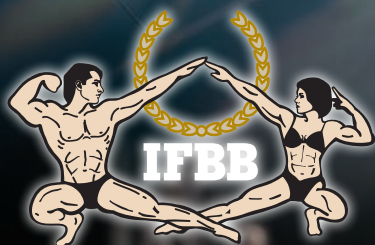


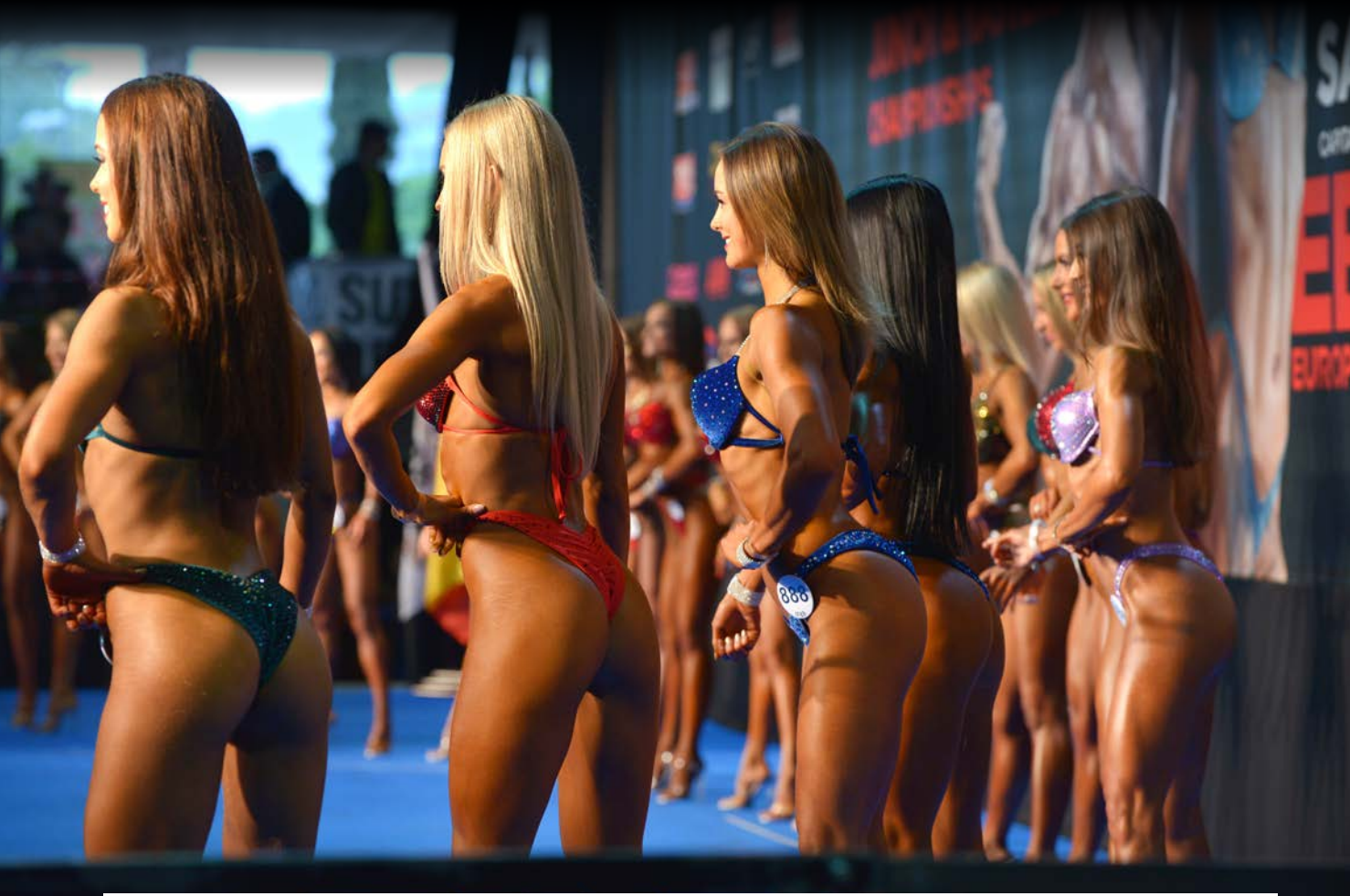
# 1<sup>ST</sup> EUROPEAN E-CHAMPIONSHIPS

