



## INSPECTION REPORT

# 14<sup>th</sup> International Austrian and 6<sup>th</sup> Newcomers Championships

**14<sup>th</sup> AUSTRIAN & 6<sup>th</sup> NEWCOMERS CHAMPIONSHIPS**  
**QUALIFICATION**  
**EBPF-EUROPEAN CHAMPIONSHIPS**  
**BUDAPEST / HUNGARY**  
**SATURDAY APRIL 29<sup>th</sup> 2023 14<sup>00</sup> HOURS**

REGISTRATION / CONTACT [www.abpf.at](http://www.abpf.at) LUGNER CITY  
VIENNA, AUSTRIA

WEIGHT-IN REGISTRATION TOTAL PRICE MONEY  
APRIL 28<sup>th</sup> 2023 16<sup>00</sup> - 18<sup>00</sup> HOURS  
APRIL 29<sup>th</sup> 2023 10<sup>00</sup> - 13<sup>00</sup> HOURS **€ 3.000,-**

**Pro Tan** **ATOMBODY** **web-crossing** **TOP GYM** **SERIDEH**  
EUROPE Since 1987 THE BEST IN BUSINESS TRAINING  
FOTOS: SARVESH PARADKAR



## **WELCOME MESSAGE OF THE ORGANIZER**

Dear athletes, delegates and Bodybuilding and Physique Sports enthusiasts!

The Austrian Bodybuilding & Physique Sports Federation (ABPF) is proud to organize and conduct the 14<sup>th</sup> International Austrian Championships sanctioned by the World Bodybuilding & Physique Sports Federation (WBPF). We wish to extend our great pleasure and a warm welcome to all participants of these championships in Vienna, the capital city of Austria.

After the 13<sup>th</sup> International Austria Cup on 22<sup>nd</sup> October last year this is now the sixteenth international event being organized and conducted at Lugner City Mall by ABPF under the leadership of its President Mag. Axel Bauer. Richard Lugner, the owner of the mall named after him, is a world-famous celebrity and strong supporter of bodybuilding and physique sports in Austria. Due to that we love to choose this venue site again which also offers a lot of advantages.

You can be assured that during your visit we will do our best to make your stay comfortable, entertaining and unforgettable and to make these championships a great success.

Yours in sport

Mag. Axel Bauer  
ABPF President

Mag. Horst Leser  
ABPF Secretary General

## **TRAVEL INFORMATION**

Austria is an alpine country in Central Europe with about 9,1 million people. The majority of the population speaks German that is the official language, but many Austrians can also speak English. The official currency is the Euro (100 Eurocent is 1 Euro). The time zone is Central European Time (Coordinated Universal Time + 1 hour) except from the end of March to the end of October. For the competition the time zone is Central European Summer Time (Coordinated Universal Time + 2 hours). For any electronic device the plug type is C and F, the residential voltage is 230 V and the frequency is 50 Hz.

Next to a highly developed industry, international tourism is the most important part of the national economy. Between 2005 and 2010 Vienna, the capital and largest city of Austria with a population of about 2.1 million, was the world's number-one destination for international congresses and conventions and still attracts over 6.8 million tourists a year. For further information just open the website [www.wien.info](http://www.wien.info) in a browser and choose a language in the sub-menu "Deutsch"!

Vienna is served by Vienna International Airport, located 18 km southeast of the city centre. The Vienna S-Bahn line S7 provides the cheapest local service to the city centre taking approx. 25 minutes. The more expensive City Airport Train connects the airport directly to Wien Mitte railway station, close to the city centre, in just 16 minutes. Furthermore, there are buses from the airport to various places in Vienna. Of course, there are several taxi companies that operate at the airport and car rental facilities are also available. The railway system connects Vienna with other European cities, like Munich, Venice, Budapest, Prague, Bratislava and Zürich. Vienna has multiple road connections including motorways. In Vienna public transport is provided by buses, trams and 5 underground metro lines. Concerning the weather in late April the lowest temperatures can range between 13 and 16 degrees Celsius and the highest between 20 and 31 degrees Celsius.

## RECOMMENDED HOTELS

The first hotel recommended by the organizer is the four-star hotel “arte” that is located at the same building as the venue site.



