



IFBB

EUROPEAN BODYBUILDING & FITNESS CHAMPIONSHIPS

SENIOR, JUNIORS & MASTERS

15-21 September 2020

SANTA SUSANNA

CAPITAL MUNDIAL DEL FITNESS • WORLD CAPITAL CITY OF FITNESS



2020 EBFF EUROPEAN BODYBUILDING & FITNESS CHAMPIONSHIPS MEN, WOMEN, SENIOR, JUNIORS & MASTERS

Bodybuilding, Classic Bodybuilding, Men's Physique, Classic Physique, Fitness, Bodyfitness, Bikini-Fitness, Wellness Fitness, Women's Physique and Mixed Pairs, Men's Wheelchair Bodybuilding, and 20th EBFF European Congress 2020

INSPECTION REPORT



SANTA SUSANNA, SPAIN
September 15-21, 2020

IFBB RANKING POINT EVENT ELITE PRO QUALIFIER

* Proposed dates for holding the event have been selected presuming the maintenance of the positive evolution that the Covid-19 pandemic is experimenting. Nevertheless, since health and safety of all the attendants are our main concerns, its celebration on the indicated dates shall always depend on and be subject to the decisions and/or measures that the competent governmental and healthy authorities may adopt.

WELCOME

The EUROPEAN BODYBUILDING AND FITNESS FEDERATION (EBFF), Santa Susanna City Hall and the Tourist Foundation of Santa Susanna extend a warm welcome to all EBFF National Federations to participate in the EBFF European Bodybuilding, Fitness and Juniors & Masters Championships and EBFF Congress, in Santa Susanna, Spain, which will include the following disciplines: Men's Bodybuilding, Men's Classic Bodybuilding, Men's Classic Physique, Women's and Men's Fitness, Bodyfitness, Bikini-Fitness, Wellness Fitness, Men's and Women's Physique, Mixed Pairs and Men's Wheelchair Bodybuilding.



LOCATION

Santa Susanna is a popular touristic resort, located at the Mediterranean coast of Catalonia (Spain).

Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events. It has been the successful venue site of 6 consecutive World Women championships (2003-2008) and numerous other European and World Championships and is known as **THE CAPITAL OF FITNESS**.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.



HOW TO GET THERE



BY CAR

- If you are coming from the south or the east, on the AP-7 motorway to the junction for Mataró, La Roca, C-60. Continue the C-60 towards Mataró until the junction for Gerona C-32. Then follow the C-32 towards Gerona until the Calella, Pineda, Santa Susanna turnoff. N-II. From Calella on the N-II (towards Gerona), Pineda and Santa Susanna.
- If you are coming from the north, on the AP-7 motorway until the turnoff for Lloret, Blanes, Malgrat C-35. Around Vidreres, take the N-II and continue until Santa Susanna



BY TRAIN

- RENFE Suburban train, Line 1 to Santa Susanna (every 30 minutes).
- From **Barcelona airport** take the train (line 10) to Sants station and in Sants take the line 1 train to Blanes or Maçanet-Massanes.
- From **Girona airport** take the bus to the train station. Take the train to Maçanet-Massanes and in Maçanet take the train to Santa Susanna.



BY BUS

- From **Barcelona** with the Barcelona Bus company from Ronda Sant Pere or "Estació del Nord".
Telephone for information 902 13 00 14, www.barcelonabus.com.
- From **Gerona Airport** with the Barcelona Bus company. Telephone for information 902 13 00 14, www.barcelonabus.com.

ACCOMMODATIONS



OFFICIAL HOTELS:

All official hotels will be four stars category and they will be located on Paseo Marítimo Street. The Organizing Committee will have a CHECK POINT OFFICE, Hotel Florida, Avenida del Mar 17, Santa Susanna. This Check Point will have easy access and will handle all the registration, accreditation and accommodation for the hotels.

The Organizing Committee will provide free-of-charge accommodations and three meals per day, starting with lunch on Wednesday, September 16th, 2020 and ending with breakfast on Monday, September 21st, 2020 for all Official participants* pursuant to IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

*The term "Official Participant" means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.

