

INSPECTION REPORT

3RD PERFECTBODY CLASSIC

PERFECTBODY
Classic

17-18 MAY, 2024
BUDAPEST, HUNGARY



WELCOME MESSAGES

I applaud the Hungarian Bodybuilding and Physique Sports Federation (HBPF) for their great efforts in organizing the 3rd Perfectbody Classic invitational championship along with the 13th European Bodybuilding & Physique Sports championship from 18-19 MAY 2024 in Budapest, Hungary.

Heartfelt congratulations to President Tamas Vldar and Secretary General Andrea Gergely and their Executive Committee for securing the honor of hosting the prestigious European fitness events. Their dedicated effort is truly commendable.

May this great event inspire participants to reach new heights, showcasing the epitome of strength, discipline, and perseverance.

I am confident that the competition will be a spectacular one. I send my best wishes to all officials and participants in this year's championship.



Datuk Paul Chua

President

World Bodybuilding and Physique Sports Federation (WBPF)

Esteemed Competitors, Distinguished Guests and Admirers of Bodybuilding Excellence,

On behalf of the World Bodybuilding and Physique Sports Federation, it is my distinct pleasure to extend heartfelt greetings to all as we convene for the grand spectacle of the Perfect Body Classic Bodybuilding and Physique Sports Championship 2024 in the captivating city of Budapest, Hungary.

This extraordinary event, meticulously organized by the Hungarian Bodybuilding and Physique Sports Federation, promises a celebration of strength, dedication, and the embodiment of human potential. As we embark on this journey, let us embrace the shared passion that unites us in the pursuit of physical and mental excellence.

To the remarkable competitors, may your performances be a testament to the countless hours of hard work and commitment invested.

May the championship be a showcase of not only incredible physical prowess but also of sportsmanship, camaraderie, and the indomitable spirit that fuels our shared pursuit.



Wishing each participant a stage filled with triumphs, memorable moments, and the joy of achieving personal bests.

With great anticipation and enthusiasm, let us collectively make the Perfect Body Classic Bodybuilding and Physique Sports Championship 2024 an unforgettable testament to the power of human potential.

Best Regards,

Chetan M Pathare

Secretary General

World Bodybuilding and Physique Sports Federation



HBPF (Hungarian Bodybuilding and Physique Sports Federation) is proud to host this international bodybuilding and fitness championship 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 (World Bodybuilding and Physique Sports Federation).

Dear Delegates, Athletes and Bodybuilding and Physique Sports Enthusiasts,
We wish to extend our great pleasure and warm welcome to our guests of the Perfectbody Classic in the city of Budapest. This outstanding international event is being organized for the second time. We assure you that during your visit, we will do our utmost best to make your stay comfortable, memorable and entertaining and make these championships a great success. We welcome all WBPF/EBPF officials, all participants, delegates, guests and supporters and wish everybody an enjoyable stay in our country.

Sincerely yours,
The Organizing Team of Perfectbody Classic



Tamas VLADAR
HBPF President



Andrea GERGELY
HBPF Secretary General



Balazs FEKETE
HBPF Vice-President



Endre KRISTO
HBPF Vice-President

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".



HOST CITY



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 Kápolna Chapel on the left of the church is the mummified hand of St. Stephen called the Holy Right.

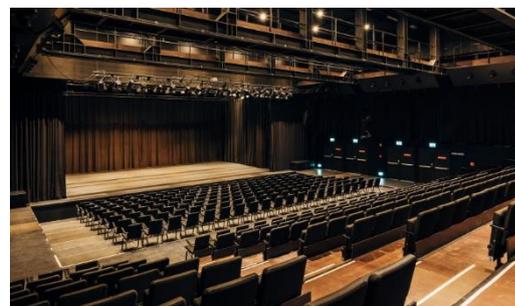
Buda Castle District: The UNESCO World Heritage Committee has listed the view of the Danube embankments and the Buda Castle District- which is one of the most beautiful and romantic parts of the city of Budapest- as a World Heritage site on the 11th of December, 1987. The former Royal Palace and its 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 Andrásy 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.

