



8 - 9
MARCH 2020
KRASNOYARSK

PRIZE MONEY
17 000 \$

THIS COMPETITION FOR ATHLETES FROM FORMER USSR AND MIDDLE

INSPECTION REPORT

SIBERIAN POWER SHOW 2020 THE LARGEST MULTI-SPORT FESTIVAL IN RUSSIA



WELCOME



The Organizing Committee of the **Multi-Sport festival** "SIBERIAN POWER SHOW" and Russian Federation of Bodybuilding (FBBR) extend a warm welcome to IFBB-affiliated National Federations from former USSR countries and Middle East to participate in the 5th edition of the **SIBERIAN POWER SHOW** with prize money of 1 Million rubles (USD \$17 000) in Krasnoyarsk, Russia, **March 08-09, 2020**.

We invite everyone to come and have fantastic days with us!



Crossfit | Arm wrestling | Mas wrestling | Streetlifting | Bodybuilding | Bikini | Dance Contest | Kettlebell lifting | X-arm | Workout | Strongman



LOCATION



Krasnoyarsk is an administrative center of Krasnoyarsk region, located on the **Yenisei River**, the largest cultural, educational, economic and industrial center of Central and Eastern Siberia. The city was founded on 1628.

The most popular place of attraction for tourists visiting Krasnoyarsk is the huge national nature reserve Stolby ("pillars"), which covers an area of 470 square kilometers (180 sq mi) with numerous giant granite rocks formations up to 100 meters high, many of very extraordinary shapes. Stolby is also a major rock climbing location.

Krasnoyarsk is a center of Siberian sports. Areas, where Krasnoyarsk excels compared to other Russian cities, include rugby union, bandy, and freestyle wrestling.

Krasnoyarsk was the host city of the Winter Universiade'2019.



AIRPORT



Krasnoyarsk served by Airport Yemelyanovo is the main airport that handles both medium and long haul domestic plus international flights, and is located 27 kilometers (17 mi) northwest of the city.

The Organizing Committee will pick you up at the airport on arrival. **The organizer shall arrange the transportation between airport and hotel on Saturday, March 7th, 2020** and the transportation between hotel and airport on Tuesday, March 10th, 2020 based on the stated times of arrivals and departures.

Please notify the Organizing Committee of the details of your arrival time by March 1st, 2020 so that suitable transportation can be arranged for your National Team members.

By shuttle bus:

You can get from the airport to Krasnoyarsk by shuttle bus. For more detailed information please contact the bus ticket office at Krasnoyarsk International Airport or visit the site of Krasnoyarsk bus station at www.krasavtovokzal.ru

By taxi:

You can use Yandex.Taxi or Uber application to book taxi by your phone. It's easy, fast and cheap.



VENUE

Siberia International Exhibition Business Centre – Expo Center handling all events like exhibitions, trade shows or fairs taking place in Krasnoyarsk, Russia. The total area of 52 000 sq. m allows placing on the territory of the centre the whole range of services for organization of business events. Address: 19, Aviatorov Str, www.krasfair.ru

OFFICIAL HOTEL

The official hotels of The SIBERIAN POWER SHOW 2020 will be **Siberia Hotel** and **AMAKS City Hotel**. Well appointed and comfortable rooms equipped with all necessary items, taking into account all wishes of the guests. The hotel is situated in a 15 minutes' drive from the city center and in 30 - 50 minutes' drive from the airport.

SIBERIA HOTEL



www.siberiahotel.ru



AMAKS HOTEL



www.krasnoyarsk.amaks-hotels.ru/



VISA



A valid passport is required to enter the territory of Russia. Citizens of 48 countries are not required to obtain a visa prior to visit Russia (for limited period of time). All other persons should consult the Russian Embassy or Consulate in their country to determine if they to apply for visa. Detailed information at: <https://www.visitrussia.org.uk/visaform/not-need>
An Official Letter of Invitation will be made available if required.
For the receiving the Official invitation letter, the applicant should forward to send a scan copy of his/her passport by e-mail: sps-2020@bk.ru.

LANGUAGE

The official language is Russian. You can speak English in hotels, restaurants and tourist areas.



PARTICIPATION

SIBERIAN POWER SHOW is open for all IFBB-affiliated National Federations from former USSR and Middle East countries.

The number of competitors participating in these competitions is unlimited.

