

FEDERAȚIA ROMÂNĂ DE  
CULTURISM ȘI FITNESS



# 2021 IFBB BALKAN CHAMPIONSHIPS

## Drobeta Turnu-Severin, Romania – June 12<sup>th</sup>-13<sup>th</sup>, 2021



Personally, and on behalf of the IFBB, I am very pleased to welcome you to the 2021 Balkan Bodybuilding and Fitness Championships, for the second time in the friendly city of Drobeta-Turnu Severin.

I wish to thank the President of the Balkan Federation, Mr. Gabriel Toncean, energetic and capable IFBB official, and all his team, for having the enthusiasm, passion and acknowledgment of bodybuilding, with such inspiration and driving force, to host a most successful championships.

The IFBB convey his thanks and respect to Drobeta- Turnu Severin City Hall, its sport authorities and the sponsors that will make possible that, next June 12<sup>th</sup>-13<sup>th</sup>, our best Balkan athletes will meet in the most efficient environment at the city of Drobeta-Turnu Severin, to compete and enjoy nice journeys of friendship and solidarity, under the inspiration of our IFBB principles.

Wishing happiness and success to all,  
Your friend in sport,

Dr. Rafael Santonja  
IFBB President



We have the great pleasure to invite you to the Balkan Bodybuilding and Fitness Championships, to be held on June 12<sup>th</sup>-13<sup>th</sup>, 2021.

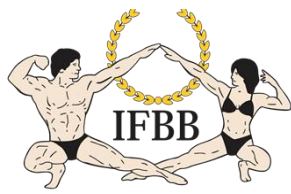
The event will take place in Drobeta-Turnu Severin, in Mehedinti County, Romania.

Balkan Federation of Bodybuilding and Fitness, Romanian Federation of Bodybuilding and Fitness, and Drobeta-Turnu Severin, are putting together all the ingredients to make possible, for the second time, these championships to be held in a place of story, where nature and history come together.

On the high occasion of the Balkan Championships, our partners will organize different activities for the staff and for the guests. The location where the competition is to be held is the “Teodor Costescu” Palace of Culture.

We are looking forward to have you here!  
Most Respectfully,

Prof. Gabriel Toncean  
BBFF President



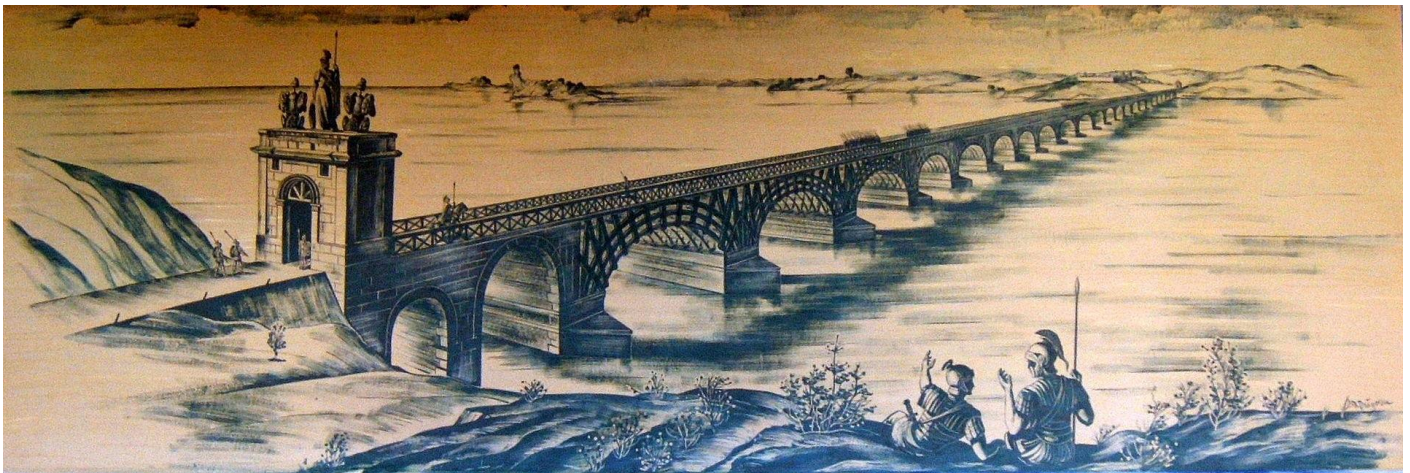
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## INSPECTION REPORT

IFBB BALKAN CHAMPIONSHIPS will be organized in Romania, by the Romanian Federation of Bodybuilding & Fitness, in beautiful town Drobeta Turnu-Severin, Mehedinți County, on the left bank of the Danube, below the Iron Gates.