DISCIPLINES & CATEGORIES (tentative): Total thirty-eight (38) categories

HBPF CATEGORIES:

NEWCOMER	WOMEN	Model Physique: open (up to and 30 yrs)
		Sport Physique: open (up to and 30 yrs)
	MEN	Sport Physique: open (up to and 35 yrs)
		Athletic Physique: open (up to and 35 yrs)
		Classic Physique: open (up to and 35 yrs)
		Bodybuilding: open (up to and 35 yrs)
MOM	MODEL MOM	up to and 30 yrs: one open
		31-40 yrs: one open
		over 40 yrs: one open
	MUSCLE MOM	one open
FASHION MODEL	WOMEN	one open
CLASSIC PHYSIQUE	WOMEN	up to and 175 cm
		over 175 cm

EBPF CATEGORIES:

MUSCULAR PHYSIQUE	WOMEN	one open
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WBPF CATEGORIES:

ONE-PIECE SWIMSUIT	WOMEN	one open	
MODEL PHYSIQUE	WOMEN	Junior (up to 23 yrs)	one open
		Senior	up to and 160 cm
			up to and 165 cm
			over 165 cm
		Lady	over 30 yrs: one open
			over 40 yrs: one open
SPORT PHYSIQUE	MEN	up to and 175 cm	
		over 175 cm	
	WOMEN	up to and 165 cm	
		over 165 cm	
WELLNESS PHYSIQUE	WOMEN	up to and 165 cm	
		over 165 cm	



ATHLETIC PHYSIQUE	MEN	Senior	up to and 175 cm
			over 175 cm
	WOMEN	Senior	up to and 165 cm
			over 165 cm

BODYBUILDING	MEN	Senior	up to and 80 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			

PRIZE MONEY		
CATEGORY	CATEGORY WINNERS	OVERALL WINNERS
WOMEN'S FASHION MODEL	\$ 200	
WOMEN'S ONE-PIECE SWIMSUIT	\$ 200	
WOMEN'S MODEL PHYSIQUE	\$ 200	\$ 2,000
WOMEN'S SPORT PHYSIQUE	\$ 200	\$ 1,000
WOMEN'S WELLNESS PHYSIQUE	\$ 200	\$ 1,000
WOMEN'S ATHLETIC PHYSIQUE	\$ 200	\$ 1,000
WOMEN'S MUSCULAR PHYSIQUE	\$ 200	
MEN'S SPORT PHYSIQUE	\$ 200	\$ 1,000
MEN'S ATHLETIC PHYSIQUE	\$ 200	\$ 1,000
MEN'S CLASSIC PHYSIQUE	\$ 200	\$ 1,000
MEN'S BODYBUILDING	\$ 200	\$ 2,500
TOTAL:		\$ 16,100

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!

FEES

1/ FOR WBPf ATHLETES: with accomodation, catering (diet & normal), registration fees, tanning

Accomodation: Between May 16-20, 2024 (5 days, 4 nights) in the Premium Apartment House (address: 1139 Budapest, Országbíró street 44-46.). Premium Apartment House is situated a 10-minute bus ride from the centre of Budapest and from the Western Railway Station. 9 stops with tram number 14 from "Béke tér" (accommodation) to Szent István tér (event venue).

The fully equipped apartments have American-style kitchens and balconies as well as free internet access. Some of them are air-conditioned. Buffet breakfast is available and you can order food á la carte in the restaurant. In the Premium Café you can find coffee and cappuccino specialities, soft drinks, cakes and strudels. The studios (2 adults) are 39-45 m² and they are furnished with 2 single beds, a sofa bed and a private kitchen.



Two-bedroom apartments (4 adults) are 70 m² and they are furnished with 2-2 single beds, a sofa bed, a private kitchen and balcony. Free internet access is available.

Catering:

 **Athletes:** diet meals for athletes: 16 May: 2 diet meals (early arrivals), 17-18 May: 4 diet meals, 19 May: 2 meals & Farewell dinner, 20 May: breakfast

 **Officials, delegates, extra delegates:** 16 May: 2 (early arrivals), 17-18 May: 3 meals, 19 May: 2 meals & Farewell dinner, 20 May: breakfast



	FEE	INCLUDED	NOT INCLUDED
ATHLETES	620 EUR	<ul style="list-style-type: none">  Registration fee  Accomodation  4/3 (diet) meals a day  Farewell party  Tanning  Official competition T-shirt and HBPF gifts 	<ul style="list-style-type: none">  Transfers  VIP area access
OFFICIALS JUDGES DELEGATES	550 EUR	<ul style="list-style-type: none">  Accomodation  3 meals a day  Farewell party  Official competition T-shirt 	<ul style="list-style-type: none">  Transfers

IMPORTANT NOTICE

 Transfers are **NOT PROVIDED** between the airport and the accomodation, and between the accomodation and the event venue.



