

2019 IFBB-CBBA Elite Pro Xi'an Championship
2019 IFBB-CBBA 职业精英锦标赛-西安

Inspection Report
竞赛规程

Xi'an, China
中国 西安

October 10th – 14th, 2019
二零一九年十月十日至十四日

Welcome

欢迎辞

Chinese Bodybuilding Association welcomes the IFBB elite pro athletes from all over the world to attend the IFBB-CBBA Elite Pro Xi'an Championship. The event date is October 10th – 14th, 2019.

中国健美协会欢迎所有 IFBB 职业精英运动员参加 2019 IFBB-CBBA 职业精英锦标赛-西安。大赛时间为二零一九年十月十日到十四日。

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 October 10th (Thursday), 2019.

The official departure date is October 14th (Monday), 2019.

官方到达日是 2019 年 10 月 10 日（周四）

官方离境日是 2019 年 10 月 14 日（周一）

The official arrival airport is **Xi'an Xianyang International Airport**. The Organizing Committee will pick you up at Xi'an Xianyang International Airport on arrival and transport you to the official hotel. It is very important that everyone provide in advance the complete arrival & departure details, including the number of people with you.

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。各参赛人员需在抵达前提交填有确定到达、离开时间及总人数的表格。

Please reconfirm your flight to 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 participant, including any of individual member, arriving before the official

arrival date of October 10th (Thursday), 2019, and/or staying after the official departure date of October 14th (Monday), 2019, will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel.

如有任何参赛者选择在 2019 年 10 月 10 日 (周四) 前到达或在 2019 年 10 月 14 日 (周一) 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 you. Your cooperation is essential to ensuring adequate transportation for you.

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提供合适的交通。您的配合将为您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 USD \$100 per day per person in double room and 150\$ in single room. Please notify the Organizing Committee of any early arrivals and/or any late departures no later than September 25th, 2019.

官方到达日前或滞后到达或离开的酒店房间 (含早) 为双人间每天每人 100 美元/单人间 150 美元。请在 2019 年 9 月 25 日前将您提前或滞后离开的信息告知组委会。

Venue for competition

比赛场馆



Xi'An Physical Education University Sport & Art Gymnasium

西安体育学院体育艺术综合馆

Xi'An Physical Education University, located in the world's famous historical city of Xi'an, this university was founded in 1954, it is one of the first six sports universities established in New China, and it is the most famous sports university in Northwest China.

西安体育学院，坐落于世界历史名城古都西安，创建 1954 年，是新中国最早建立的 6 大体育院校之一，是西北地区唯一一所体育高等学府。

Location: No.65, HanGuang Road, BeiLing district. Xi'An.

地址：陕西省西安市碑林区含光路 65 号

Venue for open ceremony 开幕式场地



South City Gate, The YONGNING Gate
永宁门景区

About South Gate: YONGNING Gate, it was the South Gate of the ancient Xi'an during Tang Dynasty, located in the middle west of the south city wall. During Ming Dynasty in year 1374-1378DC, the ancient city was enlarged, however the South City Gate remains. It was then named YONGNING Gate.
概况：永宁门，西安城墙正南门，位于南城墙中部偏西。明洪武七年至十一年（1374年至1378年），扩建西安府城，此门沿用为南门，易名“永宁门”。

Location: No.2 South Road, BeiLin District, Xi'An
地址：陕西省西安市碑林区南大街2号

**Venue for Pro SHOW /Over-all competition/
awarding ceremony/ Closing Ceremony.**

职业赛、总决赛、颁奖典礼、闭幕式场地



The Grand Tang Mall - Kaiyuan Square(open square)

大唐不夜城开元广场

Kaiyuan Square is the quintessence of The Grand Tang Mall, with 161 meter length and 78 meter width, about 12,200 m² space. There are many statues telling story of the glory ancient Tang dynasty.

