



2-5 April 2021

Krasnoyarsk

\$30.000
The total prize
money



INSPECTION REPORT



SIBERIAN POWER SHOW THE LARGEST MULTI-SPORT FESTIVAL IN RUSSIA

WELCOME

We are glad to present to you the 6th edition of largest multi-sports festival in Russia - **"Siberian Power Show" 2021**. Every year, athletes, fans and spectators come to Krasnoyarsk to fully immerse themselves in the incredible atmosphere of sports for several days and take part in an event that has become special in the global gym and fitness culture. The festival program includes more than 20 sporting disciplines, as well as an exhibition dedicated to healthy lifestyle. This all takes place under one roof in the international exhibition and business center "Siberia".

Due to its unique geographical location, the Siberian Power Show is a great place where athletes from all over the world can meet each other to exchange experiences and identify who is the best. So, the Siberian Power Show is an event that clearly demonstrates the progress of bodybuilding and fitness in various regions and countries of the world. We will witness an event that annually gathers apex a top of the heap of Russian bodybuilding on one stage and gives unforgettable emotions to both the participants and the audience of this amazing show!

Don't miss this opportunity!

Follow us



<http://www.siberianpowershow.ru/>



<https://www.youtube.com/c/siberianpowershow>



<https://www.instagram.com/SiberianPowerShow/>



LOCATION, VENUE

Krasnoyarsk city will be a meeting place for athletes from all over the world again and for two days will immerse you in an incredible atmosphere of sports, beauty and health! The territory of Krasnoyarsk has a rich sports history and serious experience in conducting competitions of various levels. In 2019, the World Winter Universiade was held here, which confirmed that Krasnoyarsk is ready to host the largest and most serious world tournaments.

International Exhibition and Business Centre “Siberia” handling events like exhibitions, trade shows and fairs taking place in Krasnoyarsk, Russia. The total area of 52 000 sq. m allows placing the whole range of services for business events organization on the territory of the center.

Here you can find exhibition spaces and conference rooms, hotel, cafe and restaurant.



19, Aviatorov Street



www.krasfair.ru/en/



52 000 m²



AIRPORT

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

The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transfer between airport and official hotels on Friday, April 2nd, 2021 and transfer between hotels and airport on Monday, April 5th, 2021 based on the stated times of arrivals and departures.

Please notify the Organizing Committee of the details of your arrival time not later than March 29th, 2021. The suitable transfer will be arranged for your National Team members. The transfer service is free.

By taxi:



You can use **Yandex Go App**



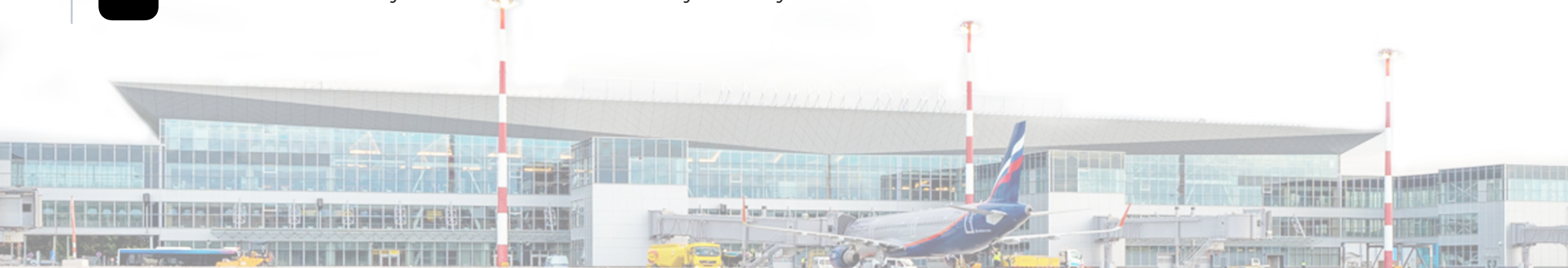
<https://apps.apple.com/ru/app/yandex-go-taxi-and-delivery/id472650686?l=en>



https://play.google.com/store/apps/details?id=ru.yandex.taxi&hl=en_US&gl=US



Uber services everywhere available in Krasnoyarsk city



OFFICAL HOTELS

There are many different types of accommodation on offer, with each providing various facilities and different experience. We recommend you these three options:



“SIBERIA”

