



**The Belt and Road World Bodybuilding  
& Fitness International Cup  
一带一路世界健美健身国际杯**

**Elite Ranking Event  
IFBB Elite PRO Qualifier  
精英排位赛  
IFBB 精英职业资格赛**

**Inspection Report  
竞赛规程**

Xi'an, China

中国 西安

September 17<sup>th</sup> – 22<sup>nd</sup>, 2018

二零一八年九月十七至二十二日

# Welcome

## 欢迎辞

Chinese Bodybuilding Association welcomes the entire Belt and Road policy involved countries and other IFBB approved national federations and regional associations to attend the Belt and Road World Bodybuilding & Fitness International Cup, Elite Ranking & IFBB Elite PRO Qualifier. The event date is September 17-22, 2018.

中国健美协会欢迎所有一带一路沿线国家及经国际健美健身联合会批准的国家联合会及地区联合会参加本次的一带一路世界健美健身国际杯精英排位赛暨IFBB精英职业资格赛。大赛时间为二零一八年九月十七到二十二日。

# Welcome to Xi'an

## 西安欢迎你



Xi'an is the capital city of Shaanxi province as well as the power center of the province in the political, economical and cultural parts. It's an important city of the Belt and Road policy. It was listed in the "famous historical city of the world" by UNESCO. Along with Athens, Rome, Cairo, Xi'an is one of the world's most

influential ancient cities. It had witnessed 13 different dynamics' histories and is honored as the cradle of the Chinese nation, the birthplace of Chinese civilization.

西安是陕西省的省会，也是该省的政治、经济及文化中心。它是一带一路战略的重要一站。他曾被联合国教科文组织评为“世界历史文化名城”，也和雅典、罗马、开罗并称为最具影响力的古城。它见证了 13 个朝代的历史变迁并被誉为中华民族的摇篮及中国文化的诞生地。

## About Xi'an

### 西安简介



Xi'an is one of the first batches of excellent tourist cities in China. It is one of China's best tourist destinations as well as one of the national civilized cities. Six heritage sites in Xi'an are listed in the "World Heritage List": Mausoleum of the First Qin Emperor and Terra-Cotta Warriors, Wild Goose Pagoda, Small Wild Goose Pagoda, Daming Palace site in Changan city of Tang Dynasty, Weiyang Palace site in Changan city of Han Dynasty and Xingjiao Temple.

西安是第一批入选中国优秀旅游城市名单的城市，也是中国最佳旅游目的地及文明城市。目前西安有六大景点被列入《世界文化遗产名录》：秦始皇陵与兵马俑、大雁塔、小雁塔、唐代大明宫遗址、汉代未央宫遗址及兴教寺。

# Convenient Transportation Network

## 便捷的交通网络



Xi'an locates in the central part of China and connects the central and western China together. It is also the biggest city in the Longhai Lanxin railway economical area, making it a frontier in the Chinese Western Development Strategy.

西安联结中国的中西部地区，也是陇海兰新铁路沿线规模最大的城市，这使它成为了中国西部大开发的前沿城市。

# Local Cuisine

## 当地美食



Xi'an is famous for its local cuisine as well. Sharing a history of over 3100 years, it's the birth place for many delicious foods. The past thousands' years

make Xi'an the birth place for both Chinese civilization as well as the Chinese cuisine. Rougamo and Pita Bread Soaked in Lamb Soup are two of their famous local cuisine. In Xi'an, you can enjoy all the cuisines in China. You can also find your favorites foods from America, Korea, Japan, Brazil, France and India.

拥有 3100 多年建城历史的西安也盛产美食。历经几千年的时光使西安成为了中华文明、中国美食的诞生地。肉夹馍及羊肉泡馍则是其中最著名的当地美食。你可以在西安享受到所有你喜欢的饮食，不论是美式饮食亦或是来自韩国、日本、巴西、法国或印度的料理。

## Arrivals and Airport

### 抵达与机场

**The official arrival date is September 17<sup>th</sup> (Monday), 2018.**

**The official departure date of September 22<sup>nd</sup> (Saturday), 2018.**

官方到达日是 2018 年 9 月 17 日 (周一)

官方离境日是 2018 年 9 月 22 日 (周六)

The official arrival airport is **Xian Xianyang International Airport**. The Organizing Committee will pick you up at Xian Xianyang International Airport on arrival and transport you to the official hotel. It is very important that every National Federation provide in the Final Entry Form earlier about the complete arrival & departure details of its team, including the number of people in your delegation.

官方到达机场是咸阳国际机场。组委会将在官方到达日前往西安咸阳机场接机并将您送到官方酒店。各国家联合会需在抵达前提交填有确定团队到达、离开时间及总人数的最终报名表。

Please reconfirm your flight from Xi'an and contact the secretariat within 24-36

hours before your departure.

