



7th MaXXimum Open – International Competition

Maribor, Slovenia

October 20th 2019



Inspection Report





Introduction

Under the supervision of the Bodybuilding Federation of Slovenia, the 8th Maximum Open – International competition, is going to happen on October 20th 2019 in the city Maribor in Slovenia.

Maximum Open, which has first been organized in 2012, has become an international competition the aim of which is to invite competitors and special guests in order to influence the development of bodybuilding and fitness in Slovenia and its surroundings.

Host of the International Maximum Open competition, under the Bodybuilding Federation of Slovenia, is mr. Gašper Grom, President of the Bodybuilding Federation of Slovenia.

Location



Maribor is the second-largest city in Slovenia and the largest city of the traditional region of Lower Styria. It is also the seat of the City Municipality of Maribor.

Maribor, along with the Portuguese city of Guimarães, was selected the European Capital of Culture for 2012., hence its name, which literally means "between the waters". The main road connecting the Gorenjska region and Ljubljana runs through the town.

On the Drava River lies Maribor Island (Mariborski otok). The oldest public bath, still important and much visited place in Maribor, is located there.

There are two hills in Maribor: Calvary Hill and Pyramid Hill, both surrounded by vineyards. The latter dominates the northern border of the city. Ruins of the first Maribor castle from the 11th century and a chapel from the 19th century also stand there. The hill offers an easily accessible scenic overlook of Maribor and the countryside to the south over the Drava River.



Maribor is known for wine and culinary specialities of international and Slovene cuisine (mushroom soup with buckwheat mush, tripe, sour soup, sausages with Sauerkraut, cheese dumplings, apple strudel, special cheese cake called gibanica). There are also many popular restaurants with Serbian cuisine. The Vinag Wine Cellar (Vinagova vinska klet), with the area of 20.000 m² (215.28 sq ft) and the length of 2 km (1 mi), keeps 5,5 millions litres of wine. The house of the oldest grapevine in the world (Hiša stare trte) at Lent grows the world's oldest grapevine, which was in 2004 recorded in Guinness World Records. The grapevine of Žametovka is about 440 years old.



Hotel accommodation

All delegations which need to stay overnight or need to come earlier, should contact the President of the Bodybuilding Federation of Slovenia or the Organizers for arranging hotel accommodations for their teams.

Organization of the competition and tentative schedule Arrivals of national federations

All national federation arrivals are day before the competition, or on day of the competition.

Venue site

The competition is held in Festivalna dvorana Lent. Capacity of the hall is about 1500 spectators.

International judges

All national federations should apply names of IFBB International Judges from their federation in the Final Entry Forms according to the Amendments to the Rules. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card.

Official language

The official language is Slovenian, but English is widely used in hotels, shopping and sports centers, tourist areas.

Time difference

The time zone in Maribor is CET+1.

Currency

The official currency in Slovenia is EUR (Euro)

Passport / Music

All competitors must provide their passports and music (on CD, with one track) at weigh-in.

Tanning

The IFBB 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.



Weight-in and measurement of athletes

Weigh-in will take place in the Festivalna dvorana Lent on October 20th 2019 from 9:00 AM- 11:30 AM. It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be permitted to participate.

National Team

All national team federations are free to send as many competitors as they have, ready to compete, who are not on any sanction what so ever. Also, national federation can send one, or more delegates and judges with an IFBB judge license for International competitions.

Categories open for competition

Junior Men's Classic Bodybuilding OPEN

Junior Men's Bodybuilding OPEN

Junior Men's Physique OPEN

Junior Women's Bikini OPEN

Women's Bodyfitness OPEN

Women's Fitness OPEN

Women's Physique OPEN

Women's Wellness Fitness: OPEN

Women's Bikini TWO CATEGORIES depends on height*

----- Absolute Women's Bikini Winner

Masters Women's Bikini

Newcomer (only for Slovenian athletes)

Men's Physique TWO CATEGORIES depends on height*

----- Absolute Men's Physique Winner

Men's Classic Bodybuilding TWO CATEGORIES depends on height*

----- Absolute Men's Classic Bodybuilding Winner

Masters Men OPEN

Men's Bodybuilding up to & including 80kg

Men's Bodybuilding up to & including 90kg

Men's Bodybuilding over 90kg

----- Absolute Men's Bodybuilding Winner

** The Judge Committee reserves the right to divide categories Physique, Bikini and Men's Classic Bodybuilding into two categories according to the number of registered athletes. The height classes will be determined when the actual number of participants upon registration will be known. In this way, we want to allow for a more even distribution of competitors within the above categories.*



Tentative schedule 20th October 2019

9:00- 11:30 Registration of athletes

14:00 - 15:00 Organization committee meeting and preparing all necessary final things for beginning of the competition.

15:00- Beginning of the competition

Please send Entry Form no later than: October 1st 2019 to:

Gašper Grom - President of the Bodybuilding Federation of Slovenia

E-mail: grom@maximum.si

Web: www.bbzs.si