



# Welcome to IFBB Nordic Cup

## IFBB Elite World Ranking Qualifier & Elite Pro Qualifier



### STRONGER WITH A NEW NAME

IFBB Nordic Cup is formerly known as Ben Weider Legacy Cup. IFBB Nordic Cup is held in the biggest bodybuilding and fitness trade show event in Northern Europe – Nordic Fitness Expo. Nordic Fitness Expo with over 20.000 visitors at the Lahti Fair Center has been held since 2003 and the event started in Helsinki back in 1996.

On Saturday at 17:00 we will organize the IFBB Nordic Elite Pro with categories of Bodybuilding Open, Bodybuilding – 90 kg, Men's Physique, Bikini Fitness and Body Fitness. Competitors, coaches and supporters will be able to buy tickets to this event at the venue.

### PARTICIPATION & REGISTRATION

2018 IFBB Nordic Cup is open for all the IFBB-affiliated National Federations all over the World. The number of competitors participating in these competition is unlimited. The official arrival day is Friday, October 5th, 2018. The Registration will be held on Friday at the Lahti

Fair Centre Congress Hall from 16:00 to 20:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete by sending the Final Entry Form including their names directly to:

**IFBB Technical Committee:** [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**IFBB Head Office:** [info@ifbb.com](mailto:info@ifbb.com)

**Organizing Committee:** [kp.ourama@kpfitness.fi](mailto:kp.ourama@kpfitness.fi)

The deadline for sending the Final Entry Form is October 2nd, 2018 (Tuesday). The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their Passport and IFBB International Card at the Registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at the Registration. IFBB Cards cost EUR €30 per year and are mandatory.

[www.ifbbnordiccup.com](http://www.ifbbnordiccup.com)



## REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has to be paid by PayPal or credit / debit card ([www.ifbb.com/competition-registration/](http://www.ifbb.com/competition-registration/)) no later than October 2nd, 2018. Then, this possibility will be closed. If paying at the Registration in Lahti on October 5th, 2018, an extra fee of EUR €50 per participant will be charged. Please add your name during online payment and bring a copy of your payment confirmation to the Registration.

If an athlete wants to participate in the second category (for example a masters competitor also in senior open class), the registration fee for this second category is additional EUR €50.

We strongly encourage you to register early and make the appropriate arrangements to compete in Lahti, Finland. Hotels will be booked up quickly as this is a very, very popular event.

## 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/her name on the CD for easy identification. CDs with posing music will be collected at the Registration. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## JUDGES

To be taken into consideration during selection of judging 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). All international judges must bring their International Judge's Cards to Lahti.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2018. This fee may also be paid at the competition in Lahti. To be included in the panels, all judges must be present at the Team Managers and Judges Meeting to be held on Friday, 20:00 hrs at the Lahti Fair Centre Congress Hall.

## IFBB ELITE PRO QUALIFIER

IFBB Nordic Cup is not only IFBB Elite Ranking Qualifier, but also IFBB Pro Elite qualifier. Top three of overall category winners will get the IFBB Elite Pro Card. In Bikini Fitness, Body Fitness and Men's Physique athlete can compete as an amateur in the morning and if placing in top 3 in the overall he / she can compete in IFBB Nordic Elite Pro in the evening.

## SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 14:00 to 21:00 on an official arrival day October 6. You may obtain information and assistance from the Secretariat. On weekend the Secretariat will be placed at the Lahti Fair Centre at Nordic Fitness Expo, near the Main Entrance at INFO booth.

## IMPORTANT NOTICE TO COMPETITORS

Each athlete participating in the championship will be provided with a badge at the registration. This badge allows daily admission to the Nordic Fitness Expo.

## IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are on responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

## AIRPORT TRANSPORTATION

The official airport for arrivals is Helsinki International Airport and the official arrival day is Friday, October 6th.