请在出发前 24-36 小时内联系秘书处以确认自己的航班。

## **Early arrivals / late departures**

### **提前抵达/推迟离开**

Any National Federation, including any of its individual team members, arriving before the official arrival date of September 17<sup>th</sup> (Monday), 2018, and/or staying after the official departure date of September 22<sup>nd</sup> (Saturday), 2018, will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel.

如有任何国家联合会包括团队内个人选择在 2018 年 9 月 17 号 (周一) 前到达或在 2018 年 9 月 22 日 (周六) 之后离开, 请自行承担相关费用, 费用涵盖酒店入住及前往机场的交通费用。

Please notify the Organizing Committee the details of your arrival/departure time and the number of people in your delegation no later than 15 days before the competition, so that suitable transportation can be arranged for your National Team members. Your cooperation is essential to ensuring adequate transportation for your team.

请在距比赛 15 日前内将您抵达/离开的具体时间及人数告知组委会以便组委会能为您的国家队成员提供合适的交通。您的配合将为团队的顺利出行提供重要保障。

Typical room charge (included breakfast) before the official arrival date and after the official departure date will be approximately USD \$150 per day. Please notify the Organizing Committee of any early arrivals and/or any late departures no later than September 5<sup>th</sup>, 2018.

官方到达日前或滞后到达或离开的团队的酒店房间 (含早) 为每天近 150 美元

左右。请在 2018 年 9 月 5 日前将您提前或滞后离开的信息告知组委会。

## Venue

### 比赛场馆



**Shaanxi Radio & Television Theater (Venue)**

#### 陕西广电大剧院

Covering an area of 230000 square meters, Shaanxi Radio & Television Theater was built and put into use in the August of 2013. It can serve 1051 audiences with delicate cafeteria, waiting room, make-up room and VIP room. It is a modern theater that integrates radio and television broadcasting, recording, film screening, and large stage shows functions.

陕西广电大剧院总建筑面积 23000 平方米, 于 2013 年 8 月建成并投入使用, 剧场可容纳观众 1051 名, 配备咖啡厅、候播室、化妆间、贵宾室等配套设备, 是一个集广播电视演播、录制、电影放映、大型舞台综艺演出等功能于一体的现代化剧院。

# Official Hotel

## 官方酒店

**Athletes Official Hotel:**

**运动员官方酒店**



**Ramada Plaza Hotel**

**华美达广场酒店**

**Address:** No. 1958, Yannan fifth road, Qujiang new district, Xi'an city, Shaanxi province, China

**地址:** 中国陕西省西安市曲江新区雁南五路 1958 号





**Qujiang Yin Zuo Business Hotel**

**西安曲江银座酒店**

**Address:** No. 982, Cuihua South Road, Yanta District, Xi'an city, Shaanxi province, China

**地址:** 中国陕西省西安市雁塔区翠华南路 982 号



**Qujiang Hotel**

**曲江宾馆**

**Address:** No. 6, Yanta South Road, Yanta District, Xi'an city, Shaanxi province,

China

**地址：**中国陕西省西安市雁塔南路南段 6 号

**IFBB&CBBA Delegates and Judges Official Hotel:**

**国际健美健身联合会及中国健美协会代表及裁判员官方酒店**



**The Peoples Real Estate W Hotel**

**西安 W 酒店**

**地址：**中国陕西省西安市雁塔区曲江池东路 333 号

**Address:** No. 333, Qujiangchi East Road, Yanta district, Xi'an city, Shaanxi province, China

Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the Official Arrival Date, after the Official Departure Date and during the Championships, for all Official Participants (Athletes and Delegates), extra delegates, supporters, media and others.

仅组委会有权协调官方参赛者（运动员、代表）、其它代表、赞助商、媒体等人员包括提前到达或推迟离境及比赛期间的宾馆预订。

# Accommodation & Hotel Security

## Deposit

## 食宿及酒店押金

The official arrival date is September 17<sup>th</sup>, 2018 (Monday), while the departure date is September 22<sup>nd</sup>, 2018 (Saturday). The Organizing Committee has provided a full special package rate, which includes four nights' accommodation with three meals per day (breakfast, lunch & dinner) and onsite transportation at a special cost.

官方抵达日期是 2018 年 9 月 17 日 (周一), 离境日期是 2018 年 9 月 22 日 (周六)。组委会将提供 4 晚包含三餐 (早、中、晚餐) 的酒店入住及点对点交通服务费用套餐。

- For Single room USD \$400
- For Double room USD \$350

-单人间 400 美金

-双人间 350 美金

The package starts from dinner on September 17<sup>th</sup>, 2018 (Monday), breakfast, lunch and dinner on September 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> and ends with breakfast on September 21<sup>st</sup>, 2018 (Friday).

