



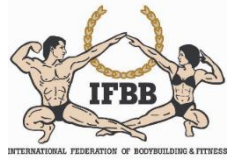
# 2021 IFBB EUROPEAN BODYBUILDING & FITNESS CHAMPIONSHIPS

Senior, Junior & Masters  
**SANTA SUSANNA**  
13-17 May



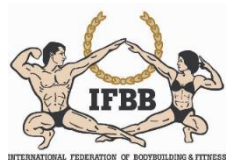
Ajuntament de  
Santa Susanna





# IFBB EUROPEAN CHAMPIONSHIPS

## MAIN INFORMATION



NAME OF THE CHAMPIONSHIPS: <b>EBFF EUROPEAN BODYBUILDING &amp; FITNESS CHAMPIONSHIPS 2021</b>		
CITY / COUNTRY: <b>SANTA SUSANNA, BARCELONA, SPAIN</b>		
DATE: <b>13/05/2021 – 17/05/2021</b>		
CHAMPIONSHIPS OPEN FOR: <b>ALL EUROPEAN NATIONAL FEDERATIONS AFFILIATED TO THE IFBB</b>		
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
DAY OF ARRIVAL <b>13/05/2021</b>		
DAY OF DEPARTURES <b>17/05/2021</b>		
REGISTRATION DAY: <b>13/05/2021</b>	TIME: <b>10:00 - 19:00</b>	PLACE: <b>DON ANGEL HOTEL- SANTA SUSANNA</b>
WEIGHT-IN DAY: <b>13/05/2021</b>	TIME: <b>10:00 – 19:00</b>	PLACE: <b>DON ANGEL HOTEL- SANTA SUSANNA</b>
<p>*All Athletes must wear their posing attire during weigh-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.</p>		
RECOMMENDED AIRPORT: <b>INTERNATIONAL AIRPORT JOSEP TARRADELLAS (EL PRAT) BARCELONA-SPAIN</b>		
VISA-INFORMATION: A valid passport is required to enter Spain. Citizens of the EU-Countries, Iceland, Norway, and Switzerland do not need to obtain a visa; all other countries should check at: <a href="https://www.axa-schengen.com/en/apply-schengen-visa/spain-tourist-visa">https://www.axa-schengen.com/en/apply-schengen-visa/spain-tourist-visa</a> , an official letter of invitation will be available if required, it is national federations responsibility to obtain an entry visa for the country organizing the championships. All national federations could ask for an invitation letter either to the Organizer or the IFBB. The invitation letter does not mean you are granted your visa. IFBB and the 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 to the Organizer, if the visa is not granted, the cancellation policies for the championships will still apply.		
<p>*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.</p>		
<p>*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned CHAMPIONSHIPS for visa purposes, and uses that visa</p>		

to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

VENUE: POLI ESPORTIU PARC DEL COMER - PARC DEL COLOMER S/N SANTA SUSANNA, BARCELONA, SPAIN.

#### HOTEL INFORMATION

OFFICIAL HOTEL: **DON ANGEL HOTEL – 14 Carrer del Pla de la Torre, 08398 Santa Susanna, Barcelona, Spain.**

#### REGISTRATION FEE & ACCOMMODATION:

Each athlete must pay the IFBB registration fee of **385 € (EUROS)** each. This fee includes 4 hotel nights' accommodation in a double room plus three meals per day (starting with dinner on 13/05/2021 and finishing with breakfast on 17/05/2021)

Delegates or Extra Delegates must pay the IFBB registration fee of **395 € (EUROS)** each.

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of **100 € (EUROS)** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In case any athlete or Delegate wish to have accommodation in a single room, the rate will be **530 € (EUROS)**

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of 50€.

**CROSSOVERS: 100 € (EUROS)**

**DEADLINE FOR ONLINE PAYMENT: 03/05/2021**

\*Participating athletes must be recommended by their National Federation 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 CHAMPIONSHIPS rests with the IFBB.

\*It is the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are 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 CHAMPIONSHIPS either at National or International level, Official or Invitational.

\*All athletes will have to present their Passports and 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 35 € (EUROS) and are mandatory.

\*All posing music must be on a USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

## SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA & OTHERS

The Organizing Committee has established a full special package rate, which includes 4 nights 'accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special cost.