A National Federation with no athlete may send one (1) official delegate; however, this delegate will be responsible for all his or her expenses.

The Official Arrival Date is Wednesday, September 16th, 2020.

The Official Departure Date is Monday, September 21st, 2020.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting. Any Official Participant not checked in by this deadline, without notifying the Organizing Committee, will be classified as an extra delegate and will be responsible for all his or her expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

HOTEL SECURITY DEPOSIT

A hotel security deposit of **EUR €100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry- i.e. soiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash at the check-in, to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 5 nights with all meals and drinks included, tickets for semi-finals and finals, closing banquet and transport to and from hotel to venue at: **EUR €395** for each person in a double room or **EUR €530** for a single room. For more information, please ask the Organizing Committee

The organizer will arrange the transportation between airport and hotel on **Wednesday, September 16th, 2020** for **EUR €20** per person and the transportation between hotel and airport on **Monday, September 21st, 2020** for **EUR €20** per person, based on the provided times of arrivals and departure.



EUROPEAN BODYBUILDING AND FITNESS FEDERATION

VENUE SITE

PARC COLOMER SPORTS CENTRE, SANTA SUSANNA.



EUROPEAN BODYBUILDING AND FITNESS FEDERATION

AIRPORT



ARRIVAL AIRPORT:

"El Prat" Airport is located 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona.

The other airport near Santa Susanna is Girona Airport, which is a popular airport for budget airlines.

Please notify the Organizing Committee the details of your arrival time no later than 12 days before the Championships so that suitable transportation can be arranged for your National Team members.



TRANSPORTATION TO AND FROM THE AIRPORT:

The official airport for arrivals is the "El Prat International Aeroport". The transportation from the airport to the hotel will be arranged.

The Organizing Committee will pick you up at the "El Prat" International Airport. The transportation between airport and hotel will be available on **Wednesday, September 16th, 2020 for EUR €20** per person and the transportation between hotel and airport on **Monday, September 21th, 2020 for EUR €20** per person, based on the provided times of arrivals and departures for all teams.



EARLY ARRIVALS:

Any National Federations arriving before the official arrival date of September 16th, 2020 and staying on after the official departure date of September 21th, 2020 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee, who will be able to arrange a special rate.

FLIGHT RECONFIRMATION:

For the reconfirmation your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival.



VISAS:

A valid passport is required to enter Spain. EU-country, Iceland, Norway and Switzerland citizens do not need to obtain a visa. All other countries should check at:

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

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Competition Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendant's visas. To receive invitation letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer.

If the visa is not granted, the Cancellation Policies for the championship 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.



CATEGORIES
OPEN FOR
COMPETITION

*Categories with weight/height Limits (bellow).

**Women Artistic Fitness is a category for fitness in which the following acrobatic elements are not allow:

- Side Aerial
- Front Aerial
- Front Flip
- Back Flip
- Side Flip
- Back Handspring
- Front Handspring
- Step out Handspring

Cross over between Fitness and Artistic Fitness are not allowed.

