



**2016 World  
Championship  
Bodybuilding  
& Fitness**

Verona, Italy  
18 & 19<sup>th</sup> June 2016

Organization

**WABBA International  
and  
WABBA Italy**

### **1. Place of the competition:**

The World Championship will be held on 19<sup>th</sup> June at the CENTRO CONGRESSI FIERA DI VERONA – Via del lavoro, 8 – Verona (ITALY), which is located at 10 minutes by bus from the hotel.

### **2. Official hotels:**

The judges, the athletes and the followers will be accommodated in the 4 stars hotels, "HOTEL SAN MARCO" – Via Longhena, 42 Verona. You can have a look of the place on the web at <http://www.sanmarco.vr.it> .

Most of the rooms are twin or triple rooms, that's to say with 2 or 3 separate beds.

**There is no need to try to contact the hotel directly: we have booked the whole hotel for the competition. Any information or reservation must absolutely be done through WABBA International!**

Everybody (athletes, delegates and followers) will have to give a copy of their credit card to the hotel, to cover all the extras that they might order. The responsible person of each nation will have to give his credit card in order to cover the possible damages caused by the members of his delegation.

### **3. Respect of the infrastructure of the hotels:**

As you know, every year we emphasize on the respect of the infrastructure of the hotel and particularly on the utilization of self-tanning creams in the rooms. Please advise your athletes not to make the bed sheets and the bath towels dirty especially with the self-tanning cream they use during competitions. Should there be any damage, this shall be invoiced and have to be paid before the delegation leaves. Thanks for your understanding. As guarantee, all the passports (athletes, delegates and followers) will be kept by the hotel during all the stay and will be given back at the time of the check out of the hotel.

### **4. Arrival and departure:**

Teams can arrive no earlier than June 18<sup>th</sup> and all the participants will have to leave their rooms on June 20<sup>th</sup> before 12 noon.

The shuttle service will be from VERONA – VALERIO CATULLO Airport and from VENICE INTERNATIONAL Airport. There will be a shuttle service between the airports and the hotel, but due to the fact that Venice is 100km from Verona, if you arrive in VENEZIA/VENICE it is possible that you must wait before the bus leaves.

To organize your arrival, WABBA International must imperatively receive all the details of the teams before **June 1<sup>st</sup> at the latest.** The team information must include the flight numbers, airline companies, hours of arrival and departure as well as the number of persons, for each nation.

**VERY IMPORTANT: THE ORGANIZATION WILL NOT TAKE CARE OF ATHLETES OR DELEGATIONS ARRIVING OR LEAVING ON DIFFERENT DATES OR AT DIFFERENT LOCATIONS THAN THE ONES WRITTEN ABOVE. THE DAY BEFORE THE WORLD CHAMPIONSHIP WE WILL HAVE THE WABBA ITALIAN CHAMPIONSHIP, WHERE WE EXPECT MORE THAN 300 ATHLETES AND IT'S IMPOSSIBLE TO HANDLE ANY EXCEPTIONS. ANYBODY WHO WISHES TO ARRIVE OR LEAVE ON DIFFERENT DATES MUST TAKE CARE OF THEIR HOTEL AND TRANSPORT FOR THE EXTRA DAYS. THANK YOU.**

### **5. Bus and cars:**

The nations going to ITALY by car or bus, must go directly to the "HOTEL SAN MARCO". The WABBA International office will be located in a private room in the lobby from 12 noon to 6 PM to welcome you.

### **6. Meals:**

All participants (athletes, delegates and followers) will be provided breakfast for 2 nights at the hotel. All other meals will NOT be included.

## 7. Temporary schedule of the events:

- *Saturday June the 18th*
  - From 12.00 PM to 18.00 PM – Arrival of the nations and registration: **Attention**, the rooms will not be distributed before your registration is made.
  - From 18.00 PM to 22.00 PM: registration of the Athletes **only with the complete team** in the “HOTEL SAN MARCO” (the address is on point 2).
  - From 20.00 PM to 21.00 PM judges meeting in the “HOTEL SAN MARCO”
  
- *Sunday June the 14th*
  - 08.00 AM – Departure for everybody in buses from the hotel to the “CENTRO CONGRESSI FIERA DI VERONA”.
  - 09.30 AM - beginning of the CONTEST for all the categories.
  
- *Monday June the 15th*
  - **9.30 AM World Congress with all the presidents in the “HOTEL SAN MARCO”**
  - 12.00 AM return of the rooms and departure from the hotel. For the nations going back to the airport, please don't forget to send the paper with flight information back to WABBA INTERNATIONAL **before June 1<sup>st</sup>!**

## 8. Followers/supporters/journalists/photographers:

The organizer proposes them a *package* including:

- 2 nights in a 4 stars hotel with breakfast,
- the VIP entry to the competition,
- the transport between the hotel, airport and the contest hall

for the amount of **220 €/person**.

The countries which don't pay the annual license fee must pay a special price for the ospitality (also the athletes).

The payment will be made by cash in euros and ONLY during the registration of the nation. We do not accept individual registrations by athletes who are part of a National delegation. We don't accept cheques or credit cards.

## 9. Visas:

For any person who wishes an invitation in order to obtain a visa, he must urgently address a request to his national committee.

## 10. Climate:

The climate in Verona in June is around 25-30°C.

## 11. Language and official currency:

Italian and English. Money Euro

## 12. The categories:

The categories are the official WABBA INTERNATIONAL ones, listed on [www.wabbainternational.com](http://www.wabbainternational.com) at this link <http://www.wabbainternational.com/rules/>

## **MEN BODYBUILDING**

JUNIOR – All athletes born in 1992 and after (as of 2016)

X-SHORT – up to 165 cm

SHORT – up to 170 cm

MEDIUM – up to 175 cm

TALL – up to 180 cm

XTALL – over 180 cm

MASTER – 40 years old the day of the competition

SUPERMASTER – 50 years old the day of the competition

## **MEN CLASSIC**

SHORT - Up to 175 cm – maximum weight = (height – 100) + 5%

TALL - Over 175 cm – maximum weight = (height – 100) + 5%

## **MEN MODEL**

ONE CLASS - Maximum weight = (height – 100) – 5%

## **MEN FITNESS**

ONE CLASS - Maximum weight = height – 100

## **MISS MODEL (Beauty)**

ONE CLASS

## **MISS BIKINI**

SHORT - up to 165 cm

TALL - over 165 cm

## **MISS SHAPE (Toned)**

ONE CLASS

## **MISS FITNESS (Trained)**

ONE CLASS

## **MISS BODY (Physique)**

ONE CLASS

## **MIXED COUPLES**

ONE CLASS

## **DISABLED**

ONE CLASS

## **PRO-CLASS**

Men BODYBUILDING

(The PRO-CLASS is open to all winners of Men Bodybuilding International WABBA competitions of the past, the winners of Men Bodybuilding Categories at World Championship 2016 and all GBO PRO Athletes)

PRIZE MONEY for the PRO-CLASS will be as follows:

1° Place 2000 €

2° Place 1500 €

3° Place 1000 €

4° Place 500 €

5° Place 500 €

6° Place 500 €

**13. The official organizer is:**

*WABBA International & WABBA Italy*

Thanks for contacting us for any additional information until June the 15<sup>th</sup> at the latest. From this date onwards, our offices will be closed since all our team will already be in Verona.

WABBA INTERNATIONAL

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