套餐于 2018 年 9 月 17 日 (周一) 晚餐开始, 包含 9 月 18、19、20 日的早中晚三餐, 并于 2018 年 9 月 21 日 (周五) 的早餐结束。

The packages should be paid in cash at the Registration.

套餐费用请在报到时以现金支付。

## Important Notice

This package ends with breakfast on September 21<sup>st</sup>, 2018 (Friday), which means you can manage your accommodation part of the September 21 all by yourself. You can choose to start your departure at September 21. If you decide to take a short visit in the city, you have to pay the accommodation fee to the hotel all by yourself. Please make your decision and fill your final departure time in the Final-Entry-From so that the suitable transportation can be arranged for you.

## **重要通知**

本套餐将于 2018 年 9 月 21 日周五早餐结束，您可自行决定 9 月 21 日的食宿。

您可以选择在 9 月 21 日启程离境。如果您决定在该城市进行短程旅行，您需要自行向酒店支付食宿费用。请您确定好后将最终的离境时间填在最终报名表中，以此获得合适的交通服务。

An initial security deposit of USD \$ 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. PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

客人需在办理入住时支付每人 100 美元的初始押金，以支付可能产生的杂费和个人费用（电话，迷你吧，洗衣房，客房服务等）。退房时未用到的押金部分将被依照原货币退还。为了高效完成注册，首席代表或团队经理需提供信用卡或现金以支付整个团队的保证金。该人员将对其团队所有成员的所有费用承担全部责任。请在出发前告知您的团队，以免产生额外费用。

## **Official Delegates**

# 官方代表

1. Three (3) or more competitors: Two (2) delegates
2. Two (2) competitors or less: One (1) delegate
3. Five (5) or more competitors: We shall cover one of their delegate's accommodation fee as special discount package rate.
4. Ten (10) or more competitors: We shall cover two of their delegate's accommodation fee as special discount package rate.

1. 三名以上运动员：2 名代表
2. 少于两名运动员：1 名代表
3. 五名及以上运动员：免除一名代表食宿费用
4. 十名及以上运动员：免除两名代表食宿费用

# Participation

## 参赛

IFBB-affiliated National Federations from countries involved in the “Belt and Road” policy are welcome to attend this event. The related countries and regions are listed at the end of this Inspection Report.

欢迎一带一路战略涉及的国际健美健身联合会下属各国家联合会参赛。具有比赛资格的国家及地区名单附在竞赛规程的最后。

The number of competitors participating in these championships is **unlimited**.

本锦标赛不设参赛人员数量限制。

Participating athletes have to be recommended by their National Federation by sending the Final Entry Form with their names directly to the Chinese Bodybuilding Association, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than **September 03<sup>rd</sup>, 2018**. The final decision to allow an athlete to compete in this event rests with the IFBB.

参赛运动员需由自己所在国家联合会推荐并被列入最终报名表并于 2018 年 9 月 3 日之前被中国健美协会、国际健美健身联合会技术委员会及国际健美健身联合会于马德里的总部办公室接收方具有参赛资格。国际健美健身联合会保有对任一运动员是否有参赛资格的确认权。

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.

请注意，各国家联合会有责任和义务去核实每名参加本次国际赛事的运动员，以确保其不曾因违反国家级或国际级的反兴奋剂规则或任何纪律而被禁赛。

## Registration

### 注册

Official Athlete Registration will take place at the Official Hotel “Peoples Real Estate W Hotel” on **Tuesday, September 18<sup>th</sup>, 2018, from 9:00 till 20:00 hrs** local time (UTC + 8).

官方运动员注册将在当地时间 2018 年 9 月 18 日（周二）15:00 至 20:00（东八区）于官方酒店西安 W 酒店进行。

Athletes and judges need to arrive no later than September 17<sup>th</sup> (Sunday). All national teams that arrive after this date, please contact the Organizing Committee 15 days before the September 17<sup>th</sup>.

运动员及裁判员需不晚于 9 月 17 日（周一）抵达。如有晚于该抵达时间的国家联合会，请提前 15 日联络告知组委会。

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.

团队首席代表或经理需确保自家运动员准时参加注册。任何注册迟到的运动员无法参赛。

All athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR €30 or USD \$40 and are mandatory.