***Men´s Fitness Category Body weight limitations will not be applicable at this event as a test.

MEN & WOMEN (SENIORS)		
	DISCIPLINE	CATEGORY
1	Men Bodybuilding	Up to & incl. 70 kg
2	Men Bodybuilding	Up to & incl. 75 kg
3	Men Bodybuilding	Up to & incl. 80 kg
4	Men Bodybuilding	Up to & incl. 85 kg
5	Men Bodybuilding	Up to & incl. 90 kg
6	Men Bodybuilding	Up to & incl. 95 kg
7	Men Bodybuilding	Up to & incl. 100 kg
8	Men Bodybuilding	Over 100 kg
9	Men Classic Bodybuilding *	Up to & incl. 168 cm
10	Men Classic Bodybuilding *	Up to & incl. 171 cm
11	Men Classic Bodybuilding *	Up to & incl. 175 cm
12	Men Classic Bodybuilding *	Up to & incl. 180 cm
13	Men Classic Bodybuilding *	Over 180 cm (see notes below*)
14	Men´s Classic Physique	Up to & incl. 168 cm
15	Men´s Classic Physique	Up to & incl. 171 cm
16	Men´s Classic Physique	Up to & incl. 175 cm
17	Men´s Classic Physique	Up to & incl. 180 cm
18	Men´s Classic Physique	Over 180 cm (see notes below*)
19	Games Classic Bodybuilding*	Up to & incl. 175 cm
20	Games Classic Bodybuilding*	Over 175 cm
21	Men´s Wheelchair Bodybuilding	Open Class
22	Women´s Physique	Up to & incl. 163 cm
23	Women´s Physique	Over 163 cm
24	Women Bodyfitness	Up to & incl. 158 cm
25	Women Bodyfitness	Up to & incl. 163 cm
26	Women Bodyfitness	Up to & incl. 168 cm
27	Women Bodyfitness	Over 168 cm
28	Women Bikini-Fitness	Up to & incl. 158 cm
29	Women Bikini-Fitness	Up to & incl. 160 cm
30	Women Bikini-Fitness	Up to & incl. 162 cm
31	Women Bikini-Fitness	Up to & incl. 164 cm
32	Women Bikini-Fitness	Up to & incl. 166 cm
33	Women Bikini-Fitness	Up to & incl. 169 cm
34	Women Bikini-Fitness	Up to & incl. 172 cm
35	Women Bikini-Fitness	Over 172 cm
36	Women Fitness	Up to & incl. 163 cm
37	Women Fitness	Over 163 cm
38	Women Artistic Fitness**	Open Class
39	Women Wellness Fitness	Up to & incl. 158 cm
40	Women Wellness Fitness	Up to & incl. 163 cm
41	Women Wellness Fitness	Up to & incl. 168 cm
42	Women Wellness Fitness	Over 168 cm
43	Men Fitness***	Open Class
44	Men´s Physique	Up to & incl. 170 cm
45	Men´s Physique	Up to & incl. 173 cm
46	Men´s Physique	Up to & incl. 176 cm
47	Men´s Physique	Up to & incl. 179 cm
48	Men´s Physique	Up to & incl. 182 cm
49	Men´s Physique	Over 182 cm

CATEGORIES
OPEN FOR
COMPETITION

JUNIORS

MEN & WOMEN (SENIORS)		
	DISCIPLINE	CATEGORY
50	Muscular Men´s Physique	Open Class
51	Women´s Fit Model	Up to and incl. 163 cm
52	Women´s Fit Model	Up to and incl. 168 cm
53	Women´s Fit Model	Over 180 cm
54	Men´s Fit Model	Up to 176cm
55	Men´s Fit Model	Up to 183 cm
56	Mixed Pairs	Open Class

JUNIORS 16-20 YEARS YEARS OLD***		
	DISCIPLINE	CATEGORY
1	Junior Women Bodyfitness	Open Class
2	Junior Women Fitness	Open Class
3	Junior Women Bikini-Fitness	Up to & incl. 160 cm
4	Junior Women Bikini-Fitness	Up to & incl. 166 cm
5	Junior Women Bikini-Fitness	Over 166 cm
6	Junior Men Bodybuilding	Up to & incl. 75 kg
7	Junior Men Bodybuilding	Over 75 kg
8	Junior Men Classic Bodybuilding	Open Class*
9	Junior Men Classic Physique	Open Class*
10	Junior Men´s Physique	Open Class
11	Junior Men´s Fitness	Open Class***

*- categories with weight/height limits

JUNIORS 21-23 YEARS OLD***		
	DISCIPLINE	CATEGORY
1	Junior Women Bodyfitness	Open Class
2	Junior Women Fitness	Up to & incl. 163 cm
3	Junior Women Fitness	Over 163 cm
4	Junior Women Bikini-Fitness	Up to & incl. 160 cm
5	Junior Women Bikini-Fitness	Up to & incl. 166 cm
6	Junior Women Bikini-Fitness	Over 166 cm
7	Junior Women Wellness Fitness	Open Class
8	Junior Men Bodybuilding	Up to & incl. 75 kg
9	Junior Men Bodybuilding	Over 75 kg
10	Junior Men Classic Bodybuilding	Open Class*
11	Junior Men Classic Physique	Open Class*
12	Junior Men Fitness	Open Class***
13	Junior Men´s Physique	Up to & incl. 174 cm
14	Junior Men´s Physique	Up to & incl. 178 cm
15	Junior Men´s Physique	Over 178 cm

