



# IFBB EUROPEAN FITNESS & BODYBUILDING CHAMPIONSHIPS & EBFF EUROPEAN CONGRESS MAIN INFORMATION



**NAME OF THE EVENT: 2024 IFBB EUROPEAN FITNESS & BODYBUILDING CHAMPIONSHIPS & EBFF CONGRESS  
2024 IFBB EUROPEAN FITNESS CHALLENGE CHAMPIONSHIPS**

**CITY / COUNTRY: SANTA SUSANA / SPAIN**

**DATE: May 01<sup>rd</sup> - 06<sup>th</sup>, 2024**

**EVENT OPEN FOR : IFBB / EBFF-AFFILIATED NATIONAL FEDERATIONS FROM EUROPE**

IFBB ELITE PRO CARD QUALIFIER YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER YES  NO

**DAY OF ARRIVAL: 01/05/2024**

**DAY OF DEPARTURES: 06/05/2024**

<b>REGISTRATION / WEIGH-IN DAY: 01/05/2024</b>	<b>TIME: 10:00 to 19:00</b>	<b>PLACE: HOTEL DON ANGEL, SANTA SUSANA</b>
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\*All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.

**RECOMMENDED AIRPORT: BARCELONA INTERNATIONAL AIRPORT "JOSEP TARRADELLAS"**

## VISA INFORMATION:

A VALID PASSPORT IS REQUIRED TO ENTER SPAIN. CITIZENS OF THE EU-COUNTRIES, ICELAND, NORWAY, AND SWITZERLAND DO NOT NEED TO OBTAIN A VISA; ALL OTHER COUNTRIES SHOULD CHECK AT: <https://www.axaschengen.com/en/apply-schengen-visa/spain-tourist-visa>, AN OFFICIAL LETTER OF INVITATION WILL BE AVAILABLE IF REQUIRED, IT IS NATIONAL FEDERATIONS RESPONSIBILITY TO OBTAIN AN ENTRY VISA FOR THE COUNTRY ORGANIZING THE CHAMPIONSHIPS. ALL NATIONAL FEDERATIONS COULD ASK FOR AN INVITATION LETTER EITHER TO THE ORGANIZER OR THE IFBB. THE INVITATION LETTER DOES NOT MEAN YOU ARE GRANTED YOUR VISA. IFBB AND THE ORGANIZER ARE NOT RESPONSIBLE OF ATTENDANT'S VISAS. TO RECEIVE INVITATION LETTER, THE APPLICANT SHOULD FORWARD A COPY (SCAN) OF PASSPORT TO THE IFBB OR TO THE ORGANIZER, IF THE VISA IS NOT GRANTED, THE CANCELLATION POLICIES FOR THE CHAMPIONSHIPS WILL STILL APPLY.

\*Starting February 2023, access points to Spain do not enforce any sanitary requirements in relation to COVID-19. For updated information, please consult the [Health Ministry's webpage](#).

\*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned EVENT for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

## VENUE:

**POLIESPORTIU PARC DEL COLOMER – PARC DEL COLOMER S/N SANTA SUSANNA, SPAIN.**

## HOTEL INFORMATION

### OFFICIAL HOTEL:

**DON ANGEL HOTEL – 14 CARRER DEL PLA DE LA TORRE, 08398 SANTA SUSANNA, BARCELONA, SPAIN.**

## REGISTRATION FEE:

### **PAYMENTS NOT LATER THAN APRIL 23<sup>rd</sup>**

Each athlete and Delegate or Extra Delegate paying online **NOT LATER THAN APRIL 23<sup>rd</sup>** will pay the IFBB registration fee of **EUR €480**.

### **PAYMENTS AFTER APRIL 23<sup>rd</sup>**

Each athlete and Delegate or Extra Delegate paying **AFTER APRIL 23<sup>rd</sup>** will pay the IFBB registration fee of **EUR €580**. This fee includes **5 hotel nights'** accommodation in a double room plus three meals per day, starting with dinner on **01/05/2024** and finishing with breakfast on **06/05/2024**.

