

IFBB MEDITERRANEAN CHAMPIONSHIP 2019



29 NOVEMBER - 01 DECEMBER
ALBUFEIRA, PORTUGAL
MUNICIPAL AUDITORIUM



ELITE PRO CARDS
AWARDS



IFBB WORLD
RANKING 2020

BioTechUSA™

AUDITÓRIO
MUNICIPAL DE ALBUFEIRA

Albufeira
MUNICÍPIO
www.cm-albufeira.pt

MGE
HOTELS
POWERED BY IFBBICA

MUSCLE
STRONG



WELCOME!

The International Federation of Bodybuilding & Fitness (IFBB) and the Portuguese Federation of Bodybuilding & Fitness (PFBB) welcome to all IFBB affiliated National Federations of the Mediterranean Sea, to the IFBB Mediterranean Championship, from Friday November 29th to Sunday December 01st 2019.



Invited countries:

- ▶ Angola
- ▶ Mozambique





Albufeira

Can you imagine yourself in an old city with moor like roads, clear beaches and at the same time offering you the comfort of modern times? Albufeira is a city just like this!

Albufeira is one of the oldest cities in the Algarve. Its name derives from Arab and means "Sea Castle", as it occupies the centre of the region.

In older times it was a fishing village and artists, painters, poets and writers fell in love with it. Albufeira has become one of the most popular and visited tourist centres in the South of Europe.

It is modern, beautiful, active and attractive yet respectful of its heritage, its history and its traditions.

Albufeira has a lot to offer, in the summer with its sunshine, entertainment and fun and in the winter with its warm weather, amazing tastes to discover and unique places to visit.

During the whole year round you can find excellent hotels, with good service and professionalism.

If on the coast, in the old part of the city, you can relive remote times crossed with modern ones, as you go into the interior you will find a strong personality that has been traced and you will also discover that Albufeira is more than just sea.

APP VISIT ALBUFEIRA

Available for smartphone and tablet, on iOS and Android systems.





The Strip

Three kilometres west of Albufeira Old Town is an area known as the Strip. It is modern and completely different in character from the Old Town. It is very busy (in the high season), and packed with shops, restaurants and bars. Here you can get anything you want, from a full English breakfast to a Portuguese decent meal, and there are many good establishments to choose from.



Beaches

With around 30 kilometres of coastline, Albufeira has been graced with some of the most stunning beaches in the world. A magnificent natural heritage that has been impressively preserved and maintained.

Albufeira is the council with more [Blue Flags](#) in the country, awarded to beaches for meeting criteria such as cleanliness, accessibility and water quality. The beauty and diversity of its coastline make Albufeira unique.



Old Town

The Old Town lies at the bottom of a steep hill, with the majority of the accommodation in the area high above it.

Albufeira has not lost all its charm and this can be seen in the Old Town. Unlike the strip, it attracts a slightly older and more cosmopolitan crowd, and is a popular destination with Portuguese families.



Where To Eat

Apart from the mild weather, beaches and internationally recognised golf courses, Albufeira also has a rich gastronomy.

Here, the fish and shellfish owe their freshness to the presence of the sea and the long tradition of fishing. Enjoy a unique and varied gastronomic experience and try out some of our regional dishes: caldeirada fish stew, clams prepared in a catapiana, tuna with onions, grilled sardines, rice with octopus and Guia piri piri chicken.

Airport



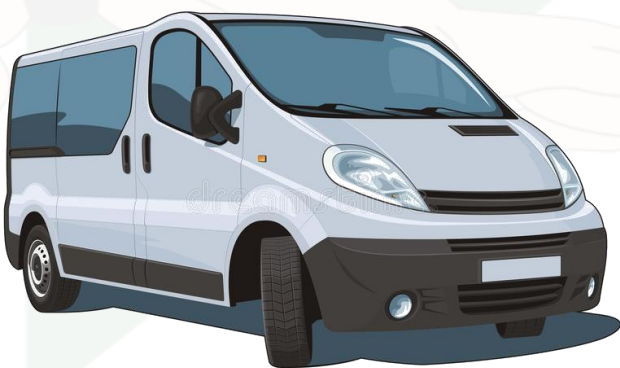
Official Hotel

Faro Airport

The Faro airport is 40 minutes away from the Official Hotel, where the reception of athletes, delegates and judges and weight-in will be held.

[Adress: Hotel Paraíso, Rua do Município, 8200-161 Albufeira](#)

The easiest way is to go by Uber or Taxi, the value being between €25 to €35.



