

INSPECTION REPORT

12TH WBPF EUROPEAN CHAMPIONSHIP & 12TH EBPF ANNUAL CONGRESS



WELCOME MESSAGES

It gives me great pleasure to send a message of felicitation to WBPF HUNGARY in hosting the 12th WBPF European Bodybuilding and Physique Sports Championships in Budapest, Hungary from 19-20 May 2023 at the At Up Event Centre.



Datuk Paul CHUA
WBPF President

The WBPF HUNGARY under the leadership of President Tamas Vldar is playing a very important role in organising this European Continental event for 2023.

In the meantime, Bodybuilding and Physique Sports has never been more popular. This is mainly due to the dedicated, devoted and hardworking people that constitute the Executive of the European Bodybuilding and Physique Sports Federation led by President Axel Bauer.

I would also like to thank Ms. Andrea Gergely and the Organizing Committee for doing a superlative job in bringing our sport to the highest level in Europe.

I would strongly encourage all European countries to participate in making the 12th European Bodybuilding and Physique Sports Championships a great success.

Dear delegates and athletes,

It is both a great honor and pleasure to announce that the 12th WBPF European Bodybuilding and Physique Sports Championships will be organized and conducted this year by the Hungarian Bodybuilding and Physique Sports Federation (HBPF). After the WBPF Hungary has successfully organized the 2nd WBPF European Championships in 2011 in Budaörs, the 7th WBPF European Championships in 2016 in Budapest and the 10th European Championships in 2019 in Budapest it is now the 4th time that Hungary is taking the task to host this competition. This year this important event will be celebrated in the beautiful city of Budapest, the capital of Hungary located in the heart of Europe.

HBPF is organizing the European Championships 2023 under the capable leadership of HBPF President Tamas Vldar who has recently been appointed as WBPF Executive Council Member (WBPF Director of Coaching) and Andrea Gergely, HBPF Secretary General, who has been working successfully for HBPF and WBPF for 13 years and has immense experience in organizing continental and world sport events. Tamas Vldar is a well-known Bodybuilder himself and has organized many successful events in the past and he and his local organizing team of officials from Hungary will ensure that this competition will become a great success. Andrea Gergely with her vast experience in the good-hearted management of high caliber events and the organizing team of HBPF will make this event one of the best, ever.

Among the WBPF HBPF is the strongest member in Physique Sports in Europe and one of the most successful



Mag. Axel BAUER
EBPF President, WBPF Vice-President for Europe

in the World based on recent results and is doing a great job year after year since the formation of EBPF and I am convinced that all participating federations with all their teams will have a great time in the beautiful capital of Hungary, Budapest. It is worth to stay a couple of more days after the European Championships to enjoy the beautiful city of Budapest with its historic buildings and magnificent architecture.

The organizing committee of HBPF will do its utmost best to make your stay comfortable, memorable and unforgettable and I am sure that everybody will bring back great memories from these historic 12th WBPF European Bodybuilding and Physique Sports Championships.

Yours in Sport,



Dear delegates and athletes,

HBPF (Hungarian Bodybuilding and Physique Sports Federation, former WBPF Hungary) is proud to host the 12nd WBPF European Championship & Congress in the city of Budapest, Hungary.

The organizing committee of the championship wishes to extend a warm welcome to all member countries of the WBPF, to all WBPF/EBPF officials, all participants, delegates, guests and supporters.

Hungary is hosting the prestigious continental championship for the fourth time. Thanks to our country's favorable location in Europe and our hospitality, Hungary has always been a popular venue for the WBPF European Championships. As always, this time too we are waiting for the European athletes of the World Bodybuilding and Physique Sports Federation in a high-quality venue, with a great show and we will close the event program with an unforgettable farewell party.

We hope that a record number of athletes will take part in this prestigious championship and we hope that all participants will leave us with unforgettable memories!

Yours in sport,



Mr Tamas VLADAR
HBPF President



Ms Andrea GERGELY
HBPF Secretary General

The Organizing Team of the 12nd WBPF European Championship

AIRPORT

Budapest Liszt Ferenc International Airport (IATA: BUD), formerly known as Budapest Ferihegy International Airport and still commonly called just Ferihegy, is the international airport serving the Hungarian capital city of Budapest, and by far the largest of the country's four commercial airports. The airport is located 16 kilometres (9.9 mi) southeast of the center of Budapest (bordering Pest county) and was renamed in 2011 in honour of the most famous Hungarian composer Franz Liszt (Liszt Ferenc, in Hungarian) on the occasion of the 200th anniversary of his birth. The official taxi company of Budapest Ferenc Liszt International Airport is "Főtaxi".