所有运动员需在注册时提交自己的护照及国际健美健身联合会的国际卡。任何未曾购买或更新自己国际健美健身联合会国际卡的运动员需在注册时重新购买。国际健美健身联合会卡的费用是30欧元或40美元。该费用强制缴纳。

All **posing music** must be on an **USB flash drive only** (please make sure that there is only one piece of posing music inside your USB flash drive, no other document inside). Each competitor must affix his name on the USB for easy identification and shall be delivered to the Organizing Committee during the Official Athlete Registration (weigh-in). **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

所有**造型音乐只接受 U 盘形式**（请确保您的 U 盘内只有一首造型音乐，没有其它文件）。运动员需在 U 盘表面注上自己的名字以便区分。该造型音乐将在官方运动员注册（称重）时交给大赛组委会。**严禁使用有亵渎、粗俗或冒犯性歌词的造型音乐。**

## Registration fee 注册费

**Registration fee** for athletes to enter this competition is **USD \$100** which has to be paid in advance by credit/debit card or PayPal at IFBB webpage: <http://www.ifbb.com/competition-registration> for your best comfort and convenience.

运动员参加本次比赛需缴纳的注册费是 100 美元，您可方便时通过信用卡、借记卡或贝宝在国际健美健身联合会的官网 <http://www.ifbb.com/competition-registration> 提前缴纳。

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

请在线上支付的页面中填写好自己的名字并在现场注册时带上打印的支付证明

以证实自己之前的缴费行为。

**The deadline date to do the online payment is September 04<sup>th</sup>, 2018 (Tuesday).** On September 04<sup>th</sup>, 24:00 hrs (midnight - Central European Time, UTC +2 in summer) the online payment system will be switched off.

**线上缴费的截止日期是 2018 年 9 月 4 日（周二）。**线上支付系统将在 9 月 4 日的 24 时（中欧时间的凌晨，东二区）关闭。

If paying at the Registration on September 18<sup>th</sup>, 2018, an **extra fee of USD \$50** per participant will be charged.

如选择在 2018 年 9 月 18 日完成注册，需额外缴纳 50 美元的参赛费用。

## Categories open at this event

### 比赛项目与级别

Disciplines		
项目		
	Disciplines 项目	Categories 级别
1	Men's Classic Bodybuilding 男子古典健美	Up to & incl. 168 cm 身高 168cm 以下（含）  Max Weight [kg] = (Height [cm] – 100) + 0 [kg] 体重小于等于身高-100
2		Up to & incl. 171 cm 身高 171cm 以下（含）  Max Weight [kg] = (Height [cm] – 100) + 2 [kg] 体重小于等于身高-100+2kg
3		Up to & incl. 175 cm 身高 175cm 以下（含）  Max Weight [kg] = (Height [cm] – 100) + 4 [kg] 体重小于等于身高-100+4kg
4		Up to & incl. 180 cm 身高 180cm 以下（含）



		<p>Max Weight [kg] = (Height [cm] -100) + 7 [kg]          体重小于等于身高-100+7kg</p>
5		<p>Over 180 cm:          身高超过 180cm</p> <p>180-190 cm:          身高 180cm-190cm</p> <p>Max Weight [kg] = (Height [cm] -100) + 9 [kg]          体重小于等于身高-100+9kg</p> <p>Over 190cm:          身高 190cm 以上:</p> <p>Max Weight [kg] = (Height [cm] -100) +11 [kg]          体重小于等于身高-100+11kg</p>
6	<p>Men's Bodybuilding          传统健美</p>	<p>65 KG: Up to and incl. 65 kg          体重 65kg 以下 (含)</p>
7		<p>75 KG: Up to and incl. 75 kg          体重 75kg 以下 (含)</p>
8		<p>85 KG: Up to and incl. 85 kg          体重 85kg 以下 (含)</p>
9		<p>Over 85 KG: Over 85 kg          体重 85kg 以上</p>
10	<p>Men's Physique          男子健体</p>	<p>Up to &amp; including 170 cm          身高 170cm 以下 (含)</p>
11		<p>Up to &amp; including 173 cm          身高 173cm 以下 (含)</p>
12		<p>Up to &amp; including 176 cm          身高 176cm 以下 (含)</p>
13		<p>Up to &amp; including 179 cm          身高 179cm 以下 (含)</p>
14		<p>Over 179 cm          身高 179cm 以上</p>
15	Men's Fitness	Open

	健身先生	公开赛
16	Women's Fitness 健身小姐	Open 公开赛
17	Wellness Fitness 健康小姐	Open 公开赛
18	Women's Bodyfitness 女子形体	Up to & including 163 cm 身高 163cm 以下 (含)
19		Over 163 cm 身高 163cm 以上
20	Women's Physique 女子健体	Up to & including 163 cm 身高 163cm 以下 (含)
21		Over 163 cm 身高 163cm 以上
22	Women's Bikini Fitness 女子比基尼健身	Up to & including 158 cm 身高 158cm 以下 (含)
23		Up to & including 162 cm 身高 162cm 以下 (含)
24		Up to & including 166 cm 身高 166cm 以下 (含)
25		Up to & including 172 cm 身高 172cm 以下 (含)
26		Over 172 cm 身高 172cm 以上

## Rounds and Prize Money

### 参赛办法及奖金

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will awarded to the IFBB World Ranking.

