



Inspection Report

25th MEN'S & WOMEN'S BALKAN (Juniors, Seniors and Masters) BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS

Knjazevac, Serbia, October 21st – 23rd, 2016.

WELCOME: The President of Organizing Committee Mr. Milan Djokic, Mayor of Knjazevac, invite all Balkan National Federations – members of the IFBB – to participate in the

**25th BALKAN MEN'S & WOMEN'S (Juniors, Seniors and Masters)
BODYBUILDING, FITNESS AND BODY-FITNESS CHAMPIONSHIPS**
that will take place in Knjazevac, Serbia from 21st – 23rd of October 2016.



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.

Knjazevac



Knjazevac area is settled during prehistoric times, the evidenced of this are settlements of Baranica, Škodrino polje, Dubrava, etc., horsman cave drawing in Gabrovnica and other archaeological findings. The ancient chronicler Pliny (II century AD) records this territory as a part of the Roman province of Moesia in which live Mezi people, Thracians, Dardanians, Tribals, Timahs, who had been formed, in symbiosis with the Slavic tribes, the local indigenous population of Timočani, called Putuklije.

Roman fort Timacum Minus, near village of Ravna, with excavated walls, parts of the civil settlement, the rich necropolis, explains the history of the period of Knjazevac area until the Middle Ages. In the town were found the remains of the other famous, Late Roman town, Timacum maius.

In the Roman road map from the IV century Knježevac was written under the name of Timac Maiori, a settlement that is built on the foundations of the fortress Veliki Timok on the Zdanije hill (the present church, "St. George").

From the period of medieval century are towns Ravna and Koželj, Church of the Virgin in Gornja Kamenica and Holy Trinity Monastery in Donja Kamenica, wich were built in the XV century, and the first track of the name Gurgusovac. In some older literature this place were called Kolumbija, it comes from the Latin word columba, meaning pigeon and a true translation is Golubac. This term has no archaeological or written confirmation. In the same time with this name was used, for a long time, name Gurgusovac. This name is mentioned in the Turkish census from 1455. Country legend says that this is the name given by Grivas pigeons.

The Turks conquered this area 1396 and annexed it to Vidinski pašaluk. From the time of the Turkish rule there is little information from this area. Records from the VII century precisely record Gurgusovac as a military fort with palisades and cannon, with 46 Turkish and 120 Christian homes.

First Serbian Rebellion came in Knjaževac area at 1807 when Hajduk Veljko ateccked Gurgusovac, but he could not conquer it until the Serbian-Russian victory in Malajnica. After the Serbian defeat in Čegar, Turks again conquered Gurgusovac. With the capitualation of Serbia 1813, capitulated Gurgusovac, which was again, connected Vidinski pašaluk, until the liberation from the Turks and its association the Serbia 1833. The town inherited Gurgusovac Tower, the prison for political prisoners, known as "The Serbian Bastille". The tower was burned by order of Prince Miloš Obrenović, so in his honor, the citizens 1859.change the name of town in Knjaževac.

Difficult economic situation after the war and new taxes for railroad Belgrade - Niš and for military weapons, as well as immediate political situation in the country, led to a revolt Timočka buna 1883.godine. The immediate cause of revolt was collection of weapons from the national army and the rebellion swept Knjaževac and Knjaževac discript in October 1883. and one of the initiators of the rebellion was Aca Stanojević from Knjaževac.

People from Knjaževac were good fighters through all the wars that affected this region, as the Serbo-Bulgarian War, Balkans, and World War I. During the withdrawal of Serbian military 1915. they were particularly emphasized in the battles for the defense of Belgrade. XIV

regiment within the Army II in breakthrough of Salonika Front in 1918 in crossed the Drina river as the vanguard and it first came to Sarajevo, and reached the Adriatic Sea. After the war flag of the XIV regiment was awarded by Karadjordje Star.

The period between the two wars will be remembered by people who live in Knjaževac in the sign of the development of the municipality, opening of different craft shops and workshops, as well as the industry's first capacity: tanneries, brick wine cellar, so that Knjaževac gets all the elements of the urban environment.

World War II in Knjaževac started with demonstrations against the signing of the pact of association of Yugoslavia with the Tripartite Pact on March 25/27 1941. and the occupation of the 11th April 1941. by Germany and the occupation Budžak by Bulgaria. After a long battles with the Bulgarians and Germans, Knjaževac finally released on 10. October 1944.

The rapid development started in 1960 when they started clothing industry "Branka Dinić" shoe factory "Leda", tractors and machinery industry IMT, Timok furniture industry "Tina", a wine cellar became the "Džervin.

