



2012 AFBF Asian Bodybuilding & Fitness Championships and AFBF 5th Congress

May 31st - June 4th 2012

Tashkent - Uzbekistan

Inspection Report



January 07, 2012

TO ALL NATIONAL FEDERATIONS
AFFILIATED WITH THE AFBF



**Invitation to the 46th Asian Bodybuilding and fitness Championship
and the AFBF Annual Congress**

Dear AFBF members!

I with pleasure wish to inform you that during the May 31st- June 04th 2012 it will take place the Asian championship of Bodybuilding and fitness in Tashkent City, Uzbekistan.

I invite all athletes and delegates of Asian continents to beautiful Tashkent City for participation in the 46th Asian championship of Bodybuilding and fitness. I hope that our championship will be the most remembered championship in the history of all others. We'll make all that it would be comfortable and cosy in our country for you.

Taking the opportunity I'd like to thank president of IFBB Dr. Rafael Santonja, president of AFBF Sheikh Abdulla Bin Rashid and the assistant of general secretary of IFBB Rauf Bunyataliyev for the huge contribution to development of healthy way of life in our region and for the highest rendered to us of trust in carrying out of the championship of Asia on Bodybuilding and fitness in Tashkent, Uzbekistan. I hope that our splendid championship will help to increase the development of Bodybuilding and fitness in Central Asia and in our continent in general.

For the whole five days Tashkent will be the center of strength, beauty and health!!!

Best regards,

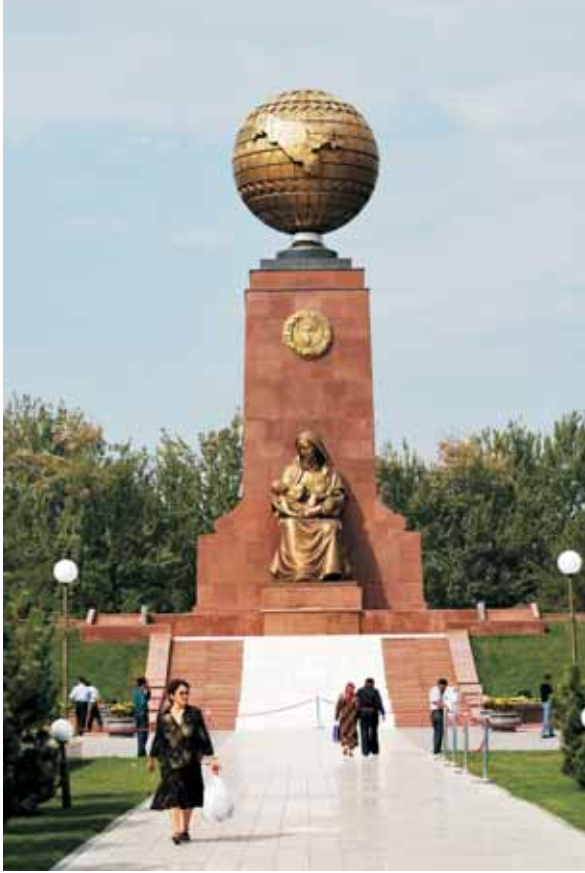
**President of UzBBF
Executive Board Member of AFBF**



Ulugbek Mahmudov

WELCOME

The Organizing Committee of the Uzbekistan Federation of Bodybuilding and Fitness (UzBBF) takes this opportunity to welcome all National Federations of Asian to participate in the **2012 AFBF ASIAN BODYBUILDING & FITNESS CHAMPIONSHIPS**, and the **AFBF ANNUAL CONGRESS** that will be held in **TASHKENT, UZBEKISTAN** from **May 31 st - June 4th 2012**



About Uzbekistan:

http://mfa.uz/eng/about_uzb/

OFFICIAL HOTEL



The official hotel for athletes & delegates in the Championships is **Hotel Uzbekistan** which is a twin four stars buildings based in downtown; and 600 meters away from the venue site. Suitable comfort rooms for everybody Accommodation.

ACCOMMODATIONS

Also, the organizing committee has established a full special package rate, which includes three (3) nights accommodations with three (3) meals per day (breakfast, lunch & dinner), tickets to the pre-judging & finals, tickets to the farewell banquet, and onsite transportation at a cost of US\$ 250 per person in a twin bedded room or US\$ 350 per person in a single bedded room.

1. Three (3) or more competitors: Two (2) delegates
2. Two (2) competitors or less: One (1) delegate
3. National Federations with no athlete may send one (1) official delegate.

This delegate will be responsible for all of his/her own expenses.