每个级别最少 5 名运动员参加方能开赛。如特定级别参赛运动员数少于 5 名，该级别将被整合进相应其它的级别中。如特定级别参赛选手数少于 5 名，则该级别不能进入国际健美健身联合会的世界排位积分系统中。

Only the top 15 competitors will advance to Semifinals. The top 6 competitors in the semifinals shall advance to the finals and receive the rewards. The top 5 competitors in each category will be awarded points to the 2018 IFBB Elite World Ranking, according to the following scale:

每个级别前 15 位运动员将进入半决赛。排名前 6 位的运动员进入决赛并获得荣誉。各别前 5 的运动员将获得 2018 年国际健美健身联合会世界排位的积分，积分奖励安排如下：

Place 排名	Points 获得积分
1 <sup>st</sup> 第一名	7
2 <sup>nd</sup> 第二名	5
3 <sup>rd</sup> 第三名	4
4 <sup>th</sup> 第四名	3
5 <sup>th</sup> 第五名	2

The top 2 of the Men's Classic Bodybuilding, Men's Bodybuilding, Men's Physique, Women's Bikini Fitness; the top 3 of the Women's Bodyfitness, Women's Physique can compete in the overall in their divisions.

男子古典健美、传统健美、男子健体、女子比基尼健身排名前两位的运动员及女子形体、女子健体排名前三的运动员可以参加自己所在项目全场冠军的比赛。

## AWARDS

### 荣誉

The total Prize Money is USD 80,000 , and shall be paid by RMB.

比赛总奖金达 80000 美元，将以人民币形式发放。

- Top six athletes in each category will be awarded certificates.  
各类别排名前六的运动员将获得证书
- Top three athletes in each category will be awarded with medals.  
各类别排名前三的运动员将获得奖牌
- Top 5 athletes in Men's & Women senior categories will be awarded points to the **2018 IFBB World Ranking** according to the World Ranking Rules.  
男子、女子成年组排名前五的运动员将依据国际健美健身联合会世界排位赛规定获得 2018 年度的国际健美健身联合会世界排位积分。
- Overall winners in Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Physique, Bodyfitness, Wellness Fitness and Bikini Fitness will be awarded with the **IFBB Elite Pro Cards** (after application through their National Federations).  
男子健体、古典健美、传统健美及女子健体、女子形体、健康小姐、比基尼健身项目的全场冠军将获得国际健美健身联合会颁发的国际健美健身联合会的精英职业卡（经自己国家联合会申请后生效）
- Top three (3) Overall winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bikini Fitness, Women's Bodyfitness, Women's Physique as well as top 3 in Men's Fitness, Women's Fitness and Women's Wellness Fitness open categories will receive medals, trophies **and price money**, according to the following table:  
传统健美、古典健美、男子健体、女子比基尼健身、女子形体、女子健体排名全场比赛前三的运动员及健身先生、健身小姐、健康小姐公开赛排名前三的运动员将获得奖牌、奖杯及奖金。奖金分配如下表：

	Division 项目	Overall or open categories Top 3 全场赛或公开赛排名前
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		三运动员奖金分配 (Price Money in RMB Yuan) (奖金以人民币形式发放, 单位: 元)		
1	Men's Classic Bodybuilding 男子古典健美	30000	20000	10000
2	Men's Bodybuilding 传统健美	30000	20000	10000
3	Men's Physique 男子健体	30000	20000	10000
4	Men's Fitness 健身先生	25000	17000	10000
5	Women's Fitness 健身小姐	25000	17000	10000
6	Women's Wellness Fitness 女子健康小姐	25000	17000	10000
7	Women's Bodyfitness 女子形体	25000	17000	10000
8	Women's Physique 女子健体	25000	17000	10000
9	Women's Bikini Fitness 女子比基尼	30000	20000	10000

## Preliminary Entry Form

## 最初报名表

The Preliminary Entry Form should be sent as soon as possible but not later

than **July 20<sup>th</sup>, 2018** to the IFBB and CBBA, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants, please indicate the total number of athletes and delegates from your National Federation that will participate in the competition.