- For single room **530 € (EUROS)** per person.
- For double room **395 € (EUROS)** per person.

## SECURITY DEPOSIT

A hotel security deposit **100 € (EUROS)** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

To facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

## CATEGORIES:

### SENIOR CATEGORIES:

	Category
Men Bodybuilding	Up to 70 kg
Men Bodybuilding	Up to 75 kg
Men Bodybuilding	Up to 80 kg
Men Bodybuilding	Up to 85 kg
Men Bodybuilding	Up to 90 kg
Men Bodybuilding	Up to 95 kg
Men Bodybuilding	Up to 100 kg
Men Bodybuilding	Over 100 kg
Men Classic Bodybuilding *	Up to 168 cm
Men Classic Bodybuilding *	Up to 171 cm
Men Classic Bodybuilding *	Up to 175 cm
Men Classic Bodybuilding *	Up to 180 cm
Men Classic Bodybuilding *	Over 180 cm
Men Classic Physique*	Up to 168 cm
Men Classic Physique*	Up to 171 cm
Men Classic Physique*	Up to 175 cm
Men Classic Physique*	Up to 180 cm
Men Classic Physique*	Over 180 cm
Games Classic Bodybuilding*	Up to 175 cm
Games Classic Bodybuilding*	Over 175 cm
Men's Wheelchair Bodybuilding	Open
Women's Physique	Up to 163 cm
Women's Physique	Over 163 cm
Women Bodyfitness	Up to 158 cm
Women Bodyfitness	Up to 163 cm
Women Bodyfitness	Up to 168 cm
Women Bodyfitness	Over 168 cm
Women Bikini	Up to 158 cm
Women Bikini	Up to 160 cm
Women Bikini	Up to 162 cm
Women Bikini	Up to 164 cm
Women Bikini	Up to 166 cm
Women Bikini	Up to 169 cm
Women Bikini	Up to 172 cm
Women Bikini	Over 172 cm
Women Acrobatic Fitness	Up to 163 cm
Women Acrobatic Fitness	Over 163 cm

### JUNIORS 21-23 YEARS OLD CATEGORIES:

	Category
Junior Women Bodyfitness	Open
Junior Women Acrobatic Fitness	Up to 163 cm
Junior Women Acrobatic Fitness	Over 163 cm
Junior Women Artistic Fitness	Open
Junior Women Bikini	Up to 160 cm
Junior Women Bikini	Up to 166 cm
Junior Women Bikini	Over 166 cm
Junior Women Wellness	Up to 163 cm
Junior Women Wellness	Over 163 cm
Junior Men Bodybuilding	Up to 75 kg
Junior Men Bodybuilding	Over 75 kg
Junior Games Classic Bodybuilding	Open*
Junior Men Classic Bodybuilding	Open*
Junior Men Classic Physique	Open*
Junior Men Fitness	Open
Junior Men's Physique	Up to 174 cm
Junior Men's Physique	Up to 178 cm
Junior Men's Physique	Over 178 cm

### MASTERS CATEGORIES:

	Age (years)	Category
Master Women Bikini	35-39	Up to 164 cm
Master Women Bikini	35-39	Over 164 cm
Master Women Bikini	40-44	Open
Master Women Bikini	>45	Open
Master Women Bodyfitness	35-39	Open
Master Women Bodyfitness	40-44	Open
Master Women Bodyfitness	>45	Open
Master Women Wellness	35-39	Open
Master Women Wellness	40-44	Open
Master Women Wellness	>45	Open
Master Women's Physique	>35	Open
Master Men's Physique	40-44	Open
Master Men's Physique	45-49	Open
Master Men's Physique	>50	Open
Master Men Bodybuilding	40-44	Up to 70 kg
Master Men Bodybuilding	40-44	Up to 80 kg

