossroads of Europe and a geopolitically important territory. The international roads and railway lines, which run through the country's river valleys, form the shortest link between Western Europe and the Middle East.

From the agricultural regions of the Pannonia Plain in the north, across the fertile river valleys and orchard-covered hills of Šumadija, the landscape of Serbia continues southward, gradually giving way to mountains rich in canyons, gorges and caves, as well as well-preserved forests. Serbia's beautiful mountains, national parks, rivers and lakes are the perfect location for an active outdoor holiday – from hunting and fishing to extreme sports.

Many times during its rich, centuries-long history, Serbia has been at the centre of Europe's and the world's attention, out of all proportion to its modest size, economic might and number of inhabitants. Many lessons on bravery, patriotism and the struggle for freedom can be learned wherever you turn in Serbia, as you pass through its cities and regions. The cultural and historical heritage of Serbia begins with prehistoric archaeological sites and its legacy from classical antiquity. Perhaps its greatest riches, though, are in the many mediaeval Serbian churches and monasteries, some of which are included on the UNESCO World Heritage list. All year round, numerous cultural, entertainments, traditional and sporting events are held in Serbia, demonstrating the creative power and spiritual vitality of this country. Today, Serbia is a modern, democratic European country, on the path to membership of the European Union, which a diverse range of visitors – from young backpackers to participants in congresses and fairs – visit every day.

Zaječar



Zaječar is located at the confluence of the Crni Timok River and Beli Timok Rivers. The town, which is 250km from Belgrade off highways E75 and E761, lies just 11km from Serbia's border with Bulgaria.

Though it lies in the heart of the Timok region, and largest town in the area, Zaječar is a relatively young town. It became a part the principality of Serbia in 1833 and as a result of the diligence of its inhabitants and fertile land sprawling with orchards and vine-yards, it very soon became the country's second most prosperous town after Belgrade.

Zaječar is the native land of Nikola Pašić, Ljuba Didić, Zoran Radmilović and Hajduk Veljko. Svetozar Marković, a revolutionary and key proponent of socialism in the Balkans, was born here.

If you are visiting the town, there are several prominent sites you should see. The beautiful Radul-Bey residence on Ljube Nešića Street is a traditional house of a wealthy family from the beginning of the 19th century. You can purchase a variety of traditional souvenirs from the region on the ground floor of the building. Make certain to stop by the permanent exhibit *Stari Zaječar* (Old Zaječar) on the first floor. It is also worth visiting the Zaječar National Museum, which features a wide range of excavations from the Gamzigrad archeological site, including the head of the Galerius statue. Stroll along the town center and you will discover the extraordinary beautiful High School and 1911 Municipal Seat buildings. The main square, which is named for Nikola Pašić, features a monument by the sculptor Antun Augustinčić dedicated to victims of the 1912-1918 wars.



ACTIVITIES

Zaječar is home to a number of festive events throughout the year. They include the *Gitarijada* international youth guitar festival, which has become one of the most popular music events in Serbia, *Pozorišni dani Zorana Radmilovića* (Theatre Days of Zorana Radmilovića), the *Letnja filozofska škola* (Summer School of Philosophy) and *Hajduk-Veljkovi dani* (Days of Hajduk Veljko).

Explore beyond Zaječar and you will discover the Suvodol monastery in the Selačka area near Manastirska Glama Mountain. According to folk legend, the monastery is closely connected with Prince Lazar. Some say the monastery bears a strong resemblance to Žiča. The nearby Saint Peter and Saint Paul Monastery close to Grlišta was one of the centers of the uprising in Crna Reka.

Gamzigrad Banja (Gamziugrad Spa) is located 11 km from Zaječar. The spa features a number of hot springs and sports facilities. Head 8 km to north, and you will find the Nikoličevo thermal spring. Though research has suggested the springs here have therapeutic benefits, a spa has yet to be built. Nevertheless, the site draws a great number of visitors every year.

The Zaječar municipality has three scenic manmade lakes. Though the Grliško Lake was created to supply the town with drinking water, it eventually became a popular excursion spot. Rgotsko Lake was formed by underground and rainwater water that collected during excavations of quartz in the village of Rgotina 11km from Zaječar.