“开元广场”是大唐不夜城中轴线的景观高潮，南北长 161 米，东西宽 78 米，面积约 12200 平米，广场上设立了 1 组“开元盛世”群雕和 8 根 LED 灯蟠龙柱，壮美恢弘。整个雕塑群由 78 个人物组成，营造出一种大唐盛世百姓安居乐业的欢乐气氛。

Location: No.664 Yanta south road, Qujiang District, Xi'an

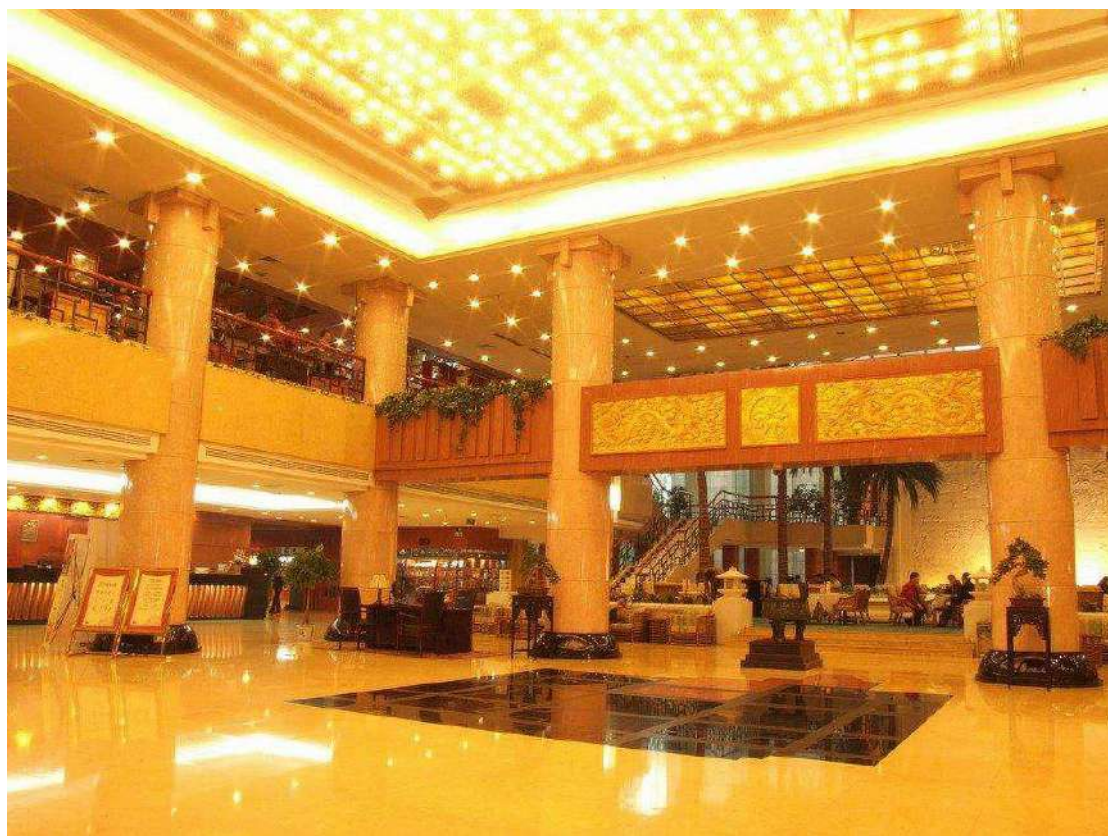
地址：陕西省西安市曲江新区雁塔南路 664 号

Official Hotel

官方酒店

Athletes Hotel:

运动员 官方酒店



Tang Cheng Hotel

Address : No.229, HanGuang South Road,YanTa district, Xi'An, Shaanxi province.

唐城宾馆

地址：陕西省西安市雁塔区含光路南段 **229** 号

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 , supporters, media and others.

仅组委会有权协调官方参赛者、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 October 10th, 2019 (Thursday), while the departure date is October 14th, 2019 (Monday). The Organizing Committee has provided **free accommodation** for official participants **in Double room only**, which includes four nights' accommodation with three meals per day (breakfast, lunch & dinner) and on-site transportation. If any athlete have a single room request, extra 150US\$/person/day will be charge.

官方抵达日期是 2019 年 10 月 10 日(周四)·离境日期是 2019 年 10 月 14 日(周一)。组委会将提供 4 晚双人间包含三餐(早、中、晚餐)的免费酒店入住及点对点交通服务。如果任何运动员有住单间的请求,需额外支付 150 美金/人/天。

The accommodation starts from dinner on October 10th, 2019 (Thursday), breakfast, lunch and dinner on October 11th, 12th and 13th and ends with breakfast on October 14th, 2019 (Monday).

