



INSPECTION REPORT

INTERNATIONAL SWISS CUP 2016 OCTOBER, 1st 2016

**INTERNATIONAL
SWISS CUP**

1. OKTOBER 2016

BODYBUILDING - BIKINI-FITNESS - PHYSIQUE

SBFV
SCHWEIZER BODYBUILDING-
UND FITNESSVERBAND
IFBB - Fédération Suisse de Bodybuilding et Fitness

Gersag Saal Emmenbrücke
Rüeggisingerstrasse 20
6020 Emmenbrücke

Infos + Anmeldung: www.sbfv.ch
Tickets: www.powerentertainment.ch
Live Stream on Youtube

Hauptsponsor:





INFORMATION FOR ATHLETES FROM ABROAD

Welcome to Emmenbrücke!

Emmenbrücke is located right next to the beautiful "City of Lights Lucerne" in the heart of Switzerland. In a few minutes by bus or train, the city center is reachable and is always worth a visit. <http://www.myswitzerland.com/en-ch/lucerne.html>

For the fourth consecutive year, we are pleased to be allowed to organize in Emmenbrücke International Swiss Cup.

Below you will find all important information about the competition as well as accommodation and travel.

VENUE SITE:

This International Swiss Cup will be held at the **Gersagsaal** <http://www.gersag.ch/>, in Emmenbrücke, near Lucerne.

HOTELS NEAR THE VENUE:

- Hotel Lux <http://www.hotel-lux.ch/en/>
- Hotel Fasan http://www.fasan.ch/index_alt.html?/d/seiten/hotel.html

NEAREST AIRPORT: <http://www.zurich-airport.com/passengers-and-visitors>

TRAIN:

Trains from Zurich airport depart every 30 minutes to Lucerne.

Various trains from Lucerne to Emmenbrücke Gersag run every 5 to 10 minutes.

You can find detailed time tables here: <http://www.sbb.ch/en/home.html>

All the costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes.

REGISTRATION & WEIGH-IN

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. The registration should be e-mailed to: international@sbfv.ch.

Registration fee is waived for foreign athletes. Coaches must pay for the Backstage-Pass CHF 30.00. Inquiries by mail to international@sbfv.ch or info@sbfv.ch.

- **Friday, September 30, 2016;** 19 PM to 21 PM (all classes)
Dynamic Fitnesscenter; Rüeggisingerstrasse 29, 6020 Emmenbrücke
- **Saturday, October 1, 2016;** 9 AM to 11.30 AM (all classes)
Gersagsaal; Rüeggisingerstrasse 20A, 6020 Emmenbrücke



CATEGORIES OPEN FOR THIS COMPETITION:

Bodybuilding	Bikini-Fitness
Junior open	Up to including 160cm
Up to including 70 kg	Up to including 166cm
Up to including 80kg	Up to including 169cm
Up to including 90kg	Above 169cm
Above 90kg	Juniors; Open Class
Masters 40+	Masters 35+
BB Classic; Open Class	Physique women
Physique men	Open Class
Up to including 178cm	Bodyfitness
Above 178cm	Up to including 165cm
Juniors; Open Class	Above 165cm
	Masters 35+

SCHEDULE:

Prejudging: Saturday October 1, 2016; starts at 14:00

Finals: Saturday October 1, 2016; starts at 19:00

VISAS:

A valid passport is required to enter Switzerland. EU-country citizens do not need to obtain a visa. All other countries should consult the Swiss Embassy in their country to determine if they need a visa.

TANNING NEEDS:

The SBFV has banned all tans that can be wiped off. An Official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

POSING MUSIC:

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

BACKSTAGE ACCESS:

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.



CAMERA/VIDEOTAPE EQUIPMENT:

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

CURRENCY:

The national currency in Switzerland is CHF (Swiss Francs). All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CONTACT DETAILS:

All Entry Forms and correspondence should be addressed to president@sbfv.ch
The deadline date for submitting the registration is **September 17th, 2016**.

PLEASE FORWARD ALL REGISTRATIONS TO:

Please send your Entry Form no later than September 17th, 2016 to:

SBFV President

Beat Geser

E-mail: president@sbfv.ch