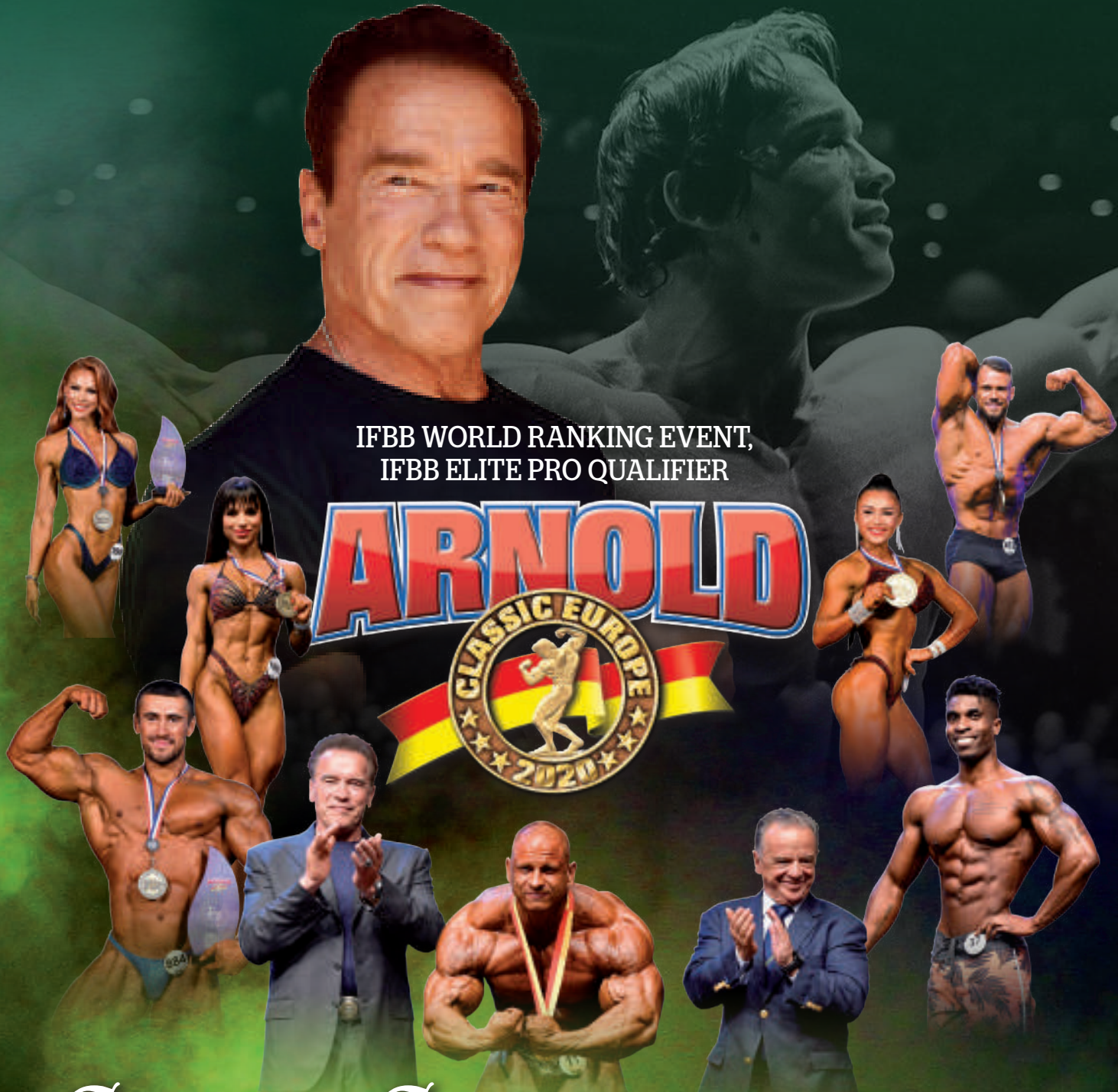


10-14 DECEMBER 2020



# Santa Susanna 2020



## INSPECTION REPORT

2020 ARNOLD CLASSIC EUROPE





# WELCOME



**T**he Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB), Santa Susanna City Hall and the Tourist Foundation of Santa Susanna and Spanish Bodybuilding & Fitness Federation (FEFF), take this opportunity to welcome all IFBB-affiliated National Federations of the world to participate in the 10th anniversary of Arnold Classic Europe in Santa Susanna, Spain, from Thursday 10th to Monday 14th December 2020\*.