食宿于 2019 年 10 月 10 日(周四)晚餐开始,包含 10 月 11、12、13 日的早中晚三餐,并于 2019 年 10 月 14 日(周一)的早餐结束。

Important Notice

This package ends with breakfast on October 14th, 2019 (Monday), which means you can manage your accommodation part of the October 14th all by yourself. You can choose to start your departure at October 14th. If you decide to stay over 14th and take a short visit in the city, you have to pay the extra charge of accommodation.

Typical room charge (included breakfast) before the official arrival date and after the official departure date will be USD \$100 per day per person in double room and 150\$ in single room. Please notify the Organizing Committee of any early arrivals and/or any late departures no later than September 25th, 2019.

重要通知

本套餐将于 2019 年 10 月 14 日周一早餐结束,您可自行决定 10 月 14 日的食宿。您可以选择在 10 月 14 日启程离境。如果您决定在该城市进行短程旅行,您需要支付额外食宿费。

官方到达日前或滞后到达或离开的酒店房间(含早)为双人间每天每人 100 美元/单人间 150 美元。请在 2019 年 9 月 25 日前将您提前或滞后离开的信息告知组委会。

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, athletes will be asked to provide a credit card or cash to cover the deposit. PLEASE MAKE SURE 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，运动员需提供信用卡或现金以支付自己的保证金。请确保在出发前不要产生额外费用。

None Athletes package rate

Package rate for **official/Coach/supporter/media people** is **370US\$**, which includes 4 nights hotel room and accommodation from Oct 10-14, transportation between airport and hotel and venue, entry ticket for venue & open&closing ceremony.

官员/教练/赞助商/媒体需支付 **370 美金**套餐费，该套餐包含 10 月 10-14 日四个晚上的住宿和伙食，以及机场-酒店-赛场点对点交通，通往赛场和开闭幕式的门票。

Participation

参赛

This event is open for all the IFBB Elite Pro athletes.

In order to take part in this event, the athletes must have their Elite Pro Cards on duty and register throughout their profiles in the IFBB Elite Pro

System: <https://www.elitepro.gbispportinnovation.com/licence-access>

If you any problem to do the registration please contact IFBB Elite Pro Head Office ifbbelitepro@ifbb.com

本场比赛对所有 IFBB 精英职业运动员开放。为确保参赛资格，运动员需确认自己的职业卡在有效期并且在 IFBB 精英职业系统完成资料注册，

<https://www.elitepro.gbispportinnovation.com/licence-access>

如您注册遇到任何问题，请联系 IFBB 精英职业总部：ifbbelitepro@ifbb.com

Participating athletes have to be sending below Form with their names directly to the Chinese Bodybuilding Association, to the IFBB Technical Committee and IFBB elite pro office in Madrid not later than **September 30th, 2019**. The final decision to allow an athlete to compete in this event rests with the IFBB.

参赛运动员需于 2019 年 9 月 30 日之前发送以下信息到中国健美协会和国际健联

职业精英办公室，并被国际健美健身联合会技术委员会于马德里的总部职业精英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。

nationality 国籍	name 姓名	Gender 性别	category 项目	Passport number 护照号	Birth date 出生年月	Flight info 抵达信息

<p>Please send this info no late than September 20th, 2019 to: 请将以上报名信息在 2019 年 9 月 20 日之前发送至 : IFBB Elite PRO Head Office: 国际健美健身联合会总部办公室: Ms. Diana Mozos 戴安娜女士 Phone: +34 91 535 2819 手机号: +34 91 535 2819 E-mail: elitepro@ifbb.com</p> <p>IFBB Technical Committee 国际健美健身联合会技术委员会 Eng. Andrew Michalak 安德鲁 E-mail: amichalak5@gmail.com 电子邮箱: amichalak5@gmail.com</p>	<p>Please Send a copy to: 请抄送: Chinese Bodybuilding Association (CBBA) 中国健美协会 Frank/Daisy Phone: +86 18801221140/18600313029 E-mail: cbba_cn@126.com 电子邮件: cbba_cn@126.com Wechat: 18801221140</p>
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Registration 注册

Official Athlete Registration will take place at the Official Hotel “ TangCheng Hotel” on Friday, **October 11th, 2019**, local time (UTC + 8).