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of **EUR €100** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, laundry, etc.). Credit Cards may be provided. The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In case any Athlete or Delegate wish to have accommodation in a single room, the rate will be **EUR €630**, if paying online **BEFORE APRIL 23<sup>rd</sup>** and **EUR €730**, if paying **AFTER APRIL 23<sup>rd</sup>**.

**ANTI-DOPING TEST FEE:** The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB Championships. Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, each athlete will be required to sign a Drug Testing Consent at the Registration and pay the **Anti-Doping Test Fee of EUR €20**. This fee is mandatory and may be paid online, together with the Registration Fee (altogether EUR 500) or at the registration in Santa Susanna.

**SPECIAL PACKAGES RATES FOR EXTRA SUPPORTERS, MEDIA & OTHERS** -The Organizing Committee has established a full special package rate, which includes 5 nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special cost.

### **PAYMENTS NOT LATER THAN APRIL 23<sup>rd</sup>:**

- For single room **EUR €630**.
- For double room **EUR €480 (per person)**

### **PAYMENTS AFTER APRIL 23<sup>rd</sup>:**

- For single room **EUR €730**.
- For double room **EUR €580 (per person)**

**ONLINE PAYMENT:** May be done by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>.

You can also make the Payment via Bank Transfer to the following bank account:

Beneficiary: FEDERACION INTERNACIONAL DE CULTURISMO Y FITNESS

BANK: BBVA

ACCOUNT: ES51 0182 6127 1102 0158 4781

SWIFT: BBVAESMMXXX

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

**DEADLINE FOR ONLINE PAYMENT: 23/04/2024 – midnight CEST (UTC + 2).**

**CROSSOVERS: EUR €100** per each of the additional categories.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding.
- b) Men's Fitness – Men's Physique.

Crossovers between the following women's sports divisions are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
- b) Women's Artistic Fitness – Women's Bikini – Women's Fit-Model.
- c) Women's Wellness – Women's Fit-Model.

Also juniors and masters in senior classes (all divisions).

## **EXPRESS CHECKING**

**NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING.**

**TO AVOID INCONVENIENCES AND DELAYS TO NATIONAL FEDERATIONS THAT PROPERLY FULFILED THE PROTOCOL.**

**NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT THE REQUIRED DOCUMENTS DULLY COMPLETED WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTIL THE MISSING REQUIREMENT IS COMPLETED.**

\*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this EVENT rests with the IFBB.

\*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are fulfilling a period of ineligibility due to Anti- Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any EVENT either at National or International level, Official or Invitational.

\*All athletes will have to present their Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration.

**IFBB Cards are EUR €40 / USD \$50 per calendar year and are mandatory.**

\*All posing music must be on an USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

### **CATEGORIES:**

#### **MEN'S GAMES CLASSIC BODYBUILDING:**

##### **SENIOR CATEGORIES:**

- . MEN'S GAMES CLASSIC BODYBUILDING UP TO 175 CM
- . MEN'S GAMES CLASSIC BODYBUILDING OVER 175 CM

##### **MASTER CATEGORIES:**

- . MASTER MEN'S GAMES CLASSIC BODYBUILDING 40-44 YEARS - OPEN
- . MASTER MEN'S GAMES CLASSIC BODYBUILDING 45 YEARS & OVER - OPEN

##### **JUNIOR CATEGORIES:**

- . JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 16-20 YEARS - OPEN
- . JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 21-23 YEARS - OPEN

#### **MEN'S CLASSIC BODYBUILDING:**

##### **SENIOR CATEGORIES:**

- . MEN'S CLASSIC BODYBUILDING UP TO 168 CM
- . MEN'S CLASSIC BODYBUILDING UP TO 171 CM
- . MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- . MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- . MEN'S CLASSIC BODYBUILDING OVER 180 CM

##### **MASTER CATEGORIES:**

- . MASTER MEN'S CLASSIC BODYBUILDING 40-44 YEARS - OPEN
- . MASTER MEN'S CLASSIC BODYBUILDING 45-49 YEARS - OPEN
- . MASTER MEN'S CLASSIC BODYBUILDING 50 YEARS & OVER - OPEN