The term "OFFICIAL PARTICIPANT" means 1) an ATHLETE who is duly authorized by his/her national federation and who is registered by the IFBB to compete in the Championships, and 2) a DELEGATE who is duly authorized by his/her national federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules.

IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the **TECHNICAL MEETING** (4:30pm June 1st, 2012). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The organizing committee has established a full special package rate, which includes four (4) nights accommodations with three (3) meals per day (breakfast, lunch & dinner), tickets to the pre-judging & finals, tickets to the farewell banquet, and onsite transportation at a cost of USD 550 per person in a twin bedded room or USD 750 per person in a single bedded room.

HOTEL SECURITY DEPOSIT

An initial security deposit of US\$ 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 the same currency as remitted.

In order to facilitate matters, the chief delegate or team manager 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/her team.

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and AFBF Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives in Tashkent without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and AFBF Registration Fee **BEFORE** a room can be assigned.

Airport

The official arrival airport is Tashkent International Airport. The Organizing Committee will pick you up at Tashkent International Airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the Organizing Committee the complete arrival & departure details of its team, including the number of people in the delegation.

Your cooperation is essential to ensuring adequate transportation for your team.

EARLY ARRIVALS & LATE DEPARTURES

Any national federation, including any of its individual team members, arriving before the official arrival date of May 31st-June 04th, 2012 and/or staying after the official departure date of June 4th, 2012 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations (with breakfast] before the official arrival date and after the official departure date will be approximately US\$ 200 for a twin bedded room or US\$ 150 for a single bedded room.

You must notify the Organizing Committee of any early arrivals and/or any late departures no later than April 24th, 2012

FLIGHT RECONFIRMATION

To reconfirm your flight to and from Tashkent, please contact the secretariat with 24-36 hours before your departure.

WEIGH-IN AND REGISTRATION

Weigh-in, measurement and registration of athletes will take place at the official Hotel. It is the responsibility of the chief delegate or team manager to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate & will be responsible for their own expenses.

Each athlete must bring his/her PASSPORT and POSING MUSIC to the weigh-in and registration.

CATEGORIES

1. MENS BODYBUILDING

- 55kg
- 60kg
- 65kg
- 70kg
- 75kg
- 80kg
- 85kg
- 90kg
- -100kg
- +100kg

2. MENS JUNIOR BODYBUILDING

- -70kg
- +70kg,

3. MENS MASTERS BODYBUILDING

- +50 years
- +60years

MENS FITNESS

- Open

5. WOMENS BODYBUILDING

- 49kg
- -52kg
- +52kg

6. WOMENS FITNESS

- Open

7. WOMENS BODYFITNESS

- -160cm
- +160cm



There is no "B" team permitted at this championship, except for the host country. The "B" team athletes may compete for placings and awards, however, their placing will not be included in the "Rest Team Award".

SECRETARIAT

The Organizing Committee will maintain a secretariat at the official hotel from 10.00 AM May 31st 2012 to 7.00 PM June 4th, 2012.

You may obtain information and assistance from the secretariat when required.

PARADE OF THE NATIONS

The mandatory dress code for all delegates participating in the Parade of Nations is as follows:

- Blue blazer with the IFBB/AFBF crest
- Gray dress pants/skirt with shirt and IFBB/AFBF tie
- Black dress shoes with dark socks

No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes. One (1) delegate and two (2) competitors (one man, one woman) per country must take part in the parade of the nations.

CAMERA/VIDEO TAPE EQUIPMENT

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

NATIONAL ANTHEM/ FLAG

All participating country must bring with them to Mongolia the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be on a separate CD to any posing music.

All participating national federations must bring with them to Uzbekistan two (2) national flags. The flags must be manufactured of dense silk and measure no more than 2.5 Meter X 1.5 Meter.

POSING MUSIC

All 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.

IMPORTANT NOTICE

THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.

JUDGES

Only International Judges holding the IFBB/AFBF judging cards will be allowed to judge in this Championship.

In order to assist the judges committee in their selection of the judges at these championships, please forward your information of judges to Mr. Fahad Taqi, the Executive Director of the AFBF & copy to the IFBB office.

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international cards to Uzbekistan.

PLEASE DO NOT FAX YOUR NOMINATIONS TO THE AFBF HEADQUARTERS

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

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.

DOPING CONTROLS

Competitors will be tested according to the current IFBB/AFBF Doping Control Rules.

Doping controls will be conducted by the AFBF medical commission pursuant to the IFBB/AFBF anti-Doping rules, using the WADA accredited laboratory in the area.

In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

IMPORTANT NOTICE

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
 - Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
- The AFBF reserves the rights to target test any athlete.