\* Proposed dates for holding the event have been selected presuming the maintenance of the positive evolution that the Covid-19 pandemic is experimenting. Nevertheless, since health and safety of all the attendants are our main concerns, its celebration on the indicated dates shall always depend on and be subject to the decisions and/or measures that the competent governmental and healthy authorities may adopt.

# LOCATION

Santa Susanna is a popular touristic resort, located at the Mediterranean coast of Catalonia (Spain).

Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events. It has been the successful venue site of 6 consecutive World Women championships (2003-2008) and numerous other European and World Championships and is known as **THE CAPITAL OF FITNESS**.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.





# COMPETITION VENUE

PARC COLOMER SPORTS CENTRE, SANTA SUSANNA.





# ARRIVAL AIRPORT

“El Prat” Airport is located 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona.

The other airport near Santa Susanna is Girona Airport, which is a popular airport for budget airlines.

Please notify the Organizing Committee the details of your arrival time no later than 12 days before the Championships so that suitable transportation can be arranged for your National Team members.



## TRANSPORTATION TO AND FROM THE AIRPORT

The official airport for arrivals is the “El Prat International Aeroport”. National teams will be responsible for their own transportation between the hotel and the airport. If you would need some assistance with transportation, please contact before December 5th with the Organization: [info@ifbb.com](mailto:info@ifbb.com)

# ACCOMMODATIONS

The official ACE hotels are Hotel Don Angel and Hotel Caprici Beach.



# HOTEL SECURITY DEPOSIT

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 to Santa Susanna 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.





# SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA & OTHERS

The Organizing Committee has established a full special package rate, which includes four (4) nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, and onsite transportation at a special cost.

- For single room **EUR €600.00**
- For double room **EUR €375.00 per person**

## PARTICIPATION

The Arnold Classic Europe is open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible. The number of competitors participating in the Championships is unlimited.

Please be aware that it is **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION** to verify if each one of the athletes to be registered on this international event are **NOT** suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

Registration of international athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)
- IFBB Head Office at: [info@ifbb.com](mailto:info@ifbb.com)
- IFBB Technical Committee at: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

The deadline for submitting the Final Entry Forms is November 30th 2020.

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



## IFBB REGISTRATION AND ACCOMMODATION

Hotel check-in and accommodation will take place at the Hotel Don Angel Santa Susanna, Thursday, December 10th, from 9:00 till 20:00 h. Official Athlete Registration (weigh-in) will be conducted on Thursday December 10th, from 09:00 till 20:00 at the Hotel Don Ángel.

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.

All athletes will have to produce their Passports and

IFBB International Cards at the Registration.

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

Each athlete participating in the event will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the venue and should not be removed.

Crossovers: Athletes competing in the Masters categories are allowed to compete in senior categories of the same division. Crossovers are also allowed between Games CBB, CBB, Classic Physique and Bodybuilding.

**PLEASE NOTE:** Crossovers between other divisions are not allowed i.e. between Bodybuilding and Muscular Men's Physique or Bikini Fitness and Bodyfitness.

# IFBB REGISTRATION FEES

Each athlete and Delegate or Extra Delegate must pay the IFBB registration fee of EUR €375.00 each. This fee includes 4 hotel nights accommodation in a double room plus three meals per day (starting with lunch on Thursday 10th and finishing with breakfast on Monday 14th).

The Organization has adopted a "Bubble Concept" including hotel + venue + transfer in a security anti-Covid environment. The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay EUR €410.00, which includes the International Card (EUR €35.00) and the registration fee (EUR €375.00).

In case any athlete or Delegate wish to have accommodation in a single room, the rate will be €600.00.

Spanish athletes, for registration contact with: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

## PAYMENT OF IFBB REGISTRATION FEE AND IFBB INTERNATIONAL CARD

THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID BEFOREHAND ONLINE

<https://ifbb.com/competition-registration/>

IF YOU HAVE NOT PAID BEFORE THE CHAMPIONSHIPS, AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE REGISTRATION FEE WILL BE €50.00 PER PERSON MORE.

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is December 1st, 2020 (Tuesday). On December 2nd, 24:00 (midnight - Central European Time, UTC +1) the online payment system will be switched off. If paying at the Registration on December 10th, 2020, an extra fee of EUR €50 per participant.

There will be a Team Managers and Judges Meeting on Thursday, December 10th at 18:00 hrs. All Judges and Delegates will be obliged to attend this meeting.



## SECRETARIAT

The Organizing Committee will manage a Secretariat at the official hotel from Wednesday December 9th, until Monday December 14th, from 08:00 till 20:00 (on Monday till 11:00). You may obtain information and assistance from the Secretariat.



# CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.



## GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes - two (2) green cards.
- Less than (5) athletes - one (1) green card.

To be taken into consideration during selection of judges panels at the competition, 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](mailto:pawelfilleborn@gmail.com)

All judges who wish to be included in the judges' panels at the Arnold Classic Europe should be specified in the Final Entry Form. The test judges should be specified there as well. Judges must pay the yearly Judges' License fee of EUR €50 for 2020. This fee may be paid at the Arnold Classic Europe. Test judges should pay a test fee of EUR €50. This fee may be paid at the Arnold Classic Europe. All judges must attend the Judges/Team Manager meeting. If the above conditions have not been met, judges will not be able to carry out their duties at the Championships will be charged.



# CATEGORIES

MEN & WOMEN  
DISCIPLINE  
CATEGORY

## Men's Bodybuilding

Up to & incl. 70 kg  
Up to & incl. 75 kg  
Up to & incl. 80 kg  
Up to & incl. 85 kg  
Up to & incl. 90 kg  
Up to & incl. 95 kg  
Up to & incl. 100 kg  
Over 100 kg

## Men's Classic Physique\*

Up to & incl. 168 cm  
Up to & incl. 171 cm  
Up to & incl. 175 cm  
Up to & incl. 180 cm  
Over 180 cm

## Men's Classic Bodybuilding\*

Up to & incl. 168 cm  
Up to & incl. 171 cm  
Up to & incl. 175 cm  
Up to & incl. 180 cm  
Over 180 cm

## Games Classic Bodybuilding

Open Class

## Men's Physique

Up to & incl. 170 cm  
Up to & incl. 173 cm  
Up to & incl. 176 cm  
Up to & incl. 179 cm  
Up to & incl. 182 cm  
Over 182 cm

## Muscular Men's Physique

Open Class

## Men's Fitness

Open Class

## Men's Fit-Model

Open Class

## Women's Bodyfitness

Up to & incl. 158 cm  
Up to & incl. 163 cm  
Up to & incl. 168 cm  
Over 168 cm

## Women's Bikini-Fitness

Up to & incl. 160 cm  
Up to & incl. 164 cm  
Up to & incl. 166 cm  
Up to & incl. 169 cm  
Up to & incl. 172 cm  
Over 172 cm

## Women's Physique

Up to & incl. 163 cm  
Over 163 cm

## Women's Wellness Fitness

Up to & incl. 158cm  
Up to & incl. 163cm  
Up to & incl. 168cm  
Over 168cm

## Women's Fitness

Up to & incl. 163 cm  
Over 163 cm

## Women's Artistic Fitness

Open Class

## Women's Fit-Model

Up to & incl. 168 cm  
Over 168 cm

## Junior Bodybuilding 16-23 yrs

Open Class

## Junior Men's Physique 16-23 yrs

Open Class

## Junior Women Bikini-Fitness 16-23 yrs

Up to 164 cm  
Over 164 cm

## Master Men's Bodybuilding

Age 40-44 yrs - Up to & incl. 70 kg  
Age 40-44 yrs - Up to & incl. 80 kg  
Age 40-44 yrs - Up to & incl. 90 kg  
Age 40-44 yrs - Over 90 kg  
Age 45-49 yrs - Up to & incl. 70 kg  
Age 45-49 yrs - Up to & incl. 80 kg  
Age 45-49 yrs - Up to & incl. 90 kg  
Age 45-49 yrs - Over 90 kg  
Age 50-54 yrs: Open Class  
Age 55-59 yrs: Open Class  
Age > 60 yrs: Open Class

## Master Men's Classic Bodybuilding

Age 40-44 yrs: Open Class  
Age >45 yrs: Open Class

## Master Men's Classic Physique

Open Class

## Master Men's Physique

Age 40-44 yrs: Open Class  
Age >45 yrs: Open Class  
Age >50 yrs: Open Class

## Master Women's Bikini-Fitness

Up to 164 cm  
Over 164 cm

## Master Wellness Fitness

Open Class

## Master Women Bodyfitness

Age >35 yrs: Open Class

## Master Women's Physique

Age >35 yrs: Open Class

## Mixed Pairs

Open Class

## Fit Pairs (test)

Open Class

\* categories with weight/height limits

**TENTATIVE  
RUNNING  
ORDER BEFORE  
NOVEMBER 30<sup>TH</sup>**

# TIME DIFFERENCE

UTC +1 hour  
(CEST-  
Central  
European  
Summer  
Time Zone).



