

2021 IFBB 48° CAMPEONATO CENTROAMERICANO Y DEL CARIBE

(Bodybuilding, Classic Bodybuilding, Fitness, Body-Fitness, Bikini Fitness, Women's & Men's Physique)



San Salvador, EL SALVADOR

12th ➤ 16th AUGUST 2021

INSPECTIONREPORT

Reporte de Inspección

WELCOME

The Organizing Committee of the Salvadorian Federation of Bodybuilding & Associated Sports (FSFC) extends a warm welcome to all National Federations around the world participating in the **2021 IFBB 48° Central American & Caribbean Bodybuilding Championships**; to be held in San Salvador, EL SALVADOR, from 12th to 16th Agosto.

BIENVENIDO.

El Comité Organizador de la Federación Salvadoreña de Fisicoculturismo & Deportes Afines (FSFC) extiende una cálida bienvenida a todas las Federaciones Nacionales del área Centroamericana y del Caribe participando en el 48° Campeonato Centroamericano y del Caribe de Fisicoculturismo 2021, que se desarrollará en San Salvador, EL SALVADOR, del 12 al 16 de Agosto.

LOCATION

San Salvador is the capital of the Republic of El Salvador and head of counter parts department and county. As the nation's capital, it houses Government headquarters and the Council of Ministers of El Salvador, Legislative Assembly, Supreme Court with other institutions and government agencies; as well as the official residence of the President of the Republic. It is the largest city in the country, from economic viewpoints, and headquarters of major industries & service companies in El Salvador.

LOCALIZACION:

San Salvador es la capital de la República de El Salvador y la cabecera del departamento y municipio homónimos. Como capital de la nación, alberga las sedes del Gobierno y el Consejo de Ministros de El Salvador, Asamblea Legislativa, Corte Suprema de Justicia y demás instituciones y organismos del Estado, así como la residencia oficial del Presidente de la República. Es la mayor ciudad del país desde el punto de vista económico, y asiento de las principales industrias y empresas de servicios de El Salvador.



OFFICIAL HOSTING HOTEL

The hotel is located in the "Colonia Escalón"—the most exclusive area of the city—surrounded by shopping and business districts, is located 45 minutes from El Salvador international airport, offering the most luxurious accommodations and the finest amenities.

HOTEL SEDE OFICIAL: HOTEL CROWNE PLAZA, SAN SALVADOR.

El hotel está localizado en "Colonia Escalón"—el área más exclusiva de la ciudad— rodeado de los distritos comerciales y de negocios, está ubicado a 45 minutos del aeropuerto internacional de San Salvador, ofreciendo el alojamiento más lujoso y las mejores comodidades.

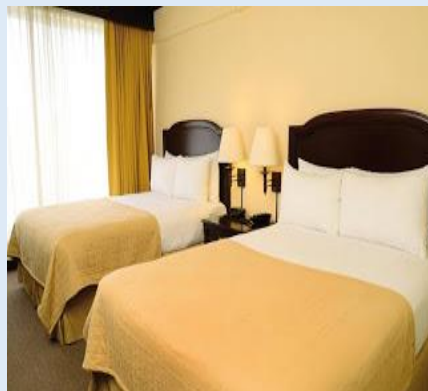
The Crowne Plaza San Salvador Hotel

89 Avenida Norte, Calle el Mirador, Colonia Escalón, San Salvador
El Salvador



**Annex Tower (Torre Anexa)
PLAZA HOTEL AND SUITES.**

89 Avenida Norte, hotel Crowne plaza, San Salvador.



RESERVATIONS:

Each National Federation is responsible for making their reservations directly with the hotels.

RESERVAS:

Cada Federación Nacional es responsable de realizar sus reservas directamente con el hotel.

Reservations or specific assistance/information requests must be made directly to the hotel with:

Las reservaciones de hotel y solicitudes de información/asistencia deberán realizarse directamente al hotel con:

The Crowne Plaza San Salvador Hotel

89 Avenida Norte, Calle el Mirador, Colonia Escalón, San Salvador
El Salvador

RESERVATIONS: Miss. Gabriela Romero.

Phones: +503 77379911 / +503 21337059 and +503 21337077/78/79

Email: gabriela.romero@agrisal.com

Copy Mr. Jaime.giron@agrisal.com

Phone: +503 77576715

Copy please: Cristina Beltrán. (Salvadoran Bodybuilding federation).

Email: asistencia.fsfc@gmail.com

CROWNE PLAZA HOTEL

	ALL INCLUSIVE	
CATEGORY	Single	Double
Deluxe	\$145.20	\$92.10

PLAZA HOTEL AND SUITES (ANNEX TOWER CROWNE PLAZA)

	ALL INCLUSIVE	
CATEGORY	Double	Triple
Suite	\$83.25	\$72.43

OBSERVATIONS:

- *Prices per person, per night (according to single, double, or triple occupancy).*
- *Rates include legal taxes.*
- *All-inclusive plan: Breakfast, Lunch and Dinner included.*
- *Free use of lounge.*
- *Exclusive rates for Sports Federations.*
- **ACCOMODATION:**

Each National Federation is responsible for all expenses related to meals, accommodation, and all other expenses during the duration of their stay.

**Date of official arrival:
Wednesday, 11th August 2021.
Date of official departure: Monday, 14th August 2021.**

HOSPEDAJE:

Cada Federación Nacional es responsable de todos los gastos relacionados con las comidas, el alojamiento y otros gastos imprevistos durante la duración de su estadía.

Fecha oficial de llegadas: Jueves 12 de Agosto del 2021.

Fecha oficial de salidas: lunes 16 de Agosto del 2021.