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation providing their names in the Final Entry Form directly to E-mails: sps-2020@bk.ru and info@fbbr.org. IFBB Technical Committee and IFBB Head Office.

Please be aware that it is the full responsibility and obligation of The National Federation to verify each one of the athletes to be registered on this international event and is NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

Final Entry Form must be sent to:

SPS Organizers: e-mails: sps-2020@bk.ru and info@fbbr.org, with a copy to:

IFBB Technical Committee, Eng. Andrew Michalak, e-mail: amichalak5@gmail.com

IFBB Head Office, Ms. Diana Mozos, e-mail: info@ifbb.com

CONTACT INFORMATION

SIBERIAN POWER SHOW

Phone: +7 999 979-95-05

E-mail: sps-2020@bk.ru

FBBR

Phone +7953-149-98-09

E-mail: info@fbbr.org

SIBERIAN

POWER SHOW
BY SEED POWER SHOW

RestylerPhoto.ru

REGISTRATION

Athlete registration will be run on **Saturday, March 7th, from 16:00 till 21:00h** in the Siberia International Exhibition and Business Center (19, Aviatorov Str.).

All athletes will have to produce their Passports (or ID Cards) & 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, failing which the competitor will not be registered. IFBB Cards are EUR €35 and are mandatory.

The music must be on USB flash memory only, at the start of USB flash. The athletes name must be affixed on the USB flash for identification purposes. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Each athlete participating in the Championship will be provided with a competitor wrist band at the Registration. This wrist band allows daily admission to the competition venue and should not be re-moved.

REGISTRATION FEE

Each Official Participant (Athlete and Delegate) must pay the Registration Fee of EUR €60 or USD \$65,00 per person, which should be paid by cash at the Registration.

Participation in the second category: additional fee of EUR €60 or USD \$65,00 per person.



CATEGORIES



MEN'S BODYBUILDING

Up to 80 kg | up to 90 kg | up to 100 kg | over 100 kg

JUNIOR MEN'S BODYBUILDING (20 - 23 yrs.)

OPEN CLASS

MASTER MEN'S BODYBUILDING (over 40 yrs.)

OPEN CLASS

MEN'S CLASSIC BODYBUILDING

Up to 180 cm | over 180 cm

JUNIOR CLASSIC BODYBUILDING

OPEN CLASS

MEN'S FITNESS - OPEN CLASS

CLASSIC PHYSIQUE

Up to 180 cm | over 180 cm

MEN'S PHYSIQUE

Up to 173 cm | up to 179 cm | over 179 cm

JUNIOR MEN'S PHYSIQUE (16 - 23 yrs.)

OPEN CLASS

MASTER MEN'S PHYSIQUE (over 40 years)

OPEN CLASS

MUSCULAR MEN'S PHYSIQUE - OPEN CLASS

WOMEN'S PHYSIQUE - OPEN CLASS

WOMEN'S FITNESS - OPEN CLASS

WOMEN'S BODYFITNESS

Up to 163 cm | up to 168 cm | over 168 cm

JUNIOR WOMEN'S BODYFITNESS (16 - 23 yrs.)

OPEN CLASS

MASTER WOMEN'S BODYFITNESS (over 35 yrs.)

OPEN CLASS

WOMEN'S BIKINI FITNESS

Up to 158 cm | up to 160 cm | up to 162 cm | up to 164 cm |
up to 166 cm | up to 169 cm | up to 172 cm | over 172 cm

JUNIOR WOMEN'S BIKINI FITNESS (16-23 yrs.)

Up to 166 cm | over 166 cm

MASTER WOMEN'S BIKINI FITNESS (over 35 yrs.)

Up to 166 cm | over to 166 cm

WOMEN'S FIT-MODEL

Up to 166 cm | over to 166 cm

WOMEN'S WELLNESS FITNESS - OPEN CLASS

AWARDS

- Top three athletes in each category will be awarded with medals and diplomas.
- Top six athletes in each category will be awarded with diplomas.
- Overall winners in each discipline will have special gold medals, diplomas and cups trophies.
- All winners will have opportunity to compete in the **Final Show on March 9th, 2020**

(Bodybuilding - 1, 2, 3 places & Bikini Fitness - 1, 2 places)

THE FINAL SHOW (PRIZE MONEY - USD \$17,000)

BODYBUILDING OPEN

1 PLACE	5 000 \$
2 PLACE	3 000 \$
3 PLACE	2 500 \$
4-5 PLACE	1 500 \$
6-8 PLACE	800 \$

FITNESS-BIKINI TOTAL SUM

1 PLACE	1 100 \$
2 PLACE	
3 PLACE	
4-6 PLACE	



JUDGES

Each National Federation must ensure that it's nominated judges and its chief official and/or team manager attends the Team Managers and Judges Meeting. All Judges must attend the Team Managers and Judges Meeting, failing which they will not be allowed to judge.

