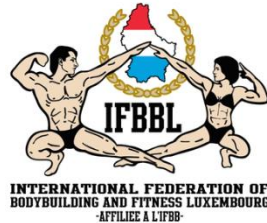




# 1st IFBB BELLUX CUP

## Luxembourg



**October 10<sup>th</sup>, 2020**  
**LUXEMBOURG-MUNSBACH**

## IFBB Elite PROFESSIONAL QUALIFIER

### INSPECTION REPORT

IFBB President, Dr. Rafael Santonja and the Bodybuilding & Fitness Federation of Luxembourg proudly invite the IFBB-affiliated National Federations from Luxembourg, Belgium and IFBB-affiliated National Federations from south, west & central-Europe to participate in the 1st IFBB BELLUX CUP LUXEMBOURG.

The WINNERS of the following 9 categories will be awarding with the **ELITE-PRO CARDS** ;

- **Men's Bodybuilding up to 90 kg overall (75 kg, 80 kg, 90 kg categories winners)**
- **Men's Bodybuilding over 90 kg overall (100 kg and +100 kg categories winners)**
- **Men's Classic Physique open**
- **Men's Classic Bodybuilding overall**
- **Men's Physique overall**
- **Muscular Men's Physique open**
- **Women's Bikini Fitness overall**
- **Women's Bodyfitness overall**
- **Women's Wellness Fitness open**

## **GRAND DUCHY of LUXEMBOURG**

Is a sovereign state in the heart of Europe, founded in 963, 2586 km<sup>2</sup>, population 600,000 nested between France, Belgium & Germany.



### **THE VENUE**

Sport Center “An der Dällt” in 185, Rue Principale, 5366 Munsbach/Schuttrange (10 km far from the City of Luxembourg and 5 km from the Luxembourg Airport FINDEL (Code LUX).

Highway A1 Luxembourg-Trier, Sortie 11



The venue has a seating capacity of 500 places.

## **HOTELS**

Hotel Légère 11, Rue Gabriel Lippmann, (Parc d'activité Syrdall), 5365  
Munsbach/Schuttrange (1 km)

<https://www.legere-hotels-online.com/>

Hotel IBIS & IBIS Budget Luxembourg Airport, Route de Treves, 2632 Luxembourg (4 km)

<https://www.hotel-ibis-luxembourg.com/>

Other hotels are available near the airport and in the city of Luxembourg (9 km).

## **ARRIVALS & AIRPORT**

***SATURDAY, October 10th, 2020 is the official arrival & competition day.***

Luxembourg (Code LUX) Airport is the only national & international airport (5 km distance to the venue Munsbach)

### **IMPORTANT INFORMATION**

All the costs of travelling, hotel accommodations, transport from and to the airport, venue and meals are the responsibilities of National Federations or individual athletes. Check with your National Federation for more information.

## **PARTICIPATION**

The contest is open to IFBB/EBFF-affiliated National Federations from Luxembourg, Belgium and countries from south, west & central Europe. The number of participating athletes is unlimited.

Online Pre-Registration of athletes will only be considered if they are recommended by the National Federation of the athlete 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 not later than October 02<sup>th</sup>, 2020 (Friday). The final decision to allow an athlete to compete in this event rests with the IFBB.

*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.*

*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually 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.*

## **REGISTRATIONS**

Registration and weigh-in will be run on **Saturday, October 10th, from 08:00 to 11:00** at the Centre Sportif Munsbach (contest venue).

All athletes will have to produce their **Passports & 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 35 and are mandatory.

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.

The use of profane, vulgar & offensive language is strictly prohibited in the posing music.

You will receive your tags or wrist band for athletes and coaches at the registration.

All athletes must wear their posing attire during weight-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.

## **REGISTRATION FEE**

Registration fee for athletes to enter this competition is **EUR €150** per participant.

Registration fee must be paid in advance by credit/debit card or PayPal at ifbb webpage: <https://ifbb.com/competition-registration/>

For your best comfort and convenience please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is October 05<sup>th</sup> 2020 (Monday). On October 05<sup>th</sup>, 24:00 hrs (midnight- Central European Summer Time, UTC +2) the online payment system will be switched off.

If paying at the Registrations, an extra fee of EUR €50 per participant will be charged. Crossovers (second category) - additional fee of EUR €100 will be charged.

## **JUDGES**

To be taken into consideration during selection of judge's 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 2020 valid International Judge's Card to Luxembourg.