##### **JUNIOR CATEGORIES:**

- . JUNIOR MEN'S CLASSIC BODYBUILDING 16-20 YEARS - OPEN
- . JUNIOR MEN'S CLASSIC BODYBUILDING 21-23 YEARS - OPEN

#### **MEN'S CLASSIC PHYSIQUE:**

##### **SENIOR CATEGORIES:**

- . MEN'S CLASSIC PHYSIQUE UP TO 168 CM
- . MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- . MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- . MEN'S CLASSIC PHYSIQUE UP TO 180 CM

**MEN'S CLASSIC PHYSIQUE OVER 180 CM**

**MASTER CATEGORIES:**

- . MASTER MEN'S CLASSIC PHYSIQUE 40-44 YEARS - OPEN
- . MASTER MEN'S CLASSIC PHYSIQUE 45-49 YEARS - OPEN
- . MASTER MEN'S CLASSIC PHYSIQUE 50 YEARS & OVER - OPEN

**JUNIOR CATEGORIES:**

- . JUNIOR MEN'S CLASSIC PHYSIQUE 16-20 YEARS - OPEN
- . JUNIOR MEN'S CLASSIC PHYSIQUE 21-23 YEARS - OPEN

**MEN'S BODYBUILDING:**

**SENIOR CATEGORIES:**

- . MEN'S BODYBUILDING UP TO 70 KG
- . MEN'S BODYBUILDING UP TO 75 KG
- . MEN'S BODYBUILDING UP TO 80 KG
- . MEN'S BODYBUILDING UP TO 85 KG
- . MEN'S BODYBUILDING UP TO 90 KG
- . MEN'S BODYBUILDING UP TO 95 KG
- . MEN'S BODYBUILDING UP TO 100 KG
- . MEN'S BODYBUILDING OVER 100 KG

**MASTER CATEGORIES:**

- . MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 70 KG
- . MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 80 KG
- . MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 90 KG
- . MASTER MEN'S BODYBUILDING 40-44 YEARS, OVER 90 KG
- . MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 70 KG
- . MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 80 KG
- . MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 90 KG
- . MASTER MEN'S BODYBUILDING 45-49 YEARS, OVER 90 KG
- . MASTER MEN'S BODYBUILDING 50-54 YEARS, UP TO 80 KG
- . MASTER MEN'S BODYBUILDING 50-54 YEARS, OVER 80 KG
- . MASTER MEN'S BODYBUILDING 55-59 YEARS, UP TO 75 KG
- . MASTER MEN'S BODYBUILDING 55-59 YEARS, OVER 75 KG
- . MASTER MEN'S BODYBUILDING 60-64 YEARS – OPEN
- . MASTER MEN'S BODYBUILDING 65 YEARS & OVER – OPEN

**JUNIOR CATEGORIES:**

- . JUNIOR MEN'S BODYBUILDING 16-20 YEARS, UP TO 75 KG
- . JUNIOR MEN'S BODYBUILDING 16-20 YEARS, OVER 75 KG
- . JUNIOR MEN'S BODYBUILDING 21-23 YEARS, UP TO 75 KG
- . JUNIOR MEN'S BODYBUILDING 21-23 YEARS, OVER 75 KG

**MEN'S WHEELCHAIR BODYBUILDING:**

**SENIOR CATEGORIES:**

- . MEN'S WHEELCHAIR BODYBUILDING - OPEN

**MIXED-PAIRS:**

**SENIOR CATEGORIES:**

- . MIXED-PAIRS OPEN

**MEN'S PHYSIQUE:**

**SENIOR CATEGORIES:**

- . MEN'S PHYSIQUE UP TO 170 CM
- . MEN'S PHYSIQUE UP TO 173 CM
- . MEN'S PHYSIQUE UP TO 176 CM
- . MEN'S PHYSIQUE UP TO 179 CM
- . MEN'S PHYSIQUE UP TO 182 CM
- . MEN'S PHYSIQUE OVER 182 CM