If you are in Zaječar, we recommend:

- A visit to the Zaječar National Museum
- Taking photos at the Felix Romuliana Palace
- Collecting herbs at Rtanj Mountain

GAMZIGRAD

The remains of the Felix Romuliana Palace are located in Gamzigrad, not far from Zaječar. The Roman Emperor Galerius named the palace in memory of his mother Romula. The structure is considered to be one of the most grandiose achievements of Roman architecture. Historians believe the remains of Emperor Galerius were cremated and placed in the nearby tumulus.



Hotel

Official delegates and competitors will be accommodated at Hotel “Srbija TIS”, which is located in the center of Zaječar. The Hotel have enough beds and are also available for all extra delegates and supporters that wish to be at the same Hotel as the athletes and Official delegates.



Nikole Pašića, bb, 19000 Zaječar

Phone: +38119422540

Email: srbijatis@yahoo.com

Website: <http://www.srbijatis.co.rs>

Venue site: Sports and Business Center Timok, Zaječar.

The 23rd Balkan Body Building, Fitness and Body-Fitness Championships will take place in: Sports and Business Center Timok, Zaječar.



Accommodation:

The Organizing Committee will provide accommodations and three meals (different for competitors and delegates) per day for the official members of the National Federations, according to the following IFBB rules: 1)Two (2) competitors or less - ONLY one (1) delegate is permitted 2)Three (3) or more competitors -Two (2) delegates are permitted.

ADDITIONAL DELEGATES AND SUPORTERS: A special package has been arranged by the Organizing Committee as follows: 2 night hotel accommodations, including three meals per day, tickets to finals, ticket to farewell banquet and transportation, for the dates 9-11th of May. The price of this package is **100€** This package will also apply to journalists and photographers and can be purchased upon arrival.

HOTEL DEPOSITS: An initial deposit of **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 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 team.

PLEASE INFORM YOUR ATHLETES BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES FOR YOUR FEDERATION.

PARTICIPATION FEE: Each participating official athlete and delegate, from each country will be obligated to pay an ANNUAL PARTICIPATION FEE OF 30€. This fee is payable to the Balkan Federation secretary during registration, upon arrival in Zaječar. This Participation Fee is completely separate to the Hotel Deposit mentioned above.

Visas:

All participants require a valid passport for entry to Serbia. Please consult the Serbian Embassy in your country to determine if you also need a visa.

Official language:

The official language is Serbian, but English is widely used. The staff of hotels, travel agencies and shops with who the visitors will be in contact will speak English.

Time difference:

The time in Zaječar is CET+1.

Currency:

The official currency in Serbia is Serbian Dinar (RSD)
1 EUR = 116 RSD (February 2014)

Climate:

During the month of May the weather is warm. The average temperature is 23° C.

Electrical Current:

220 volts.

Airport arrivals:

The Organizing Committee will pick you up at the Belgrade International Airport at your arrival. It is very important that every Federation provides their details to the Organizing Committee, including the number of people in their delegation. Your cooperation is essential in order to ensure adequate transportation of your team. **Cost of one way transportation is 20 € per person.**

Passport/Music:

All competitors must provide their passports and music (on CD, with one track) at weigh-in, failing which the competitor will not be registered and will not be allowed to compete.

Parade of Nations:

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform.

Judges:

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules: "That a National Federation must provide on the Final Entry Form the names of all judges nominated to officiate at the competition, failing which the individual will not be allowed to judge". All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card.

National Flags:

All National Federations are reminded to bring their National Flags for use in the Victory Ceremony.

National Anthem:

All participating National Federations must bring the music of their national anthem on a CD with them to Zaječar. This must be on a separate CD to any posing music.

Backstage Access/Dressing room access:

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

Cameras/Videotapes:

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

Press accreditation:

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact Organization Committee.

Weigh-in and measurement of athletes:

Weigh-in will take place in the Hotel Srbija TIS, Zaječar, on May 9th from **18:30 to 20:30**. **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

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.

Secretariat:

The Organizing Committee will have a desk in the lobby of the Hotel Srbija TIS, Zaječar, on 09-11th, May 2014. You may obtain information and assistance from the Secretariat when required.

Flight reconfirmation:

For the reconfirmation of your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight upon arrival at the Hotel Srbija TIS, Zaječar, to avoid last minute problem.