### **CATEGORIES OPEN FOR THIS COMPETITION**

<b>Men Bodybuilding</b>	<b>WOMEN WELLNESS FITNESS Open</b>
<i>-Master Bodybuilding over 40 years open</i>	<b>WOMEN BODYFITNESS</b>
<i>-up to &amp; including 75 kg</i>	<i>-up to &amp; including 163 cm</i>
<i>-up to &amp; including 80 kg</i>	<i>-over 163 cm</i>
<i>-up to &amp; including 90 kg</i>	<b>WOMEN BIKINI FITNESS</b>
<i>-up to &amp; including 100 kg</i>	<i>-Master Bikini Fitness over 35 years open</i>
<i>-over 100 kg</i>	<i>-up to &amp; including 162 cm</i>
<b>MEN CLASSIC PHYSIQUE Open</b>	<i>-up to &amp; including 166 cm</i>
<b>MEN CLASSIC BODYBUILDING</b>	<i>-up to &amp; including 172 cm</i>
<i>-up to &amp; including 175 cm</i>	<i>-over 172 cm</i>
<i>-over 175 cm</i>	<b>WOMEN Physique Open</b>
<b>MEN PHYSIQUE</b>	
<i>-Master Men's Physique over 40 years open</i>	
<i>-up to &amp; including 174 cm</i>	
<i>-up to &amp; including 178 cm</i>	
<i>-over 178 cm</i>	
<b>MUSCULAR MEN'S PHYSIQUE Open</b>	

*Note: A category will be run only if 5 or more athletes are registered, otherwise categories will be combined.*

\*NEW Classic Physique & Classic Bodybuilding height/weight limits: please consult the IFBB category-rules on [www.ifbb.com](http://www.ifbb.com).

### **AWARDS**

Top six athletes in each category will be awarded with medal or trophy and a certificate.

**IFBB Elite Pro Cards for the winner** of Women Bikini Fitness overall, Women Bodyfitness overall, Men's Physique overall, Men's Classic Bodybuilding overall, Men's Bodybuilding up to 90 kg overall (winners from the cat -75-80-90 kg), Men's Bodybuilding over 90 kg overall (winners from the cat -100 and over 100 kg), Women's Wellness Fitness open, Men's Classic Physique open & Muscular Men's Physique open (after applications through their National Federations).

## **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.

## **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.

## **VISAS**

A valid passport is required to enter Luxembourg (Schengen Zone). More information

[https://en.wikipedia.org/wiki/Visa\\_of\\_the\\_Schengen\\_Area](https://en.wikipedia.org/wiki/Visa_of_the_Schengen_Area)

It is National Federations responsibility to obtain an entry visa to the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visa.

- A copy of passport
- Where the attendant will have his or her accommodation

If the visa is not granted, the Cancellation Policies for the championships will still apply an athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

## **LANGUAGE**

Luxembourg has three official languages: Luxembourgish (national language), French and German (administrative languages).

## **TIME DIFFERENCE**

UTC +2 hour (CEST - Central European Summer Time).

## **ELECTRICAL CURRENT**

230 V, 50 Hz. Plugs and sockets of type C and F.

Better to check at: <https://www.worldstandards.eu/electricity/plugs-and-sockets/>

## **CURRENCY**

The official currency of Luxembourg is EURO (EUR).

## **CREDIT CARDS**

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants.

## **CLIMATE**

The average daily mean temperature in October is 12°C (53°F). Average rainy days: 9, average relative humidity: 85%.

## **FINAL ENTRY FORM DEADLINE AND SENDING DETAILS**

Please send your Final Entry Form no later than Friday, October 02<sup>th</sup>, 2020 to:

Federation of Bodybuilding & Fitness Luxembourg

President: Mr. Guy Kridel

E-mail : [info@ifbbluxembourg.com](mailto:info@ifbbluxembourg.com)

IFBB Technical Committee

Eng. Andrew Michalak

E-mail : [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to :

International Federation of Bodybuilding and Fitness Head Office

Ms. Diana Mozos

E-mail : [info@ifbb.com](mailto:info@ifbb.com)

## **TENTATIVE SCHEDULE**

### **October 10<sup>th</sup>, 2020 (Saturday)**

#### ***Arrivals***

08:00 – 11:00 Registrations (weigh-in) BELLUX CUP LUXEMBOURG - Centre Sportif Munsbach

13:00- Prejudging & Finals of all categories – Centre Sportif Munsbach

### **October 11<sup>th</sup>, 2020 (Sunday)**

#### ***Departures***

\* official Running order will be released closer to the event

# WELCOME TO THE 1st IFBB BELLUX CUP // LUXEMBOURG

## IFBB ELITE PRO QUALIFIER

INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

**9 ELITE PRO  
CARDS** // // //

WWW.INFO@IFBBLUXEMBOURG.COM

### OCTOBER 10<sup>th</sup> 2020

OCTOBER 10<sup>th</sup>, 2020 // 08:00-11:00 REGISTRATION  
CENTRE SPORTIF // L-5366 MUNSBACH /// LUX

**PAINWORLD**  
★ FITNESS CENTER ★

**SPORTNAHRUNG  
ENGEL**  
...because it's YOU.

NORMAL	30€
VIP	40€
DOORS	12:00
CONTEST	13:00

WWW.IFBB.COM •  
WWW.IFBBLUXEMBOURG.COM •  
INFO@IFBBLUXEMBOURG.COM •  
WWW.LUXEMBOURG-TICKET.LU •

ARNOLD **GROUP** 100  
KONTZ **GROUP** YEARS