*- categories with weight/height limits

MASTERS

MASTERS			
	DISCIPLINE	AGE	CATEGORY
1	Master Women Bikini-Fitness	Age 35-39 yrs	Up to 164 cm
2	Master Women Bikini-Fitness	Age 35-39 yrs	Over 164 cm
3	Master Women Bikini-Fitness	Age 40-44 yrs	Open Class
4	Master Women Bikini-Fitness	Age ↑45 yrs	Open Class
5	Master Women Bodyfitness	Age 35-39 yrs	Open Class
6	Master Women Bodyfitness	Age 40-44 yrs	Open Class
7	Master Women Bodyfitness	Age ↑45 yrs	Open Class
8	Master Women Wellness Fitness	Age 35-39 yrs	Open Class
9	Master Women Wellness Fitness	Age 40-44 yrs	Open Class
10	Master Women Wellness Fitness	Age ↑45 yrs	Open Class
11	Master Women's Physique	Age ↑35 yrs	Open Class
12	Master Men's Physique	Age 40-44 yrs	Open Class
13	Master Men's Physique	Age 45-49 yrs	Open Class
14	Master Men's Physique	Age ↑50 yrs	Open Class
15	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 70 kg
16	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 80 kg
17	Master Men Bodybuilding	Age 40-44 yrs	Up to & incl. 90 kg
18	Master Men Bodybuilding	Age 40-44 yrs	Over 90 kg
19	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 70 kg
20	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 80 kg
21	Master Men Bodybuilding	Age 45-49 yrs	Up to & incl. 90 kg
22	Master Men Bodybuilding	Age 45-49 yrs	Over 90 kg
23	Master Men Bodybuilding	Age 50-54 yrs	Up to & incl. 80 kg
24	Master Men Bodybuilding	Age 50-54 yrs	Over 80 kg
25	Master Men Bodybuilding	Age 55-59 yrs	Up to & incl. 75 kg
26	Master Men Bodybuilding	Age 55-59 yrs	Over 75 kg
27	Master Men Bodybuilding	Age ↑ 60 yrs	Open Class
28	Master Men Classic Bodybuilding	Age 40-44 yrs	Open Class*
29	Master Men Classic Bodybuilding	Age 45-49 yrs	Open Class*
30	Master Men Classic Bodybuilding	Age ↑50 yrs	Open Class*
31	Master Men Classic Physique	Age 40-44 yrs	Open Class*
32	Master Men Classic Physique	Age 45-49 yrs	Open Class*
33	Master Men Classic Physique	Age ↑50 yrs*	Open Class*
34	Master Games Classic Bodybuilding	Age 40-44 yrs	Open Class*
35	MasterGames Classic Bodybuilding	Age ↑ 45 yrs	Open Class*

*- categories with weight/height limits

EUROPEAN BODYBUILDING AND FITNESS FEDERATION

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2020 IFBB WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]

JUNIOR CLASSIC BODYBUILDING (16-23 years old)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).
*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 9 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 11 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 13 [kg]

MEN & MASTERS CLASSIC BODYBUILDING

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).
*example: if athlete is 170,5 cm tall, his weight should be below and NOT MORE than 72,5kg (170,5 minus 100 is 70,5 plus 2 is 72,5)

Up to 162 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 3 [kg]
Up to 165 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 2 [kg]
Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 1 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 3 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]

JUNIOR GAMES CLASSIC BODYBUILDING (16-23 YEARS OLD)

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 59 kg (162 minus 100 is 62, minus -3 is 62).
*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 70,5kg (170,5 minus 100 is 70,5)

Up to 162 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 2 [kg]
Up to 165 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] - 1 [kg]
Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 0 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 1 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 5 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]

MEN GAMES CLASSIC BODYBUILDING

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 60 kg (162 minus 100 is 62, minus -2 is 60).
*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 2 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 3 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 7 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 8 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 9 [kg]