Budapest is the capital of Hungary and the largest in East-Central Europe. Cited as one of the most beautiful cities in Europe, its extensive World Heritage Site includes the banks of the Danube, the Buda Castle Quarter, Heroes' Square and the Millennium Underground Railway, the second oldest in the world. Other highlights include a total of 80 geothermal springs, the world's largest thermal water cave system, and third largest Parliament building.

Most popular attractions: **House of Parliament:** The governing powers of Hungary are housed in the third largest parliament building in the world. A competition was held to find a suitable design for the building and it was won by Imre Steindl who completed the building in 1904. His design was inspired by the English House of Parliament. The building incorporates Gothic Revival elements and has turrets and towers but also has Renaissance and Baroque elements like the massive central dome. The Hungarian parliament has a Lower and Upper House; the Lower House is in the northern wing and the Upper House in the southern wing. They are joined by the Dome Hall. The northern wing also houses the Prime Minister's offices and the southern wing houses the offices of the President of the Hungarian Republic.



St Stephens Basilica: One of Budapest's greatest landmarks is this beautiful church which stands on the Pest side of the city. The church construction was completed in 1906 having taken 50 years to build. The church is named after King Stephan (975-1038), the first king of Hungary. The church holds many exquisite frescoes, mosaics, statues and beautiful altar pieces. It is possible to take a tour of the church, visit the church for free and visit the Treasury and tower for a fee. From the top of the tower, there are spectacular views across the city. In the Szent Jobb Kopolna Chapel on the left of the church is the mummified hand of St. Stephen called the Holy Right.

Buda Castle District: The UNESCO World Heritage Committee has listed the view of the Danube embankments and the Buda Castle District- which is one of the most beautiful and romantic parts of the city of Budapest- as a World Heritage site on the 11th of December, 1987. The former Royal Palace and its supply buildings are an organic but separate part of the Castle District. Some of today's most important cultural institutions, such as the Budapest History Museum (Wing E, southern end of the building), as well as the Hungarian National Gallery (Wings A-B-C-D) and the Hungarian National Library, named after the founder Ferenc Széchenyi (Wing F) have moved to the Royal Palace. The formal residence of the Prime Minister, the Alexander Palace, is the President's Residence and home today.



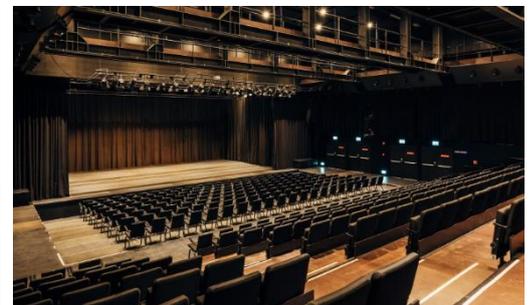
The most visited site is Trinity Square, dominated by one of Budapest's most characteristic building, the **Mathias Church**, which is over 700 years old. The church itself is almost of the same age as the Royal Palace, and gave home to many coronation ceremonies. Many kings and emperors left their mark on the church, even before the Turkish occupation, when the church was converted into a mosque and its walls whitewashed. Inside lie in their sarcophaguses King Béla the 3rd and his Queen; many visitors also visit the church for its vast ecclesiastical collection. Today's version of the church was finalized at the turn of the 19th century, when several smaller buildings were annexed to it and it was renovated in the Neo-Gothic style. It gives home to a great many concerts, due to its excellent acoustic properties. The Gothic tower of the Mathias Church, with the Fishermen's Bastion in the background, is one of the most frequently photographed tourist sites in Hungary.



The **Heroes' square** is one of the most visited sights of the Hungarian capital is situated in front of the **City Park**, at the end of the Andrassy Avenue, one of the most important streets of Budapest, a World Heritage site. The millennial monument was built in 1896 to commemorate the 1000th anniversary of the arrival of Hungarians in the Carpathian Basin. The niches are decorated by the statues of kings, governors and famous characters of the Hungarian history. In the middle of Heroes' square stands a 36 metres high corinthian column with the statue of Archangel Gabriel on the top, the symbol of the Roman Catholic religion. At the pedestal the equestrian statues commemorate Árpád and the seven chieftains of the Hungarian tribes, who settled their people in the present territory of Hungary. His descendants formed the Hungarian royal dynasty. At the two sides the representative buildings of the **Museum of Fine Arts** and the **Art Gallery** both worth a visit.



