

PRESIDENT SANTONJA CUP 2023
TURKEY ISTANBUL
03 - 05 MARCH 2023

ELITE PRO QUALIFIER

18 PRO CARDS

WORLD ELITE RANKING EVENT

WELCOME.

Organizing Committee and President of Turkish Bodybuilding and Fitness Federation, Mr. Niyazi Kurt invites the National Federations affiliated to IFBB/EBFF from Europe and Asia to participate in the 2023 IFBB RAFAEL SANTONJA CUP TURKEY, which will be held on 03-05 MARCH 2023, ISTANBUL, TURKEY.

In the land of a thousand and one cultures, every step is a different experience. Turkey is the place where endless curiosity meets its partner. All you have to do is say “hello” to the endless possibilities and start exploring them! Located at the crossroads of many civilizations, Turkey has many stories to tell. Nearly every Street, every building has a story to share. Visitors to Turkey are often pleasantly surprised by the friendliness of the Turkish people, who do their best to help and happily chat and chat. Hospitality is the cornerstone of Turkish culture, and Turkish people believe that visitors should be treated like God-sent Guests. In addition to these, the Turkish cousin is a mystery that must be experienced rather than explained! Therefore, we invite you all to visit our country and be a part of this great event to make it even more beautiful with your presence.

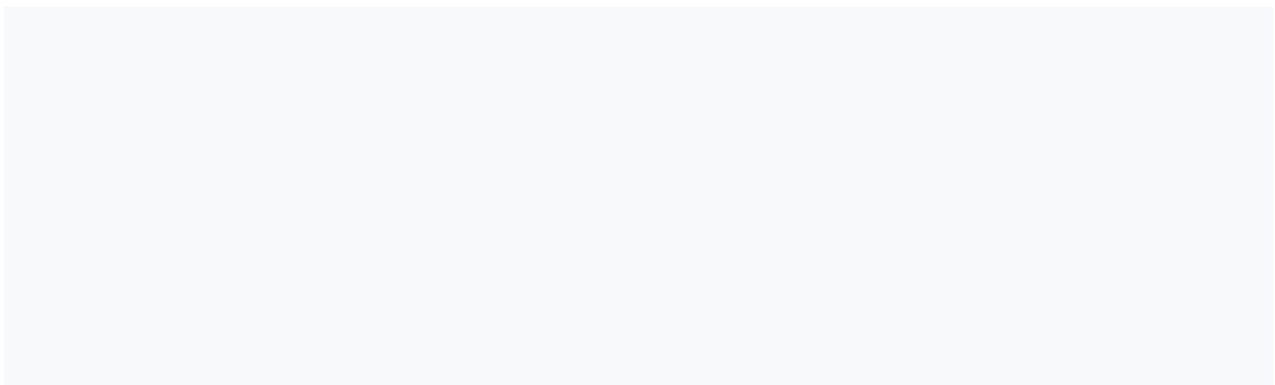




Metropolises of the world for about sixteen centuries from the 4th century [\[1\] to the 20th century](#) . It has been the undisputed sole ruler of a large region where the continents of Europe, Asia and Africa meet , and has managed to significantly affect world history in this process.

Istanbul for one thousand six hundred years, from 330 to 1922; It is a city that served as the capital of 4 different empires: Roman Empire (330-395), Byzantine Empire (395-1204, 1261-1453), Latin Empire (1204-1261) and Ottoman Empire (1453-1922). Three of these empires went down in history as the most powerful and powerful states in the world during their existence. Considering that all of them are managed from Istanbul, the historical importance and value of the city can be easily understood.

Istanbul, which lost its long-established capital character with Ankara becoming the capital in 1923, has been an effective 'world city' in every area it has protected for fourteen centuries from the 4th century to the 18th century. Today, it has found a place among the most important centers of Europe and the Middle East.



Ottoman Empire period (1453-1922)



[Galata Bridge](#) and [New Mosque](#) taken by the [Abdullah Brothers in the](#) late 19th century .