JUNIOR CLASSIC PHYSIQUE (16-23 YEARS OLD)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 70 kg (168 minus 100 is 68 plus +2 is 70).
*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 73,5kg (170,5 minus 100 is 70,5 plus 3 is 73,5)

Up to 168 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 4 [kg]
Up to 171 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 6 [kg]
Up to 175 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 8 [kg]
Up to 180 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 11 [kg]
Up to 188 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 13 [kg]
Up to 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 15 [kg]
Over 196 cm: Athletes bodyweight [kg] = [Athletes height [cm] - 100] + 17 [kg]

MEN & MASTER CLASSIC PHYSIQUE

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 72 kg (168 minus 100 is 68 plus 4 is 72).
*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 76,5kg (170,5 minus 100 is 70,5 plus 6 is 76,5)

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller class, wherever possible.

If less than 5 athletes in the heaviest or tallest class, it will be combined with the closest lighter or shorter category.

Age divisions will not be combined; however, categories inside the same age division may be

combined, if less than 5 athletes per category.

JUNIOR

If not enough athletes in a category (5 as per rules applicable to official events) The category may be combined in one, 16-23.

AGE LIMITS

JUNIORS

NEW AGE DIVISIONS (AS TEST FOR 1 YEAR)

If the number of competitors allows, to split the junior categories for.

A. 16-20 years old included

B. 21-23 years old included

- At the time of the Official Athlete Registration, junior or master competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.
- An athlete, male or female, may compete at JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.
- An athlete, male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may only compete in the men's or women's open category.

FEMALE MASTERS

May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday (Women's Physique)

- May compete as a MASTER competitor in the category 35-39 years of age from January 1st of the year in which she reaches her 35th birthday up to and including December 31st of the year in which she turns 39. From January 1st of the next year, she may only compete in the category 40-44 years of age.
- May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which she reaches her 40th birthday up to and including December 31st of the year in which she turns 44. From January 1st of the next year, she may only compete in the category over 45 years of age.
- May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which the athlete reaches her 45th birthday.

MALE MASTERS

- May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may only compete in the category 45-49 years of age or over 45 years of age.
- May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category 50-54 years of age or over 50 years of age.
- May compete as a MASTER competitor in the category 50-54 years of age from January 1st of the year in which the athlete reaches his 50th birthday up to and including December 31st of the year in which the athlete turns 54. From January 1st of the next year, he may only compete in the over 55 years of age category.

PARTICIPATION

The contest is open for all EBFF-affiliated National Federations from Europe + Israel. Participation in this competition is unlimited. Registration of athletes will only be considered if they are entered 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. The final decision to allow an athlete to compete in this event rests with the EBFF.

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.

REGISTRATION

Official Athlete Registration will be run during the whole day on Wednesday, September 16th, from 10:00 till 19:00 hrs at the Florida Park Hotel. Athletes can weigh-in and register as they arrive in the hotel.

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

PARTICIPATION

All athletes will have to produce their Passports and IFBB International Cards at the Registration. IFBB International Cards are EUR €35 per year and are mandatory. The annual fee of EUR €35 should be paid via the IFBB page:

<https://www.ifbb.gbisportinnovation.com/affiliation-ifbb>

or at the Registration.

Crossovers: Athletes competing in the Juniors or Masters categories are allowed to compete in senior categories of the same division. Crossovers are also allowed between Games CBB, CBB, Classic Physique and Bodybuilding.

PLEASE NOTE: Crossovers between other divisions are not allowed i.e. between Bodybuilding and Muscular Men's Physique or Bikini Fitness and Bodyfitness

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 name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Each athlete participating in the event will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the venue and should not be removed.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in a specially made CHECK POINT located in the Florida Park Hotel, Avenida del Mar 17, Santa Susanna, from **08:00 till 17:00 hrs**, (September 16th-21st, 2020). You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each Official Team Senior, Junior and Master Participant and each official Delegate must pay the EBFF Registration Fee of EUR €385.

Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay EUR €420, which includes the International Card fee of EUR €35.

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

Athletes competed in crossover categories, pay the additional fee of EUR €100 for each extra category.