The room rates start at about € 140,00 per night for the single and the double room (with breakfast and WLAN) depending on the time of the actual booking and the availability. The rooms can be booked directly at the hotel.

The address is:

arte Hotel Wien  
 Wurzbachgasse 17  
 1150 Wien  
 phone: +43 1 7898899  
 e-mail: willkommen@artewien.at  
 homepage: www.artewien.at

An alternative recommendation for the budget customer would be the hostel “A & O Wien Stadthalle”. The prices start at € 34 per person and night.



The address is:

A & O Wien Stadthalle  
 1160 Wien  
 Lerchenfelder Gürtel 9-11  
 phone: +43 1 4930480-3900  
 internet: www.aohostels.com/en/vienna/wien-stadthalle

There are many more nice hotels available near the venue site, but it is recommended to make hotel bookings as early as possible to get better rates.

## **VENUE SITE OF THE COMPETITION**

The “Lugner City” is a shopping mall and office building located directly on the so called “Gürtel” (the belt) in the 15<sup>th</sup> district of Vienna. There you can find all kind of shops and restaurants, an entertainment complex with cinemas, the modern fully equipped gym “McFIT” and the official four-star hotel “arte” that is located at the same building.

The competition will take place at the “Show-Bühne” (stage) that is located in the centre of the mall. The stage can be viewed from all floors and three sides (front, left and right) so a maximum visibility is granted. Official address is:

Lugner City  
1150 Wien  
Gablenzgasse 12-15  
phone: +43 1 98150 0  
fax: +43 1 98150 98

The mall can be easily reached with the metro line U6, station “Burggasse-Stadthalle”, exit “Burggasse”. Parking in the Lugner City garage is charged!

## **COMPETITION SCHEDULE**

The registration/weigh-in takes place on Friday 28<sup>th</sup> April 2023 from 16:00 hrs to 18:00 hrs and on Saturday 29<sup>th</sup> April 2023 from 10:00 hrs. to 13:00 hrs at the stage in Lugner City mall.

The competition will begin on Saturday 29<sup>th</sup> April 2023 at 14:00 hrs and will be completed approximately by 18:30 hrs depending on the actual number of competitors. The preliminary competition schedule will be published 3 days before the competition on all social media platforms of ABPF.

## **DISCIPLINES AND CATEGORIES**

The disciplines and categories and their planned order are:

1. Women’s Model Physique Newcomers (only for Austrians!)
2. Women’s Model Physique -160cm/-165cm/-170cm/+170cm height
3. Women’s Sport Physique -165cm/+165cm height
4. Women’s Athletic Physique -165cm/+165cm height
5. Women`s Wellness Physique open
6. Discipline winners of Women’s Model, Sport, Athletic and Wellness Physique
7. Men’s Bodybuilding handicapped
8. Junior Men’s Bodybuilding
9. Master Men’s Bodybuilding -50 years/+50 years
10. Men’s Sport Physique Newcomers (only for Austrians! See table of weights at the end!)
11. Men’s Sport Physique -178cm/+178cm height (See table of weights at the end!)
12. Men’s Athletic Physique -178cm/+178cm height (See table of weights at the end!)
13. Senior Men’s Bodybuilding -80kg/-90kg/-100kg/+100kg weight
14. Discipline winners of Men’s Sport and Athletic Physique
15. Men’s Bodybuilding Overall
16. Qualification for European Championships (only for Austrians!)

Attention: If there are less than 3 competitors in one category this category can be united with another one and if there are more than 10 competitors in a planned category this category can be divided in two categories. That is why the categories and their order will be finally determined after the weigh in!

## PARTICIPATION AND REGISTRATION

### REGISTRATION FEE

All official participants (athletes and coaches) have to pay the registration fee to the organizer.