Entry Forms:

Please return the **Preliminary Entry Form** to the Organizing Committee as soon as possible but not later than **March 22nd, 2014** and indicate your Federation's **intentions to participate** and the **number** of people from your country that will be attending the Championships. You must return the **Final Entry Form** with the names of the people in your team **NO LATER THAN April 21st, 2014. Please indicate the weight and height of your athletes in the Final Entry Form. Your co-operation is essential to ensuring your accommodations at the Hotels, and assuring adequate transportation for your team.** **PLEASE TAKE NOTE:** All national federations that do not advise in advance about their extra delegates and supporters to the Organizing Committee may have a risk to find out that the Hotel has no rooms available, due to its limited capacity. **PLEASE NOTIFY THE ORGANIZING COMMITTEE ABOUT THE NUMBER OF YOUR EXTRA DELEGATES / INDIVIDUALS.**

Please send all correspondence to:

BALKAN BODYBUILDING AND FITNESS FEDERATION

Mr. Nenad Vucković, President

Vojvode Tankosica 11/31

18000 Nis

SERBIA

Cell.: + 381 64 416 76 41

E-mail: nenadpress@gmail.com

Consequences of failure to cooperate with the contest organizer:

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending national federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the Organizing Committee the double amount of the participation fee will be charged as a fine to the offending national federation.



PRELIMINARY ENTRY FORM



23rd BALKAN MEN'S & WOMEN'S (Juniors, seniors and Masters)
BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS
Zaječar, Serbia, May 9-11th, 2014.

**Complete the Preliminary Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE BUT NO LATER THAN MARCH 22nd 2014.
PLEASE PRINT CLEARLY**

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

TEL: _____ **FAX:** _____

E-MAIL _____

**Our Federation is planning to participate in the
23rd MEN'S & WOMEN'S (Seniors and Masters)
BALKAN BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS.**

Please indicate "YES" or "NO". YES _____ NO _____

NUMBER OF DELEGATES: _____ **NUMBER OF ATHLETES:** _____

NUMBER OF EXTRA DELEGATES AND SUPPORTERS: _____

Please be advised that there will be four (4) bodyweight categories in Men's Bodybuilding at the 23rd BALKAN BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS: Lightweight (-70 kg), Light-Middleweight (-80 kg), Light-Heavyweight (-90 kg), Heavyweight (+90 kg). **Junior's bodybuilding**, up to 75 kg and over 75 kg, **Men's Classic Bodybuilding**, up to 175 cm, up to 180 cm and over 180 cm. There will be **one open category** for: **Master Men's Bodybuilding**, **Men's Physique**, **Women's Fitness**, **Women's Body-Fitness**, **Women's Physique**, **Junior Women Bikini Fitness**, **Women's Bikini Fitness** and **Mixed Pairs** category (**Bodybuilder/Fitness girl**). Please be advised that Each National Federation may send two (2) athletes per category in each discipline.

IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses. All National Federations must provide the names of all judges in the Final Entry Form to officiate at the competition, failing which the individuals will not be allowed to judge.

Consequences of failure to cooperate with the contest organizer: Failure to cooperate with the contest organizer is contrary to the IFBB Code of Ethics and will result in the offending National Federations having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the Organizing Committee the double amount of the registration fee will be charged as a fine to the offending National Federations.

**THE PRELIMINARY ENTRY FORM INDICATING THE NUMBER OF YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN MARCH 22nd, 2014 TO:
BALKAN BODYBUILDING AND FITNESS FEDERATION**

Mr. Nenad Vuckovic, President

Cell: +381 63 839 64 04; + 381 64 416 76 41

E-mail: nenadpress@gmail.com



FINAL ENTRY FORM



23rd BALKAN MEN'S & WOMEN'S (Juniors, seniors and Masters)
BODYBUILDING, FITNESS & BODY-FITNESS CHAMPIONSHIPS
Zajecar, Serbia, May 9-11th, 2014.

**Complete the Final Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE BUT NO LATER THAN APRIL 21st 2014.
PLEASE PRINT CLEARLY**

FEDERATION NAME:	
TEL.:	FAX:
1st DELEGATE:	EMAIL:
2nd DELEGATE:	
MOBILE PHONES:	
OFFICIAL JUDGES: 1)	2)
EXTRA DELEGATES:	
EXTRA SUPPORTERS:	