The deadline date to do the online payment is September 8th, 2020 (Tuesday). On September 8th, 24:00 (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off. If paying after this date or at the Registration on September 16th, 2020, an extra fee of EUR €50 per participant will be charged.

!!! THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID BEFOREHAND ONLINE

<https://www.ifbb.gbisportinnovation.com/affiliation-ifbb>

IF YOU HAVE NOT PAID BEFORE TUESDAY, SEPTEMBER 8th, 2020, AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE REGISTRATION FEE WILL BE EUR €50 PER PERSON MORE.

IMPORTANT NOTICE

You must pay the Hotel security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives in Santa Susanna, Spain, without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

Rooms will be allocated and ready for the teams, who have paid the registration fee beforehand, on arrival.

The IFBB Registration Fee is completely separate from the hotel security deposit.

Follow the new registration procedure, please:

1. Be a member of your National Federation
2. Follow qualification rules set by your federation
3. Register as an International Athlete at: www.ifbb.gbisportinnovation.com/affiliation-ifbb
4. Pay the IFBB International Card (BLUE BOOK) through your profile.
5. Request to attend the European Championships 2020 from your profile.
6. Wait for approval from your National Federation
7. Pay the Registration Fee for the Championships

DOPING CONTROL

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form.

Doping control may be conducted using any of the following methods:

Random Selection: Several athletes selected at random throughout the event e.g. at weigh-in.

Weighted Selection: Several athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB international competitions.

PARADE OF NATIONS

The Parade of Nations will be held on **Saturday approximately 12:00 noon**. It is mandatory the attendance at least one delegate from each National Federation.

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations.

The official delegate must be present at the venue at **11:30 hrs.**

JUDGES

To be taken into consideration during selection of judge's panels at the competition, IFBB International Judges (as well as test-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

PLEASE DO NOT FAX/EMAIL YOUR NOMINATIONS TO THE IFBB HEADQUARTERS.

All International Judges must bring their International Judge's Cards to Santa Susanna.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

Judges have to pay the yearly Judges' Licence fee of **EUR €50** for 2020. This fee may be paid at the Championships. Test judges should pay a test fee

of **EUR €50**. This fee may be paid at the Championships.

All judges must attend the Team Managers and Judges Meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than September 8th, 2020**.

GREEN CARDS

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals, will be distributed at the Judges/ Team Managers Meeting as follows:

- a. Up to 5 competitors - 1 green card**
- b. Up to 10 competitors - 2 green cards**
- c. Over 10 competitors - 3 green cards**

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

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

CURRENCY

The national currency in Spain is EURO. Exchange rates to other currencies may be found at: <http://www.xe.com/currency/eur-euro>

All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of September, the average daily temperature is 24-25 °C.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.



LANGUAGE

The official language in Santa Susanna is Spanish. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINING FACILITY

A Fitness centre with training facility is available in most of the Official Hotels.

ATHLETES WITHOUT DELEGATES

All athletes competing at the European Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his/her National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an "official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal. Any National Federation that fails to seek the prior

approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

AWARDS

Top three athletes in each category will be awarded with medals.

Top six athletes in each category will be awarded with Certificates of Excellence.

Overall in each discipline will have a trophy.

Top 6 in each category will be awarded with points to the 2020 IFBB World Ranking.

Each Overall category winner will receive additional 3 points to the 2020 IFBB World Ranking.

All category winners will have a right to apply to turn Elite Pro (through their National Federations).

TELEGRAM APP IMPORTANT!!!

To receive instant updates, results and changes in schedule or running order during the Championships, download the TELEGRAM app on your phone.



See the Detailed Running Order on Telegram
<https://t.me/ifbbworldchampionships>

TANNING, HAIR & MAKEUP SERVICES

Services to be provide by IFBB My Tan services, more information soon.

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.

CORRESPONDENCE/CONTACT INFORMATION

SPANISH BODYBUILDING & FITNESS FEDERATION

Phone/ Fax: +34 93 766 41 44
E-mail: secretaria@ifbb-spain.com Web: www.ifbb-spain.com

PLEASE COPY ALL CORRESPONDENCE TO ANDREW MICHALAK (IFBB TECHNICAL COMMITTEE)
Email: amichalak5@gmail.com

IFBB HEAD OFFICE

Email: info@ifbb.com Web: www.ifbb.com

IFBB TECHNICAL COMMITTEE

Email: wanda.tierney@ifbb-uk.com

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is August 5th, 2020. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is Monday September 7th, 2020. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

FAILURE TO HONOR

FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of the IFBB Rules.