1<sup>st</sup> Online European Championships



# GENERAL INFORMATION

- 1.1. The European eChampionship (**1st. IFBB-EBFF European Bodybuilding & Fitness eChampionships**) is held to promote a healthy lifestyle.
- 1.2. The 1st. European eChampionship is open for all the IFBB athletes, from the affiliated European National Federations (NF).
- 1.3. The official website for the eChampionship is [www.ifbb.com](http://www.ifbb.com). All the official information shall be posted there.
- 1.4. As well, additional information will be posted on social media:
  - Instagram [https://instagram.com/ifbb\\_official?igshid=1p5lrmswn1tbx](https://instagram.com/ifbb_official?igshid=1p5lrmswn1tbx)
  - Facebook <https://www.facebook.com/International.Federation.Body.Building.Fitness/>
  - Telegram <https://t.me/ifbbworldchampionships>



## JUDGES

Every NF must provide the names of their international judges at the competition. Names of judges nominated by every NF, including their email address & phone number must be sent by email to the IFBB Judges Committee, Mr. Pawel Filleborn ([pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)) and IFBB Headquarters ([info@ifbb.com](mailto:info@ifbb.com))

The deadline for sending judges submission is 25th May 2020.



# OPEN CATEGORIES

- Bodyfitness •
- Bikini •
- Fit Model •
- Wellness •
- Women's Physique •

- Bodybuilding •
- Classic Bodybuilding •
- Classic Physique •
- Muscular Men's Physique •
- Men's Physique •

The event is designed to be performed in open categories. In the case of a big number of participants in each Division, categories can be split by height/weight limits, following technical criteria.

In the case of fewer than 5 athletes in one Division, this category will be canceled and the participation fee will be returned to the athlete.



## REGISTRATION

All participants should fulfill the Entry Form (EF), an electronic application, which is published on the next link:

<https://ifbb.gbisportinnovation.com/european-econtest>

The Registration Fee will be **50 euros**, to be paid by Paypal or Bank Transfer to IFBB, using the payment system on the above mentioned link.

The eChampionship will be held on the website **www.ifbb.com**. The link to the broadcast of the contest will be published, as well, in **www.ifbb.com**.

- Registration starts: **27<sup>th</sup> April 2020**
- Registration deadline: **5<sup>th</sup> June 2020**
- Date of celebration: **from 20<sup>th</sup> June 2020**

The final schedule of the event shall be widely announced by IFBB social media (Facebook, Instagram & Telegram) and emailed directly to NF and participants.

# Using competitive tanning is allowed but not mandatory.

All participants must send:

## BODYBUILDING

1 PHOTO IN FRONT POSITION

VIDEO OF MANDATORY POSES ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

([https://drive.google.com/drive/folders/1\\_im7H0xV77bJawB1fnZ0j1dqu31clpK1](https://drive.google.com/drive/folders/1_im7H0xV77bJawB1fnZ0j1dqu31clpK1))

VIDEO OF ROUTINE (60 seconds) ACCOMPANIED BY THE MUSIC

choice of music find here:

([https://drive.google.com/drive/folders/1aAKK4\\_lzDkO2Gr-fGhWPa6xcldfRAAd-5](https://drive.google.com/drive/folders/1aAKK4_lzDkO2Gr-fGhWPa6xcldfRAAd-5))

## CLASSIC PHYSIQUE

1 PHOTO IN FRONT POSITION

1 PHOTO VACUUM POSE

VIDEO OF QUARTER TURNS & MANDATORY POSES ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

([https://drive.google.com/drive/folders/1\\_im7H0xV77bJawB1fnZ0j1dqu31clpK1](https://drive.google.com/drive/folders/1_im7H0xV77bJawB1fnZ0j1dqu31clpK1))

VIDEO OF ROUTINE (60 seconds) ACCOMPANIED BY THE MUSIC

choice of music find here :

([https://drive.google.com/drive/folders/1aAKK4\\_lzDkO2Gr-fGhWPa6xcldfRAAd-5](https://drive.google.com/drive/folders/1aAKK4_lzDkO2Gr-fGhWPa6xcldfRAAd-5))

## CLASSIC BODYBUILDING

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS & MANDATORY POSES ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

([https://drive.google.com/drive/folders/1\\_im7H0xV77bJawB1fnZ0j1dqu31clpK1](https://drive.google.com/drive/folders/1_im7H0xV77bJawB1fnZ0j1dqu31clpK1))

VIDEO OF ROUTINE (60 seconds) ACCOMPANIED BY THE MUSIC

choice of music find here:

([https://drive.google.com/drive/folders/1aAKK4\\_lzDkO2Gr-fGhWPa6xcldfRAAd-5](https://drive.google.com/drive/folders/1aAKK4_lzDkO2Gr-fGhWPa6xcldfRAAd-5))





## MEN'S PHYSIQUE

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

([https://drive.google.com/drive/folders/1\\_im7H0xV77bJawB1fnZ0j1dqu31clpK1](https://drive.google.com/drive/folders/1_im7H0xV77bJawB1fnZ0j1dqu31clpK1))

## MUSCULAR MEN'S PHYSIQUE

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

([https://drive.google.com/drive/folders/1\\_im7H0xV77bJawB1fnZ0j1dqu31clpK1](https://drive.google.com/drive/folders/1_im7H0xV77bJawB1fnZ0j1dqu31clpK1))

## WOMEN'S PHYSIQUE

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS & MANDATORY POSES ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

(<https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav>)

VIDEO OF ROUTINE (30 seconds) ACCOMPANIED BY THE MUSIC

choice of music find here:

([https://drive.google.com/drive/folders/10u270\\_-vS03IYtzklXighFpMhhmaJwTW](https://drive.google.com/drive/folders/10u270_-vS03IYtzklXighFpMhhmaJwTW))

## BIKINI FITNESS

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

(<https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav>)

VIDEO OF I-WALK (30 seconds)

# WELLNESS

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

<https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav>

VIDEO OF I-WALK (30 Seconds)

# BODYFITNESS

1 PHOTO IN FRONT POSITION

VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

[\(https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav\)](https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav)

VIDEO OF I-WALK (30 Seconds)

# FIT MODEL

1 PHOTO (Swimsuit) IN FRONT POSITION

1st. VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

[\(https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav\)](https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav)

1 PHOTO (Gala Dress) IN FRONT POSITION

2nd. VIDEO OF QUARTER TURNS ACCOMPANIED BY VOICE COMMANDS

voice commands find here:

[\(https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav\)](https://drive.google.com/drive/folders/10roKqwZuWPD3nfW8I97rC4gHAWINbjav)

3rd. VIDEO I-WALK IN GALA DRESS (30 Seconds)

How to record video you can see here:

<https://drive.google.com/drive/folders/1xzuhrTtggp-7k8nxZNKiwpQFAM-whGpx>

The Organizing Committee will conduct a verification of the applications within 3 days from the date of receiving. An athlete admitted to participating in the competition gets the status of "Participant of the competition", the identification number for participation and Running Order (day and time for the performance), sent by e-mail.

## IMPORTANT NOTICE:

*Each of the athletes assigns and transfers to the IFBB the full, unlimited and unconditional ownership of any and all rights over and in connection with the videos, photographs and any other audio-visual material that he/she may deliver to the IFBB for the purposes of his/her participation in this competition.*



# PROCEDURES & RULES

The eChampionship will follow the IFBB Rules, related to Eliminations Round (ER), Semifinals, Finals and competition attires. The Head Judge will supervise all the procedures.



## AWARDS

From the winner to the 5th place, athletes will be awarded with an IFBB Certificate, sent electronically. The prize money for each Overall Division is:

**Winners:** 250 euros

**2<sup>nd</sup> place:** 150 euros

**3<sup>rd</sup> place:** 100 euros

## APPENDIX 1

### TECHNICAL PARAMETERS OF THE VIDEO:

Full HD 1080 resolution with 30 frames/sec in format **.mov** (Apple system) or **.mp4**

The background and floor must be dark or neutral, without disturbing elements for assessment.

When using a phone to record the video, must be in a horizontal position, respecting the quality requirements (Full HD 1080; 30 frames/sec, and formats **.mov** or **.mp4**)

**!!! Files made in other video formats will not be accepted !!!**

### REQUIREMENTS FOR VIDEO RECORDING:

- A. The video should be made with a fixed camera, located at the level of the midsection.
- B. Body of athlete, in the video, should be located exactly in the center of the frame, covering 80%-90% of the screen space.
- C. Athletes shall be correctly illuminated (using studio or daylight), avoiding shadows on the face & body.

### REQUIREMENTS FOR PICTURES:

The photo in the front position should be made in a resolution of **1920 × 1080 pixels**, with the athlete in the center of the frame, and saved in format **.jpg** (without compression)

Each photo & video must be titled with the full name of the participant.

In case the photos and videos can not be opened or are not made according to the parameters, a letter will be sent to the athlete email with the request about correction. If the correct photo materials will not be sent until the deadline, the athlete will be not allowed to compete and the participation fee will not be returned.