比赛最初报名表需在 **2018 年 7 月 20 日**前发送至国际健美健身联合会及中国健美协会邮箱以确定自己的参赛意图。如果此时您还不能确定自己国家官方参赛者的名字，请将参赛运动员及代表的总数发至：

IFBB E-mail Address:

国际健美健身联合会邮箱：

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

CBBA E-mail Address:

中国健美协会邮箱：

[cbba\\_cn@126.com](mailto:cbba_cn@126.com)

## Final Entry Form

### 最终报名表

The deadline for the Final Entry Form is **September 03<sup>rd</sup>, 2018**. National Federations must return the Final Entry Form to the CBBA and IFBB as soon as possible but not later than the deadline date. Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other competition activities. A failure to respect these deadlines is a breach of IFBB Rules and may result in disciplinary measures being taken by the IFBB against the offending National Federation. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form.

提交最终报名表的时间为 **2018 年 9 月 3 日**。国家联合会需在截止日期前将最终报名表尽快提交到中国健美协会及国际健美健身联合会邮箱。设置截止日期是为了协助组委会安排食宿、定点交通及其它赛事安排。国家联合会在截止日期后提

交表格违反了国际健美健身联合会章程,可能会受到国际健美健身联合会的相关处罚。国际健美健身联合会保留对迟交最终报名表的国家联合会的处罚权。

Registration of athletes will only be considered if they are entered by their National Federation and were listed in the Final Entry Form.

运动员只有在获得自己所在国家联合会认可并被列入最终报名表后才能有权进行注册。

## Entry Form Sending Details

### 发送表格相关信息

<p><b><u>Please send this Final Entry Form no later than <b>September 03<sup>rd</sup>, 2018</b> to:</u></b></p> <p>请将最终报名表在 <b>2018 年 9 月 3 日之前</b> 发送至:</p> <p><b>Chinese Bodybuilding Association</b> 中国健美协会</p> <p><b>Anna</b> 安娜</p> <p>Phone: +86 18810134676 手机号: +86 18810134676</p> <p>E-mail: <a href="mailto:cbba_cn@126.com">cbba_cn@126.com</a> 电子邮件: <a href="mailto:cbba_cn@126.com">cbba_cn@126.com</a></p>	<p><b><u>Please Send a copy to:</u></b></p> <p><b>请抄送:</b></p> <p><b>International Federation of Bodybuilding and Fitness</b> Head Office: 国际健美健身联合会总部办公室:</p> <p><b>Ms. Diana Mozos</b> 戴安娜女士</p> <p>Phone: +34 91 535 2819 手机号: +34 91 535 2819</p> <p>E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a> 电子邮箱: <a href="mailto:info@ifbb.com">info@ifbb.com</a></p> <p><b>IFBB Technical Committee</b> 国际健美健身联合会技术委员会</p> <p><b>Eng. Andrew Michalak</b> 安德鲁</p> <p>E-mail: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a> 电子邮箱: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p>
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## Parade of Nations 国家游行

The mandatory dress code for all delegates participating in the Parade of

Nations is as follows:

参加国家游行的代表着装要求如下:

Blue blazer with the IFBB/CBBA badge

蓝色西服外套并佩戴国际健美健身联合会/中国健美协会徽章

Grey dress pants/skirt with shirt and IFBB/CBBA tie

灰色裙装或裤子并佩戴国际健美健身联合会/中国健美协会领带

Black dress shoes with dark socks

黑色鞋子及深色袜子

No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes. One delegate per country must take part in the Parade of Nations.

穿着运动服及运动鞋的代表将不被允许参加国家游行仪式。每个国家允许一名代表参加该仪式。

## Visa 签证

Any foreign visitor wishing to enter China must have a valid passport and visa. Please click this link to check more visa information:  
[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_China](https://en.wikipedia.org/wiki/Visa_policy_of_China)

任何想入境中国的外籍人员需要提供在有效期内的护照及签证方能成行。请点击

以下链接了解更多有关签证的信息:

[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_China](https://en.wikipedia.org/wiki/Visa_policy_of_China)

Please make sure to receive the official confirmation about the Chinese visa policy in your country. If you need the event's invitation letter, please feel free to contact us.



请您确保在出行前已知晓您所在国家办理中国官方签证的相关政策。如果您需要赛事邀请函，请联系我们。

## **Camera/video tape equipment**

### **相机/录像机设备**

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

只有经中国健美协会允许的媒体人方可以依据情况进入后台。禁止任何人携带相机或录像设备进入更衣室。

## **National anthem/flag**

### **国歌/国旗**

All participating countries must bring with them to Xi'an China the music of their respective national anthems (shortened version only) in an USB flash drive. This must be on a separate USB than any posing music. All participating National Federations must bring with them to Xi'an China two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 meter x 1.5 meter.