Registration fee	includes	EUR <i>In advance</i> (payed no öater than by 21st April 2023)	EUR In cash (if payed later than by 21st April 2023)
Athletes	<ul style="list-style-type: none"> <li>✓ Free entrance</li> <li>✓ access to athletes area</li> <li>✓ meal-voucher (Restaurant Lugner City)</li> <li>✓ certificate of participation and gifts</li> </ul>	<p>1 categorie: <b>50.-</b></p> <p>Each additional categorie: <b>25.-</b></p>	<p>1 categorie: <b>70.-</b></p> <p>Each additional categorie: <b>35.-</b></p>
Coaches	<ul style="list-style-type: none"> <li>✓ free entrance</li> <li>✓ access to athletes area</li> </ul>	<b>20.-</b>	<b>25.-</b>

Fees that have to be paid in cash will be paid upon registration at the registration table to the organizer. Only payments in EURO will be accepted. ATM machines are available in the mall for withdrawels of cash in Euro.

To compete in the 14<sup>th</sup> International Austrian Championships you

- have to be at least 16 years old, as Junior you are born in 2000 or you are younger and as Master you are born in 1983 or you are older

- have to **register preferably online via the website of ABPF [www.abpf.at](http://www.abpf.at) under section EVENT-ANMELDUNG or by writing** to the organizer ABPF, Favoritenstraße 26/6, 1040 Wien, Austria and mentioning your surname and given name, nationality, date of birth, height, planned weight and category or categories, name of coach (if desired) and payment method of the registration (and eventually coach's) fee either by fax under the number +43 1 7105499-9 or by e-mail to office@wbpf.at (subject: REG14IACH+your name) **no later than 21<sup>th</sup> April 2023**.

- have the permission of your national WBPF- affiliated federation if you are not Austrian and have no residence in Austria. Such permission is not necessary if in the country of origin or residence of the competitor there is no WBPF-affiliated national federation

- have an appropriate physical development according to the final and binding decision of the chief judge.

- pay the **registration fee as per the above table**. If paid **in advance** via bank transfer to the organizer ABPF, payment must be made to the following account: **IBAN AT63 1100 0086 4558 6200 BIC BKAUATWW** (Fill in RF plus your surname and given name in the field "payment reference"!)

National federations that wish to bring a judge are welcome provided that the judge carries an international judge's card and is appropriately dressed in the official WBPF uniform (grey suit, white shirt, official tie). All international WBPF judges will be considered for judging.

### WEIGH-IN AND REGISTRATION

Weigh-In and registration will take place at Lugner City Mall ground floor at the Showbühne on Friday 28<sup>th</sup> April 2023 from 16:00 hrs to 18:00 hrs and on Saturday 29<sup>th</sup> April 2023 from 10:00 hrs. to 13:00 hrs.

It is the responsibility of the Chief Delegate or Team Manager to make sure that all athletes are on time for the Weigh-In and Registration. If an athlete is late for the Weigh-in and Registration, that athlete will not be registered and cannot compete and will have to pay all of

### IMPORTANT NOTICE!

- 👤 Each athlete must bring his/her passport/ID and posing music to the weigh-in and registration, failing which the athlete will not be processed.
- 👤 No G-String bikinis are allowed. Athletes must comply with the WBPF competition Rules and they must produce their competition attire for verification and approval for the competition at the Weigh-In area.
- 👤 During the Weigh-In, all athletes should be properly dressed (sports clothing).

his expenses.

### BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the athletes areas shall be strictly limited only to those who have been issued an Entry Pass or purchased the backstage access ticket for coaches.

### AWARDS

During the weigh in every participant receives a meal (diet or normal food) and beverage voucher valid for the restaurant specified on the voucher in Lugner City mall and a diploma (certificate of participation) during the victory ceremony. 3<sup>rd</sup> and 2<sup>nd</sup> place of each category receives a cup and 1<sup>st</sup> place receives a statuette. The **discipline winners** of Women's Model, Sport, Wellness and Athletic Physique and Men's Sport and Athletic Physique receive a **prize money of € 400 each** and **Men's Bodybuilding Overall** receives a **prize money of € 600!**

### COMPETITION RULES

The competition is conducted according to the WBPF rules book except for the scoring rounds. There is only one and final round! Concerning the posing music with a maximum duration of 60 seconds athletes can either use a CD (music at the beginning) or a USB flash drive (containing the music only).

**Antidoping controls** according to the WADA rules can be conducted!

### TANNING AND OTHER SERVICES BY PROTAN EUROPE

Pro Tan Europe offers tanning and beauty services (hair and make-up). ABPF strongly recommends to use the services offered by PRO TAN EUROPE for the best possible appearance.

