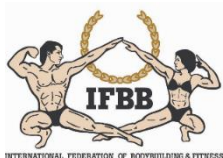
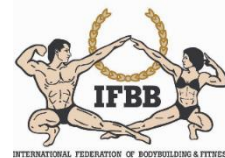


# IFBB EUROPEAN FIT MODEL CHAMPIONSHIPS



## MAIN INFORMATION



NAME OF THE EVENT: **IFBB EUROPEAN FIT MODEL CHAMPIONSHIPS 2021**

CITY / COUNTRY: **RIGA, LATVIA**

DATE: **SEPTEMBER 11th-13th, 2021**

EVENT OPEN FOR: **IFBB-AFFILIATED NATIONAL FEDERATIONS FROM EUROPE**

IFBB ELITE PRO CARD QUALIFIER YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER YES  NO

DAY OF ARRIVAL **11/09/2021**

DAY OF DEPARTURES **13/09/2021**

REGISTRATION DAY:  
**11/09/2021**

TIME: **15:00 – 18:00**

PLACE: **Conference Hall of the Official Hotel  
(Monica Centrum Hotels, 21 Elizabetes Str, Riga)**

WEIGHT-IN DAY:  
**11/09/2021**

TIME: **15:00 – 18:00**

PLACE: **Conference Hall of the Official Hotel  
(Monica Centrum Hotels, 21 Elizabetes Str, Riga)**

\*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: **Riga International Airport**

VISA INFORMATION: A valid passport is required to enter the territory of the European Union (Schengen Zone). Schengen Area nowadays covers most of the European Countries with an exception made for the UK and the countries that are soon to be part of this agreement as Romania, Bulgaria, Croatia, Cyprus, and Ireland. Although not members of the European Union, the following countries like Norway, Iceland, Switzerland, and Lichtenstein are also part of the Schengen zone enjoying the same freedom of movement policy, as the others EU-country citizens do not require a visa.

All other persons should consult the Latvian Embassy in their country to determine if they require a visa. For more information you can visit site of MINISTRY OF FOREIGN AFFAIRS OF THE REPUBLIC OF LATVIA: <https://www.mfa.gov.lv/en/moldova/consular-information/countries-and-territories-whose-citizens-may-enter-latvia-without-a-visa>

An Official Letter of Invitation will be made available if required until August 30th, 2021.

\*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 EVENT 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: **Royal Casino SPA & Hotel Resort (73 Terbatas Street, Riga).**

#### HOTEL INFORMATION

OFFICIAL HOTEL: **Monika Centrum Hotels (21 Elizabetes Str, Riga, Latvia)**

#### REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **300 € (EUROS)**, which have to be paid in cash at the registration.

**CROSSEOVERS: 100 € (EUROS)**

\*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 EVENT rests with the IFBB.

\*It is also 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 EVENT 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.

\*No posing music is required.

#### CATEGORIES:

**Women's Fit-Model: Up to and incl. 160 cm**  
**Women's Fit-Model: Up to and incl. 164 cm**  
**Women's Fit-Model: Up to and incl. 168 cm**  
**Women's Fit-Model: Up to and incl. 172 cm**

**Women's Fit-Model: Over 172 cm**  
**Master Women's Fit-Model >35 years old: Open**  
**Women's Fit-Model: Overall**  
**Men's Fit-Model: Open**

#### 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**.

## \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **NO**

FINAL ENTRY FORM: **30/08/2021**

## 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 EVENT, 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: **0,00 € (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: **[secretariat@ifbb.lv](mailto:secretariat@ifbb.lv)**

## CONTACT INFORMATION:

Please send Your Entry Form to:

Contact: **Ms. Vanesa Belova**

E-mail: **[secretariat@ifbb.lv](mailto:secretariat@ifbb.lv)**

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 LBFBF

**Ms. Christina Vedernikova**

E-mail: **[ifbb@ifbb.lv](mailto:ifbb@ifbb.lv)**

## 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 EVENT at the Team Managers and Judges Meeting.