[Abdullah Brothers and showing the Laleli Mosque](#) and its surroundings before 1895 .



Map of Istanbul in 1922

In this period, Istanbul will be the capital of a great world empire, and it will dominate the lands spread over three continents for more than 400 years .

- The city was founded on May 29, 1453 . [II](#). After the conquest by [Mehmed , the Ottoman](#) period begins.
- The city, which was called Konstantiniyye by the Muslims, was used by the Greeks as "εις τήν Πόλι(ν)" (/is tin boli/), meaning "the city". In the Ottoman Empire, this name was frequently used as Istanbul. The Russians, on the other hand, used the name of Czarigrad (Tsar's city). The name of the city in the [Balkans](#) was Stambul.
- In 1910, due to the excessive increase in the number of stray dogs in Istanbul, the mayor of that time, Suphi Bey, decided to collect the dogs in the city. About 80 thousand dogs were moved to Haysızada. There was no water on the island, which consisted of a rock. The dogs were left here to starve and thirst. It is said that the dogs eat each other, the people of Istanbul heard the voices of these dogs for days, and the voices stopped. After this event, which went down in history as the “People Massacre on the Benevolent”, the people attributed the earthquakes that took place one after another in Istanbul to this massacre. ^[2] ^[3] A "memorial stone" was erected in memory of 80,000 dogs who died in Haysızada, which was later called Sivriada. ^[4]
- [Allies](#) on 13 November 1918, ended on 6 October 1923 with the entry of the Turkish army into the city.



Panoramic view of Istanbul during [the Ottoman Empire](#)

Turkish Republic period (1923 -)

- on October 13, 1923 [With Ankara](#) being declared the capital of the [Republic of Turkey](#) , [Istanbul](#) lost its capital status since 330 AD.

Istanbul's historical importance



Istanbul in the Ottoman period

Istanbul has been among the world's largest and most important [metropolises](#) for sixteen centuries, from the 4th century to the 20th century . It has been the undisputed sole ruler of a large region where the continents of Europe, Asia and Africa intersect , and has managed to significantly affect world history in this process.

[Istanbul](#) uninterruptedly for one thousand six hundred years, from 330 to 1922; It was the capital of four different empires: the [Roman Empire \(330-395 \)](#), the [Byzantine Empire \(395-1204, 1261-1453\)](#), the [Latin Empire \(1204-1261\)](#) and [the Ottoman Empire \(1453-1922\)](#). Three of these empires went down in history as the states with the greatest power and power in the world during their existence. Considering that all of them are managed from Istanbul, the historical importance and value of the city can be understood.

[Ankara becoming the capital in 1923](#) , Istanbul started to regain its feature of being an effective 'world city' in every area it protected for fourteen centuries, from the 4th century to the 18th century, with the history of the republic after the establishment of the [Republic of Turkey](#) . **It** has taken its place among the most important centers of the [Middle East](#) and [Europe](#) .

Gastronomy tourism is a tourism activity characterized by visitors' experience of food-related products and events while traveling. Besides authentic, traditional and/or innovative culinary experiences, Gastronomy Tourism may also include other related activities such as visiting local producers, attending food festivals and attending cooking classes (UNWTO).

“Istanbul Cuisine”; It is a combination of Turkish Cuisine, Ottoman Palace Cuisine and the cuisines of communities that have lived in the city for centuries. In the Istanbul Cuisine, which contains gastronomic riches, “delicacies with

olive oil, appetizers, fish dishes, Ottoman Cuisine dishes cooked with dried fruits and nuts, and a rich breakfast culture including Turkish Tea and Turkish Coffee” stand out as distinctive tastes.

Airport : (IATA: AYT, ICAO: LTAI) ISTANBUL Airport – SABIHA GÖKÇEN AIRPORT) The Green Park Hotel ISTANBUL Airport 90 km - SABIHA GÖKÇEN AIRPORT 15 km away from the international airports.