Tanning and beauty services can be booked online on the website of ABPF:

[www.abpf.at](http://www.abpf.at)

### PRICES

- Full tanning service: 80.- Euro (unlimited layers + touch-up and oil tattoo & scar cover-up)
- Tattoo cover-up.: 35.- Euro (including touch-up)
- Prof. hair-styling: 40.- Euro
- Prof. Make up: 60.- Euro
- Beauty package: 90.- Euro (professional stage make-up and stage hair)

Participants who have booked and paid the services will receive a voucher at the weigh-in/registration so they can proceed to the tanning- and beauty - service – area to consume the services accordingly.

**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 color 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“. By doing so you can avoid dotty and dirty-looking skin after tanning.

**Special Services:**

- WHOLE DAY CORRECTION - We will be there till the end of the competition to repair color or streak and put another oil/vasculizer if there will be more stage appearances.
- FIXING YOUR BIKINI - We can fix your bikini with our special product, Bikini Bite from Protan. It is included in the tanning service. It is washable with soap and smooth to your skin.
- PROFESSIONAL MAKE UP TEAM - Professional make up service will be available for you! We have been working together from the beginning so they really know how a perfect stage make up should look like.
- HAIR TOUCH-UP - Our hair - dressers can do final touch-up on your hair. For women and men too!

For women's model, wellness and sport physique and men's sport physique competitors air-brush tan is obligatory. The use of any tan that has a tendency to come off the body due to sweating or causes stains to the stage carpet is strictly prohibited.

## TICKETS

Tickets:	EUR	EUR
	Payment in advance (if paid no later than by 21. April 2023)	Bar (if paid after 21. April 2023)
VIP (2. – 3. row)	30.-	35.-
Standard (4. – 10. row)	10.-	15.-

Tickets can be purchased online selecting the **button TICKETS on the Homepage of ABPF [www.abpf.at](http://www.abpf.at)**, tickets will not be sent to the buyer they must be collected before the commencement of the competition at the registration table during the weigh-in/registration no later than 13:30 hrs. Tickets that are not collected in time become null and void, the ticket price will not be refunded. Payments in advance must be made to the following account number of ABPF: **IBAN AT63 1100 0086 4558 6200 BIC BKAUATWW**

## TROUBLE SHOOTING

If you need any help or have questions that are not covered by this report, please feel free to contact the organizer!

Austrian Bodybuilding & Physique Sports Federation (ABPF)  
c/o President Mag. Axel Bauer  
Favoritenstraße 26/6  
1040 Wien  
Austria  
phone: +43 1 7105499 fax: ad 9

cell phone: +43 664 4037197

e-mail: [office@wbpf.at](mailto:office@wbpf.at)

**This event is the sole intellectual property right of ABPF. Pictures and/or videos taken from the locked sitting area are only allowed with the allowance of the chief judge. If the competition or parts of it is recorded for TV/Internet or broadcasted everyone participating in this event agrees to that and also declares to refrain from any compensation whatsoever. All rights reserved by ABPF.**

#### Men`s Physique-Categories height/weight

height in cm	Sport Physique max. weight in kg	Athletic Physique Max. weight in kg
160	65,73	71,87
161	66,63	72,86
162	67,55	73,86
163	68,47	74,87
164	69,39	75,88
165	70,32	76,90
166	71,26	77,92
167	72,20	78,96
168	73,15	79,99
169	74,11	81,04
170	75,07	82,09
171	76,04	83,15
172	77,01	84,22
173	78,00	85,29
174	78,98	86,37
175	79,98	87,46
176	80,97	88,55
177	81,98	89,65
178	82,99	90,76
179	84,01	91,87
180	85,03	92,99
181	86,06	94,11
182	87,10	95,25
183	88,14	96,39
184	89,19	97,53
185	90,24	98,69
186	91,30	99,85
187	92,37	101,02
188	93,44	102,19
189	94,52	103,37
190	95,61	104,56
191	96,70	105,75
192	97,80	106,95
193	98,90	108,16
194	100,01	109,37
195	101,13	110,59