2/ FOR EBPf ATHLETES: only registration fees

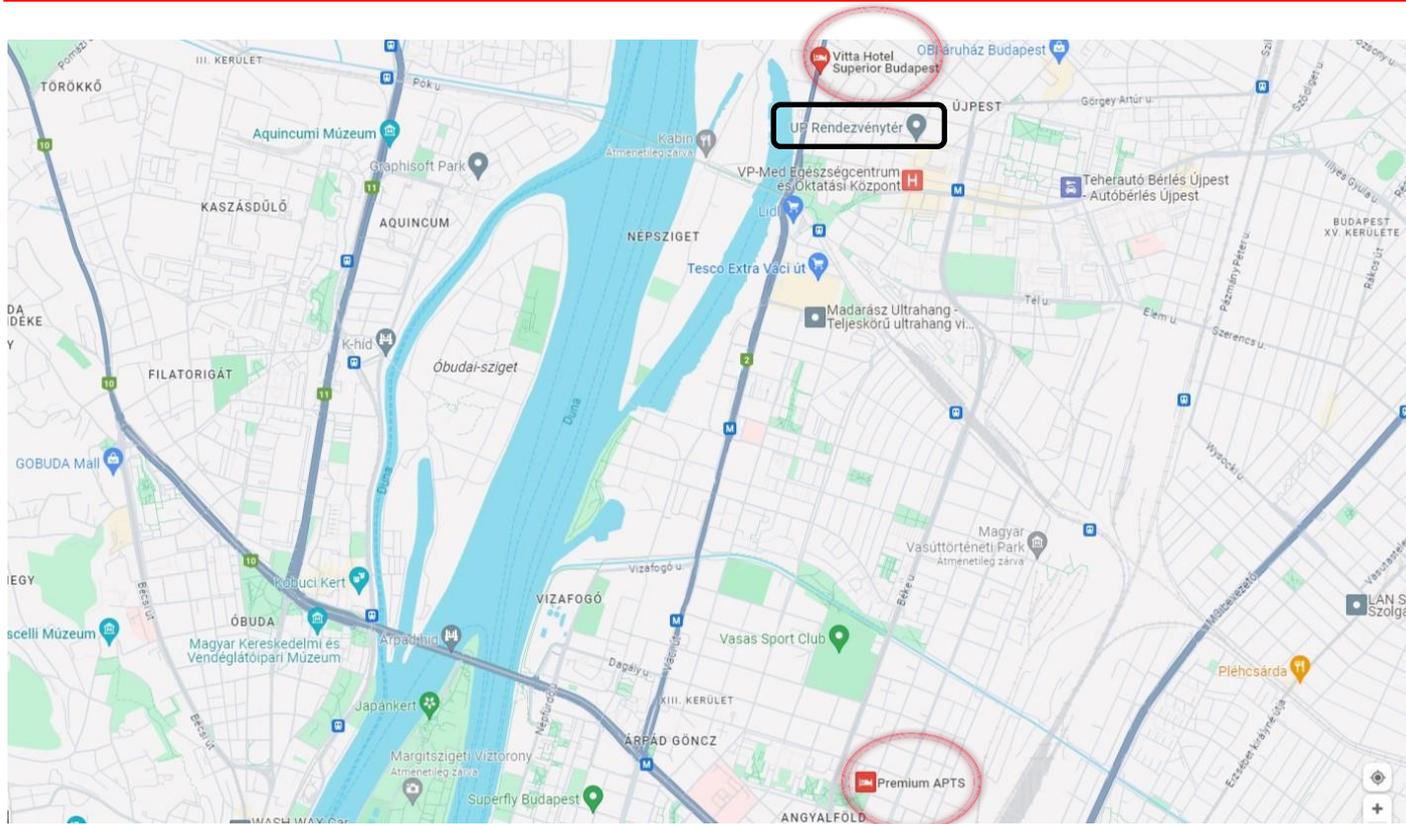
	REGISTRATION FEE	INCLUDED	NOT INCLUDED
ATHLETES	120 EUR	 Participation in only one category	 Transfers  Accomodation
	170 EUR	 Participation in two categories	 Meals  VIP area access
	210 EUR	 Participation in three category	 Farewell party
	 Free entries to venue site  Backstage area access  Official competition T-shirt and HBPf gifts		
OFFICIALS	30 EUR	 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	30 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 - except freshly squeezed)	 Transfers
BACKSTAGE TICKET	30 EUR	 Free entries to venue site  Backstage area access	 VIP area access
ENTRY TICKET	15 EUR	 Free entries to venue site	 VIP area access  Backstage area access

IMPORTANT NOTICE

 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.