Official Hotel

FAMILY & BEACH

The Paraiso de Albufeira is well located in the centre of town, and is designed for the perfect family holiday, with the vibrant atmosphere of a typical tourist resort close by.

Take full advantage of the comfort provided by the spacious public areas, in one of the most charismatic and well known hotels on the Algarve, the Paraiso de Albufeira.

The Paraiso de Albufeira is a 4 star tourist development located in the centre of town of the busy vacation resort of Albufeira.



- Check-In Time: from 2PM. Check-Out Time: until midday.

- No pets allowed

- Some services and facilities (Mini Golf, Tennis, Multipurpose Field, Health Club, Mini Club, Games Room, Hairdresser, Transfers) have extra charges.

- The use of swimming cap in the indoor pool and jacuzzi is mandatory. Customers can buy caps at € 3.50 / each at the front desk.

ADVISE:

- We inform you that the hotel reserves the right to ask for a security deposit of 100€ per person upon arrival, that will only be refunded upon check-out after verifying that the apartment has not suffered any damage. The security deposit can be paid either in cash or by charging the amount on a valid credit or debit card. If the guest refuses payment, he/she will not be allowed to check into the hotel;

- Any client with behaviour that is not compatible with a family hotel will be invited to leave, and there will be no refund of the amount paid for the stay;



[Click to enlarge]

Apartment area: 50m²

Type of bed(s): 2 single beds

It's possible to place a cot or a child extra bed

Apartment facilities:

- Well equipped kitchenette: refrigerator, microwave oven, ceramic cooking hob, electric oven and kitchen utensils
- Complete bathroom with bath/shower unit
- Satellite TV
- Piped ambient music
- Telephone with direct-dial outside line
- Air conditioning
- Balcony
- Safe deposit box (extra charge)
- Wake Up Call Service
- Iron and hairdryer available at reception (depending on availability; deposit required)
- Change of linen - 2 times a week
- Maid Service - Daily
- Change of towels - 2 times a week

Apartment area: 60m² / 70m²

Type of bed(s): 4 single beds and/or couple bed

It's possible to place a cot or a child extra bed

Apartment facilities:

- Well equipped kitchenette: refrigerator, microwave oven, ceramic cooking hob, electric oven and kitchen utensils
- Complete bathroom with bath/shower unit
- Satellite TV
- Piped ambient music
- Telephone with direct-dial outside line
- Air conditioning
- Balcony
- Safe deposit box (extra charge)
- Wake Up Call Service
- Iron and hairdryer available at reception (depending on availability; deposit required)
- Change of linen - 2 times a week
- Maid Service - Daily
- Change of towels - 2 times a week

!!The registered fee includes accommodation and food for 2 days, begins November 29th and ends December 01st!!



Venue of Competition

The competition will be held at Albufeira's Municipal Auditorium.

The Auditorium is 10-15 minutes away by foot from the hotel.

Map: <https://goo.gl/maps/ieNfcX8hVrEqpftZA>



⇒ The competition will be November 30th and starts at 10 a.m.



Disciplines

Women's Bikini Fitness

Up to & incl. 164 cm

Up to & incl. 169 cm

Over 169 cm

Men's Classic Bodybuilding*

Up & incl. 175 cm

Over 175 cm

Men's Classic Physique*

Up & incl. 175 cm

Over 175 cm

Men's Physique

Up to & incl. 170 cm

Up to & incl. 173 cm

Up to & incl. 176 cm

Up to & incl. 179 cm

Over 179 cm

Men's Bodybuilding

Up to & incl. 75 kg

Up to & incl. 80 kg

Up to & incl. 90 kg

Over 90 kg



WORLD RANKING AMATEUR

2020

*Limits Weight/Height Men's Classic Bodybuilding:

- ⇒ Up to 168 cm Athlete's height [in cm] minus 100
- ⇒ Up to 171 cm (Athlete's height [in cm] minus 100) + 2
- ⇒ Up to 175 cm (Athlete's height [in cm] minus 100) + 4
- ⇒ Up to 180 cm (Athlete's height [in cm] minus 100) + 7
- ⇒ Up to 190 cm (Athlete's height [in cm] minus 100) + 9
- ⇒ Up to 198 cm (Athlete's height [in cm] minus 100) + 11
- ⇒ Over 198 cm (Athlete's height [in cm] minus 100) + 13