**SENIOR CATEGORIES:**

- . MUSCULAR MEN'S PHYSIQUE UP TO 179 CM
- . MUSCULAR MEN'S PHYSIQUE OVER 179 CM

**MASTER CATEGORIES:**

- . MASTER MEN'S PHYSIQUE 40-44 YEARS - OPEN
- . MASTER MEN'S PHYSIQUE 45-49 YEARS - OPEN
- . MASTER MEN'S PHYSIQUE 50 YEARS & OVER - OPEN

**JUNIOR CATEGORIES:**

- . SUB JUNIOR MEN'S PHYSIQUE 15-17 YEARS – OPEN

- . SUB JUNIOR MEN'S PHYSIQUE 18-20 YEARS – OPEN
- . JUNIOR MEN'S PHYSIQUE 21-23 YEARS, UP TO 174 CM
- . JUNIOR MEN'S PHYSIQUE 21-23 YEARS, UP TO 178 CM
- . JUNIOR MEN'S PHYSIQUE 21-23 YEARS, OVER 178 CM

#### **WOMEN'S ACROBATIC FITNESS:**

##### **SENIOR CATEGORIES:**

- . WOMEN'S ACROBATIC FITNESS UP TO 163 CM
- . WOMEN'S ACROBATIC FITNESS OVER 163 CM

##### **JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS, OVER 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, OVER 163 CM

#### **WOMEN'S ARTISTIC FITNESS:**

##### **SENIOR CATEGORIES:**

- . WOMEN'S ARTISTIC FITNESS UP TO 163 CM
- . WOMEN'S ARTISTIC FITNESS UP TO 168 CM
- . WOMEN'S ARTISTIC FITNESS OVER 168 CM

##### **JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S ARTISTIC FITNESS 16-23 YEARS - OPEN
- . JUNIOR WOMEN'S ARTISTIC FITNESS 21-23 YEARS - OPEN

#### **MEN'S FITNESS:**

##### **SENIOR CATEGORIES:**

- . MEN'S FITNESS - OPEN

##### **JUNIOR CATEGORIES:**

- . JUNIOR MEN'S FITNESS 16-20 YEARS - OPEN
- . JUNIOR MEN'S FITNESS 21-23 YEARS - OPEN

#### **WOMEN'S BIKINI:**

##### **SENIOR CATEGORIES:**

- . WOMEN'S BIKINI UP TO 158 CM
- . WOMEN'S BIKINI UP TO 160 CM
- . WOMEN'S BIKINI UP TO 162 CM
- . WOMEN'S BIKINI UP TO 164 CM
- . WOMEN'S BIKINI UP TO 166 CM
- . WOMEN'S BIKINI UP TO 169 CM
- . WOMEN'S BIKINI UP TO 172 CM
- . WOMEN'S BIKINI OVER 172 CM

##### **MASTER CATEGORIES:**

- . MASTER WOMEN'S BIKINI 35-39 YEARS, UP TO 164 CM
- . MASTER WOMEN'S BIKINI 35-39 YEARS, OVER 164 CM
- . MASTER WOMEN'S BIKINI 40-44 YEARS - OPEN
- . MASTER WOMEN'S BIKINI 45-49 YEARS – OPEN
- . MASTER WOMEN'S BIKINI 50 YEARS & OVER – OPEN

##### **JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 160 CM
- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 166 CM
- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, OVER 166 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 160 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 166 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, OVER 166 CM

#### **WOMEN'S BODYFITNESS:**

##### **SENIOR CATEGORIES:**

- . WOMEN'S BODYFITNESS UP TO 158 CM
- . WOMEN'S BODYFITNESS UP TO 163 CM
- . WOMEN'S BODYFITNESS UP TO 168 CM
- . WOMEN'S BODYFITNESS OVER 168 CM