HOTEL SECURITY DEPOSIT

A hotel security deposit of US\$ 100 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 order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card, or cash, to cover deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

DEPOSITO HOTELERO DE SEGURIDAD.

Se requiere que cada persona abone un depósito de seguridad por \$100 dólares al registrarse en la recepción del hotel para gastos personales incidentales (teléfono, minibar, lavandería, etc.) La porción no-utilizada de este depósito se reembolsará a la salida en la misma denominación monetaria entregada.

Para facilitar el proceso, se le solicitará al Delegado en Jefe o líder del equipo que provea una tarjeta de crédito, o efectivo, para cubrir el depósito del equipo completo. Esta persona será completamente responsable por todos los gastos incurridos por cualquier miembro de su equipo.

TRAVEL PROTOCOL FOR ENTERING THE EL SALVADOR.

We urge all people or delegations to read the protocol of the health authorities of the El Salvador to enter that country.

El Salvador government require a PCR negative test to arrive and will bring a PCR test to leave the country for the persons who needs to come back to their countries.

If any competitor is detected positive, will stay in quarantine and the expensive will be charged to de athlete, delegate, trainer or to the national federation.

Please be gentile with the medical and health volunteers.

PROTOCOLO DE VIAJE PARA INGRESO A EL SALVADOR.

Exhortamos a todas las personas o delegaciones que lean el protocolo de las autoridades sanitarias de El Salvador para su ingreso.

Necesita una prueba PCR negativa para entrar al país.

El Gobierno de El Salvador colaborara con el Comité Organizador para la prueba de 1 prueba PCR por atleta al momento del retorno a su país.

De ser detectada alguna prueba positiva, la persona quedara en cuarentena y los gastos debes ser cubiertos por la persona o federación nacional.

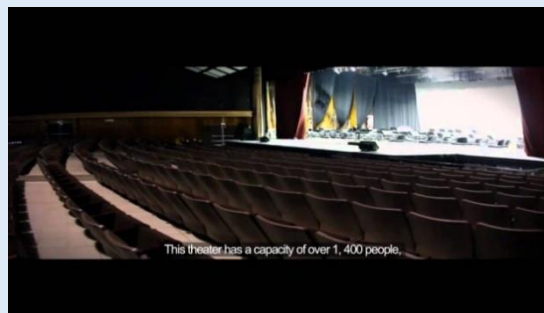
Se pide colaborar con el personal médico nacional en todas las medidas de bioseguridad.

PLACE OF COMPETITION:

President Theater (Circumvallation Street, San Benito Suburb)

LUGAR DE LA COMPETENCIA:

Teatro Presidente. (Calle Circunvalación, Colonia San Benito, San Salvador)



SECRETARIAT:

The Organizing Committee of the Salvadoran Federation of Bodybuilding and Fitness FSFC y la CACBBFF will establish at the Crowne Plaza Hotel. The secretariat will operate from Monday August 09 to Monday, 16 from 8:00 a.m. to 7:00 p.m. All delegations head should inform the Secretariat, to receive information packets for their entire delegations and coordinate all local transportation which will be free of charge.

SECRETARÍA:

El Comité Organizador de la Federación Salvadoreña de Fisicoculturismo y Deportes Afines FSFC y la CACBBFF establecerán una secretaría en Hotel Crowne Plaza. La Secretaria funcionará desde el lunes 09 de Agosto, hasta el lunes 16 de 8:00 19:00 hrs. Todos los jefes de delegación deben informar a la Secretaría para recibir paquetes de información para todas sus delegaciones y coordinar todo el transporte local que será gratuito.

AIRPORT:

San Salvador Airport: "El Salvador International Airport" (Monseñor Oscar Arnulfo Romero y Galdámez)

AEROPUERTO:

El Aeropuerto Internacional de El Salvador, "Monseñor Oscar Arnulfo Romero y Galdámez.

ARRIVAL OF THE DELEGATIONS:

The reception of the delegations will be in charge of the staff of the organizing committee.

Arrival of the delegations: Thursday, August 12, 2021.

Departure of the delegations: Monday, August 16, 2021.

The Federations or Athletes who arrive or leave on other dates different from those assigned, must resolve their transportation personally.

LLEGADA DE LAS DELEGACIONES:

La recepción de las delegaciones estará a cargo del personal del Comité Organizador.

Llegada de las delegaciones: Jueves 12 de Agosto del 2021.

Salida de las delegaciones: Lunes 16 de Agosto del 2021.

Las Federaciones o Atletas que lleguen o salgan en otras fechas diferentes a las asignadas, deberán resolver su transporte de forma personal.

ATHLETES PARTICIPATION:

The 48th Central American and Caribbean Championship of Bodybuilding and Fitness is open to all Federations affiliated at the CACBBFF. The participation of athletes is unlimited, and their registration can only be done through the entry forms.

It is important that you bear in mind that it is the obligation and total responsibility all affiliated Federation to the CACBBFF have the duty and responsibility to verify that each of the athletes that registers for this international event is not suspended or sanctioned, due to an infraction of the anti-doping rules or any other disciplinary case at national or international level.

All athletes must be accredited members of their National Federations and must be nominated by their National Federation by submitting the final entry form with their names.

PARTICIPACIÓN DE ATLETAS:

El 48° Campeonato Centroamericano y del Caribe de Fisicoculturismo y Fitness está abierto a todas las Federaciones afiliadas a la CACBBFF. La participación de atletas es ilimitada, su registro podrá realizarse únicamente a través de los formatos de inscripción.

Es importante que tengan en cuenta que es obligación y responsabilidad total de las Federaciones afiliadas a la CACBBFF verificar que cada uno de los atletas que inscribe para este evento internacional no se encuentre suspendido o sancionado, debido a una infracción de las reglas antidopaje o cualquier otro caso disciplinario a nivel nacional o internacional.