If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that Federation will be required to pay all his or her own expenses, including accommodations, meals, onsite transportation, and access to the Pre-judging, Finals.

IF A NATIONAL FEDERATION FAILS TO SEND THEIR FINAL ENTRY FORM TO THE ORGANIZER AND ARRIVES IN SANTA SUSANNA WITHOUT PRIOR NOTICE, THE NATIONAL FEDERATION WILL BE OBLIGED TO PAY A FINE OF EUR €100 PER PERSON. THIS IS IN ADDITION TO THE REGISTRATION FEE.

IT IS THE RESPONSIBILITY OF THE PRESIDENT OR GENERAL SECRETARY OF EACH PARTICIPATING NATIONAL FEDERATION TO ENSURE THAT ALL NATIONAL TEAM MEMBERS (ATHLETES, DELEGATES, EXTRA DELEGATES) ARE FULLY AWARE OF THE RULES AND REGULATIONS GOVERNING PARTICIPATION AT THESE CHAMPIONSHIPS, TO INCLUDE THE STATEMENTS CONTAINED WITHIN THIS INSPECTION REPORT. IF ANY OF YOUR ATHLETES AND/ OR DELE-

GATES ARE TRAVELLING AND ARRIVING SEPARATE FROM YOUR TEAM MANAGER OR CHIEF DELEGATE, YOU MUST ENSURE THEY ARE FAMILIAR WITH THE RULES AND REGULATIONS CONTAINED WITHIN THE INSPECTION REPORT.



EUROPEAN BODYBUILDING AND FITNESS FEDERATION

EUROPEAN BODYBUILDING AND FITNESS FEDERATION

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

TUESDAY, SEPTEMBER 15th, 2020

- 10:00 – 17:00h Arrival of the EBFF/IFBB Executive Council Members
- 12:00 – 15:00h Lunch
- 21:00h Welcome Dinner

WEDNESDAY, SEPTEMBER 16th, 2020

- 07:30 – 10:00h Breakfast (not included in the Registration Fee)
- 10:00 – 19:00h Arrival of National Teams and Official Athlete Registration
- 12:30 – 14:30h Lunch
- 17:30h Team Managers & Judges Meeting - **Hotel Florida**
- 19:00 – 21:30h Dinner

THURSDAY, SEPTEMBER 17th, 2020

- 07:30 – 10:00h Breakfast
- 08:30 – 11:30h EBFF Annual Congress - **Santa Susanna Civic Center**
- 12:00h Prejudging and Finals - Part 1 (one continuous session)
- 12:30 – 14:30h Lunch
- 19:00 – 21:30h Dinner

FRIDAY, SEPTEMBER 18th, 2020

- 07:30 – 10:00h Breakfast
- 09:00h Prejudging and Finals - Part 2 (one continuous session)
- 13:00 – 14:30h Lunch
- 19:00 – 21:30h Dinner

SATURDAY, SEPTEMBER 19th, 2020

- 07:30 – 10:00h Breakfast
- 09:00h Prejudging and Finals - Part 3 (one continuous session)
- 13:00 – 14:30h Lunch
- 19:00 – 22:00h Dinner

SUNDAY, SEPTEMBER 20th, 2020

- 07:30 – 10:00h Breakfast
- 09:00h Prejudging and Finals Part 4 (one continuous session)
- 13:00 – 14:30h Lunch
- 19:00 – 22:00h Dinner

MONDAY, SEPTEMBER 21st, 2020

- 07:30 – 10:00h Breakfast
- till 12:00h Noon Departures of delegations



IFBB OFFICIAL PHOTOGRAPHER

WHAT WILL YOU GET?

Individual photos (elimination, semifinals) • Comparison photos (finals)
I-walk or posing routine • Award ceremony • **Everything in high-resolution**



HOW MANY PICTURES WILL I GET FOR 20 €?