RECOMMENDED NEARBY HOTELS & ACCOMODATIONS



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, 7-10 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.



PREMIUM APARTMENT HOUSE (Address: 1139 Budapest, Országbíró street 44-46.)

THE ACCOMMODATION IS PREPARED TO PROVIDE DIETARY BREAKFAST AND MEALS IN CASE OF FORECAST!

The Premium Apartments is situated a 10-minute bus ride from the centre of Budapest and from the Western Railway Station. 9 stops with tram number 14 from “Béke tér” (accommodation) to Szent István tér (event venue).

The fully equipped apartments have American-style kitchens and balconies as well as free internet access. Some of them are air-conditioned. Buffet breakfast is available and you can order food á la carte in the restaurant. In the Premium Café you can find coffee and cappuccino specialities, soft drinks, cakes and strudels. The studios (2 adults) are 39-45 m² and they are furnished with 2 single beds, a sofa bed and a private kitchen. Two-bedroom apartments (4 adults) are 70 m² and they are furnished with 2-2 single beds, a sofa bed, a private kitchen and balcony. Free internet access is available.



APPLICATION DEADLINE

Application deadline date for the Perfectbody Classic: **May 5, 2024.**

Please note: We are unable to accept applications after the indicated deadline date.

REGISTRATION & WEIGHT-IN: UP RENDEZVÉNYTÉR

Registration and Weigh-In will take place at the section room of the UP Rendezvénytér (2nd floor) on **May 17, 2024** from 17:00-18:00 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 to the weigh-in and registration.
-  Posing music (Men's Athletic Physique, Men's Classic Physique, Men's Bodybuilding) must be sent by e-mail to office@hbpf.hu not later than May 10, 2024!
-  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 USE OF DREAM TAN TANNING IS STRICTLY PROHIBITED!

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:

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:	90 EUR	(2 layers (base + top) + stage finish & touch up)
 Tanning service LATE FEE:	100 EUR	(14 days before the competition)
 VIP tanning service:	110 EUR	(unlimited layers and stage finish)
 Tattoo cover up from:	50 EUR	Late fee: 55 EUR
 Women's make up:	100 EUR	Late fee: 110 EUR
 Women's hair:	65 EUR	Late fee: 70 EUR
 Women's beauty package (make up & hair):	130 EUR	Late fee: 150 EUR
 Men's make up:	20 EUR	Late fee: 25 EUR
 Men's hair:	10 EUR	Late fee: 15 EUR
 Men's beauty package (make up & hair):	25 EUR	Late fee: 35 EUR

MEN'S ATHLETIC PHYSIQUE & MEN'S CLASSIC 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	
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/+12kg

-100/+10kg

-100/+8kg

-100/+6kg

Weight and Height ratio MEN'S CLASSIC PHYSIQUE	
CM	KG
210 cm	
209 cm	
208 cm	
207 cm	
206 cm	
205 cm	
204 cm	
203 cm	
202 cm	
201 cm	
200 cm	
199 cm	
198 cm	
197 cm	
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170 cm	
169 cm	
168 cm	
167 cm	
166 cm	
165 cm	
164 cm	
163 cm	
162 cm	
161 cm	
160 cm	

125 kg

121 kg

118 kg

114 kg

111 kg

108 kg

104 kg

100 kg

96 kg

93 kg

89 kg

86 kg

83 kg

79 kg

77 kg

75 kg

73 kg



ATHLETES WITHOUT DELEGATES

All athletes competing at Perfectbody Classic 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 SENT BY E-MAIL TO OFFICE@HBPF.HU NOT LATER THAN MAY 10, 2024!

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 Schengen 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 4-6 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 ACCEPTED 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: office@hbpf.hu

ATTACHMENTS

Official Invitation Letter
Entry Form
Perfectbody Classic poster