**Limits Weight/Height Men's Classic Physique:

- ⇒ Up to 168 cm Athlete's height [in cm] minus 100 + 4
- ⇒ Up to 171 cm (Athlete's height [in cm] minus 100) + 6
- ⇒ Up to 175 cm (Athlete's height [in cm] minus 100) + 8
- ⇒ Up to 180 cm (Athlete's height [in cm] minus 100) + 11
- ⇒ Up to 190 cm (Athlete's height [in cm] minus 100) + 13
- ⇒ Up to 198 cm (Athlete's height [in cm] minus 100) + 15
- ⇒ Over 198 cm (Athlete's height [in cm] minus 100) + 17

Muscular Men's Physique

Open

Women's Wellness Fitness

Open

Women's BodyFitness

Open



WORLD RANKING AMATEUR

2020

!!Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking!!

1st
Place

7 points

2nd
Place

5 points

3rd
Place

4 points

4th
Place

3 points

5th
Place

2 points

Master Men's Physique

Open

Júnior Men's Physique

Open

Master Bodybuilding

Open

Júnior Women's Bikini Fitness

Open

Master Women's Bikini Fitness

Open

Participation

The IFBB Mediterranean Championship is available to all National Federations of the Mediterranean Sea, Angola and Mozambique which are affiliated with the IFBB. Registration is done by the national federation through the Entry Forms available on the IFBB website (<https://ifbb.com/event/mediaterranean-championship/>).

The deadline for submitting the Final Entry Form is Sunday, November 17th, 2019. National Federations must submit the names of your team that will be present at the event (athletes by discipline and category, delegates and judges).

!!Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level!!

PLEASE, SEND THE ENTRY FORM FOR:

IFBB-Portugal - Organization

Telephone: +351 96 239 3569

E-mail: info.ifbbportugal@gmail.com

Website: www.ifbb-portugal.com

Mr. Vitor Reis, President

WITH THE KNOWLEDGE FOR:

IFBB office, Ms. Diana Mozos

E-mail: info@ifbb.com

AND:

IFBB Technical Committee, Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Judges

To be taken into consideration during the selection of panels of judges in the competition, the IFBB international judges shall be included in the Final Entry Forms submitted by the National Federations in accordance with the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, chair of the IFBB Judges Committee, at: pawelfilleborn@gmail.com

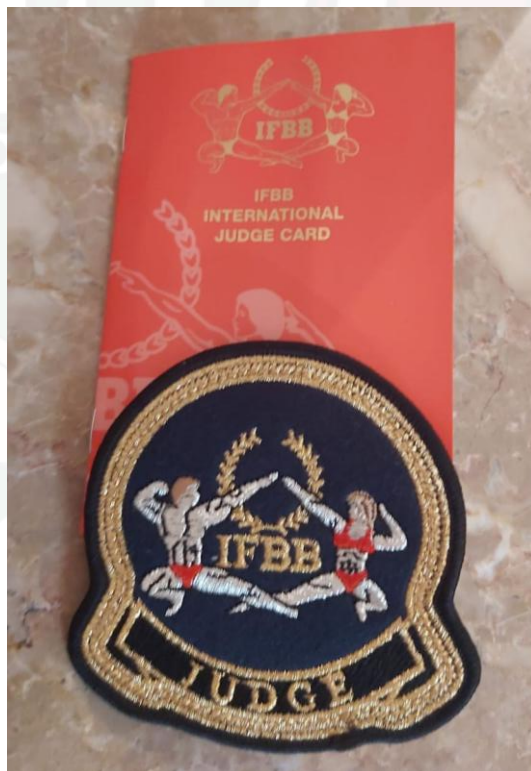
All IFBB international judges must bring their International Judge cards.

!!IFBB international judges must have a valid IFBB judge card with the IFBB's annual 2019 quota of € 50 paid. This fee can also be paid in the championship!!

Judges Meeting

Team managers and judges are expected to attend a meeting on Friday, November 29th , at 07.30 p.m. All judges are required to attend the meeting and have the IFBB judge card.

The meeting will be on the official hotel.



Payment

	Price (Euro - €)	Description
Athletes (Share room)	€250 (And IFBB Bluecard, if don't have; more €35)	Accommodation (29 November to 01 December); Food (breakfast, lunch and dinner)
Athletes (Single room)	€300 (And IFBB Bluecard, if don't have; more €35)	Accommodation (29 November to 01 December); Food (breakfast, lunch and dinner)
Official Delegate (Ever have only 2, in share room)	€250	Accommodation (29 November to 01 December); Food (breakfast, lunch and dinner); Access free to backstage
Extra Delegates (Share room)	€270	Accommodation (29 November to 01 December); Food (breakfast, lunch and dinner); Access free to backstage
Extra Delegates (Single room)	€350	Accommodation (29 November to 01 December); Food (breakfast, lunch and dinner); Access free to backstage

If the athlete makes the payment in the place, the value adds €50.