Todos los atletas deben ser miembros acreditados de sus Federaciones Nacionales y deben ser postulados por su Federación Nacional enviando el formulario de inscripción final con sus nombres.

ATHLETES AND OFFICIAL DELEGATES REGISTRATION FEE:

The Delegate of each Federation must register and register paying the value of \$ 100 dollars for each athlete and participating official delegate. This payment will be made at the time of registration and weigh in.

CUOTA DE INSCRIPCION DE ATLETAS Y DELEGADOS OFICIALES:

El delegado de cada Federación deberá registrar e inscribir pagando el valor de \$ 100 dólares por cada atleta y delegado oficial participante. Este pago se realizará en el momento de la inscripción y pesaje.

MEMBERSHIP:

All national Federations participating must be affiliated members of the IFBB; CACBBFF. These Federations must not have any outstanding debt with the IFBB, CACBBFF, or with their promoters and or representatives. It is the responsibility of each Federation that all their fees are up to date with the IFBB and CACBBFF. It is recommended that each Federation consult with the CACBBFF Treasurer to confirm their status and avoid any inconvenience to the competition.

MEMBRESIA:

Todas las Federaciones Nacionales participantes deben ser miembros afiliados ala IFBB, CACBBFF. Estas Federaciones no deben tener ninguna deuda pendiente con la IFBB, CACBBFF, o con sus promotores y / o representantes. Es responsabilidad de cada Federación que todas sus cuotas estén al día con la IFBB y CACBBFF. Se recomienda que cada Federación consulte con el Tesorero de CACBBFF para confirmar su estado y evitar cualquier inconveniente en la competencia.

ANTI-DOPING RULES:

El 48 th Central American and Caribbean Championships will be subject to the ADAMS system and The WADA Anti-doping.

NORMAS ANTIDOPAJE:

El 48° Campeonato Centroamericano y del Caribe estará sujeto al sistema ADAMS y la reglas Antidopaje de la WADA.

PAYMENT FOR DOPING CONTROLS:

In order to conduct doping controls, each participating Federation must pay a fee of \$200 dollars at the time of registration.

CUOTA PARA CONTROLES DE DOPAJE:

Con la finalidad de realizar los controles de dopaje, cada Federación participante deberá cancelar \$200 dólares en el momento del registro.

ANNUAL MEMBERSHIP FEE.

The National Federations must pay to the CACBBFF treasurer the annual membership fee established at \$ 200 dollars. We request that old National Federations that owe annual membership fees for previous years, day and clear all debts.

CUOTA DE AFILIACIÓN ANNUAL:

Las Federaciones Nacionales deberán pagar al tesorero de la CACBBFF, la cuota de afiliación anual establecida en \$200 dólares. Las Federaciones Nacionales que tengan cuotas atrasadas se les piden por favor que se pongan al día con sus respectivos pagos.

COMPETITION MUSIC:

During the weigh-in, each athlete must hand in a USB Drive identified with the name and number of the athlete, which must contain only the competition music in MP3 format, with the time established in the regulations of each modality. The use of profane, vulgar, and offensive language is strictly prohibited in posing routine.

MUSICA DE COMPETENCIA:

Durante el pesaje, cada atleta deberá entregar en una memoria USB debidamente identificada con el nombre y el número del atleta que debe contener únicamente la música de competencia en formato MP3, con el tiempo establecido en el reglamento de cada modalidad. El uso de lenguaje profano, vulgar y ofensivo está estrictamente prohibido en la música que se use para la rutina de coreografía.

COMPETITION PAINTING:

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's backstage and if the tan come off the athletes will be inform to remove the tan before going on stage.

IMPORTANT

The President Theater is considered a heritage of the national culture, so any damage could result in fines, penalties or even jail. Extreme care is requested with your facilities.

PINTURA DE COMPETENCIA:

La IFBB ha prohibido todos los bronceadores que se pueden borrar, Un oficial verificará el bronceado de todos los atletas detrás del escenario y si el bronceado se desprende simplemente al limpiar, se le dirá al atleta que se quite el bronceado antes de subir al escenario.

IMPORTANTE

El Teatro Presidente es considerado patrimonio de la cultura nacional, por lo que cualquier daño podría ocasionar multas, penalidades o incluso prisión. Se solicita tener extremo cuidado con sus instalaciones.

REGISTRATION, WEGHING AND MEASURING:

The registration and weigh-in of the athletes will take place on Friday, August 13 from 1:30 p.m., to 7:00 p.m. It will take place at Boquerón room, Crowne Plaza hotel.

Athletes will need to present their passport or identily card and IFBB international card to register.

REGISTRO, PESAJE Y MEDIDA.

El registro y pesaje de los atletas se realizará el viernes 13 de agosto de 1:30 p.m., a 19:00 hrs. Tendrá lugar en Salón el Boquerón, Hotel Crowne Plaza.

Los atletas deberán presentar su pasaporte o tarjeta de identidad y tarjeta internacional IFBB para registrarse.

IFBB INTERNATIONAL CARD FOR ATHLETES:

*Athletes must present their IFBB International Passport to compete, which has a cost of **\$45 dollars**.*

For those who do not have it or who must renew their annual membership.