VENUE SITE: UP RENDEZVÉNYTÉR (Address: 1042 Budapest, Szent István square 13-14.)



This modern event venue is located 5 minutes on foot from the M3 subway station (Újpest-Center), above the Újpest Market, on the 2nd floor of the building.

RECOMMENDED NEARBY HOTELS & ACCOMODITIONS

VITTA HOTEL SUPERIOR BUDAPEST* (Address: 1047 Budapest, Váci street 27-29.)**

Situated on the outskirts, in the 4th district of Budapest, this 3-star design hotel is a 5-minute drive from the M0 ring road connecting to all motorways, 10 minutes on foot from the event venue. It offers modern rooms with elegant furnishings, a flat-screen satellite TV and free WiFi. Free private parking is possible on site. All rooms at the Vitta Hotel Superior Budapest are fitted with a refrigerator and a radio. Electric kettles are available upon request. The modern bathroom comes with a shower.



Within 6 km you can find a shopping mall, restaurants and the Aquaworld Budapest water park. The Újpest-Center metro station on line M3 is a 10-minute walk from the Vitta Hotel Superior Budapest.



PARK INN BY RADISSON BUDAPEST** (Address: 1138 Budapest, Szekszárdi street 16-18.)**

Park Inn By Radisson Budapest offers classy air-conditioned rooms and a restaurant in the northern part of Budapest. WiFi is available for free. All rooms are decorated with vivid colours and equipped with a flat-screen TV and a safety box. The private bathroom is fitted with a shower and a hairdryer, and in some of the rooms free toiletries are provided. The restaurant has been designed according to the latest trends and it serves Hungarian and international cuisine. The Park Inn By Radisson Budapest also comes with a bar offering coffees and tasty cocktails.



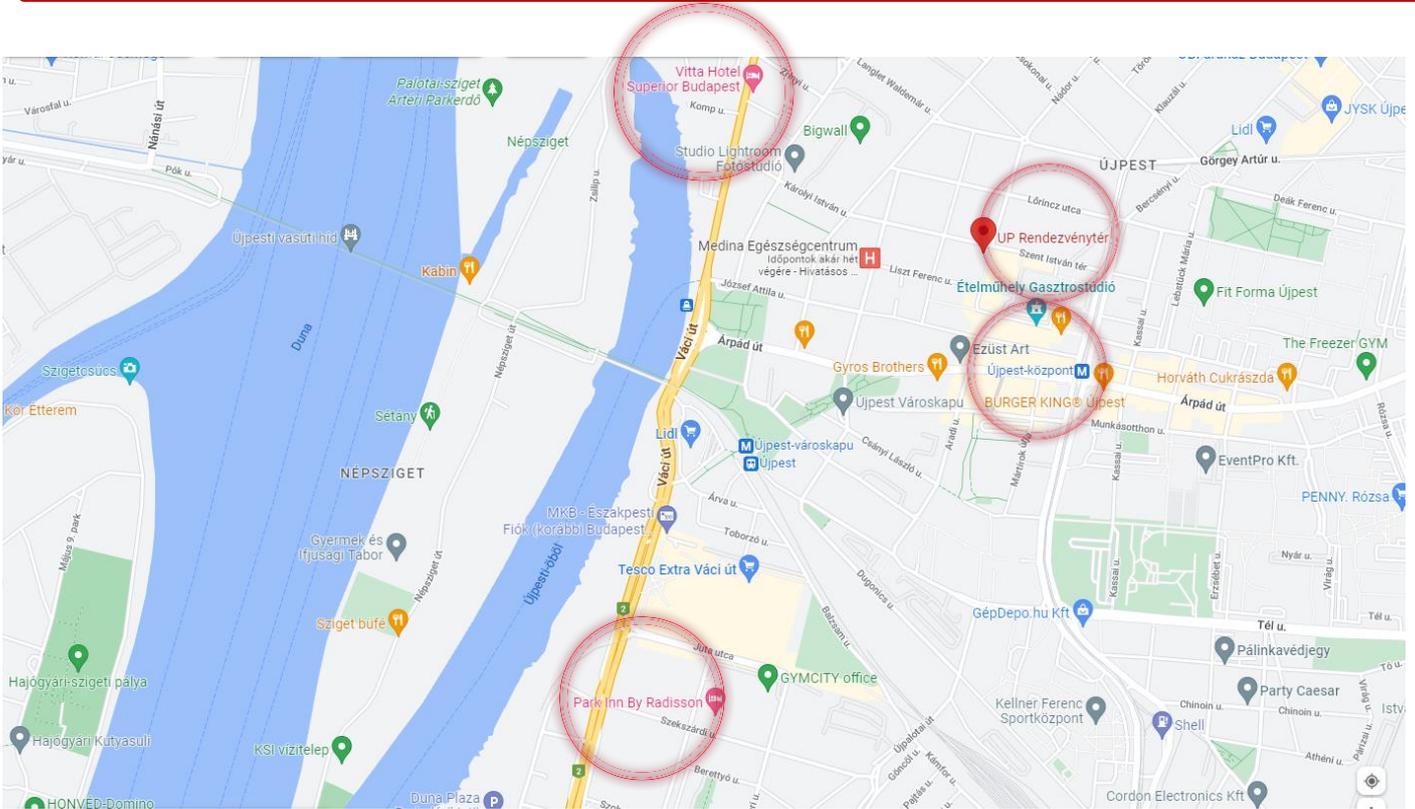
BENVENUTA APARTMAN FREE PARKING (Address: 1043 Budapest, Berda József street 12.)