Team Managers and Judges will take place at 20.00 on Saturday, March 7th in Siberia International Exhibition Business Centre (19, Aviatorov Str.).

TIME ZONE: UTC +7 hrs

MEDIA ACCREDITATION

All persons wishing to obtain media accreditation for this event must register (name of the media you represent, phone number, email address, the person who look accreditation, is he/she photographer or writer) by e-mail: sps-2020@bk.ru no later than **February 25th, 2020**.

BACKSTAGE ACCESS

Access to the backstage area and/or dressing room area is strictly limited to essential personnel only and with **PAYMENT of EUR €45 or USD \$50 per person**. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.



TANNING



SIBERIAN POWER SHOW is using the **Jan Tana** products for tanning and will be organized by the Siberian Power Show crew. You can sign up for tan, write on Whatsapp +7 (923) 377-55-41 Ulyana or email: sps-2020@bk.ru. The cost of the tanning service is EUR €55 or USD \$60.

CURRENCY ₺

The national currency in Russia is Ruble (RUB).
EUR €1.00 = RUB 70.46 RUB
USD \$1.00 = RUB 63.57 RUB
(as at December 12th, 2019)

CLIMATE

Krasnoyarsk experiences a humid continental climate. Compared to European cities on a similar latitude, Krasnoyarsk has much warmer summers, but much colder and longer winters. The summer is also on average warmer than similar inland latitudes of Scandinavia, owing to Siberia's greater continentality. Krasnoyarsk has high differentials between summer and winter temperatures.





International Federation of Bodybuilding & Fitness
 Dublin 39/I – Europolis – Las Rozas - Madrid – 28232 – Spain - Tel: (34) 5352819 Fax: (34) 5351518
 E-mail: headquarters@ifbb.com Website: www.ifbb.com



FINAL ENTRY FORM

Siberian Power Show

March 07th – 10th, 2020, Krasnoyarsk, Russia

Deadline date to send this Final Entry Form is March 04th, 2020.

This Entry Form is to be completed and sent by National Federations, NOT by individual athletes

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.

COUNTRY	FEDERATION'S NAME	PRESIDENT'S NAME	
FEDERATION CONTACT NO. (OFFICE OR CELL PHONE)		FEDERATION E-MAIL ADDRESS	
	If applicable: Responsible Delegate(s) name at this event	Cell phone	PASSPORT No.
1			
2			
Complete this Form and leave it in the WORD format , so we can copy/paste the athletes' names on our list. DO NOT change it to PDF format, please.			
	Competitor's: 1 Given NAME + 1 Family NAME	EXACT CATEGORY <i>(from the list of categories below)</i>	IFBB Intern. Card or PASSPORT NR

IF YOU HAVE MORE ATHLETES, CONTINUE THIS TABLE, PLEASE.

FINAL ENTRY FORM



Please send this Final Entry Form no later than

March 01th, 2020 to:

SIBERIAN POWER SHOW

Phone: +7 999 979-95-05

E-mail: sps-2020@bk.ru

FBFR

Phone +7953-149-98-09

E-mail: info@fbfr.org

IMPORTANT NOTES:

ALL THE COSTS FOR TRAVELLING, HOTEL ACCOMMODATIONS AND MEALS (AND TRANSPORT FROM AND TO THE AIRPORT) MUST BE COVERED BY NATIONAL FEDERATIONS. HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN THE NATIONAL FEDERATION AND THE HOTEL. CHECK WITH YOUR NATIONAL FEDERATION FOR MORE INFORMATION.

TENTATIVE SCHEDULE

Friday, March 7th, 2020

- 16:00 - 21:00 – Official Athlete Registration
- 21:10 – Team Managers and Judges Meeting

Sunday, March 8th , 2020

- 10:00 hrs – Semifinals Part 1

Monday, March 9th , 2020

- 10:00 hrs – Semifinals Part 2
- 17:00 – Finals