Hotel Istanbul Airport Transfer Fee Groups of 10 or more : 50€

Hotel Sabiha Gokcen Airport Transfer Fee Groups of 10 or more :30€



PARTICIPATION & REGISTRATION:

The Contest is open to National Federations affiliated with the IFBB from Europe and Asia.

The number of participating athletes is unlimited.

Official Athlete Registration will be made on Friday, March 3, 2023 , between 12:00 and 21:00 in the competition area.

Athletes' registration will only be considered if the Athlete's National Federation proposes the Final Entry Form via email directly to the IFBB Technical Committee (amichalak5@gmail.com) and a copy to the IFBB Headquarters in Madrid. (info@ifbb.com) and to the Organizing Committee of the Turkish Bodybuilding and Fitness Federation: www.tvgfbf.gov.tr

All athletes will be required to present their Passport or Identity Card and IFBB International Card (Blue book) at Official Registration. Any athlete who has not yet received or needs to renew their IFBB International Card will need to pre-renew it at <https://www.ifbb.gbispportinnovation.com/affiliation-ifbb>. It will also be possible to pay at the time of registration. IFBB International Cards cost 35 € per year and are mandatory.

Wednesday, February 23, 2023 to:

Nova Oto Kiralama Tur. İnş. Sey.Hay. Gıda Tem. San. Ve Tic. Ltd. Şti.