各参赛国需携带 U 盘并将自己的国歌（仅限简版）带到中国西安。存有国歌的 U 盘内不得存放任何其他造型音乐。各国家联合会需携带两面国旗到中国西安。国旗需为密集的丝绸材质并不超过 2.5 米\*1.5 米。

## **Green cards**

### **绿卡**

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed on September 18<sup>th</sup>, 2018, during the Official Athlete Registration as follows:

绿卡为出入称重场地及预赛、决赛时的证件。这些绿卡将在 2018 年 9 月 18 日

官方运动员注册的时候按照以下规则发放：

Eleven or more athletes – three green cards

十一名及以上运动员：3 张卡

Six to ten athletes – two green cards

六到十名运动员：2 张卡

Less than five athletes – one green card

少于五名运动员：1 张卡

## **Doping control**

### **兴奋剂管控**

Competitors will be tested by the Chinese Bodybuilding Association Anti-Doping Committee pursuant to the IFBB/CBBA Anti-Doping Rules, using the WADA accredited laboratory in the area. All competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

根据国际健美健身联合会及中国健美协会有关反兴奋剂使用的相关规定，部分运动员将被中国健美协会反兴奋剂委员会使用世界反兴奋剂机构认可的实验室进行抽查检测。所有选手在称重及注册时将被要求签署药物检测同意书及免责确认书。

**Doping control maybe conducted using any of the following methods:**

**兴奋剂管控将按下列方法进行：**

### **Random Selection:**

#### **随机挑选:**

A number of athletes selected at random throughout the event e.g. at weigh-in.  
一定数量的运动员将被随机在比赛期间被挑选测量，例如在称重环节中。

### **Weighted Selection:**

#### **加权挑选:**

A number of athletes selected at random from among the top finalist's e.g.at finals.

部分决赛前几名的运动员将被随机挑选并进行测试，比如在决赛环节。

The IFBB reserves the rights to target test any athlete.

国际健美健身联合会保留挑选运动员进行检测的权利。

Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at this competition.

各参赛国家联合会有责任确保自己的运动员“干净参赛”。

National Federations have obligation to ensure that their athletes are not in their suspension period due to the illegal drug usage or rules' violation in other events.

各参赛国家联合会有责任确保其名下运动员不曾因违反国家级或国际级的反兴奋剂规则或任何纪律而被禁赛。

## **Media accreditation**

### **媒体指派**

All media accreditation, except local media, shall be controlled by the IFBB

and CBBA. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB media accreditation form.

除了当地媒体，所有媒体指派将由国际健美健身联合会及中国健美协会管理。所有想要获得媒体指派权的媒体需注册并填写国际健美健身联合会媒体指派表格。

## **Medical withdrawal**

### **因医疗原因退赛**

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

一旦完成官方注册，任何运动员在没能得到国际健美健身联合会裁判长许可的情况下，不得退赛。未经国际健美健身联合会裁判长允许，任何国家联合会不得单方面允许运动员退赛。裁判长有权根据实际情况做出决定。

## **Misrepresentation**

### **人员顶替问题**

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS. Any National Federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined 500 USD each.

人员顶替严重违反了国际健美健身联合会道德条例。任何出现人员顶替问题的国家联合会将被立即取消参赛资格并将面对每位顶替人员 500 美金的处罚。

## **Time zone**

### **时差**

UTC +08:00

东八区

## Currency

### 货币

The national currency in China is the Yuan Renminbi (CNY).

中国的货币为人民币，元。

USD 1.00 = CNY 6.27 (as for April 2018)

1 美金=6.27 元人民币 (截至 2018 年 4 月)

EUR 1.00 = CNY 7.73 (as for April 2018)

1 欧元=7.73 元人民币 (截至 2018 年 4 月)

but the rates can fluctuate. Current rates are available at:

汇率会有波动。最新的汇率查询请点击以下链接：

<http://www.xe.com/currency/cny-chinese-yuan-renminbi>

Yuan Renminbi is widely preferred by most major hotels, department stores and restaurants. We recommend you to have some CNY in cash to make your trip to China more convenient.

主要的酒店、商场及餐厅更偏向喜欢接收人民币。我们建议您来中国前兑换些许

人民币以方便在中国境内的出行。

## Climate

### 气候

During the month of September, the average temperature is around 19°C (66.2°F).

九月的平均气温为 19 摄氏度。

# Electrical current

## 电器设备

The standard voltage is 220 V / 50 Hz.

标准电压为 220V/50Hz

Sockets required a Type I plug or adapter.

需要 I 型号转换头或适配器

For more detailed information:

更多信息请点击:

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

# Language

## 语言

The official language is Chinese. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

中文为官方语言。英语也在酒店、餐厅、商场及景点等地被广泛使用。

# Important notice

## 重要信息

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 competitions, to include the statements contained within this Inspection Report.