19, Aviatorov Street



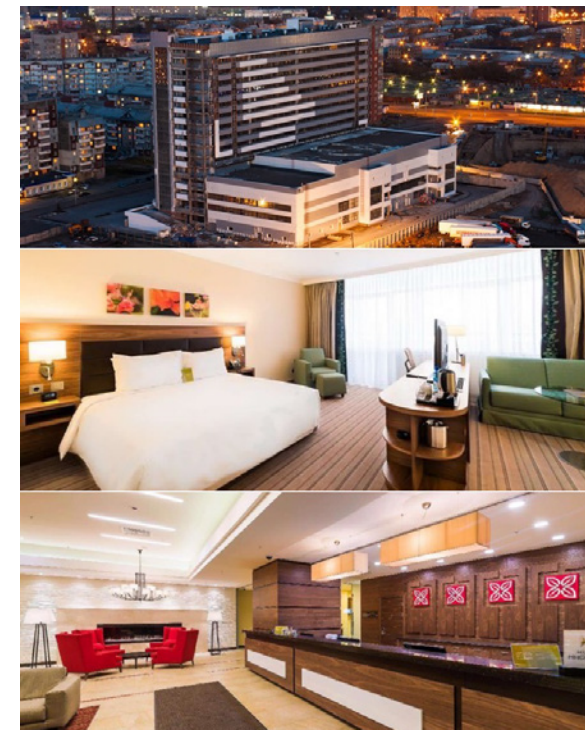
“PACK CITY HOTEL”

40B, Partizana Zhelezyaka



“HILTON GARDEN INN”

37, Molokova Street



PLEASE NOTE:

Reservation, booking and all costs for hotel accommodation, travelling, meals, are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information. Also, you have to book your accommodation and FREE transfer from this address info.sps2021@gmail.com

The average cost of a hotel room is about 30 – 50 \$ per night.



**IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE ORGANIZER'S EMAIL
IN ORDER TO BENEFIT FROM THE SPECIAL RATES!**



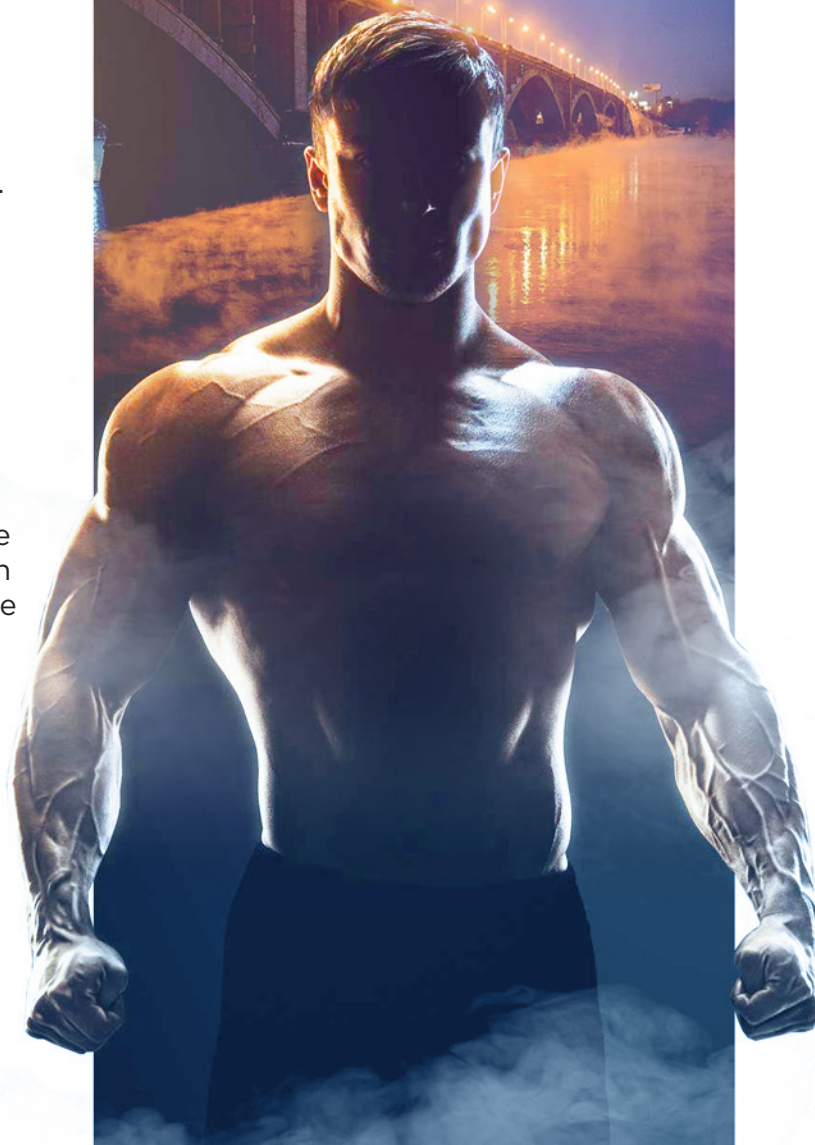
PARTICIPATION



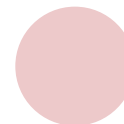
This competition is open for ALL the IFBB-affiliated National Federations from all over the world. Registration of athletes will only be considered if they are approved by their national Federation. Participation is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-Affiliated National Federation. Entry Forms should be e-mailed to spsbbshow@gmail.com.