CARNET INTERNACIONAL IFBB PARA ATLETAS:

*Los atletas deben presentar su pasaporte Internacional IFBB para competir, el cual tiene un costo de **\$45 dólares** para quienes no lo tengan o deban renovar su afiliación anual.*

PARTICIPATION OF ATHLETES IN TWO CATEGORIES:

*Athletes may compete in another category bay paying an additional **\$50 dollars**. This participation will be in accordance with the IFBB regulations and corresponds specifically to junior and master athletes who can be included as a senior athlete and in relate modalities.*

PARTICIPACION DE ATLETAS EN DOBLE CATEGORIA:

*Los atletas podrán competir en otra categoría pagando un valor adicional de **\$50 dólares**. Esta participación será de acuerdo al reglamento de la IFBB y corresponde específicamente a los atletas junior y los atletas master que pueden incluirse como atletas senior y en las modalidades afines.*

PRELIMINARY ENTRY FORM:

*The deadline to submit the **preliminary registration form is July 1st, 2021**. Federations must confirm their intention to participate by indicating the total number of athletes and delegates that will make up the Delegation.*

FORMULARIO DE INSCRIPCIÓN PRELIMINAR:

*La fecha límite para enviar el formulario de inscripción preliminar es el **1 de Julio, 2021**. Las Federaciones deben confirmar su intención de participar indicando el número total de atletas y delegados que conformaran la Delegación.*

FINAL ENTRY FORM:

*The deadline for submitting the **final entry form is July 25th, 2021**.*

National Federations must send the form by completely filling out what is requested in it:

Name of the Athletes, with passport number, modality, category and division, official delegates and extras with passport number and Judges.

They must also include the details of the arrival and departure flight.

This information is essential to guarantee the transportation of the delegation

FORMULARIO DE INSCRIPCIÓN FINAL:

*La fecha límite para enviar el formulario de inscripción final es el **25 de Julio, 2021**.*

Las Federaciones Nacionales deben enviar el formulario llenando completamente lo solicitado en la misma:

Nombre de los Atletas, con número de pasaporte, modalidad, categoría y división, delegados oficiales y extras con número de pasaporte y jueces.

También deben incluir el detalle del vuelo de llegada y salida.

Esta información es fundamental para garantizar el transporte de la delegación.

JUDGES:

To be considered within the Judge panels in this event, Central American and Caribbean, must be included in the final entry form sent by each National Federation.

*International judges must have their judge passport with the current annual judge fee. The annual cost is **\$60 dollars**.*

*All judges must have a Judge's passport and be **MANDATORY** at the seminar to be part of the judging panel.*

JUECES:

Para ser considerado para los paneles de Jueces en este evento, los Jueces centroamericanos y del Caribe e Internacionales, deben ser incluidos en el formulario de inscripción final enviado por cada Federación Nacional.

*Los jueces internacionales deben tener su pasaporte de Juez con la tarifa anual vigente de juez. El costo anual es de **\$60 dólares**.*

*Todos los jueces deben poseer el pasaporte de Juez y estar presentes de **FORMA OBLIGATORIA**, en el seminario para poder formar parte del panel de Jueces.*

NATIONAL FLAGS AND ANTHEMS:

*In the **TECNICAL MEETING** the delegations of the federations will provide the corresponding flags and National anthems in MP3 format.*

BANDERAS E HIMNOS NACIONALES:

*En la **REUNION TECNICA** las delegaciones de las federaciones proveerán las correspondientes banderas y los himnos nacionales en formato MP3.*

PARADE OF NATIONS:

The mandatory dress code for all delegates participating in the parade of Nations will be the official IFBB uniform. One 1 delegate and one 1 competitor per country.

PARADA DE NACIONES:

El código de vestimenta obligatoria para todos los delegados que participan en el Desfile de las Naciones será el uniforme oficial de la IFBB. 1 delegado y 1 competidor por país.

NATIONAL UNIFORMS:

Sponsor names are allowed on national uniforms, with the exception of liquor and tobacco products, as well as substances declared prohibited by WADA.

UNIFORMES NACIONALES:

Se permite nombres de patrocinadores en los uniformes nacionales, con la excepción de licores y productos de tabaco, así como las sustancias declaradas prohibidas por la WADA.

CERTIFICATES AND AWARDS:

Certificates of participations will be delivered to all athletes and Official Delegates at the 48th Central American and Caribbean Championship, signed by the authorities of the Central American and Caribbean confederation and the organizing committee.

Awards to the first six places in each category. It will be awarded as follows:

- 1st, 2nd and 3rd place. Trophy and medal.
- 4th, 5th and 6th Medal.

CERTIFICADOS Y PREMIACIÓN:

Se entregarán diplomas de participación a todos los Atletas y Delegados Oficiales en el 48° Campeonato Centroamericano y del Caribe, debidamente firmados por las autoridades de la Confederación Centroamericana y del Caribe y Comité Organizador.

Premiación a los seis primeros lugares de cada categoría. Se otorgará de la siguiente manera:

- 1er, 2do y 3er lugar. Trofeo y medalla.
- 4to, 5to y 6to Medalla.

PROFESSIONAL CARDS IFBB ELITE PRO:

IFBB ELITE PRO CARDS will be given to the Overall Champion of each category.

For the modalities in which more than 20 athletes are presented two(2) IFBB PRO CARDS will be given, to the first and second absolute of the category.

TARJETAS PROFESIONALES IFBB ELITE PRO:

Se entregará tarjeta profesional ELITE PRO CARDS a los Campeones Overall de cada categoría.

Para las modalidades en las cuales se presentan más de 20 atletas se entregará dos (2) IFBB ELITE PRO CARDS, al primer y segundo absoluto de la categoría.

WEATHER:The average annual temperature is about 25°C. The coldest months are December and January (24°C). , While the warmest month is April (32°C). With 7°C of thermal oscillation

CLIMA:La temperatura media anual es de unos 25°C, los meses más fríos son Diciembre y Enero(24°C), mientras que el mes más caliente es Abril(32°C), con 7°C de oscilación térmica.