# CURRENCY

The national currency in Spain is EURO. Exchange rates to other currencies may be found at:  
<http://www.xe.com/currency/eur-euro>

All major credit cards are widely accepted at most major hotels, department stores and restaurants.

# CLIMATE

During the month of December, the average daily temperature is 17-22 °C

# ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the Europlug and used in all continental Europe countries.

# LANGUAGE

The official language in Santa Susanna is Spanish.  
English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

# TRAINING FACILITY

A Fitness centre with training facility is available in most of the Official Hotels.



# ATHLETES WITHOUT DELEGATES

All athletes competing at the Arnold Classic Europe must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his/her National Federation by sending the Final Entry Form, 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. Athletes 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.



# AWARDS

Top 3 athletes in each category will be awarded with medals.

Top 6 athletes in each category will be awarded with a Certificate of Excellence and a trophy.

Overall winner in each category will be awarded with a trophy.

Top 6 athletes in Men's and Women's Senior categories will be awarded with points to their IFBB World Ranking according to the IFBB World Ranking Rules. Overall winners will receive additional 3 points to the Ranking.

IFBB Elite Pro Cards for the top 3 overall winners in these categories: Men's Physique, Classic Bodybuilding, Bodybuilding, Women's Physique, Fitness, Bodyfitness, Bikini Fitness, Wellness Fitness, Classic Physique and Muscular Men's Physique (after application through your National federation).

## TELEGRAM APP IMPORTANT!!!

To receive instant updates, results and changes in schedule or running order during the Arnold Classic Europe, download the TELEGRAM app on your phone.

**See the Detailed Running  
Order on Telegram**

<https://t.me/ace2020>





# VISAS

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_the\\_Schengen\\_Area](https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area)

Please contact the Spanish Embassy in your country to determine if you need a visa and/or a valid negative Covid test before arrival.

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 Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB

and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy of Passport
- Where the attendant will have his or her accommodation

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

An athlete, who requested and received an invitation from the 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.

## CORRESPONDENCE/ CONTACT INFORMATION

### SPANISH BODYBUILDING & FITNESS FEDERATION

Phone/ Fax: +34 93 766 41 44

E-mail: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

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

### PLEASE COPY ALL CORRESPONDENCE TO

ANDREW MICHALAK (IFBB  
TECHNICAL COMMITTEE)

Email: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

### IFBB HEAD OFFICE

Email: [info@ifbb.com](mailto:info@ifbb.com)

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





# IMPORTANT NOTICE!!

The Spanish Government requires the presentation at the airport of a valid negative Covid Test (PCR), made less than 72 hours before traveling to enter the country, for passengers with arrival from many countries .

Please double check with your Spanish Consulate to be on the safe side regarding this.

In case of doubts, we recommend you to do it, avoiding any inconveniences.

## ENTRY FORM

The deadline for the Final Entry Form is Monday, November 30th, 2020. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges). You must also include 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. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

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.







<b>THURSDAY, DECEMBER 10th, 2020</b>		
<b>09:00 – 20:00</b>	Arrivals of IFBB National Delegations, CHECK-IN and Official Athlete Registration and Weigh-in	Hotel Don Angel
<b>13:30 – 15:30</b>	Lunch	At the corresponding host hotel
<b>18:00</b>	Technical Meeting	Hotel Don Angel
<b>19:00 – 22:00</b>	Dinner	At the corresponding host hotel
<b>FRIDAY, DECEMBER 11th, 2020</b>		
<b>09:00 – 20:00</b>	Semifinals and Finals – Part 1*	Parc Colomer Sports Centre
<b>SATURDAY, DECEMBER 12th, 2020</b>		
<b>09:00 – 17:00</b>	Semifinals and Finals – Part 2*	Parc Colomer Sports Centre
<b>18:00 - 21:30</b>	IFBB Elite Pro World Championships Semifinals and Finals	Parc Colomer Sports Centre
<b>SUNDAY, DECEMBER 13th, 2020</b>		
<b>09:00 – 20:00</b>	Semifinals and Finals – Part 3*	Parc Colomer Sports Centre
<b>MONDAY, DECEMBER 14th, 2020</b>		
<b>07:30 – 10:30</b>	Breakfast	At the corresponding host hotel
<b>DEPARTURES</b>		

\* Tentative Running Order before November 30th.



 Arnold Classic Europe

 @arnoldsportsfestivaleurope

headquarters@ifbb.com  
info@ifbb.com

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