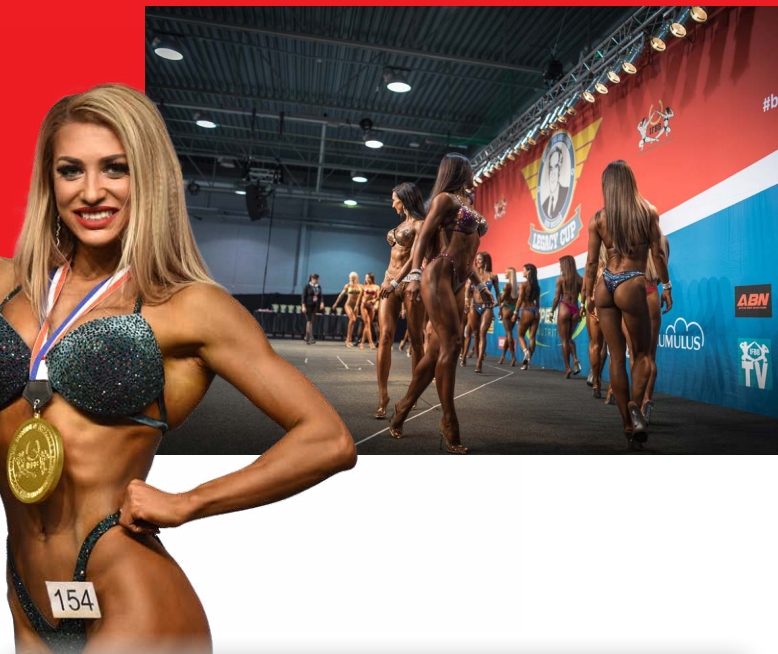
It is very important that every National Federation provides complete arrival details of its team, including the number of people in its delegation, to the Organizing Committee.

There will be airport shuttle services between Helsinki International Airport and Lahti every hour, starting from 04:15 in the morning until midnight.

The round bus trip Helsinki Int'l Airport – Lahti – Helsinki Int'l Airport costs 20 euro per person (10 euro per direction).







## TRANSPORTATION

### BETWEEN THE OFFICIAL HOTEL – CONTEST VENUE

All the competitors who stay at the Finnish Sports Institute accommodation in Vierumäki, the official hotel for IFBB Nordic Fitness Cup, will have free bus transportation between Finnish Sports Institute, Vierumäki and Lahti Fair Centre, the NFE Venue. Please note the bus schedule below:

#### Friday 05.10.2018

20:00 from Registration to Finnish Sports Institute

#### Saturday 06.10.2018

08:00 from Finnish Sports Institute to NFE Venue

17:30 from NFE Venue to Finnish Sports Institute

19:30 from NFE Venue to Finnish Sports Institute

#### Sunday 07.10.2018

08:00 from Finnish Sports Institute to NFE Venue

17:30 from NFE Venue to Finnish Sports Institute

#### Monday 9.10. 2017 DEPARTURE DAY

09:00 from Finnish Sports Institute to Lahti Travel Centre

### LAHTI CITY SHUTTLE BUS SCHEDULE

Hotel Cumulus – NFE Venue – Hotel Cumulus

**Saturday:** starting from 07:30 to 18:00

**Sunday:** starting from 07:30 to 18:00

**Shuttle Bus is driving about 2 to 3 times an hour.**

Shuttle bus services are only for the competitors, judges, coaches, officials, media and VIP's.

**Important Note:** Please use your NFE Badge when entering the Shuttle Bus.

## USEFULL INFORMATION

Time zone: UTC + 2 (summer)

Currency: Euro (EUR)

Electrical current: 230 V, 50 Hz, plugs/sockets type: C and F.