Women Artistic Fitness**	Up to 163 cm	Master Men Bodybuilding	40-44	Up to 90 kg
Women Artistic Fitness**	Up to 168 cm	Master Men Bodybuilding	40-44	Over 90 kg
Women Artistic Fitness**	Over 168 cm	Master Men Bodybuilding	45-49	Up to 70 kg
Women Wellness	Up to 158 cm	Master Men Bodybuilding	45-49	Up to 80 kg
Women Wellness	Up to 163 cm	Master Men Bodybuilding	45-49	Up to 90 kg
Women Wellness	Up to 168 cm	Master Men Bodybuilding	45-49	Over 90 kg
Women Wellness	Over 168 cm	Master Men Bodybuilding	50-54	Up to 80 kg
Men Fitness	Open	Master Men Bodybuilding	50-54	Over 80 kg
Men's Physique	Up to 170 cm	Master Men Bodybuilding	55-59	Up to 75 kg
Men's Physique	Up to 173 cm	Master Men Bodybuilding	55-59	Over 75 kg
Men's Physique	Up to 179 cm	Master Men Bodybuilding	>60	Open
Men's Physique	Up to 182 cm	Master Men Classic Bodybuilding	40-44	Open*
Men's Physique	Over 182 cm	Master Men Classic Bodybuilding	45-49	Open*
Muscular Men's Physique	Open	Master Men Classic Bodybuilding	>50	Open*
Mixed-Pairs	Open	Master Men Classic Physique	40-44	Open*
Fit-Pairs	Open	Master Men Classic Physique	45-49	Open*
		Master Men Classic Physique	>50	Open*
		Master Games Classic Bodybuilding	40-44	Open*
		Master Games Classic Bodybuilding	>45	Open*
<b>JUNIORS 16-20 YEARS OLD CATEGORIES:</b>				
Junior Women Bodyfitness	Open			
Junior Women Acrobatic Fitness	Up to 163 cm			
Junior Women Acrobatic Fitness	Over 163 cm			
Junior Women Artistic Fitness	Open			
Junior Women Bikini	Up to 160 cm			
Junior Women Bikini	Up to 166 cm			
Junior Women Bikini	Over 166 cm			
Junior Women Wellness	Open			
Junior Men Bodybuilding	Up to 75 kg			
Junior Men Bodybuilding	Over 75 kg			
Junior Games Classic Bodybuilding	Open*			
Junior Men Classic Bodybuilding	Open*			
Junior Men Classic Physique	Open*			
Junior Men's Physique	Open			
Junior Men Fitness	Open			
				* - Categories with weight / height limits.
				** - The following acrobatic elements are not allowed:
				- Flips (salto) – any type
				- Handsprings – any type
				- Aerial cartwheel
				- Round off
				- Dive roll
				- Any combination of the above mentioned moves
				Crossover between Acrobatic Fitness and Artistic Fitness are not allowed.

## AWARDS:

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

Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.

Overall winner will have a trophy.

## IFBB ELITE PRO CARDS:

**TOTAL NUMBER OF IFBB ELITE PRO CARDS: 58**

DISTRIBUTION

**MEN'S BODYBUILDING (SENIOR & MASTER) – ALL CATEGORIES**

**MEN'S CLASIC BODYBUILDING (SENIOR) – ALL CATEGORIES**

**MEN'S PHYSIQUE (SENIOR) – ALL CATEGORIES**

**WOMEN'S PHYSIQUE (SENIOR) – ALL CATEGORIES**

**WOMEN'S BODYFITNESS (SENIOR & MASTER) – ALL CATEGORIES**

**WOMEN'S BIKINI (SENIOR & MASTER) – ALL CATEGORIES**

**WOMEN'S WELLNESS (SENIOR) – ALL CATEGORIES**

## OFFICIALS

National Federations with no competitors may send one (1) delegate who will be responsible for all his or her own expenses.

## \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **07/04/2021**

FINAL ENTRY FORM: **03/05/2021**

## 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 CHAMPIONSHIPS, these devices shall be strictly prohibited in the dressing room area.

## GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: **YES**  **NO**  **N/A**

PRICE: 25 € (EUROS) each

## 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.

PROFESSIONAL TANNING SERVICE: **YES**  **NO**

Contact: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

## CONTACT INFORMATION:

Please send Your Entry Form to:

Contact: **Ms. Patricia Sachéz**

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

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

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

Please send a copy to IFBB Head Office:

Ms. Alba Sanchez

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

Contact details for additional correspondence:

President of **Spanish Bodybuilding and Fitness Federation (FEFF)**

**Mr. José Ramos**

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

## JUDGES

To be taken into consideration during selection of judges' 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 International Judge's Cards to the Team Managers and Judges Meeting, IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **50 € (EUROS)** paid for the current year. This fee may also be paid at the Championships at the Team Managers and Judges Meeting.