From all of this we can say that the period since 1970.until 1985.were the most important in current development of Knjaževca in all elements of economic and social development. During this period, were build some buildings which are symbols of Knjaževac, namely: the Cultural Center, Health Center, Kindergarten, and kindergarten network, several apartment blocks, and, as for the cultural community of Knjazevac is best known one national festival, the Festival of Youth Culture of Serbia, which was established 1962nd year, which continues until today.

Geographical Data

Knjaževac municipality is located in eastern Serbia, near the border with the Republic of Bulgaria and it is part of the Timok region. The municipality covers an area of 1202 km² and it is the fourth largest in the Republic of Serbia. A significant part of Knjaževac is part of the hilly-mountainous region.

The highest point on the municipal territory is Midžor on Stara Planina mountain (2169m altitude), which is the highest peak in the Republic of Serbia. The lowest point is 176m above sea level and it is located in Knjaževac valley. The municipality includes 86 settlements, 85 villages and one town. The town itself is situated on the composition of Trgoviški Timok and Svrlijski Timok which make up Beli Timok, which runs to Zajecar and together with the Crni Timok makes the Timok. The Timok Region is named by that river.

In Knjaževac live 37,172 inhabitants, 19,705 in the town (data from the last census in 2002). The average population density is 31 inhabitants per km², which is classified as a sparsely populated municipality.

Knjaževac is connected with other cities and towns by road and rail traffic.Distance from other cities: Belgrade 280 km, Zaječar 40 km, Niš 60 km, Prahovo - Danube 110 km, Sokobanja 41 km, Pirot 64 km, Sofia 147 km.



Tourism

Knjaževac, with its ski resort Babin Zub offers opportunities for tourism and sports events. Its picnic areas are set in areas of natural beauty (like Banjica, Baranica etc.), places for rest and recreation. The 14th-century Church of the Holy Mother of God lies in the nearby village of Donja Kamenica. In 2014 Knjaževac was chosen as the outstanding destination in Europe. (Project EDEN Network)

Ski resort Babin Zub

Located near the town of Knjazevac, Stara Planina is the largest mountain in eastern Serbia. This high mountain range of fascinating beauty and unspoiled nature is a natural border with Bulgaria. A one of the most beautiful mountains in our country, Stara Planina has vast potential for the development of tourism. This mountain is a natural resource of extraordinary importance as falls into first category natural resources.

This belle is covered in snow for almost five months a year. Being between 1,100 and 1,900m high, it has excellent potential for the construction of long alpine skiing runs.

Babin Zub, situated at an elevation of 1,758m, is one of the most beautiful landscapes of Stara Planina. The striking rocks of Babin Zub end to the southeast of Midzor (2,169m high), the highest peak of Stara Planina and Serbia. Babin Zub is a protected natural reserve.

HOTELS

Garni hotel “Mali Predah”



Situated in Knjazevac, this pansion is 1.1 km close to Culture center where BC will be held. Mali Predah offers a breakfast, lunch and dinner to guests, depending on guest's needs. The Pansion Mali Predah also features a restaurant and a bar. Guestrooms also feature cable TV, Wi-Fi, internet connection, telephone line. 2-bed rooms, 3-bed rooms, 4-bed rooms and apartments are available. Parking is also available for guest's cars.

Restaurant „Mali predah“exists and works from 1983. For almost a quarter of century of existing, from modest restaurant at the beginning, it grew up into the object which can offer top services in food and accommodations today. This restaurant of modern look has two restaurants ball-room. The smaller one has capacity for one hundred seats and the bigger one able for five hundred seats.

Beside excellent accommodation there is a fulfill menu, which offers different kind of food and drinks, and cooks of „Mali predah“are famous in their cooking skills. Beside traditional meals of Serbian kitchen, in this restaurant you can also try local specialties and of course, all of that goes with top services and nice and kind staff of „Mali predah“.

HOTEL TIMOK



Hotel „Timok“ is located in the city park. It has a restaurant and a tavern with a big terrace that can accommodate 200 seats. Every room has a TV, internet – WiFi, bathroom. Hotel offers double rooms, double rooms with an extra bed and apartments. Hotel is especially good for accommodation of sports teams considering that it's only 100 meters away from the Culture Center of Knjaževac.

DOM UCENIKA

Situated in Knjazevac, this pansion is 200m close to Culture center where WC will be held. The pansion offers a breakfast, lunch and dinner to guests, depending on guest's needs. Guest rooms have internet connection – WiFi. 2-bed rooms and 4-bed rooms are available. Each floor has a common room with TV. Parking is also available for guest's cars.



Venue site: Culture Center Knjazevac

The 25th Balkan Body Building, Fitness and Body-Fitness Championships will take place in Culture Center Knjazevac.



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 21st-23rd of October. 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 **50€**. This fee is payable to the Balkan Federation secretary during registration, upon arrival in Knjazevac. 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 languages are 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 Knjazevac is in CET+1.