The IFBB/AFBF is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at AFBF international competitions.

IMPORTANT NOTICE

Pursuant to IFBB Anti-Doping rules and as a result of decisions taken at the 2005 IFBB international congress (Shanghai, China, November 27, 2005) regarding a registered athlete testing pool (to be established in 2006) and an out-of-competition doping control program (to be implemented in 2007), every athlete competing in IFBB world championships must provide accurate and up-to-date whereabouts information.

VISAS

Any foreign visitor wishing to enter Uzbekistan must have a valid passport and visa.

Uzbekistan visas are issued by Uzbekistan Diplomatic Missions abroad or upon arrival at a special request.

Uzbekistan Embassy and Honored Consul in foreign countries will issue a visa. Please consult the

Uzbekistan Embassy and Honored Consul in your country to determine if you need a visa.

An official letter of invitation will be made available if required.

OTHER VITAL INFORMATION

- TIME DIFFERENCE

-GMT +5 hours.

- No daylight-saving time

- CLIMATE

- During the month of June, the average temperature is 27-30°C.

- LANGUAGE

- Uzbek (official), Russian are widely spoken.

- CURRENCY

- The official currency of Uzbekistan is SUM. -1 US Dollar = 1,800 sum

- CREDIT CARD

- International credit cards such as visa is widely accepted at the most major hotels, stores & restaurants.

- You may be requested to show your passport.

REGISTERED VERSION

- However we recommend you to use cash, because it is simple faster than using cards

ELECTRICAL CURRENT

- The standard voltage is 220V / 50 Hz.

- Sockets required a two-pin type plug or an adapter.

TRAINING FACILITY

There is a fully equipped training center at the official Hotel. **MEDIA ACCREDITATION**

All media accreditation, except local media, shall be controlled by the AFBF. All persons wishing to obtain media accreditation for this event must register with the IFBB/AFBF by completing and signing an AFBF media accreditation form.

You may contact the AFBF press commission to obtain this form:

Mr.
Chairman, AFBF Press Commission

Email:

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the AFBF chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the AFBF chief judge, who has the right to verify the reason for the withdrawal.

ATTENDANCE AT THE AFBF ANNUAL CONGRESS

It is the duty and responsibility of each national federation to ensure that it is represented at the AFBF Annual 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 in the congress.

ATHLETES WITHOUT DELEGATES

All athletes competing at AFBF Asian Championships must be members in good standing of their national federations. Any athlete who arrives without a delegate must carry an **OFFICIAL LETTER OF PARTICIPATION** from his national federation, failing which the athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS and occurs where 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 farewell banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation maybe 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.

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is Mart 18, 2012. National Federation 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.

FINAL ENTRY FORM (FEF)

The deadline for the Final Entry Form is April 14th, 2012. National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the dead line date. All names of the delegation have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

Mr. Ulugbek Mahmudov
The President of Uzbekistan Federation of
Bodybuilding and Fitness
Tashkent, Uzbekistan
uzb_bodybuildingfitness@yahoo.com
eleko@inbox.ru
web: www.uzbbf.uz
Tel: +99890 105-85-96

Please send all correspondence to:

Mr. Rauf Bunyatliyev
Assistant to the General Secretary of the IFBB
President of the Azerbaijan Federation of
Bodybuilding and Fitness .
azfbb@azdata.net
tel./fax: +99412 493 00 81
tel: +99412 511 65 33

Please copy all correspondence to:

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AFBF Executive Director
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**The 46th AFBF Asian Bodybuilding & Fitness Championship
Tashkent - Uzbekistan
May 31st - June 4th 2012**

Official Agenda

Thursday, May 31, 2012

7.00 am – 7.00 pm Arrivals of delegations

Friday, June 1, 2012

7.00 am – 9.30 pm Breakfast
10.00 am – 12.30 pm Sightseeing tour
12.30 pm – 2.00 pm Lunch
4.30 pm Technical Meeting
5.00 pm Judges Meeting
5.30 pm Team Managers Meeting
6.00 pm Weigh-in, Registration
9.00 pm Dinner

Saturday, June 2, 2012

7.30 am – 9.00am Breakfast
10.00 am **Prejudging**
6.30 pm AFBF Executive Council Meeting
9.00pm Dinner

Sunday, June 3, 2012

7.00 am – 8.30am Breakfast
9.00 am AFBF Congress
12.30 pm – 2.00 pm Lunch
3.00 pm **Finals**
9.00 pm Farewell Banquet

Monday, June 4, 2012

7.00 am – 10.00 am Breakfast
12.00 Noon Departure