We strongly encourage you to register early and make the appropriate arrangements to compete in the Siberian Power Show-2021, Russia. Please be aware that it is a full responsibility and obligation of 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.

SIBERIAN POWER SHOW



TANNING



Siberian Power Show is using **Jan Tana products** for tanning. The tanning service will be offering by the SPS's crew. You can book your appointment in advance by e-mail spstanpro@gmail.ru.

Please mention:

- **FIRST NAME**
- **LAST NAME**
- **CATEGORY**
- **PHONE NUMBER**

The cost of the tanning service is 60€ or 70\$. For the best tanning results and to avoid disappointed, athletes are strongly advised to utilize the official tanning team which will be the only tanners allowed backstage and will supply a professional touch up service. The Chief judge reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will be told to remove it before stepping on stage.

REGISTRATION

**Athlete registration is on Friday, April 2nd, from 15:00 till 21:00
at the Siberia International Exhibition and Business Center.
(19, Aviatorov Street)**

All athletes will have to provide their Passports (or ID Cards) & IFBB International Cards at the registration. Any athlete who has not purchased or renewed his/her IFBB International Card yet have to buy one at registration, failing which the competitor will not be registered. The cost of IFBB Card is EUR €35 and they are mandatory.

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

IMPORTANT NOTICE TO COMPETITORS



The posing music must be the only one on USB Drive, ready to be played. Please use MP3 file format. The athletes name must be added on the USB Drive for identification purpose.



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

FOR THE WOMEN'S BIKINI FITNESS CATEGORY

**YOU CAN CHOOSE
THE BACKGROUND
COLOR OF THE STAGE:**



REGISTRATION FEE

The registration fee is **EUR €150** if paid online <http://www.ifbb.com/competition-registration> or **EUR €200** at the offline registration. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The online payment system will be switched off on March 29th, 2021, 24:00 (midnight, CEST).

According to the IFBB decision, additional category fee is **EUR €70** per category per person. Possible crossovers: Classic Bodybuilding – Classic Physique – Bodybuilding. Masters can participate in senior categories.

Juniors can participate in senior categories. The fee is **EUR €50**.

CURRENCY

The national currency in Russia is Ruble (RUB).

EUR €1.00 = RUB 90.79
USD \$1.00 = RUB 73.87
(as at January 1st, 2021)



IFBB Official Media
«Muscle & Health»
Deividas Dubinas



www.ifbb.com/competition-registration

CATEGORIES

MEN'S BODYBUILDING

Up to 80 kg | up to 90 kg | up to 95 kg
up to 100 kg | over 100 kg

JUNIOR Men's Bodybuilding (16 - 23 y.o.)

OPEN CLASS

MASTER Men's Bodybuilding (over 40 y.o.)

OPEN CLASS

MEN'S CLASSIC BODYBUILDING

Up to 180 cm | over 180 cm

JUNIOR Classic Bodybuilding

OPEN CLASS

MEN'S FITNESS

OPEN CLASS

MEN'S 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 y.o.)

OPEN CLASS

MASTER Men's Physique (over 40 y.o.)

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 y.o.)

OPEN CLASS

MASTER Women's Bodyfitness (over 35 y.o.)

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 y.o.)

Up to 166 cm | over 166 cm

MASTER Women's Bikini Fitness (over 35 y.o.)

Up to 164 cm | over to 164 cm

WOMEN'S FIT-MODEL

Up to 166 cm | over 166 cm

WOMEN'S WELLNESS FITNESS

OPEN CLASS

CHILDREN CATEGORIES



🏋️ FITNESS GIRLS 🏋️

Up to & incl. 7 years old
Up to & incl. 11 years old
Up to & incl. 15 years old

- Children participate in their age group through the whole year in which they reach their upper age limit.

A category can only be run if there are not less than 5 athletes in this category. If less than 5 athletes, categories will be combined with older class.

- Maximum duration of routine for all categories is 90 seconds.