It depends on many factors – your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

HOW LONG IT WILL TAKE TO GET PHOTOS?

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

HOW DO I GET PHOTOS?

During payment process you have to enter correct e-mail address – we will send you download link (Dropbox) where you can download all photos in digital format.



¿CUÁNTAS FOTOS OBTENDRÉ POR 20 €?

Depende de muchos factores: de tu sesión, la cantidad de fotógrafos que tenemos en la competencia, la velocidad de evaluación, etc. Por ejemplo, si termina en eliminación, puede esperar al menos 4 fotos (4 poses) pero si está en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER FOTOS?

Puede tomar hasta 7 días después del último día del espectáculo para competiciones pequeñas (por ejemplo, Diamond Cup) o 14 días para grandes competiciones (European Championships, World Championships, Arnold Classic).

¿CÓMO CONSIGO FOTOS?

Durante el proceso de pago, debe ingresar la dirección de correo electrónico correcta: le enviaremos el enlace de descarga (Dropbox) donde podrá descargar todas las fotos en formato digital.



ILE ZDJĘĆ DOSTANĘ ZA 20 €?

Zależy to od wielu czynników, od tego jak wypadniesz, liczby fotografów, których mamy w konkursie, szybkości oceniania itp. Na przykład, jeśli skończysz w eliminacjach, możesz spodziewać się co najmniej 4 zdjęć (4 pozy), ale jeśli dotrzesz do finału może to być do 30-40 zdjęć. Minimalna liczba zdjęć to 3.

KIEDY BĘDZIE MOŻLIWE ODEBRANIE ZDJĘĆ?

Może potrwać do 7 dni od ostatniego dnia pokazu w przypadku małych konkursów (np. Diamond Cup) lub 14 dni w przypadku dużych zawodów (European Championships, World Championships, Arnold Classic).

JAK MOGĘ UZYSKAĆ ZDJĘCIA?

Podczas procesu płatności należy podać prawidłowy adres e-mail – wyślemy Ci link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.



QUANTE FOTOGRAFIE POTRÒ AVERE PER 20 €?

Dipende da diversi fattori: la tua performance, il numero di fotografi di cui disponiamo alla competizione, la velocità della valutazione ecc. Ad esempio, se finisci in eliminazione, puoi aspettarti almeno 4 fotografie (4 pose), ma se sei in finale può essere fino a 30-40 fotografie. Il numero minimo di foto è 3.

QUANTO CI VORRÀ PER OTTENERE LE FOTOGRAFIE?

Possono trascorrere fino a 7 giorni dopo l'ultimo giorno dello spettacolo per le piccole competizioni (ad es. Diamond Cup) oppure 14 giorni per le grandi competizioni (European Championships, World Championships, Arnold Classic).

COME POSSO OTTENERE LE FOTOGRAFIE?

Durante il processo di pagamento, devi inserire il tuo indirizzo e-mail corretto. Dopodiché, ti invieremo il link per il download (Dropbox) col quale potrai scaricare tutte le fotografie in formato digitale.



СКОЛЬКО ФОТОГРАФИЙ Я ПОЛУЧУ ЗА 20 €?

Это зависит от многих факторов – вашей работы, количества фотографов, которые будут на соревновании, скорости суждения. Например, если вы закончите выступление на этапе отсева, вы можете ожидать как минимум 4 фотографии (4 позы), но если вы находитесь в финале, то может быть до 30-40 фотографий. Минимальное количество фотографий – 3.

СКОЛЬКО ВРЕМЕНИ ПОТРЕБУЕТСЯ, ЧТОБЫ ПОЛУЧИТЬ ФОТОГРАФИИ?

Это может занять до 7 дней после последнего дня показа на небольших соревнованиях (например, Diamond Cup) или 14 дней для крупных соревнований (European Championships, World Championships, Arnold Classic).

КАК МНЕ ПОЛУЧИТЬ ФОТОГРАФИИ?

Во время процедуры оплаты вы должны ввести правильный адрес электронной почты – мы вышлем вам ссылку для скачивания (Dropbox), где вы можете загрузить все фотографии в цифровом формате.