The second category is €100.

!!!ONLINE PAYMENT!!!

[\(https://ifbb.com/competition-registration/\)](https://ifbb.com/competition-registration/)

!!The deadline date to do the online payment is November 18th, 2019 (Monday). On November 18th, 24:00 hrs (midnight - Central European Time, UTC +1) the online payment system will be switched off!!

Athletes Without Delegate

All athletes competing in the IFBB Mediterranean Championship must be members of the National Federations. Any athlete who arrives without a delegate must be registered by their National Federation by sending the Entry Form with the name of the athlete, otherwise the athlete will not be able to participate.

It is the responsibility of the President or Secretary General of each participating National Federation to ensure that all members of the National Team (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation in those Championships, to include statements contained therein Inspection Report. If any of the athletes and / or delegates travel and arrive separately from the Team Leader, the President shall ensure that they are familiar with the rules and regulations contained in the Inspection Report.

Visas

A valid passport is required to enter Portugal (Schengen Area). Citizens of 55 countries do not need a visa for a short period (up to 90 days). Detailed information on:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

!!!Contact the Embassy of Portugal in your country to determine if you need a visa!!!

It is the responsibility of the National Federations to obtain an entry visa for the country that organizes the championship. All national associations may request a letter of invitation from the championship organizer or IFBB. The invitation letter does not mean that you receive the visa. The IFBB and the Championship organizer are not responsible for the visas of the latecomers. To receive a letter of invitation, the athlete must submit the following information to the IFBB or the organizer of the Championship:

- A copy of the passport;
- The place where you will be staying.

If the visa is not granted, the Cancellation Policies for the Championship will still apply. The athlete who requested and received an invitation from the IFBB headquarters or the Organizing Committee of an event approved by the IFBB for visa purposes and used this visa for illegal stays in the host country or in any other country shall be subject to the disciplinary procedures and measures .

More Services

Type/ Value (€)	Tanning	Make Up*		Backstage **	Photos*	Tickets
	€60	€75 (F)	€20 (M)	€40	€40	€10

**The values correspond to complete services. Custom services may have another cost.*

***The backstage pass its aply if the delegate don't stay in the hotel.*

Music

Songs from individual routines can be CD or PEN. It is the athlete's responsibility that the audio material be identified.

CDS or PEN are delivered at registration.

IMPORTANT: THE USE OF MUSICS WITH IMPROPER OR PROFANA LANGUAGE IS PROHIBITED. ACROBATIC JUMPS ARE NOT ALLOWED.

Channels of Information

All information regarding the championship will be placed on the Telegram channel:

⇒ <https://t.me/mediterraneanchampionship>



Telegram

Other Information

Media:

Any image/video capture is prohibited on backstage or in changing areas except with the permission of the IFBB.

For accreditations, contact the PFBB by email: info.ifbbportugal@gmail.com.

Currency:

The official currency in Portugal is the Euro (€).

Approx. € 1,00 = 1,157 US Dollar.

See your currency converted into:

<https://www.oanda.com/lang/pt/currency/converter/>

Credit Cards:

International credit cards like Visa, MasterCard and American Express are widely accepted in most major hotels, shops and restaurants. You may need to show your passport.

Time Zone:

0 GMT/UTC.

Climate:

 14°C



 18°C



Electrical Current:

230 Volts, 50 Hz, socket / plug type C, connector with two round teeth.

Detailed information on: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>



230 V

Language:

The official language is Portuguese but English is easily spoken everywhere.

FRIDAY, NOV 29th 2019

10:00 - 13:00	Registration and Weigh-In IFBB Mediterranean Championship	Hotel Paraíso (Official Hotel)
13:00 - 14:00	Officials Lunch	
15:00 - 19:00	Registration and Weigh-In IFBB Mediterranean Championship	Hotel Paraíso (Official Hotel)
19:30	Judge Meeting	Hotel Paraíso (Official Hotel)

SATURDAY, NOV 30th 2019

08:30	Backstage Open for the Athletes	Albufeira Municipal Auditorium
10:00 - 19:00	Elimination, semifinals and finals of all Disciplines	Albufeira Municipal Auditorium

SUNDAY, DEC 01 2019

All day	Departures	
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