Seçkin Keles

mail : operation@novaseyahat.com.tr

mobil ve whatsapp: +90 539 709 13 58

BED AND BREAKFAST : Single 80€ - Double 120€

Kaynarca Mah. Erol Kaya Cad. No :204 Pendik / Istanbul / Turkey

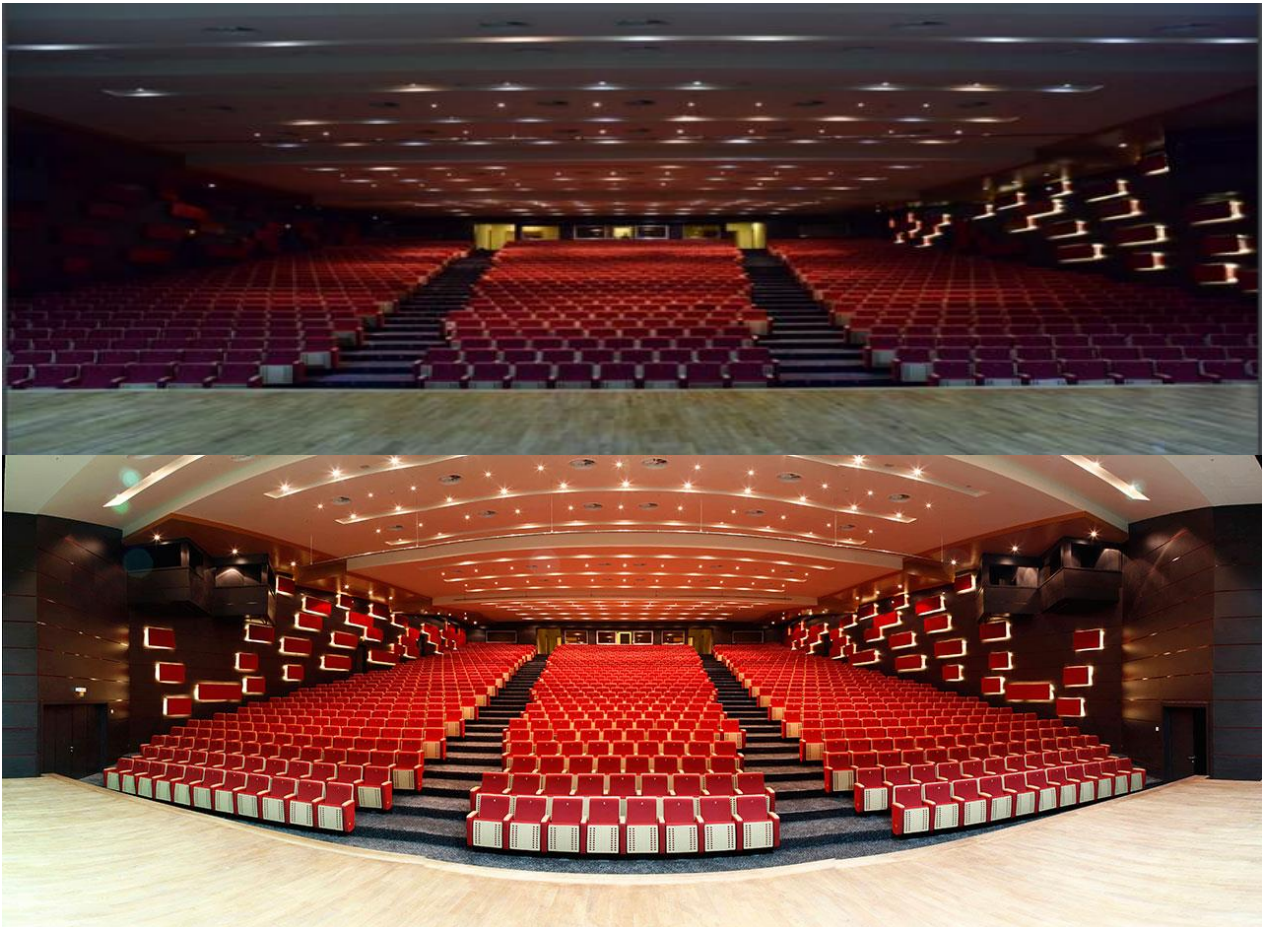


IMPORTANT

All athletes, coaches, referees and officials from each federation must remain in the official area. make a reservation from the organizer for the duration of the hotel and participation in the championship. If the athletes, coaches, referees and officials are not staying at the official hotel and not making a reservation from the organizer during the participation period, they will have to pay a management fee of 100 EUR per person for the championship.

HOTEL DEPOSIT: A pre-security deposit of EUR 100 per person is required upon check-in for possible personal and personal expenses (telephone, mini bar, laundry, room service, etc.). Any unused portion of this deposit will be refunded at check-out. To make things easier, the lead delegate or team leader will be asked to provide a credit card or cash to cover the entire team's deposit. This person will be fully responsible for all expenses incurred by any member of their team.

PLEASE INFORM YOUR ATHLETE BEFORE YOU GO TO AVOID ADDITIONAL COSTS TO YOUR FEDERATION.



Time difference:

Turkey is in the Eastern European Time Zone. Eastern European Standard Daylight Time (EEST) is 3 hours ahead of Coordinated Universal Time (UTC +3).

Weather :

Istanbul, which hosts the Asian and European continents , **has a transition climate between the Black Sea and the Mediterranean**, and is one of the cities that receive the most precipitation in the Marmara Region. The lowest temperature in the city is -11, the highest temperature is +40 degrees throughout the year, and the average relative humidity is 75%.

Electric current: Turkey's electrical system works with 220 V, 50 Hz, 2 round prong European plug, type C and F. For more information :

<https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

Facility location information

Located in Pendik, The Green Park Pendik Hotel & Convention Center is 500 meters from the ferry port in Pendik, 8 km from the Istanbul Formula 1 track, and 7 km from Istanbul Sabiha Gokcen Airport.

REGISTRATION FEE

The IFBB registration fee is 200 Euros per athlete. An additional fee of 100 € will be charged for athletes who want to compete in the second category.

Fees must be prepaid by credit/debit card or PayPal on the IFBB website:

<https://ifbb.com/competition-registration/>

The deadline for online payment is Thursday , February 24, 2023 . 24 March 24:00(midnight - Central European Time,

UCT +1) online payment system will be shut down. If payment is made at registration, an additional fee of € 50 per participant will be charged. Passes (second category) - an additional fee of 100 € per category will be charged per athlete.

THERE WILL BE NO ORGANIZING BOARD OR IFBB.

RESPONSIBLE FOR HOTEL ACCOMMODATIONS, TRAVEL ARRANGEMENTS AND MEAL PAYMENTS.