Benvenuto Apartman Free Parking provides air-conditioned rooms and a terrace, free WiFi is also. Each room comes with a balcony. All units at the guest house are equipped with a flat-screen TV and a kitchen. Guest rooms include a private bathroom, a hairdryer and bed linen.



IMPORTANT NOTICE

-  The hotel accommodation must be arranged **INDIVIDUALLY!**
-  Any accommodation on metro line 3 (blue line) will be perfect. Újpest-központ stop is a few minutes walk from the event hall and Weight-In and Registration location.
-  Shuttle service is **NOT PROVIDED** by official hotel to the competition venue and back!



DISCIPLINES and CATEGORIES (tentative): Total thirty-six (36) categories

FITNESS PHYSIQUE	WOMEN	Senior	one open
MODEL PHYSIQUE	WOMEN	Junior (up to 23 yrs)	one open
		Senior	up to and 160 cm
			up to and 165 cm
			up to and 170 cm
		Lady	over 170 cm
over 30 yrs: one open			
SPORT PHYSIQUE	MEN	Junior (up to 23 yrs)	one open
		Senior	up to and 175 cm
			over 175 cm
	Gentleman	over 35 yrs: one open	
	WOMEN	Senior	up to and 165 cm
over 165 cm			



		Lady	over 30 yrs: one open over 40 yrs: one open
WELLNESS PHYSIQUE	WOMEN	Senior	up to and 165 cm over 165 cm
ATHLETIC PHYSIQUE	MEN	Senior	up to and 170 cm up to and 180 cm over 180 cm
		Master	over 40 yrs: one open
	WOMEN	Senior	up to and 165 cm over 165 cm
		Lady	over 40 yrs: one open
MUSCULAR PHYSIQUE	WOMEN	Senior	one open
BODYBUILDING	MEN	Junior (up to 23 yrs)	one open
		Senior	up to and 75 kg
			up to and 80 kg
			up to and 85 kg
			up to and 90 kg
			up to and 100 kg
		over 100 kg	
		Master	40-50 yrs: up to and 80 kg
40-50 yrs: over 80 kg			
over 50 yrs: one open			

Overall Championship will be held in the following disciplines:

-  Women's Model Physique
-  Women's Sport Physique
-  Women's Wellness Physique
-  Women's Athletic Physique
-  Men's Sport Physique
-  Men's Athletic Physique
-  Men's Bodybuilding

IMPORTANT NOTICE

-  If there are less than 5 athletes in the categories, the categories will be merged!
-  If only one category of the discipline is organized due to the merging of the categories, in that case the Overall Championship will not be organized in the given discipline!



