



# IFBB WORLD BODYBUILDING & FITNESS CHAMPIONSHIPS AND CONGRESS



## MAIN INFORMATION

NAME OF THE CHAMPIONSHIPS: IFBB WORLD BODYBUILDING & FITNESS CHAMPIONSHIPS AND CONGRESS–Men's & Women's Categories (Junior, Senior and Master)

CITY / COUNTRY: SANTA SUSANNA – BARCELONA - SPAIN

DATE: NOVEMBER 3rd – 8th, 2021

CHAMPIONSHIPS OPEN FOR: ALL IFBB-affiliated NATIONAL FEDERATIONS

IFBB ELITE PRO CARD QUALIFIER: YES

IFBB INTERNATIONAL RANKING QUALIFIER: YES

DAY OF ARRIVAL 03/11/2021

DAY OF COMPETITIONS 4th-5th-6th-7th of November 2021

DAY OF DEPARTURE 08/11/2021

REGISTRATION DAY:  
**03/11/2021**

TIME: 10:00 TO  
20:00 HOURS

PLACE: HOTEL DON ANGEL

WEIGH-IN DAY:  
**03/11/2021**

TIME: 10:00 TO  
20:00 HOURS

PLACE: HOTEL DON ANGEL

\*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.

RECOMMENDED AIRPORT: **INTERNATIONAL AIRPORT BARCELONA "JOSEP TARRADELLAS"**

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: [HTTPS://WWW.AXASCHENGEN.COM/EN/APPLY-SCHENGEN-VISA/SPAIN-TOURIST-VISA](https://www.axaschengen.com/en/apply-schengen-visa/spain-tourist-visa), 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.

\*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.

\*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 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 FOR BODYBUILDING AND FITNESS CHAMPIONSHIPS:** POLIESPORTIU PARC DEL COLOMER – PARC DEL COLOMER S/N SANTA SUSANNA – BARCELONA – SPAIN.

**VENUE FOR FITNESS CHALLENGE:** DON ANGEL HOTEL.

#### HOTEL INFORMATION

**OFFICIAL HOTEL:** DON ANGEL HOTEL – 14 CARRER DEL PLA DE LA TORRE, 08398 SANTA SUSANNA, BARCELONA – SPAIN.

#### REGISTRATION FEE & ACCOMMODATION:

Each athlete and Delegate or Extra Delegate must pay the IFBB registration fee of **425 € (EUROS)** each. This fee includes **5 hotel nights'** accommodation in a double room plus three meals per day (starting with dinner on 03/11/2021 and finishing with breakfast on 08/11/2021)

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 **560 € (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 € (EUROS)**.

**CROSSOVERS: 100 € (EUROS) per each of additional categories**

**DEADLINE FOR ONLINE PAYMENT: 25/10/2021**

\*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 an 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 **5 nights** 'accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special cost.

- For single room **560 € (EUROS)**
- For double room **425 € (EUROS)** per person

## 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.

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:

### WOMEN'S & MEN'S SENIOR (OPEN) CATEGORIES:

Men Bodybuilding Up to 65 kg  
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

### 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

Women Bikini Over 172 cm  
Women Acrobatic Fitness Up to 163 cm  
Women Acrobatic Fitness Over 163 cm  
Women Artistic Fitness\*\* Up to 163 cm  
Women Artistic Fitness\*\* Up to 168 cm  
Women Artistic Fitness\*\* Over 168 cm  
Women Wellness Up to 158 cm  
Women Wellness Up to 163 cm  
Women Wellness Up to 168 cm  
Women Wellness Over 168 cm  
Men Fitness Open  
Men's Physique Up to 170 cm  
Men's Physique Up to 173 cm  
Men's Physique Up to 176 cm  
Men's Physique Up to 179 cm  
Men's Physique Up to 182 cm  
Men's Physique Over 182 cm  
Muscular Men's Physique Open  
Mixed-Pairs Open  
Fit-Pairs Open

#### JUNIORS 16-20 YEARS OLD CATEGORIES:

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

#### Fitness Challenge

-Teams  
-Individuals  
-Couples  
-GOLD Men Individual  
-GOLD Women Individual  
-GOLD Mixed Couples  
-GOLD Mixed Teams

#### Possible crossovers:

Games Classic Bodybuilding – Classic Bodybuilding  
– Classic Physique - Bodybuilding  
Men's Fitness – Men's Physique

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  
Master Men Bodybuilding 40-44 Up to 90 kg  
Master Men Bodybuilding 40-44 Over 90 kg  
Master Men Bodybuilding 45-49 Up to 70 kg  
Master Men Bodybuilding 45-49 Up to 80 kg  
Master Men Bodybuilding 45-49 Up to 90 kg  
Master Men Bodybuilding 45-49 Over 90 kg  
Master Men Bodybuilding 50-54 Up to 80 kg  
Master Men Bodybuilding 50-54 Over 80 kg  
Master Men Bodybuilding 55-59 Up to 75 kg  
Master Men Bodybuilding 55-59 Over 75 kg  
Master Men Bodybuilding >60 Open  
Master Men Classic Bodybuilding 40-44 Open\*  
Master Men Classic Bodybuilding 45-49 Open\*  
Master Men Classic Bodybuilding >50 Open\*  
Master Men Classic Physique 40-44 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\*

#### BEGINNERS CATEGORIES:

Men's Bodybuilding Up to 70 kg  
Men's Bodybuilding Up to 80 kg  
Men's Bodybuilding Up to 90 kg  
Men's Bodybuilding Over 90 kg  
Men's Physique Up to 173 cm  
Men's Physique Up to 179 cm  
Men's Physique Over 179 cm  
Bikini Up to 160 cm  
Bikini Up to 166 cm  
Bikini Over 166 cm

\*- 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 IS NOT ALLOWED

#### Possible crossovers:

Women Acrobatic Fitness – Women Bodyfitness  
Women Artistic Fitness – Women Bikini

## 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:

DISTRIBUTION **TOTAL NUMBER OF IFBB ELITE PRO CARDS: 62**

**DISTRIBUTION (SENIOR) – ALL CATEGORIES**

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

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

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

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

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

**MEN'S CLASSIC PHYSIQUE R & 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:**01/10/2021**

FINAL ENTRY FORM:**23/10/2021**

## 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**

PRICE: **50 € (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: **ELITE TAN**

Contact: **patriciatanning@gmail.com**

## SCHEDULED:

- **Wednesday:** Arrival IFBB World Congress at 18:00 in the Parc Colomer Sports Center.
- **Thursday:** Competition since 9:00 – 20:00.
- **Friday:** Competition since 9:00 – 20:00
- **Saturday:** Competition since 9:00 – 20:00.
- **Sunday:** Competition since 9:00 – 20:00.
- **Monday:** Departures

## CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: Ms.Patricia Sánchez  
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)

## 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 & 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 & Judges Meeting.