CORRESPONDENCE AND SENDING THE FINAL ENTRY FORM DETAILS

Turkish Bodybuilding and Fitness Federation

E-mail: santonjacup@tvghbf.gov.tr

Please send a copy to:

IFBB Technical Committee,

Eng. Andrew Michalak:

Email: amichalak5@gmail.com

IFBB Head Office: Ms. Diana Mozos:

Email: info@ifbb.com

IMPORTANT ANNOUNCEMENT TO COMPETITORS

All pose music for 60 seconds for bodybuilding and 60 seconds for female physique competitors must be on an audio CD or USB stick only. The exposure music must be a single track on the CD or USB disk. Each competitor must paste their name on the CD for easy recognition. It is strictly forbidden to use abusive, vulgar and offensive language in pose music.

Please note that it is the ENTIRE RESPONSIBILITY AND RESPONSIBILITY of the NATIONAL FEDERATION to verify whether each of the athletes who will register for this international event has been suspended or fulfilled any period of disqualification for Anti-Doping Rule Violation or any disciplinary action . at national or international level. Also note that if any athlete in your National Federation registers and competes for an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions under the World Anti-Doping Code, the IFBB Anti-Doping Code. Doping Rules and IFBB Statutes and Rules.

In addition, IT IS THE ENTIRE OBLIGATION AND RESPONSIBILITY TO FOLLOW ALL ATHLETES from your National Federation affiliate country who have completed a period of suspension due to Anti-Doping Rule Violation or any Disciplinary case. It will NOT REGISTER/ COMPETITION OR PARTICIPATE IN ANY CAPACITY at any event at the National or International level, Official or Invitational level .

PRESIDENT SANTONJA CUP 2023

CATEGORIES

MEN BODY BUILDING:

- Up and 70 kg included
- Up and 80 kg included
- Up and 90 kg included
- Up and including 100 kg
- Over 100 kg

COMPREHENSIVE: *Elite Pro Cards for Top 5*

BODYBUILDING FOR JUNIOR MEN (OPEN)

MASTER MEN BODYBUILDING >40 YEARS (OPEN)

MEN PHYSICS:

Up to and including 170 cm

Up to and including 176 cm

Up to and including 182 cm

GENERAL More than 182 cm :

Elite Pro Cards for Top 4

MASTER MEN PHYSICS >40 YEARS OLD (OPEN)

40-49 YEARS - ON

>50 years - ON

MUSCLE MEN PHYSICAL

Elite Pro Cards for Top 1

CLASSIC BODYBUILDING FOR MEN

UP TO -168 cm & INCLUDED

UP TO 175 cm & INCLUDED

OVER 175 cm

Elite Pro Cards for Top 3

CLASSIC PHYSICS FOR MEN

Up to and including 175 cm

- More than 175 cm

GENERAL *Elite Pro Cards for Top 2*

WOMEN'S BODYFITNESS (OPEN)

WOMEN'S BIKINI:

Up to and including 164 cm

Up to and including 169 cm

- More than 169 cm

COMPREHENSIVE: *Elite Pro Cards for Top 3*

LITTLE WOMEN'S BIKINI AGES 16-23

MASTER WOMEN'S BIKINI >35 AGES

Note: The minimum number of competitors in a category must be 5. If there are fewer than 5 athletes, categories will be combined wherever possible.

AWARDS

• Medals or cups and certificates will be awarded to the first six athletes in each category.

• The top 5 athletes in the Men's and Women's senior categories will be awarded points for the 2023 IFBB World Rankings according to the World Ranking Rules.

• 2023 IFBB for boilers according to category table above
18 Elite Pro Cards

CALENDAR

03 MARCH 2023 (Friday)

Arrival

12:00 – 21:00 Official Athlete Registration, The Green Park Hotel and Scale

04 March 2023 (Saturday)

09:00 –21:00 Pre-Evaluation and Finals

05 March 2023 (Sunday)

10:00 Check-out and Departure from the Hotel