### Drobeta Turnu-Severin



The city was called *Drobeta* by the Romans. The tower which supplied the *Turnu* part of the city's name stood on a small hill surrounded by a deep moat. Near Turnu Severin are the remains of the celebrated Trajan's Bridge, the largest in the Empire. Here, the Danube is about 1,200 metres (4,000 feet) broad.

Built in only three years (103–105 AD) by the famous architect Apollodorus of Damascus, the bridge was considered the most daring work in the Roman world.

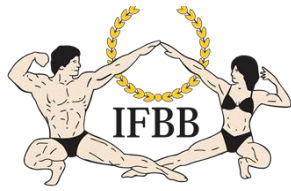
**VENUE LOCATION:** "Theodor Costescu" Culture Palace - Carol Bvd, Drobeta-Turnu Severin



The "Theodor Costescu" Culture Palace is a symbol of Drobeta Turnu Severin.

It is a national monument and is also recognized as a UNESCO world heritage monument.





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## RECOMMENDED HOTELS:

There are numerous recommended hotels in the area, which you can choose from.

- **OFFICIAL HOTEL: Continental Hotel** <https://continental-drobeta-turnu-severin.continentalhotels.ro/>



**Elite Hotel** <https://romania.directbooking.ro/cazare-motel-restaurant-elite-drobeta-turnu-severin-oferta-rezervare-sejur-2289919.aspx>



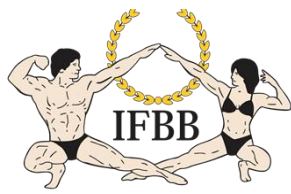
## IMPORTANT ARRIVAL AND CHECK-IN NOTICIES

The official arrival day is Friday, June 12th, 2021.

## REGISTRATION AND REGISTRATION FEE

Official Athlete Registration and weigh-in will take place Friday, June 12<sup>th</sup>, from 14:00 to 19:00 at "Theodor Costescu" Culture Palace, the Venue location.

All athletes will have to produce their Passports & 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 EUR €35 and are mandatory.



Any direct registration from athletes to the **IFBB BALKAN CHAMPIONSHIPS** will not be accepted, as these must be processed by their respective IFBB-affiliated National Federations.

Final Entry Forms with athletes names and categories will only be considered if they are sent by the National Federation of the athlete directly to the Organizing Committee, IFBB Head Office in Madrid and IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. All athletes must wear their posing attire during registration / 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.

Registration fee of **EUR €150** (one hundred and fifty Euros) shall be applied to all the competitors, and a fee of **EUR €100** (one hundred Euros) should be applied for each of the additional categories.

The total amount of the IFBB registration fees have to be paid in advance by PayPal at IFBB webpage: <http://www.ifbb.com/competition-registration>, for your best comfort and convenience. Please add your name during the online payment and bring a copy of your payment confirmation to the Registration.

The deadline date to do the online payment is **June 7<sup>th</sup>, 2021 (Monday)**. On June 7<sup>th</sup>, 24:00 hrs (midnight-Central European Summer Time, UTC +2) the online payment system will be switched off.

For payments made at the registration, an additional fee of **EUR €50** (fifty Euros) per athlete will be charged.

## **EXPO & CHAMPIONSHIPS SCHEDULE**

Friday, June 12<sup>th</sup>, from 14:00 to 19:00 hrs: - Official Athlete Registration for all participants.

Saturday, June 13<sup>th</sup>, from 10:00 to 20:00 hrs: **IFBB BALKAN CHAMPIONSHIPS**

## **PARTICIPATION**

The contest is open for all IFBB/EBFF-affiliated National Federations from the Balkans. The number of participating athletes is unlimited.

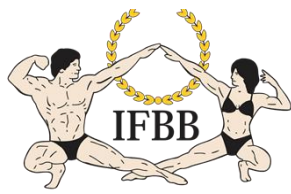
Online Pre-Registration of athletes will only be considered if they are recommended by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than **June 7<sup>th</sup>, 2021**.