## CATEGORIES

### Bodybuilding

Up to 80 kg

Up to 90 kg

Up to 100 kg

Over 100 kg

### Wellness Fitness

Up to 158 cm

Up to 163 cm

Up to 168 cm

Over 168 cm

### Men's Physique

Up to 173 cm

Up to 179 cm

Over 179 cm

### Bikini Fitness

Up to 160 cm

Up to 164 cm

Up to 169 cm

Up to 172 cm

Over 172 cm

### Body Fitness

Up to 163 cm

Up to 168 cm

Over 168 cm

### Classic Bodybuilding

Up to 180 cm

Over 180 cm

### Muscular Men's Physique, one open class

**Masters Bikini Fitness, one open class (no pro qualifier)**

**Masters body fitness, one open class (no pro qualifier)**

**Important note:** If less than 6 athletes in a category, categories will be combined, wherever possible.





# SCHEDULE

## TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

### FRIDAY, OCTOBER 5<sup>th</sup>

16:00-20:00 Registration at Lahti Fair Center (Nordic Fitness Expo)  
20:00 Judges meeting at Lahti Fair Center (Nordic Fitness Expo)

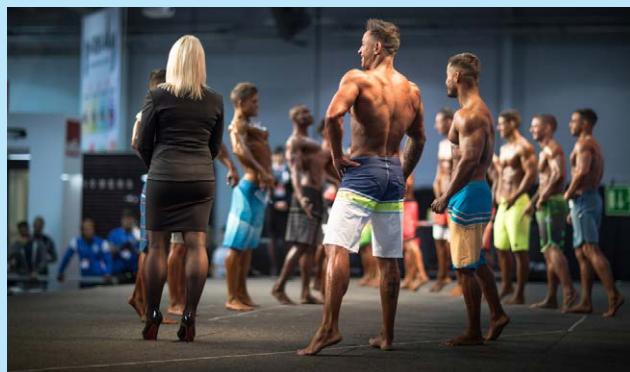
### SATURDAY, OCTOBER 6<sup>th</sup>

09:00 Body fitness  
11:00 Men's Physique  
14:00 Bikini Fitness  
17:00 IFBB Nordic Elite Pro

### SUNDAY, OCTOBER 7<sup>th</sup>

09:00 Masters bikini & body fitness  
12:00 Classic Bodybuilding  
13:00 Bodybuilding  
16:00 Wellness Fitness

Official departure dates for all participants



*IFBB Nordic Cup athlete accommodation will be held in the Vierumäki Resort in the Finnish Olympic Center, located just a 20-minute drive from competition venue of Nordic Fitness Expo.*

### HOTEL PRICES:

**Campus Hotel Ilkka 128€/2 person/night**

Reserve from this link:

[https://www.lyyti.fi/reg/2017\\_Nordic\\_Fitness\\_Expo\\_Vierumaki\\_majoitus\\_6810\\_accommodation\\_3402](https://www.lyyti.fi/reg/2017_Nordic_Fitness_Expo_Vierumaki_majoitus_6810_accommodation_3402)

Email: [vapaa-ajanmyynti@vierumaki.fi](mailto:vapaa-ajanmyynti@vierumaki.fi)

Phone +358 10 5777 012

### Prices includes:

- Transportation between hotel and competition venue.
- Free use of gym and sauna
- Breakfast



## IFBB WORLD ELITE

To become an IFBB Elite athlete, the competitors from Men's Bodybuilding, Muscular & Men's Physique, Men's Classic Bodybuilding, Women's Body fitness, Wellness Fitness and Bikini-Fitness, must place among:

- Top 10 at the 2018 World Championships
- Top 6 at the 2018 Continental Championships
- Top 5 at the 2018 Elite Invitational Qualifying events.

Elite qualified athletes will receive a golden cover for their athlete's card, as well as the Elite stamp to be stuck into its pages! Additional prize money for the overall category top three winners at each event from the Ranking List.

## IN CASH AWARDS €300,000.00

More INFO:

[www.ifbbelitepro.com](http://www.ifbbelitepro.com)

[www.nordicfitnessexpo.com](http://www.nordicfitnessexpo.com)



### ORGANIZER:

**KP Ourama / KP Fitness Productions**

Co-operated with the International Federation of Bodybuilding and Fitness (IFBB) and Finnish Fitness Sports Association

Photography by Igor Kopcek & Tomi Rehell

[www.ifbbnordiccup.com](http://www.ifbbnordiccup.com)