LANGUAJE: The official language in El Salvador, is Spanish,

IDIOMA:El idioma oficial en El Salvador es el español.

CURRENCY: Dolar USA

MONEDA: Dolar USA

PRESS, PHOTOGRAPHY AND FILMING:

The CAC has the exclusive rights to the event. Press and photography staff wishing to enter the event will be accredited, who will have a special area in front of the competition stage. Unauthorized persons will not be allowed access. The international press must request their accreditation from the organizing committee included the endorsement of the Federation of their country.

Cameras and video equipment are strictly prohibited in the backstage and dressing rooms, except for staff who have special authorization from the organizing committee and the media.

PRENSA, FOTOGRAFIA Y FILMACIÓN:

La CAC tiene los derechos exclusivos del evento. Se acreditará al personal de prensa y fotografía que desee ingresar al evento, quienes dispondrán de un área especial frente al escenario de competencia. No se permitirá el acceso a personas sin autorización. La prensa internacional deberá solicitar su acreditación al comité organizador incluyendo el aval de la Federación de su país.

TRAVEL MEDICAL INSURANCE:

It is mandatory that all members of the Delegation have travel medical insurance, which mainly covers medical and hospital care that they may require during the trip and stay. The FSFC and CACBBFF are most responsible for

medical expenses.

SEGURO MÉDICO DE VIAJE:

Es obligatorio que todos los integrantes de la Delegación tengan un seguro médico de viaje, que cubra fundamentalmente atención médica y hospitalaria que pudieran requerir durante el viaje y estadía. La FSFC y CACBBFF no se responsabilizan por gastos médicos.

EARLY Y ARRIVALS / LATE DEPARTURES:

The delegation or one of the members or athlete of the Federation, who arrives before the official arrival date or stays after the official departure date, will be responsible for their transportation from the airport to the hotel and from the hotel to the airport.

LLEGADAS TEMPRANAS / SALIDAS TARDES:

La delegación o uno de los miembros o atleta de la Federación, que llegue antes de la fecha oficial de llegada o se quede después de la fecha oficial de salida, será responsable de su transporte del aeropuerto al hotel y del hotel al aeropuerto.

LACK OF COOPERATION

Failure to cooperate with the Organizing Committee is contrary to the IFBB code of ethics and may lead to disciplinary sanctions.

FALTA DE COOPERACIÓN:

La falta de cooperación con el Comité Organizador es contraria al Código de Ética de la IFBB y puede dar lugar a sanciones disciplinarias.

COMPETITION CATEGORIES:

N°	MODALITY	CATEGORY AND DIVISION
Men's Bodybuilding		
1	Junior	Up to 23 years old - Open Class
2	Senior	Bantamweight: Up to and incl. 65 kg. (143 lbs.)
3		Lightweight: Up to and incl. 70 kg. (154 lbs.)
4		Light-Middleweight: Up to and incl. 80 kg. (176 lbs.)
5		Light-Heavyweight: Up to and incl. 90 kg. (198 lbs.)
6		Heavyweight: Up to and incl. 100 kg. (220 lbs.)
7		Super-Heavyweight: Over 100 kg. (+220 lbs.)
8	Master	Over 40 years old - Open Class
Men's Classic Bodybuilding		
9	Men's Classic Bodybuilding	Open Class (Weight & Height)
Men's Games Classic Bodybuilding		
10	Men's Games Classic Bodybuilding	Open Class (Weight & Height)
Men's Classic and Physique		
11	Men's Classic Physique	Open Class (Weight & Height)
12	Junior	Up to 23 years old - Open Class
13	Senior	Up to and incl. 170 cm.
14		Up to and incl. 173 cm.
15		Up to and incl. 176 cm.
16		Up to and incl. 179 cm.
17		Over 179 cm.
18	Master	Over 40 years old - Open Class
Muscular Men's Physique		
19	Muscular Men's Physique	Open Class
Men's Fitness		
20	Men's Fitness	Open Class (Weight & Height)
Mixed Pairs		
21	Mixed Pairs	Open Class
Women's Bodyfitness		

22	Senior	Up to and incl. 163 cm.
23		Over 163 cm.
24	Master	Over 35 years old - Open Class
Women's Bikini Fitness		
25	Junior	Up to 23 years old - Open Class
26	Senior	Up to and incl. 160 cm.
27		Up to and incl. 164 cm.
28		Up to and incl. 169 cm.
29		Over 169 cm.
30	Master	Over 35 years old - Open Class
Women's wellness		
31	Junior	Up to 23 years old - Open Class
32	Senior	Up to and incl. 163 cm.
33		Over 163 cm.
34	Master	Over 35 years old - Open Class
Women's Physique		
35	Women's Physique	Open Class
Women's Fit Model		
36	Women's Fit Model	Open Class
Women's Fitness		
37	Women's Fitness	Open Class
OVERALLS		
1	Overall	Men's Bodybuilding
2		Men's Physique
3		Women's Bodyfitness
4		Women's Bikini Fitness
5		Wellness Fitness

SIZE – WEIGH RATIO:

RELACIÓN TALLA – PESO:

Men's Classic Bodybuilding	
Height / Size	Weight Kgs.
Up to and incl. 168 cm	(Weight - 100) +0
Up to and incl. 171 cm	(Weight - 100) +2
Up to and incl. 175 cm	(Weight - 100) +4
Up to and incl. 180 cm	(Weight - 100) +7
Up to and incl. 190 cm	(Weight - 100) +9
Up to and incl. 198 cm	(Weight - 100) +11
Over 198 cm	(Weight - 100) +13