各国家联合会主席及秘书长需确保自己国家队成员（运动员、代表、其它代表）

充分了解本次竞赛规程中的规章制度。

IFBB and CBBA reserve all the right for the final explanation of this Inspection Report.

国际健美健身联合会及中国健美协会保留本次竞赛规程的最终解释权。

## CORRESPONDENCE/CONTACT INFORMATION

### 信件/联系方式

Please send your e-mail to:

请将您的邮箱发送至:

Secretary General of Chinese Bodybuilding Association

中国健美协会秘书长

Mr. Gu Qiao

古桥先生

Tel: +86010-85752850

电话: 86010-85752850

E-mail address: [cbba\\_cn@126.com](mailto:cbba_cn@126.com)

电子邮箱: [cbba\\_cn@126.com](mailto:cbba_cn@126.com)

## Tentative Schedule

### 暂定活动表

Date/Time 日期/时间		Event 事项	Place 地点
Sept. 17 <sup>th</sup> 9月17日	All Day 全天	Official Delegates & Athletes Arrival  官方代表及运动	Peoples Real Estate W Hotel  西安 W 酒店

		员报到	
Sept. 18 <sup>th</sup> 9月18日	09:00~10:30	Judges Meeting 裁判会议	Peoples Real Estate W Hotel 西安 W 酒店
	15:00~16:30	Technical Meeting 技术会议  Official Athletes Registration and Weigh in 官方运动员注册 及称重	Peoples Real Estate W Hotel 西安 W 酒店
Sept. 19 <sup>th</sup> 9月19日	09:00~20:00	Competition 比赛	Shaanxi Radio & Television Theater 陕西广电大剧院
Sept. 20 <sup>th</sup> 9月20日	09:00~18:00	Competition 比赛	Shaanxi Radio & Television Theater 陕西广电大剧院
Sept. 21 <sup>st</sup> 9月21日	All Day 全天	Visit/Communication/Departure (Optional) 参观/交流/返程 (自行选择)	
Sept. 22 <sup>nd</sup> 9月22日	All Day 全天	Departures 返程	

## Attachment:

The Belt & Road policy involved countries and regions	
1	蒙古: Mongolia
2	新加坡: Singapore



3	马来西亚: Malaysia
4	印度尼西亚: Indonesia
5	缅甸: Myanmar
6	泰国: Thailand
7	老挝: Laos
8	柬埔寨: Cambodia
9	越南: Vietnam
10	文莱: Brunei
11	菲律宾: Philippines
12	伊朗: Iran
13	伊拉克: Iraq
14	土耳其: Turkey
15	叙利亚: Syria
16	约旦: Jordan
17	黎巴嫩: Lebanon
18	以色列: Israel
19	巴勒斯坦: Palestine
20	沙特阿拉伯: Saudi Arabia
21	也门: Yemen
22	阿曼: Oman
23	阿拉伯联合酋长国: UAE

24	卡塔尔: Qatar
25	科威特: Kuwait
26	巴林: Bahrain
27	希腊: Greece
28	塞浦路斯: Cyprus
29	埃及的西奈半岛: Egypt's Sinai Peninsula
30	印度: India
31	巴基斯坦: Pakistan
32	孟加拉: Bangladesh
33	阿富汗: Afghanistan
34	斯里兰卡: Sri Lanka
35	马尔代夫: Maldives
36	尼泊尔: Nepal
37	不丹: Bhutan
38	哈萨克斯坦: Kazakhstan
39	乌兹别克斯坦: Uzbekistan
40	土库曼斯坦: Turkmenistan
41	塔吉克斯坦: Tajikistan
42	吉尔吉斯斯坦: Kyrgyzstan
43	俄罗斯: Russia
44	乌克兰: Ukraine
45	白俄罗斯: Belarus

46	格鲁吉亚: Georgia
47	阿塞拜疆: Azerbaijan
48	亚美尼亚: Armenia
49	摩尔多瓦: Moldova
50	波兰: Poland
51	立陶宛: Lithuania
52	爱沙尼亚: Estonia
53	拉脱维亚: Latvia
54	捷克: Czech Republic
55	斯洛伐克: Slovakia
56	匈牙利: Hungary
57	斯洛文尼亚: Slovenia
58	克罗地亚: Croatia
59	波黑 Bosnia and Herzegovina
60	黑山: Montenegro
61	塞尔维亚: Serbia
62	阿尔巴尼亚: Albania
63	罗马尼亚: Romania
64	保加利亚: Bulgaria
65	马其顿: Macedonia