REGISTRATION FEE

	REGISTRATION FEE	INCLUDED	NOT INCLUDED
ATHLETES	100 EUR	👤 Participation in only one category	👤 Transfers 👤 Accomodation
	160 EUR	👤 Participation in two categories	👤 Meals 👤 VIP area access
	200 EUR	👤 Participation in three category	👤 Farewell party
	👤 Free entries to venue site 👤 Backstage area access 👤 Official competition T-shirt and HBPF gifts		
OFFICIALS	25 EUR	👤 Free entries to venue site 👤 VIP area access 👤 Lunch & snacks & drinks on Saturday	👤 Transfers 👤 Accomodation 👤 Breakfast, dinner 👤 Backstage area
JUDGES	FREE	👤 Free entries to venue site 👤 VIP area access 👤 Lunch & snacks & drinks on Saturday	👤 Transfers 👤 Accomodation 👤 Breakfast, dinner 👤 Backstage area
COACH (one per coutry)	FREE	👤 Free entries to venue site 👤 Backstage area access	👤 Transfers 👤 Accomodation 👤 Meals
EXTRA COACHES	20 EUR	👤 Free entries to venue site 👤 Backstage area access	👤 Transfers 👤 Accomodation 👤 Meals
	EXTRA FEES		
FAREWELL PARTY	35 EUR	👤 All you can eat and drink catering (champagne, wine, beer, coffee, lemonade, cola, fruit juices)	👤 Transfers
BACKSTAGE TICKET	20 EUR	👤 Free entries to venue site 👤 Backstage area access	👤 VIP area access
ENTRY TICKET	10 EUR	👤 Free entries to venue site	👤 VIP area access 👤 Backstage area access

The fees which will be paid cash will be collected at the time of Official Weigh-In & Registration by the Organizing Committee. The team managers of each country have to pay the registration fee of the whole national team. Only Cash Payments in EUR will be accepted for registration fees. ATM machines are available near the event hall where you can withdraw cash with a credit card.

APPLICATION DEADLINE

Application deadline date for the 12th WBPF European Championship: **May 12th, 2023**.
Please note: We are unable to accept applications after the indicated deadline date.



REGISTRATION & WEIGH-IN IN UP RENDEZVÉNYTÉR (Address: 1042 Budapest, Szent István square 13-14.)

Registration and Weigh-In will take place at the section room of the UP Rendezvénytér (1st floor). on May 19th, 2023 from 17:00-19:00 hrs.

It is the responsibility of the athletes to be on time for the Registration and Weigh-In. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified.

IMPORTANT NOTICE

- 👤 Each athlete must bring his/her ID / passport and posing music (Women's Fitness, Men's Athletic Physique and Men's Bodybuilding athletes!) to the weigh-in and registration, failing this the athlete must pose to the music played by the organizers.
- 👤 No G-String bikinis are allowed.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage and/or dressing room is areas shall be strictly limited only those who have registered and purchased the backstage access tickets.

TANNING & EXTRA SERVICES

Competitors can take care of their tanning with Pro Tan, Jan Tana, etc.. tanners.

The athletes can meet with the representative of Pro Tan Europe at the registration to ask for more information about tanning procedure. You will be able to buy products as well with special sale prices!

BOOK YOUR APPOINTMENT: <https://www.protan-europe.com/book-your-tan/482?l>

Some useful advices:

- DON'T USE deodorant / anti-perspiration sprays and lotion products in the morning of the tanning. The skin will not take in the colour properly.
- WATCH OUT for the method of your depilation. Do not bruise your upper skin.
- DO USE skin peeling product (Get Buffed) starting with the last 2-3 days to get rid of the „dead skin”. So you can avoid dotty and dirty-looking skin after tanning.

SPECIAL SERVICES & PRICES:

👤 Tanning service:	80 EUR (2 layers (base + top) + stage finish & touch up)
👤 VIP tanning service:	100 EUR (unlimited layers and stage finish)
👤 Tattoo cover up from:	35 EUR (It depends on the size of the tattoo.)
👤 Make up:	60 EUR
👤 Hair dresser:	40 EUR
👤 Beauty package (make up & hair):	90 EUR

THE USE OF DREAM TAN TANNING IS STRICTLY PROHIBITED!