Men's Classic Physique	
Height / Size	Weight Kgs.
Up to and incl. 168 cm	(Weight - 100) +4
Up to and incl. 171 cm	(Weight - 100) +6
Up to and incl. 175 cm	(Weight - 100) +8
Up to and incl. 180 cm	(Weight - 100) +11
Up to and incl. 190 cm	(Weight - 100) +13
Up to and incl. 198 cm	(Weight - 100) +15
Over 198 cm	(Weight - 100) +17

Men's Games Classic Bodybuilding	
Height / Size	Weight Kgs.
Up to and incl. 162 cm	(Weight - 100) -2
Up to and incl. 165 cm	(Weight - 100) -1
Up to and incl. 168 cm	(Weight - 100) +0
Up to and incl. 171 cm	(Weight - 100) +1
Up to and incl. 175 cm	(Weight - 100) +2
Up to and incl. 180 cm	(Weight - 100) +4
Up to and incl. 188 cm	(Weight - 100) +5
Up to and incl. 196 cm	(Weight - 100) +6
Over 196 cm	(Weight - 100) +7

OBSERVATIONS FOR THE COMPETITION:

- The category officially opens with five (5) athletes, with the exception of the Choreographic Fitness modality, where it can be opened with two competitors.
- Countries must register in the final registration form:
 - ✓ Name and surname, passport number or each athlete, indicating the modality, category, and division in which they will compete.
 - ✓ Name and surname, passport number of the official delegates and extras.
 - ✓ Name and surname, passport number or the Official Judges.

OBSERVACIONES PARA LA COMPETENCIA:

- La categoría se abre oficialmente con cinco (5) atletas, con excepción de la modalidad Fitness Coreográfico, donde se podrá abrir con dos competidores.
- Los países deberán registrar en el formulario de inscripción final:
 - ✓ Nombre y apellido, número de pasaporte de cada atleta, señalando la modalidad, categoría y división en la que va a competir.
 - ✓ Nombre y apellido, número de pasaporte de los delegados oficiales y extras.
 - ✓ Nombre y apellido, número de pasaporte de los Jueces oficiales.

MINAR FOR CONTINENTAL INTERNATIONAL JUDGES:

The seminar is aimed at continental judges and international judges with a license will form part of the panel of the Central American and Caribbean Championship, as it will serve as a **MANDATORY UPDATE**.

SEMINARIO PARA JUECES INTERNACIONALES CONTINENTALES:

El seminario está dirigido a jueces continentales e internacionales con carné que formarán parte del panel del Campeonato Centroamericano y del Caribe, pues servirá como **ACTUALIZACIÓN OBLIGATORIA**.

MUSCLE HYPERTROPHY AND BODYBUILDING COURSE:

The course is aimed at national and international coaches or all sports. Disciplines who wish to update their technical knowledge in applied force all sports and specifically muscle hypertrophy in bodybuilding. **Cost for IFBB affiliated Federation, \$200.00, not members \$300.00, national affiliate members FSFC \$75,.00, not affiliates \$150.00.**

CURSO DE HIPERTROFIA MUSCULAR Y FISICOCULTURISMO:

El curso está dirigido a entrenadores nacionales e internacionales de todas las disciplinas deportivas que deseen actualizar sus conocimientos técnicos en fuerza aplicada en diferentes deportes y específicamente hipertrofia muscular en fisicoculturismo. **Costo para Federaciones afiliadas a la IFBB, \$200.00, no miembros \$300.00, nacionales miembros afiliados FSFC \$75.00, no afiliados \$150.00**

Se realizará con el siguiente programa:

DÍA	HORA	ACTIVIDAD	LUGAR
DAY	TIME	EXCERSICE	PLACE
Jueves 12, Viernes 13, Sábado 14, Agosto.	08:00 am–5:00 pm	Curso de hipertrofia muscular y fisicoculturismo	Hotel polideportivo INDES
Thursday 12, Friday 13, Saturday 14, August		Muscle hypertrophy and bodybuilding course.	

The Course will be in charge of:

Prof.: Mauricio de Arruda Campos

- *Chairman of the Education and Research Committee from the International Federation of Bodybuilding & Fitness (IFBB), for all the 199 affiliated countries.*
- *Chairman of the anti-doping Commission from the international Federation of Bodybuilding & Fitness (IFBB) for all the 199 affiliated countries.*
- *Former president of the Brazilian Bodybuilding & Fitness Federation (for 8 years)*
- *Director of the IFBB Academy Brazil Ltda.*



El seminario estará a cargo de:

Prof.: Mauricio de Arruda Campos.

- *Presidente del Comité de Educación e Investigación de la Federación Internacional de Culturismo y Fitness (IFBB), para todos los 199 países afiliados.*
- *Presidente de la Anti – Comisión de Dopaje de la Federación Internacional de Culturismo y Fitness (IFBB), para todos los 199 países afiliados.*
- *Anterior Presidente de la Federación Brasileña de Fisicoculturismo y Fitness por 8 años.*
- *Director de la IFBB Academy Brasil Ltda.*

GENERAL TENTATIVE PROGRAM OF ACTIVITIES:

PROGRAMA TENTATIVO DE ACTIVIDADES:

DÍA	HORA	ACTIVIDAD	LUGAR
DAY	TIME	EXCERSICE	PLACE
<i>Jueves 12, Viernes 13 y sabado 14 de Agosto</i> Thursday 12, Friday 13 and Saturday 14, August	8:30 – 16:00	IFBB Seminario Actualización de Fisicoculturismo. IFBB Bodybuilding up date Seminary	Hotel Polideportivo INDES
	Todo el día	Llegada de oficiales IFBB, CACBBFF	
	19:00 - 00:00	Coctel de Bienvenida oficiales IFBB, CACBBFF	
	All day	Arrival of the IFBB, CACBBFF OFFICIALS	
	18:00 - 19:00	Officials welcome cocktail	
<i>Jueves, Agosto 12</i> Thursday, August 12	Todo el día All day	Llegada Delegaciones, traslados y registro Arival delegations, trasfers and registry	
<i>Viernes, Agosto 13</i> Friday, August 13	08:30 - 12:00	Seminario para Jueces Judges Seminar	CROWNE PLAZA
	13:30 - 17:30	Pesaje y medición de talla Weighing, size and measurement	
	17:45 - 18:15	Reunion Tecnica Technical Meeting	
<i>Sabado, Agosto 14</i> Saturday, August 14	9:00 - 12:00	Asamblea General CACBBFF General Assembly CACBBFF	
<i>Sabado, Agosto 14</i> Saturday, August 14.	14:00- 20:00	Semifinales – Finales 1er. Día Semifinals – finals 1 st Day	Teatro Presidente

Domingo, Agosto15 Sunday, August 15	010:00 - 17:00	Semifinales – Finales 2do. Día Semifinals – finals 2nd. Day	
Lunes, Agosto 16 Monday, August 16	Todo el día Allday	Salida de Delegaciones Departure of delegations	

TENTIVE LIST OF CATEGORIES PER DAY: (Saturday, August 14)

LISTADO TENTATIVO DE CATEGORIAS POR DIA: (Sábado, Agosto 14).

DIA	HO RA	CATEGORIAS	LUGAR
DIA	TIM E	CATEGORIES	PLACE
Sábado, 14 Saturday, August14	14:00 - 20:00	Inauguration - Parade of Nations	Teatro Presidente.
		Junior Men's Bodybuilding	
		Master Men's Bodybuilding	
		Men's Classic Bodybuilding	
		Men's Games Classic Bodybuilding	
		Junior Men's Physique	
		Master Men's Physique	
		Men's Fitness	
		Mixed Pairs	
		Master Women's Bodyfitness	
		Junior Women's Bikini Fitness	
		Master Women's Bikini Fitness	
		Junior Wellness Fitness	
Master Wellness Fitness			
Women's Physique			
Women's Fitness			

TENTIVE LIST OF CATEGORIES PER DAY: (Sunday, August 15)

LISTADO TENTATIVO DE CATEGORIAS POR DIA: (Domingo, Agosto 15).

DIA	HORA	CATEGORIAS	LUGAR
DIA	TIME	CATEGORIES	PLACE
Domingo, Agosto15 Sunday, August 15	10:00 - 17:00	Senior Men's Bodybuilding	Teatro Presidente.
		Men's Classic Physique	
		Senior Men's Physique	
		Muscular Men's Physique	
		Senior Women's Bodyfitness	
		Senior Women's Bikini Fitness	
		Senior Wellness Fitness	
		Women's Fit Model	
		Overall Men's Bodybuilding	
		Overall Men's Physique	
		Overall Women's Bodyfitness	
		Overall Women's Bikini Fitness	
Overall Wellness Fitness			

PASSES FOR COACHES – BACKSTAGE:

Only accredited coaches may enter the backstage or warm-up area: For this, the CACBBFF will deliver bracelets and accreditations to the head of Delegation of each country during the technical meeting. For every 10 athletes 1 pass. Additional passes will be available at a cost of \$30 per day or \$50 for two days.

PASES PARA ENTRENADORES - BACKSTAGE:

Únicamente los entrenadores acreditados podrán ingresar al backstage o área de calentamiento. Para esto la CACBBFF entregará brazaletes y acreditaciones al Jefe de Delegación de cada país, durante la reunión técnica, por cada 10 atletas 1 pase. Estarán disponibles pases adicionales a un costo de \$30 dólares por día o \$50 dólares por los dos días.

CAC 2021 CORRESPONDENCE:

All correspondence and communication about participation in the Central American and Caribbean 2021 Championships can be forwarded to:

Correspondence:

Please send all correspondence to:

Correspondencia:

Favor enviar toda la correspondencia a:

Mr. Fabrizio Hernandez, President

El Salvador Bodybuilding Federation

Tel. + (503) 7606-2320

Email: cfnsuperflex@yahoo.com

Mr. Mario Jiménez

Assistant to the Secretary General of CACBBFF

Tel. +(57) 305 2934541 Email:

magejior@gmail.com

Mr. Marco Cabezas

IFBB Vice-president for North America CACBBFF

General Secretary CACBBFF

Email: mac.cabezas@hotmail.com

Telephone: +52 1 555544803027

Mr. John Giovanni Arendsz

CACBBFF President E-mail:

jfgarendsz@hotmail.com

Telephone: (297) 5930403

**IFBB
PRELIMINARY ENTRY FORM**

**48th Central American And Caribbean Championship of Bodybuilding and
Fitness 2021.**

SAN SALVADOR, EL SALVADOR
12th to 16th August 2021.

In order to assist in the planning and organization of these Championships, please complete the
Preliminary Entry Form and return it to the Organizing Committee.

AS SOON AS POSSIBLE, BUT NO LATER THAN 1st July 2021.