##### **MASTER CATEGORIES:**

- . MASTER WOMEN'S BODYFITNESS 35-39 YEARS - OPEN
- . MASTER WOMEN'S BODYFITNESS 40-44 YEARS - OPEN

- . MASTER WOMEN'S BODYFITNESS 45-49 YEARS - OPEN
- . MASTER WOMEN'S BODYFITNESS 50 YEARS & OVER - OPEN

**JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S BODYFITNESS 16-20 YEARS - OPEN
- . JUNIOR WOMEN'S BODYFITNESS 21-23 YEARS - OPEN

**WOMEN'S PHYSIQUE:**

**SENIOR CATEGORIES:**

- . WOMEN'S PHYSIQUE UP TO 163 CM
- . WOMEN'S PHYSIQUE OVER 163 CM

**MASTER CATEGORIES:**

- . MASTER WOMEN'S PHYSIQUE 35 YEARS & OVER - OPEN

**WOMEN'S WELLNESS:**

**SENIOR CATEGORIES:**

- . WOMEN'S WELLNESS UP TO 158 CM
- . WOMEN'S WELLNESS UP TO 163 CM
- . WOMEN'S WELLNESS UP TO 168 CM
- . WOMEN'S WELLNESS OVER 168 CM

**MASTER CATEGORIES:**

- . MASTER WOMEN'S WELLNESS 35-39 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 40-44 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 45-49 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 50 YEARS & OVER - OPEN

**JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S WELLNESS 16-20 YEARS - OPEN
- . JUNIOR WOMEN'S WELLNESS 21-23 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S WELLNESS 21-23 YEARS, OVER 163 CM

**FIT-PAIRS:**

**SENIOR CATEGORIES:**

- . FIT-PAIRS OPEN

**SPEED FIT (FITNESS CHALLENGE)**

- . SILVER TEAMS (JUNIOR – SENIOR – MASTERS)
- . SILVER MEN INDIVIDUALS (JUNIOR – SENIOR – MASTERS)
- . SILVER WOMEN INDIVIDUALS (JUNIOR – SENIOR – MASTERS)
- . SILVER MIXED COUPLES (JUNIOR – SENIOR – MASTERS)
- . GOLD MEN INDIVIDUAL (JUNIOR – SENIOR – MASTERS)
- . GOLD WOMEN INDIVIDUAL (JUNIOR – SENIOR – MASTERS)
- . GOLD MIXED COUPLES (JUNIOR – SENIOR – MASTERS)
- . GOLD MIXED TEAM (JUNIOR – SENIOR – MASTERS)
- . SPEED FIT TEAMS COMPETITION

**MEN'S / WOMEN'S FIT-MODEL CATEGORIES:**

**SENIOR CATEGORIES:**

- . WOMEN'S FIT-MODEL UP TO 160 CM
- . WOMEN'S FIT-MODEL UP TO 164 CM
- . WOMEN'S FIT-MODEL UP TO 168 CM
- . WOMEN'S FIT-MODEL UP TO 172 CM
- . WOMEN'S FIT-MODEL 172 CM
- . MEN'S FIT-MODEL - OPEN

**MASTER CATEGORIES:**

- . MASTERS WOMEN'S FIT-MODEL 35 YEARS & OVER - OPEN
- . MASTER MEN'S FIT-MODEL 40 YEARS & OVER - OPEN

**JUNIOR CATEGORIES:**

- . JUNIOR WOMEN'S FIT-MODEL 16-23 YEARS - OPEN
- . JUNIOR MEN'S FIT-MODEL 16-23 YEARS - OPEN

**IMPORTANT NOTE**

THE FOLLOWING ACROBATIC ELEMENTS ARE NOT ALLOWED IN WOMEN'S ARTISTIC FITNESS:

- FLIPS (SALTO) – ANY TYPE
- HANDSPRINGS – ANY TYPE
- AERIAL CARTWHEEL - ROUND OFF
- DIVE ROLL
- ANY COMBINATION OF THE ABOVE-MENTIONED MOVES

**CROSSOVER BETWEEN ACROBATIC FITNESS AND ARTISTIC FITNESS IS NOT ALLOWED.**

## AWARDS

Top three athletes in each category will be awarded with **medals**.