*The final decision to allow an athlete to compete in this event rests with the IFBB. Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE 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.*

*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually 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.*

## **SECRETARIAT**

The Organizing Committee will have a desk at the registration and during the competition at the Venue location.



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## IMPORTANT NOTICE TO COMPETITORS

Athletes participating in the **IFBB BALKAN CHAMPIONSHIPS** will be given a badge at the Official Athlete Registration run on Friday, June 12<sup>th</sup>, 2021.

This badge has to be worn during your whole stay, will allow you in and out of the backstage area.

## IMPORTANT INFORMATION



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**All the costs for traveling, hotel accommodations, transport and meals are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.**

## JUDGES

Each of the participating national federations may nominate IFBB International 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 2021 valid International Judge's Card to Bucharest. The yearly judge fee for 2021 of EUR €50 may also be paid at the **IFBB BALKAN CHAMPIONSHIPS**.

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.

All judges must be present at the Team Managers and Judges Meeting. Any judge absents at this Meeting, will not be allowed to judge at these Championships. If any of the above conditions hasn't been met, judges will be unable to carry out their duties.

The Team Managers & Judges Meeting will start at 19:00 hrs on Friday, June 12<sup>th</sup>, 2021.

## POSING MUSIC

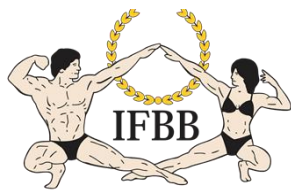
All posing music must be on CD audio/MP3 only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. Those will be delivered at registration. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## MEDIA ACREDITATION

All media accreditation, including local media, shall be controlled by the IFBB. All professionals wishing to obtain media accreditation for this event must register with the IFBB by e-mail at [secretariat@frcf.ro](mailto:secretariat@frcf.ro) no later than June 10<sup>th</sup>, 2021.

## BACKSTAGE ACCESS

A limited number of official delegates/ trainers will be allowed to enter the backstage area.



## CAMERA/VIDEO EQUIPMENT

Camera and/or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives, and in any event, these devices shall be strictly prohibited in dressing room areas.

## TIME DIFFERENCE

Drobeta Turnu-Severin is in the Eastern European Time Zone (UTC +3 hours – in summer).

## CURRENCY

The national currency in Romania is Leu (RON). EUR 1.00 = RON 4.9 as for February 2021.

Current rates at: <https://www.xe.com/currency/ron-romanian-leu>

All major credit cards are widely accepted at most major hotels, department stores and restaurants.

## ELECTRIC CURENT

The voltage in Romania is 230 V, 50 Hz, and the plugs/outlets are the standard two round prongs Euro-plug (type C and F) used in most of the European countries. Detailed info at:

<https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

## VISAS

A valid passport is required to enter Romania. EU country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made 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 Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas. To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by its 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.

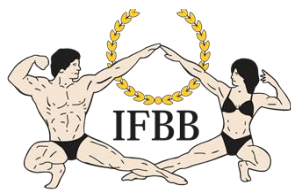
## RULES

**IFBB BALKAN CHAMPIONSHIPS** is arranged according to the rules set by the IFBB and EBFF.

## CATEGORIES OPEN FOR COMPETITION

No.	DISCIPLINE	CATEGORY	TEAM
<b>JUNIORS (16 – 20 YEARS OLD)</b>			
1	JUNIOR MEN BODYBUILDING	One open class	unlimited
2	JUNIOR MEN CLASSIC BODYBUILDING*	One open class	unlimited
3	JUNIOR MEN GAMES CLASSIC BODYBUILDING*	One open class	unlimited
4	JUNIOR MEN'S PHYSIQUE	One open class	unlimited