- According to the IFBB Rules, Section 10, Children Fitness, Art. 5:

The attire for Elimination Round, Round 2 and Round 4 will conform to the following criteria:

- Girls: Top bra and tight shorts. G-strings and classic two-pieces bikini are strictly prohibited.

- Boys: Tight shorts, like in Men's Fitness (see Section 5: Men's Fitness, Art. 6). Bodybuilding-style trunks are strictly prohibited.

- 1. The costume will be plain opaque in style.
- 2. The color of the attire should be black.



🏋️ FITNESS BOYS 🏋️

Up to & incl. 10 years old
Up to & incl. 15 years old

PHOTO

HOW MANY PHOTOS WILL I GET FOR 30€?

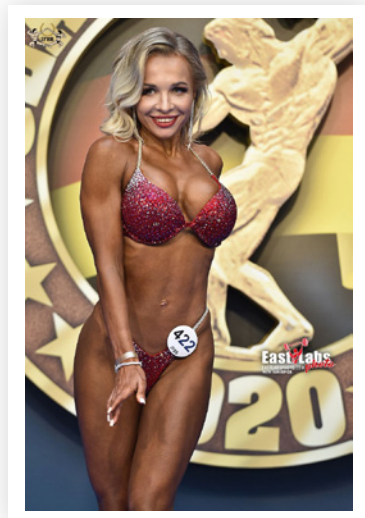
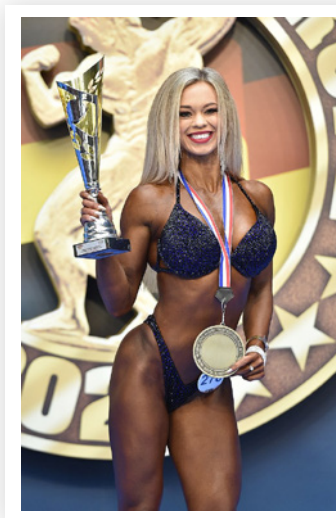
It depends on many factors - your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

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 provide correct e-mail address and we will send you a link (Dropbox) where you can download all the photos.



TRANSITION RULES FOR PARTICIPATING IN THE SIBERIAN PRO SHOW

Women's Bikini Fitness

Athletes ranked 1st and 2nd in their categories are re-compared against each other in the finals. Top 2 athletes receive Elite PRO Card and are allowed to participate in the Siberian Pro Show.

Classic Physique

Athletes ranked 1st and 2nd in their categories are re-compared against each other in the finals. Top 2 athletes receive Elite PRO Card and are allowed to participate in the Siberian Pro Show.

Men's Bodybuilding

Athletes who take 1st, 2nd and 3rd places in their categories are called for the final comparison (15 athletes). Based on the results of the comparison, the top 2 athletes take Elite PRO Card. Top 5 athletes are allowed to participate in the Siberian Pro Show.

LIVE STREAM

Can't physically join the event? Want to watch performances unlimited number of times? Busy during the festival and want to watch it later? No worries, we got your back! The event will be streamed online by professional video team "Master Group". By purchasing a broadcast, you will jump into the atmosphere of the competition from anywhere around the world, and if you are a participant of the show, you can easily review your performance any time. The broadcast can be purchased by your friends and relatives, who can enjoy the show and fully support you. Don't miss a chance to experience watching top sportsmen, motivate yourself and being a part of such a unique festival!

Life stream cost: 20\$

Visit our website to check life stream:

<https://siberianpowershow.ru>



Women's Bodyfitness	1 Pro Card
Women's Wellness Fitness	1 Pro Card
Bikini Fitness	2 Pro Cards
Classic Physique	2 Pro Cards
Bodybuilding	2 Pro Cards

AWARDS

Top three athletes in each category will be awarded with medals, diplomas and cups trophies.

Top six will be awarded with diplomas.