Country Name: _____

Contact Person: _____

FaxNumber: _____

Email address: _____

Our Federation is planning to participate in these Championships: YES _____ or NO _____

Estimated number of competitors: _____

Estimated number of delegates: _____

Estimated number of supporters: _____

Mr. Mario Jiménez

Assistant to the Secretary General of CACBBFF
Tel. +(57) 305 2934541 Email:
magejior@gmail.com

Mr. Fabrizzio Hernandez, President

El Salvador Bodybuilding Federation
Tel.+(503) 7606-2320
Email: cfnsuperflex@yahoo.com

Mr. John Giovanni Arendsz

CACBBFF President E-mail:
jfgarendsz@hotmail.com
Telephone: (297) 5930403

Mr. Eduardo Abdalah, IFBB Vice-President

Central American Bodybuilding and Caribbean
Federation
Tel (505) 270 5252 • (505) 088- 35971
Email: fenific@gmail.com

FINAL ENTRY FORM

Deadline date to send this Final Entry Form: Julio 25th, 2021.

Fecha límite para enviar este formulario de inscripción final: 25 de Julio de 2021

48th CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIP OF BODYBUILDING AND FITNESS.

San Salvador, August 12 to 16, 2021.

COUNTRY PAIS	NATIONAL FEDERATION'S NAME NOMBRE FEDERACION NACIONAL	NF PRESIDENT'S NAME FN NOMBRE PRESIDENTE
FEDERATION CONTACT No. (OFFICE OR CELL PHONE) No. CONTACTO FEDERACION (TLF. OFC. O CEL.)	FEDERATION E-MAIL ADDRESS E-MAIL FEDERACION	
Responsible Delegate(s) name at this event Nombre del delegado (s) responsable (s) en este evento	Cell phone Tef. Celular	PASSPORT No. PASAPORTE
Fill out this form and leave it in WORD format, so we can copy / paste the names of the athletes on our list. DO NOT change it to PDF format.		
Complete este formulario y déjelo en formato WORD, para que podamos copiar / pegar los nombres de los atletas en nuestra lista. NO lo cambie a formato PDF.		

N°	MODALITY	CATEGORY AND DIVISION	COMPETITOR'S NAME	PASSPORT No.
Men's Bodybuilding				
1	Junior	Up to 23 years old - Open Class		
2	Senior	Bantamweight: Up to and incl. 65 kg. (143 lbs.)		
3		Lightweight: Up to and incl. 70 kg. (154 lbs.)		
4		Light-Middleweight: Up to and incl. 80 kg. (176 lbs.)		
5		Light-Heavyweight: Up to and incl. 90 kg. (198 lbs.)		
6		Heavyweight: Up to and incl. 100 kg. (220 lbs.)		
7		Super-Heavyweight: Over 100 kg. (+220 lbs.)		
8	Master	Over 40 years old - Open Class		
Men's Classic Bodybuilding				
9	Men's Classic Bodybuilding	Open Class (Weight & Height)		
Men's Games Classic Bodybuilding				
10	Men's Games Classic Bodybuilding	Open Class (Weight & Height)		

Men's Classic Physique				
11	Men's Classic Physique	Open Class (Weight &Heigh)		
Men's Physique				
12	Junior	Up to 23 years old - Open Class		
13	Senior	Up to and incl. 170 cm.		
14		Up to and incl. 173 cm.		
15		Up to and incl. 176 cm.		
16		Up to and incl. 179 cm.		
17		Over 179 cm.		
18	Master	Over 40 years old - Open Class		
Muscular Men's Physique				
19	Muscular Men's Physique	Open Class		
Men's Fitness				
20	Men's Fitness	Open Class (Weight &Heigh)		
Mixed Pairs				
21	Mixed Pairs	Open Class		
Women's Bodyfitness				
22	Senior	Up to and incl. 163 cm.		
23		Over 163 cm.		
24	Master	Over 35 years old - Open Class		
Women's Bikini Fitness				
25	Junior	Up to 23 years old - Open Class		
26	Senior	Up to and incl. 160 cm.		
27		Up to and incl. 164 cm.		
28		Up to and incl. 169 cm.		
29		Over 169 cm.		
30	Master	Over 35 years old - Open Class		
Wellness Fitness				
31	Junior	Up to 23 years old - Open Class		
32	Senior	Up to and incl. 163 cm.		
33		Over 163 cm.		
34	Master	Over 35 years old - Open Class		
Women's Physique				
35	Women's Physique	Open Class		
Women's Fit Model				
36	Women's Fit Model	Open Class		
Women's Fitness				
37	Women's Fitness	Open Class		

**Registration to muscular hypertrophy and
bodybuilding course, who will attend this event:**

**Inscripción para Seminario de Fisicoculturismo
que asistirán a este evento:**

N°	NAME / NOMBRE	PASSPORT No.

ARRIVALS / DEPARTURES DETAILS / DETALLES DE LLEGADAS / SALIDAS

ARRIVALS / LLEGADAS				DEPARTURES / SALIDAS			
ARRIVAL DATE	AIRLINE	FLIGHT No	TIME	DEPARTURE DATE	AIRLINE	FLIGHT No	TIME

Please send registration form:

Por favor envíe este formulario a:

Mr. Fabrizio Hernandez, President

El Salvador Bodybuilding Federation

Tel. + (503) 7606-2320

Email: cfnsuperflex@yahoo.com

Mr. Mario Jiménez

Assistant to the Secretary General of CACBBFF

Tel. +(57) 305 2934541 Email:

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Mr. Marco Cabezas

IFBB Vice-president for North America CACBBFF

General Secretary CACBBFF

Email: mac.cabezas@hotmail.com

Telephone: +52 1 555544803027

Other judges or Technical questions to:

Otras preguntas sobre jueces o técnicas a:

Mr. Perry Jerome

Technical Chairman CACBBFF

Tel. +1 868 7769545

Email: perryjerome@yahoo.com

Mr. Adolfo Martínez

CACBBFF Judges Committee Chairman

E-mail: adomarsg@hotmail.com

Telephone: + (58)414-2434648