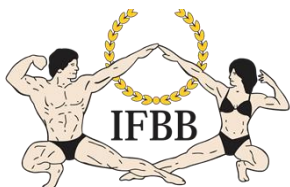


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5	JUNIOR WOMEN BODYFITNESS	One open class	unlimited
6	JUNIOR WOMEN BIKINI	One open class	unlimited
<b>JUNIORS (21 – 23 YEARS OLD)</b>			
1	MEN BODYBUILDING	Up to & incl. 75 kg	unlimited
2	MEN BODYBUILDING	Over 75 kg	unlimited
3	<b>JUNIOR MEN BODYBUILDING OVERALL</b>		
4	CLASSIC BODYBUILDING*	One open class	unlimited
5	GAMES CLASSIC BODYBUILDING*	One open class	unlimited
6	CLASSIC PHYSIQUE*	One open class	unlimited
7	MEN FITNESS	One open class	unlimited
8	MEN'S PHYSIQUE	Up to & incl. 178 cm	unlimited
9	MEN'S PHYSIQUE	Over 178 cm	unlimited
10	<b>JUNIOR MEN'S PHYSIQUE OVERALL</b>		
11	WOMEN FITNESS	One open class	unlimited
12	WOMEN BODYFITNESS	One open class	unlimited
13	WOMEN BIKINI	Up to & incl. 166 cm	unlimited
14	WOMEN BIKINI	Over 166 cm	unlimited
15	<b>JUNIOR WOMEN BIKINI OVERALL</b>		
16	WOMEN WELLNESS	One open class	unlimited

No.	DISCIPLINE	CATEGORY	TEAM
<b>SENIORS (MEN &amp; WOMEN)</b>			
1	MEN BODYBUILDING	70 kg	unlimited
2	MEN BODYBUILDING	80 kg	unlimited
3	MEN BODYBUILDING	90 kg	unlimited
4	MEN BODYBUILDING	100 kg	unlimited
5	MEN BODYBUILDING	Over 100 kg	unlimited
6	<b>MEN BODYBUILDING OVERALL</b>		
7	MEN CLASSIC BODYBUILDING*	Up to & incl. 175 cm	unlimited
8	MEN CLASSIC BODYBUILDING*	Over 175 cm	unlimited
9	<b>MEN CLASSIC BODYBUILDING OVERALL</b>		
10	MEN GAMES CLASSIC BODYBUILDING*	One open class	unlimited
11	MEN'S CLASSIC PHYSIQUE*	Up to & incl. 175 cm	unlimited
12	MEN'S CLASSIC PHYSIQUE*	Over 175 cm	unlimited
13	<b>MEN'S CLASSIC PHYSIQUE OVERALL</b>		
14	MEN FITNESS	One open class	unlimited
15	MEN'S PHYSIQUE	Up to & incl. 173 cm	unlimited
16	MEN'S PHYSIQUE	Up to & incl. 179 cm	unlimited
17	MEN'S PHYSIQUE	Over 179 cm	unlimited
18	<b>MEN'S PHYSIQUE OVERALL</b>		
19	MUSCULAR MEN'S PHYSIQUE	One open class	unlimited
20	WOMEN'S PHYSIQUE	One open class	unlimited
21	WOMEN BODYFITNESS	One open class	unlimited
22	WOMEN FITNESS	One open class	unlimited



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23	WOMEN BIKINI	Up to & incl. 164 cm	unlimited
24	WOMEN BIKINI	Up to & incl. 169 cm	unlimited
25	WOMEN BIKINI	Over 169 cm	unlimited
26	<b>WOMEN BIKINI OVERALL</b>		
27	WOMEN WELLNESS	One open class	unlimited
28	WOMEN FIT-MODEL	One open class	unlimited
29	FIT-PAIRS	One open class	unlimited

No.	DISCIPLINE	CATEGORY	TEAM
<b>MASTERS MEN (OVER 40 YEARS OF AGE)</b>			
1	MEN BODYBUILDING AGE 40-49 yrs.	Up to & incl. 80 kg	unlimited
2	MEN BODYBUILDING AGE 40-49 yrs.	Over 80 kg	unlimited
3	MEN BODYBUILDING AGE >50 yrs.	Up to & incl. 80 kg	unlimited
4	MEN BODYBUILDING AGE >50 yrs.	Over 80 kg	unlimited
5	<b>MASTER MEN BODYBUILDING OVERALL</b>		
6	MEN CLASSIC BODYBUILDING*	One open class	unlimited
7	MEN'S PHYSIQUE AGE 40-49 yrs.	One open class	unlimited
7	MEN'S PHYSIQUE AGE >50 yrs.	One open class	unlimited
8	<b>MASTER MEN'S PHYSIQUE OVERALL</b>		
<b>MASTERS WOMEN (OVER 35 YEARS OF AGE)</b>			
1	WOMEN BODYFITNESS AGE 35-39 yrs.	One open class	unlimited
2	WOMEN BODYFITNESS AGE >40 yrs.	One open class	unlimited
3	<b>MASTER WOMEN BODYFITNESS OVERALL</b>		
4	WOMEN BIKINI AGE 35-39 yrs.	One open class	unlimited
5	WOMEN BIKINI >40 yrs.	One open class	unlimited
6	<b>MASTER WOMEN BIKINI OVERALL</b>		