TENTATIVE DAILY PROGRAM

May 19th, 2023 (Friday)

- 14:30-15:00 EBPF Executive Council Meeting (UP Rendezvénytér 3rd floor / Section room)
15:00-15:30 EBPF Annual Congress (UP Rendezvénytér 3rd floor / Section room)
15:30-16:00 EBPF Team Manager and Judges Meeting (UP Rendezvénytér 3rd floor / Section room)
17:00-19:00 Registration / Weigh-In of all bodyweight categories and height. Measurements and checking of age groups. (UP Rendezvénytér 1st floor)
17:00-18:30 European Judges Seminar & Exam (UP Rendezvénytér 3rd floor / Section room)

May 20th, 2023 (Saturday)

- 09:00-09:15 Greeting and Opening Ceremony (UP Rendezvénytér 2nd floor / Theater hall)
09:15-19:00 Competition (**Total 36 categories**)
Award ceremony & Prize Distribution: Place 1-3: medals, cups, certificates
12:00-14:00 Lunch will be provided for the officials and judges.
19:00-20:00 Overall Championships
Award ceremony & Prize Distribution:
 **Each Overall Champion receives an award of 500 Euros.**
 **Women's Fitness Physique and Muscular Physique category champions receives an award of 300 Euros.**
Special Award for Best Team: 1st, 2nd, 3rd places
21:00-24:00 **Farewell party** in Buda Gourmet Bistro (all you can eat and drink)

The organizers reserve the right to change the program.
Please follow us on Facebook and Instagram: wbpfhungary

BUDA GOURMET BISTRO (Address: 1036 Budapest, Bécsi street 38.)



The unlimited drink includes the following drinks: Dreher draft beer, quality wines from Szekszárd, Törley champagnes, soft drinks, homemade lemonades, mineral waters, coffees.



MEN'S ATHLETIC PHYSIQUE WEIGHT AND HEIGHT RATIO

Dear Men's Athletic Physique athletes, please note the height and weight ratio calculation in the below table. You must comply with this height/weight – ratio at the Weigh-In!

Weight and Height ratio MEN'S ATHLETIC PHYSIQUE		
CM	KG	
210 cm	122 kg	-100/+12kg
209 cm	121 kg	
208 cm	120 kg	
207 cm	119 kg	
206 cm	118 kg	
205 cm	117 kg	
204 cm	116 kg	
203 cm	115 kg	
202 cm	114 kg	
201 cm	113 kg	
200 cm	112 kg	
199 cm	111 kg	
198 cm	110 kg	
197 cm	109 kg	
196 cm	108 kg	
195 cm	107 kg	
194 cm	106 kg	
193 cm	105 kg	
192 cm	104 kg	
191 cm	103 kg	
190 cm	102 kg	
189 cm	101 kg	
188 cm	100 kg	
187 cm	99 kg	
186 cm	98 kg	
185 cm	97 kg	
184 cm	96 kg	
183 cm	95 kg	
182 cm	92 kg	
181 cm	91 kg	
180 cm	90 kg	
179 cm	89 kg	
178 cm	88 kg	
177 cm	87 kg	
176 cm	86 kg	
175 cm	83 kg	
174 cm	82 kg	
173 cm	81 kg	
172 cm	80 kg	
171 cm	79 kg	
170 cm	78 kg	
169 cm	77 kg	
168 cm	76 kg	
167 cm	73 kg	
166 cm	72 kg	
165 cm	71 kg	
164 cm	70 kg	
163 cm	69 kg	
162 cm	68 kg	
161 cm	67 kg	
160 cm	66 kg	
		-100/+6kg



ATHLETES WITHOUT DELEGATES

All athletes competing at 12th WBPF European Championship must be members in good standing of their National Federations. Any athlete who arrives without a WBPF delegate must carry an Official Letter of Authorization of Participation from his/her National Federation, failing which the athletes will not be eligible to participate.

POSING MUSIC

Posing music must be on flash drive and produced with good quality. The music should be cued from the start of the flash drive. THE USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED!

VISA

Hungary is a Member of EU. Please consult to the Hungarian Embassy in your country to determine if you need a visa. Upon a request an official invitation letter shall be issued and signed by the HBPF. Please note, that the visa administration process can take 3-4 weeks. If you need help for visa administration, please send the scanned copy of your passport to HBPF and please ensure that it is more than 3-6 months valid.

Last minute request will not be entertained by the organising committee!

CAMERA / VIDEO TAPE EQUIPMENT

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

ADDRESS / CONTACT OF THE ORGANIZING COMMITTEE

HBPF Magyarország (WBPF Hungary)
1131 Budapest
Jász street 156-158. C building
HUNGARY
E-mail: info@hbpf.hu

ATTACHMENTS

Official Invitation Letter
Entry Form
12th WBPF European Championship poster

