



2022 IFBB HERKULES GRAND PRIX

MAIN INFORMATION



NAME OF THE EVENT: IFBB HERKULES GRAND PRIX		
CITY / COUNTRY: Skopje/ North Macedonia		
DATE: April 15th – 17th, 2022		
EVENT OPEN FOR: European and Asian National Federations affiliated to the IFBB		
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
DAY OF ARRIVAL 15/04/2022		
DAY OF COMPETITION: 16/04/2022		
DAY OF DEPARTURES 17/04/2022		
REGISTRATION DAY: 15/04/2022	TIME: 14:00-18:00	PLACE: Hotel 'Aleksandar Palace', Skopje
WEIGHT-IN DAY: 15/04/2022	TIME: 14:00-18:00	PLACE: Hotel 'Aleksandar Palace', Skopje
<p>*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.</p>		
RECOMMENDED AIRPORT: Skopje Alexander the Great Airport		
<p>VISA INFORMATION: A valid passport is required to enter the territory of N. Macedonia. Citizens living in one of the European countries as well as the countries which are part of the Schengen Agreement can enter Macedonia and stay for up to 90 days during a six months period, visa is not required. Detail info at: https://www.mfa.gov.mk/en/page/432/visa-requirements-for-entering-the-republic-of-north-macedonia</p> <p>An Official Letter of Invitation will be made available if required. To receive Invitation Letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer. If the visa is not granted, the Cancellation Policies for the championship will still apply.</p> <p>*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.</p> <p>*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</p>		

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: Hotel 'Aleksandar Palace', Skopje, Prohor Pcinjski, Skopje 1000

HOTEL INFORMATION

RECOMMENDED HOTEL: Hotel 'Aleksandar Palace', Skopje, Prohor Pcinjski, Skopje 1000

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **200 € (EUROS)** each.

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)**.

CROSSEVERS: 100 € (EUROS) per each of additional categories

DEADLINE FOR ONLINE PAYMENT: 05/04/2022

*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.

*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.

CATEGORIES:

JUNIORS (16 - 20 YEARS OLD)

- MEN BODYBUILDING: OPEN
- MEN'S PHYSIQUE: OPEN
- WOMEN BIKINI: OPEN

JUNIORS (21 - 23 YEARS OLD)

- MEN BODYBUILDING: OPEN
- MEN'S PHYSIQUE: OPEN
- WOMEN BIKINI: OPEN
- WOMEN WELLNESS: OPEN

MEN MASTERS (40 YEARS & OVER)

- MEN BODYBUILDING 40-49 yrs: OPEN
- MEN BODYBUILDING >50 yrs: OPEN
- MASTER MEN BODYBUILDING: OVERALL
- MEN CLASSIC BODYBUILDING*: OPEN
- MEN'S PHYSIQUE 40-49 yrs*: OPEN
- MEN'S PHYSIQUE >50 yrs*: OPEN
- MASTER MEN'S PHYSIQUE: OVERALL

- MEN CLASSIC PHYSIQUE*: UP TO 175 CM
- MEN CLASSIC PHYSIQUE*: OVER 175 CM
- MEN CLASSIC PHYSIQUE: OVERALL
- MEN'S PHYSIQUE: UP TO 173 CM
- MEN'S PHYSIQUE: UP TO 179 CM
- MEN'S PHYSIQUE: OVER 179 CM
- MEN'S PHYSIQUE: OVERALL
- MUSCULAR MEN'S PHYSIQUE: OPEN
- WOMEN PHYSIQUE: OPEN
- WOMEN BODYFITNESS: OPEN
- WOMEN BIKINI: UP TO 164 CM
- WOMEN BIKINI: UP TO 169 CM
- WOMEN BIKINI: OVER 169 CM
- WOMEN BIKINI: OVERALL
- WOMEN WELLNESS: UP TO 163 CM
- WOMEN WELLNESS: OVER 163 CM

WOMEN MASTERS (35 YEARS & OVER)

- WOMEN BODYFITNESS: OPEN
- WOMEN BIKINI: OPEN

SENIORS (MEN & WOMEN)

- MEN BODYBUILDING: UP TO 70 KG
- MEN BODYBUILDING: UP TO 80 KG
- MEN BODYBUILDING: UP TO 90 KG
- MEN BODYBUILDING: OVER 90 KG
- MEN BODYBUILDING: OVERALL
- MEN CLASSIC BODYBUILDING*: UP TO 175 CM
- MEN CLASSIC BODYBUILDING*: OVER 175 CM
- MEN CLASSIC BODYBUILDING: OVERALL

- WOMEN WELLNESS: OVERALL

- WOMEN FIT-MODEL: OPEN

- FIT-PAIRS: OPEN

*- Categories with weight / height

limits

POSSIBLE CROSSOVERS:
Classic Bodybuilding - Classic Physique - Bodybuilding;
Women's Bikini – Women's Fit-Model;
Women's Wellness – Women's Fit-Model.
Also Junior and Masters in senior classes.

AWARDS:

Top three athletes in each category will be awarded with [medals](#).

Top 5 athletes in the senior categories will be awarded points (Level 2) to the 2022 **IFBB World Ranking**, according to the World Ranking Rules.

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:

A total of 12 IFBB Elite Pro Cards will be awarded to the winners as follows:

DISTRIBUTION

- Men Bodybuilding Overall – 1 for the winner
- Men Classic Bodybuilding Overall – 1 for the the winner
- Men's Physique Overall – – top 2 in the overall
- Women's Physique – 1 for the winner
- Women's Bodyfitness – 1 for the winner
- Women's Bikini Overall – – top 2 in the overall
- Women Wellness overall – 1 for the winner
- Women Master Bikini – 1 for the winner
- Women Master Bodyfitness – 1 for the winner
- Master Men Bodybuilding – 1 for the overall winner

*REGISTRATION DEADLINE

Note, please, that each National Federation wishing to participate in this competition must have paid the IFBB (EUR €500) and EBFF (EUR €300) affiliation fee for 2022. Otherwise, this Federation will not be allowed to participate. According to the IFBB Constitution, Art. 17, this fees should be paid in January of each year.

PRELIMINARY ENTRY

FORM: **28/03/2022** FINAL ENTRY

FORM: **04/04/2022**

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: **25 € (EUROS)** each.

The IFBB has banned alltans 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: gjoroski@gmail.com

TENTATIVE SCHEDULE

CONTACT INFORMATION:

Please send Your Entry Form to:

Contact: **Mr. Boban Gjoroski**

E-mail: gjoroski@gmail.com

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Sofia De Gea

E-mail: info@ifbb.com

Contact details for additional correspondence:

President of the **Bodybuilding and Fitness Federation of Macedonia**

Mr. Boban Gjoroski

E-mail: gjoroski@gmail.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

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.

TANNING NEEDS