Currency:

The official currency in Serbia is Serbian Dinar (RSD)
1 EUR = 123 RSD

Climate:

During October the weather is average warm and dry. The average temperature is 19° C.

Electrical Current:

220 volts.

Airport arrivals:

The Organizing Committee will organize your transport from the Belgrade, Sofia or Nis International Airports 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.

Transport from airports: Transport from airport Nikola Tesla, Belgrade (300 km away from Knjazevac) will be provided by organizer: We will have 8 passenger vans waiting for you.

Transportation price depends on number of passengers per van:

7 or 8 passengers – 55 € per person – two way ticket

6 passengers – 60 € per person – two way ticket

5 passengers – 75 € per person – two way ticket

4 passengers – 90 € per person – two way ticket

3 passengers – 125 € per person – two way ticket

Transportation price if you are arriving on airport in Sofia, Bulgaria (170 km away from Knjazevac):

7 or 8 passengers – 30 € per person – two way ticket

6 passengers – 35 € per person – two way ticket

5 passengers – 45 € per person – two way ticket

4 passengers – 50 € per person – two way ticket

3 passengers – 70 € per person – two way ticket

Airports Nikola Tesla, Belgrade and Sofia, Bulgaria are international airports and as such should cover destinations all over the world.

Transportation price if you are arriving on airport in Niš (65 km away from Knjazevac):

7 or 8 passengers – 13 € per person – two way ticket

6 passengers – 15 € per person – two way ticket

5 passengers – 20 € per person – two way ticket

4 passengers – 25 € per person – two way ticket

3 passengers – 33 € per person – two way ticket

Airport in Niš has regular air traffic from the following destinations:

Basel, Switzerland

Malmö, Sweden

Dortmund, Germany

Berlin, Germany

Transport request needs to be send to email: nenadpress@gmail.com

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 Knjazevac. 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 duly 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 Culture Center Knjazevac, Branka Radicevica street 1, 19350 Knjazevac, on October 21st from 6.30 PM – 8.30 PM. **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 Culture Center Knjazevac, from 21st-23rd, October 2016. 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 Culture Center Knjazevac, 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 **September 15th 2016**. 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 October 17th 2016**. **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 63 839 64 04, +381 196 12 39

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.



TENTATIVE SCHEDULE



October 21st, 2016 – Friday

11:00 - 17:00 Arrivals, Registration of delegates and athletes – Culture Center Knjazevac, Branka Radicevica street 1 Knjazevac

17:30 - 18:30 Technical Meeting (Judges, Coaches, heads of delegations) – Culture Center Knjazevac

18:30 - 20:30 Weigh-in, Measurement – Culture Center Knjazevac

20:30 - 22:00 Diner – In the Hotel where you are accommodated

October 22nd, 2016 – Saturday

07:30 - 09:00 Breakfast – In the Hotel where you are accommodated

08:30 – 10:00 Reception in the City Hall by the Mayor of Knjazevac (Officials and Delegates)

10:00 Departure from the hotel to the place of competition – Culture Center Knjazevac

11:00 - 16:00 Prejudging/Finals: Junior bodybuilding up to 75 kg; Junior bodybuilding over 75kg; Junior bodybuilding overall; Men Fitness-open category; Junior Bikini Fitness up to 163 cm; Junior Bikini Fitness over 163 cm; Junior Bikini Fitness overall; Women Masters Bikini Fitness over 35 years of age-open category; Women Physique-open category; Junior Men Physique up to 178 cm; Junior Men Physique over 178 cm; Junior Men Physique overall; Men Physique up to 178 cm; Men Physique over 178 cm; Men Physique overall; Men bodybuilding masters over 40 years of age-open category; Men Classic bodybuilding up to 175 cm; Men Classic Bodybuilding up to 180 cm; Men classic bodybuilding over 180cm; Men Classic Bodybuilding overall.

15:00 - 17:00 Lunch will be served at the Venue site

18:00 - 22:00 Opening of the Championships with parade of nations; Prejudging/Finals: Women fitness–open category routine; Women Body-fitness-open category; Women fitness–open category quarter turns in 2-piece bikini; Women Bikini Fitness up to 163 cm; Women Bikini Fitness over 163 cm; Women Bikini Fitness overall; Men bodybuilding up 70 kg; Men Bodybuilding up to 80 kg; Men bodybuilding up to 90 kg; Men bodybuilding up to 100 kg; Men Bodybuilding over 100 kg; Men Bodybuilding overall; Best National team award.

22:30 Farewell Banquet in Hotel “Mali Predah” Knjazevac

October 23rd, 2016 – Sunday

07:30 - 9:30 Breakfast – In the Hotel where you are accommodated

Departure of the competitors and delegates