Top six athletes in each category will be awarded with a **Certificate of Excellence and trophies**. Overall winner will have a **trophy**.

## IFBB ELITE PRO CARDS:

TOTAL NUMBER OF IFBB ELITE PRO CARDS : 64

DISTRIBUTION (SENIOR & MASTER CATEGORY WINNERS)

- ALL CATEGORIES WOMEN'S PHYSIQUE (SENIOR)
- ALL CATEGORIES WOMEN'S BODYFITNESS (SENIOR & MASTERS)
- ALL CATEGORIES MEN'S BODYBUILDING (SENIOR & MASTER)
- ALL CATEGORIES MEN'S CLASSIC BODYBUILDING (SENIOR)
- ALL CATEGORIES MEN'S PHYSIQUE (SENIOR) and MUSCULAR MEN'S PHYSIQUE (SENIOR)
- ALL CATEGORIES MEN'S CLASSIC PHYSIQUE (SENIOR)
- ALL CATEGORIES WOMEN'S BIKINI (SENIOR & MASTER)
- ALL CATEGORIES WOMEN'S WELLNESS (SENIOR)

## \*REGISTRATION DEADLINE (IMPORTANT WARNING)

**PRELIMINAR ENTRY FORM: 29/03/2024**

**Please notice that to send the PEF is MANDATORY. To help the organizer to arrange everything at the top level, National Federations should send the PEF and FEF before the deadlines. If no, the National Federation will be charged with an additional EUR €250 fee. Please notice the PEF may provide an estimated information, not the exact numbers.**

**FINAL ENTRY FORM: 22/04/2024**

**Please notice that to send the FEF is MANDATORY. Any National Federation attending the event without having previously sent the FEF before the deadline will be charged with an additional EUR €250 (Euros) fee.**

## CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any EVENT, these devices shall be strictly prohibited in the dressing room area.

## GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the Team Managers & Judges Meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

**EXTRA GREEN CARDS: YES, PRICE: EUR €50 each.**

## TANNING NEEDS

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.

PROFESSIONAL TANNING SERVICE:

T-TAN Contact: [t.tan.tanning.spain@gmail.com](mailto:t.tan.tanning.spain@gmail.com)



## JUDGES

To be taken into consideration during selection of judges' panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com) with copy to General Secretary [ralphdecelis@gmail.com](mailto:ralphdecelis@gmail.com)

All international judges must bring their International Judge's Cards to the Team Managers & Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50/USD \$60** paid for the current year. This fee may also be paid at the EVENT at the Team Managers & Judges Meeting.

## CONTACT INFORMATION:

Please send your Entry Form to:  
**Mr. Carlos Ramos**  
E-mail: [carlosramos@ifbb-spain.com](mailto:carlosramos@ifbb-spain.com)

Please send a copy to the IFBB Technical Committee:  
**Eng. Andrew Michalak**  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to IFBB Head Office:  
**Ms. Daria**  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

## TENTATIVE SCHEDULE

### IFBB EUROPEAN FITNESS AND BODYBUILDING CHAMPIONSHIPS & EFBB CONGRESS EUROPEAN SPEED FIT (FITNESS CHALLENGE) CHAMPIONSHIPS Santa Susanna (Spain), May 1st to 6th, 2024

#### WEDNESDAY

May 1st, 2024

10:00 - 20:00	Arrival of official delegations (Athletes and delegates)
10:00 - 19:00	Official Athletes Registration / Weigh-in ( <b>Hotel Don Angel</b> )
17:00 - 18:00	<b>Team Managers Technical &amp; Judges Meeting (Hotel Don Angel)</b>
19:00 - 21:30	<b>EFBB Annual Congress (Hotel Don Angel)</b>
21:30 - 22:30	Dinner (At Hotel Don Angel for all participants of Congress)