*Note: A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.*

*\*- Categories with weight/height limits. Please check carefully below the Bodyweight Limits (according to IFBB Rules):*

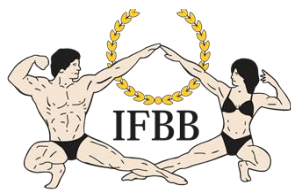
**- Junior Men Classic Bodybuilding bodyweight limits:**

Up to & incl. 162 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]  
 Up to & incl. 165 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]  
 Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]  
 Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]  
 Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]  
 Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]  
 Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]  
 Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]  
 Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

**- Junior Men Games Classic Bodybuilding bodyweight limits:**

Up to & incl. 162 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]





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Up to & incl. 165 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]  
Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]  
Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]  
Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]  
Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]  
Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]  
Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]  
Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]

**- Junior Men Classic Physique bodyweight limits:**

Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]  
Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]  
Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]  
Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]  
Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]  
Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]  
Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]

**- Men and Master Classic Bodybuilding bodyweight limits:**

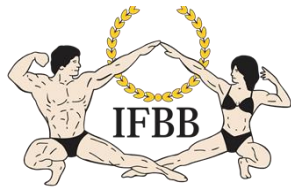
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]  
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]  
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]  
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 7 [kg]  
Up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]  
Up to & incl. 196 cm: Max Weight [kg] = (Height [cm] - 100) + 11 [kg]  
Over 196 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]

**- Men Games Classic Bodybuilding bodyweight limits:**

Up to & incl. 162 cm: Max Weight [kg] = (Height [cm] - 100) - 2 [kg]  
Up to & incl. 165 cm: Max Weight [kg] = (Height [cm] - 100) - 1 [kg]  
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]  
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 1 [kg]  
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]  
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]  
Up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 5 [kg]  
Up to & incl. 196 cm: Max Weight [kg] = (Height [cm] - 100) + 6 [kg]  
Over 196 cm: Max Weight [kg] = (Height [cm] - 100) + 7 [kg]

**- Men Classic Physique bodyweight limits:**

Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]  
Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]  
Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]  
Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]  
Up to & incl. 188 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]  
Up to & incl. 196 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 15 [kg]  
Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 17 [kg]



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- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.
- An athlete, male or female, may compete as JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.
- An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

### **Female Masters**

May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday.

- May compete as a MASTER competitor in the category 35-39 years of the age from January 1st of the year in which she reaches 35th birthday up to and including December 31st of the year in which she turns 39. From January 1st of the next year, she may compete in the category over 40 years of age.

### **Male Masters**

May compete as a MASTER competitor in the category over 40 years of age from January 1st of the year in which he reaches his 40th birthday.

May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category over 50 years of age.

### **AWARDS**

Top six athletes in each category & overall winners will be awarded with medals, trophies and IFBB certificates.

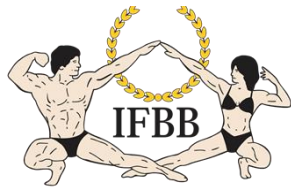
### **TANNING NEEDS**

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.

### **ENTRY FORM SENDING AND CONTACT DETAILS**

Please send your Final Entry Form no later than **Monday, June 7<sup>th</sup>, 2021** to:

- **IFBB Technical Committee**  
Eng. Andrew Michalak  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)



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- **Organizing Committee**  
E-mail: [secretariat@frcf.ro](mailto:secretariat@frcf.ro)
- Please send a copy to the **IFBB Head Office**  
Ms. Alba Sanchez  
E-mail: [info@ifbb.com](mailto:info@ifbb.com)

### ***TENTATIVE SCHEDULE***

✓ **June 12<sup>th</sup>, 2021 (Friday):** Arrivals

- 14:00 - 19:00 – Official Athlete Registration at the Venue: "Theodor Costescu" Culture Palace - Carol Bvd, Drobeta-Turnu Severin

✓ **June 13<sup>th</sup>, 2021 (Saturday):**

- 10:00 - 20:00 – Prejudging & Finals of all categories at the Venue

*Backstage will be open for athletes from 08:30 on Saturday*

✓ **June 14<sup>th</sup>, 2021 (Sunday):** Departures