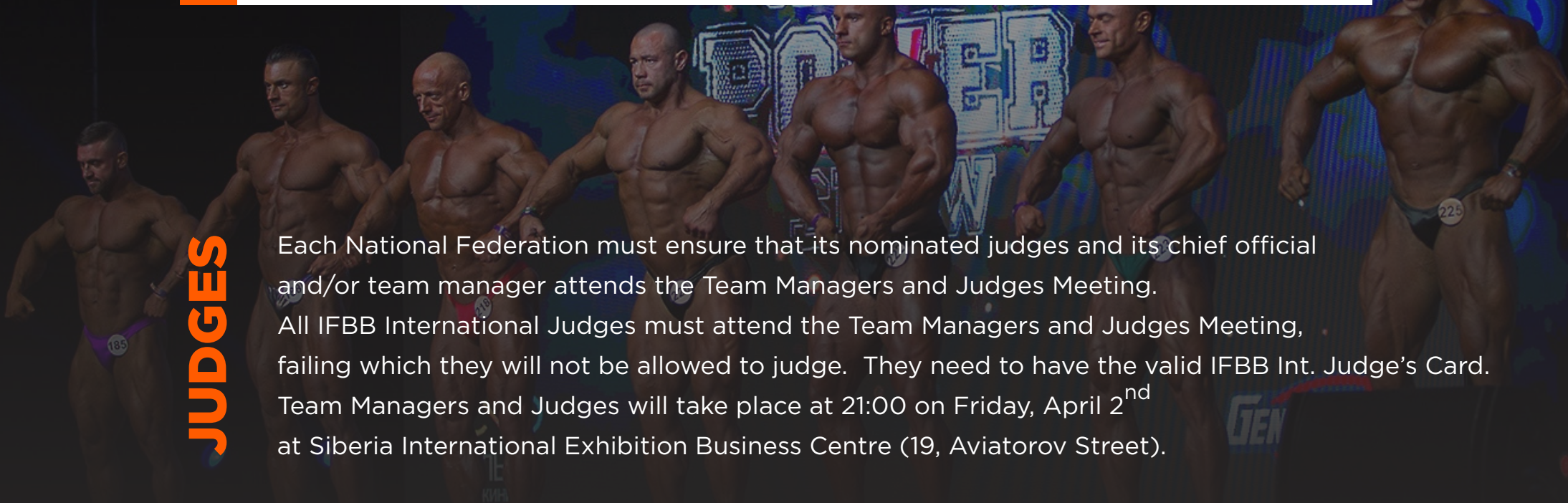
Overall winners in each discipline will have special gold medals, diplomas and cups trophies.



JUDGES

Each National Federation must ensure that its nominated judges and its chief official and/or team manager attends the Team Managers and Judges Meeting.

All IFBB International Judges must attend the Team Managers and Judges Meeting, failing which they will not be allowed to judge. They need to have the valid IFBB Int. Judge's Card. Team Managers and Judges will take place at 21:00 on Friday, April 2nd at Siberia International Exhibition Business Centre (19, Aviatorov Street).



MEDIA

All the media professionals who wish to have access to the event must apply for the official accreditation. You have to send your contact information (name of the media you represent, phone number, email, the person who look accreditation for, representor's position) to **mediasps21@gmail.com** no later than March 26th, 2021. Person in charge is Olga Propuskova.

CLIMATE

The average daily temperature is 10°C (50°F) in April. The lowest temperature is 0°C (32°F), the highest temperature is 15°C (59°F). Daylight hours is 12 hours in April.

VISA

A valid passport is required to enter Russia. Citizens of 60 countries are not required to obtain a visa before visiting Russia (for a limited period of time). All other individuals should consult with the Russian Embassy or Consulate in their country to determine whether they should apply for a visa.

To receive invitation letter, the applicant should forward to the Siberian Power Show organizer a copy (scan) of his/her passport via e-mail **spsvisa2021@gmail.com** – contact Anastasia. Forward your partner/friend/coach name and surname with copy of passport if they are sharing and travelling with you. Please make sure to get your visa in advance (not later than 5th March, 2021)

THE ORGANIZER:

CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS
Please send the Final Entry Form no later than March 26th, 2021



TENTATIVE SCHEDULE

FRIDAY, April 2nd, 2021

Arrivals

- 15:00 - 21:00

Athletes Registration ("Siberia" 19, Aviatorov Street)

- 21:00

Team Managers & Judges Meeting

SATURDAY, April 3rd, 2021

- 09:00 - 19:00

Amateur Competition: Prejudging & Finals

- 20:00

Elite Pro Judging Meeting

SUNDAY, April 4th, 2021

- 15:00

Elite Pro Competition: Prejudging & Finals

- 20:00

Banquet

MONDAY, 5 April, 2021

- Till 12:00

Check-Out and Departures



*Updated time schedule will be received upon arrival

ENTRY FORM CONTACT DETAILS

We strongly encourage you to register early through your national federations
All Final Entry Forms should be sent no later than March 26th, 2021 to:

ORGANIZER: Ms. Anastasia Mova – spsbbshow@gmail.com

FBBR: Ms. Natalya Mikhailova – info@fbbr.org

IFBB TECHNICAL COMMITTEE: Eng. Andrew Michalak – amichalak5@gmail.com

IFBB HEAD OFFICE: Ms. Alba Sanchez – info@ifbb.com

Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.



Check the Running Order on Telegram
https://t.me/siberian_power_show