JUNIOR MEN BODYBUILDING up to 75 kg	MEN'S CLASSIC BODYBUILDING up to 175 cm
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
JUNIOR MEN BODYBUILDING over 75 kg	MEN'S CLASSIC BODYBUILDING up to 180 cm
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
JUNIOR WOMEN BIKINI FITNESS – open category	MEN'S CLASSIC BODYBUILDING over 180 cm
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
WOMEN'S PHYSIQUE – open category	MEN'S BODYBUILDING up to 70 kg
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
WOMEN'S BODY-FITNESS – open category	MEN'S BODYBUILDING up to 80 kg
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
WOMEN'S FITNESS – open category	MEN'S BODYBUILDING up to 90 kg
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
WOMEN BIKINI FITNESS – open category	MEN'S BODYBUILDING over 90 kg
Competitor 1:	Competitor 1:
Competitor 2:	Competitor 2:
MEN'S PHYSIQUE – open category	MIXED PAIRS (Bodybuilder / Fitness girl)
Competitor 1:	Male:
Competitor 2:	Female:
MASTER MEN'S BODYBUILDING – open category (over 40 years of age)	
Competitor 1:	
Competitor 2:	

ARRIVAL DETAILS	DEPARTURE DETAILS
DATE:	DATE:
TIME:	TIME:
AIRLINE:	AIRLINE:
FLIGHT No.:	FLIGHT No.:

Please indicate other means of transportation: BUS..... TRAIN.....

EACH OFFICIAL DELEGATE, ATHLETE AND JUDGE, FROM EACH PARTICIPATING COUNTRY WILL PAY AN ANNUAL PARTICIPATION FEE OF 30.00 EURO

Please be advised that there will be four (4) bodyweight categories in Men's Bodybuilding at the 23rd BALKAN BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS: Lightweight (-70 kg), Light-Middleweight (-80 kg), Light-Heavyweight (-90 kg), Heavyweight (+90 kg). **Junior Men's Bodybuilding**, up to 75 kg and over 75 kg, **Men's Classic Bodybuilding**, up to 175 cm, up to 180 cm and over 180 cm. There will be **one open category** for **Master Men's Bodybuilding**, **Men's Physique**, **Women's Fitness**, **Women's Body Fitness**, **Women's Physique**, **Junior Women's Bikini Fitness**, **Women's Bikini Fitness** and **Mixed Pairs** category (**Bodybuilder/Fitness girl**). Please be advised that Each National Federation may send two (2) athletes per category in each discipline.

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THE FINAL ENTRY FORM INDICATING THE ACTUAL NAMES OF YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN APRIL 21st, 2014 TO:

BALKAN BODYBUILDING AND FITNESS FEDERATION

Mr. Nenad Vuckovic, President

Cell: +381 63 839 64 04; + 381 64 416 76 41

E-mail: nenadpress@gmail.com



TENTATIVE SCHEDULE



May 9th, 2014 – Friday

- 11:00 - 17:00** Arrivals, Registration of delegates and athletes – Hotel Srbija TIS
- 17:30 - 18:30** Technical Meeting (Judges, Coaches, heads of delegations) – Hotel Srbija TIS
- 18:30 - 20:30** Weigh-in, Measurement – Hotel Srbija TIS
- 20:30 - 22:00** Diner – Hotel Srbija TIS
- 21:00 - 23:00** BBFF Congress – Hotel Srbija TIS

May 10th, 2014 – Saturday

- 07:30 - 09:00** Breakfast – Hotel Srbija TIS
- 08:30 – 10:30** Sightseeing tour (Felix Romuliana)
- 10:30** Departure from the hotel to the place of competition – Sports and Business Center Timok
- 12:00 - 16:00** Prejudging/Finals: Junior Men's Bodybuilding up to 75 kg; Junior Men's Bodybuilding over 75 kg; Junior Bikini Fitness Open category; Women's Physique-open category; Men's Physique-open category; Master Men's Bodybuilding -open category; Men's Classic Bodybuilding up to 175 cm; Men's Classic Bodybuilding up to 180 cm; Men's Classic Bodybuilding over 180 cm.
- 15:00** - Lunch at the venue site
- 18:00 - 22:00** Opening of the Championships with Parade of Nations
- Prejudging/Finals: Women's Fitness–open category: routine; Women's Body-Fitness-open category; Women's Bikini Fitness-open category; Women's Fitness–open category: quarter turns
- Men's Bodybuilding up to 70 kg; Men's Bodybuilding up to 80 kg; Men's Bodybuilding up to 90 kg; Men's Bodybuilding over 90 kg; Mixed Pairs; Men's Bodybuilding overall.
- 22:00** Farewell Banquet in Hotel Srbija TIS

May 11th, 2014 – Sunday

- 07:30 - 9:30** Breakfast – Hotel Srbija TIS
- Departure of the competitors and delegates