官方运动员注册将在当地时间 2019 年 10 月 11 日 (周五) (东八区) 于官方酒店唐城宾馆进行。

Athletes need to arrive no later than **October 10th** (Thursday). All athletes that arrive after this date, please contact the Organizing Committee 15 days before the September 25th.

运动员及裁判员需不晚于 10 月 10 日 (周四) 抵达。如有晚于该抵达时间的运动员，请提前 15 日于 9 月 25 日之前联络告知组委会。

Please be sure arrive on time for registration. Any athletes who are late will not be accepted to participate.

请确保准时参加注册。任何注册迟到的运动员无法参赛。

All athletes will need to provide their Passports and IFBB Elite Pro Cards at the Registration.

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职业卡。

All **posing music** must be on an **USB flash drive only** (please make sure that there is only one piece of posing music in 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。

Categories open at this event

比赛项目

Open categories:

1. Men's Classic Physique
2. Men's Physique
3. Women's Bikini Fitness
4. Women's Bodyfitness.

公开组：1 男子古典健体

2 男子健体

3 女子比基尼

4 女子形体

Rounds and Prize Money

参赛办法及奖金

The total Prize Money is USD 31,000\$ and shall be paid by RMB.

比赛总奖金达 31,000 美元，将以人民币形式发放。

winners in each category shall receive the medals, trophies, certificates and prize money. Top three athletes in each category will be awarded with medals, prize money and certificates. Top six athletes in each category will be awarded certificates and prize money.

各项目冠军获得奖杯、奖牌、证书和奖金；排名前三的运动员获得奖牌、奖金、证书；各项目排名前六的运动员将获得证书奖金。

The top 6 of Classic Physique · Mens Physique as well as the top 6 of Womens Bodyfitness, and Bikini Fitness will be awarded with the prize money as follows:

男子古典健体、男子健体、女子比基尼健身、女子形体排名比赛前六的运动员奖金分配如下表：

Prize Money to be paid in CNY (China Yuan).

精英职业世界杯比赛奖金：

	Disciplines 项目	第一名 1 st	第二名 2 nd	第三名 3 rd	第四名 4 th	第五名 5 th	第六名 6 th
1	Men's Classic Physique 古典健体	14000¥	12000¥	10000¥	8000¥	6000¥	4000¥
2	Men's Physique 男子健体	14000¥	12000¥	10000¥	8000¥	6000¥	4000¥
3	Women's Bikini Fitness 女子比基尼	14000¥	12000¥	10000¥	8000¥	6000¥	4000¥
4	Women's Bodyfitness 女子形体	14000¥	12000¥	10000¥	8000¥	6000¥	3000¥

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

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

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。

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 an athlete to unilaterally withdraw 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，任何运动员不得单方面退赛。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 athlete 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运动员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 7.0 (as for August 2019)

1 美金=7.0 元人民币 (截至 2019 年 8 月)

EUR 1.00 = CNY 8.0 (as for August 2019)

1 欧元=8.0 元人民币 (截至 2019 年 8 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 October, the average temperature is around 19⁰C (66.2⁰F).

十月的平均气温为 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。

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。

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Tentative Schedule

暂定活动表

Date/Time 日期/时间		Event 事项	Place 地点
Oct. 10th 10月10日	All Day 全天	Official Athletes Arrival 官方运动员抵达	Tang Cheng Hotel 唐城宾馆
Oct. 11th 10月11日	10: 30	Official Athletes Registration and Weigh in & technical meeting 官方运动员注册及称重	Tang Cheng Hotel LiYuangong meeting room 唐城宾馆- 丽苑宫
	19: 00~ 21: 00	opening ceremony 开幕式	South City Gate (open square) 永宁门(南门)景区
Oct.13th 10月13日	18:00~21:00	Pro SHOW/ over-all/awarding/ closing ceremony 总决赛/职业赛/ 颁奖/闭幕式 The Grand Tang Mall - Kaiyuan Square (open square) 大唐不夜城开元广场	
Oct.14th 10月14日	all Day 全天		Departure 离会