#### THURSDAY

May 2nd, 2024

07:00 - 10:00	Breakfast (At your corresponding hotel)
10:30	Prejudging and Finals - part 1 (one continuous session) Parc del Colomer
12:00 - 13:00	<b>TECHNICAL MEETING FOR JUDGES AND ATHLETES - SPEED FIT (FITNESS CHALLENGE) (Parc del Colomer)</b>
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

#### FRIDAY

May 3rd, 2024

07:00 - 10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 2 (one continuous session) Parc del Colomer
10:00 - 14:00	<b>SPEED FIT (FITNESS CHALLENGE) COMPETITION (INDIVIDUAL CATEGORIES) Parc del Colomer - Outdoor</b>
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

#### SATURDAY

May 4th, 2024

07:00 - 10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 3 (one continuous session) Parc del Colomer
10:00 - 14:00	<b>SPEED FIT (FITNESS CHALLENGE) COMPETITION (COUPLES) Parc del Colomer - Outdoor</b>
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)



**SUNDAY****May 5th, 2024**

07:00 -10:00 Breakfast (At your corresponding hotel)

09:00 Prejudging and Finals - part 4 (one continuous session) Parc del Colomer

10:00 - 14:00 **SPEED FIT (FITNESS CHALLENGE) COMPETITION (MIXED TEAMS) Parc del Colomer - Outdoor**

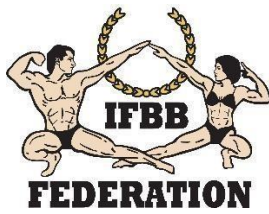
13:00 - 14:30 Lunch (At your corresponding hotel)

19:00 - 22:00 Dinner (At your corresponding hotel)

**MONDAY****May 6th, 2024**

07:00 -10:00 Breakfast (At your corresponding hotel)

Till 12:00 Departures of delegations



INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

## INVOICE

IFBB  
C/Dublin,39 D  
28232, Las Rozas , Madrid (España)  
G85265361

Country: \_\_\_\_\_

Delegate's name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

PAX Q-TY	Description	Unit price	Amount
	REGISTRATION FEE ATHLETES (Doble room)	480,00 €	- €
	REGISTRATION FEE ATHLETES (Single room)	630,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Double room)	580,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Single room)	730,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Doble room)	480,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Single room)	630,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Double room)	580,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Single room)	730,00 €	- €
	IFBB INTERNATIONAL CARD ANNUAL FEE (Blue Book)	40,00 €	- €
	REGISTRATION FEE CROSSOVER	100,00 €	- €
	ANTI-DOPING TEST FEE PER COMPETITOR	20,00 €	- €
	2024 IFBB ANNUAL AFFILIATION FEE	800,00 €	- €
	2024 EBFF ANNUAL AFFILIATION FEE	600,00 €	- €
	SENDING THE FINAL/PRELIMINARY ENTRY FORM AFTER THE DEADLINE FEE	250,00 €	- €
	EXTRA NIGHT		- €
	<i>COMPLETE THIS TABLE, PLEASE.</i>	TOTAL:	- €

### IMPORTANT TO AVOID WAITING TIMES

#### EXPRESS CHECKING

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT ANY OF THE REGISTRATION REQUIREMENTS DULLY COMPLETE WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTIL THE MISSING REQUIREMENT IS COMPLETED

## REGARDING THE ATTIRES FOR THE DIFFERENT CATEGORIES

**\*REMINDING NOTE: Games Classic Bodybuilding, Classic Bodybuilding, Classic Physique, Men's Fitness and Men's Fit-Model (Round 1 & 3) - posing trunks must be as follows:**

- Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.



Men's Bodybuilding posing trunk must measure at least 5 cm high sides, and 3/4 of gluteus Maximus must be covered. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.



For the **female categories**, connectors are only allowed in the top part of the bikini. Bikini and Artistic Fitness - 1/3 of gluteus maximus must be covered

All others female categories - 1/2 of gluteus maximus must be covered



**RULES FOR THE ATTIRES FOR MEN'S PHYSIQUE AND BIKINI YOU MAY FIND BY THIS QR-CODE**

