

NAME OF EVENT:  
PLACE:  
DATE:

GEORGIA GRAND PRIX  
GEORGIA, TBILISI  
11-12 JUNE

**TBILISI**

**11-12 JUNE 2022**



**GEORGIA GRAND PRIX**

**6 ELITE PRO CARDS**



**3 MASTER ELITE PRO CARDS**

**ELITE PRO CARDS QUALIFIER**



# WELCOME

The Bodybuilding and Fitness Federation of Georgia extends warm welcome and invites IFBB-affiliated National Federations from Europe and Central Asia to participate in Georgia Grand Prix . This will create the opportunity for most of you to discover our beautiful and hospitable country. We hope that you will be able to join us and make this event the biggest and best in its history. We look forward to welcome you to Tbilisi.



## LOCATION

Georgia is a country in the Caucasian region of Eurasia. Located on the crossroads of Western Asia and Eastern Europe. It is bounded to the west by Black Sea, to the north Russia, to the south by Turkey and Armenia and southeast Azerbaijan. The capital and largest city is Tbilisi.



# HISTORY

Historians suppose that the first state mentioned in Georgia Colchis Kingdom located on the east coast of the Black Sea. The first mention of it was in the middle of the 1<sup>st</sup> millennium BC. In the beginning the 4<sup>th</sup> century during the King Mirriam III, Christianity became the state religion. 11<sup>th</sup>-12<sup>th</sup> centuries was the period of greatest, political, economic and cultural prosperity of Georgia during the reign of David IV, builder of the Golden Era of Georgia started in the beginning of 11<sup>th</sup> century till 13<sup>th</sup> century. The peak of flowering was during the reign of Queen Tamara (1184-1213)

From 1801 to 1867 the Georgian Kingdom had gradually been incorporated into the Russian Empire, what ended in 1918. After that the Republic of Georgia has become a part of Soviet Union.

Shortly before the collapse of the Soviet Union Georgia



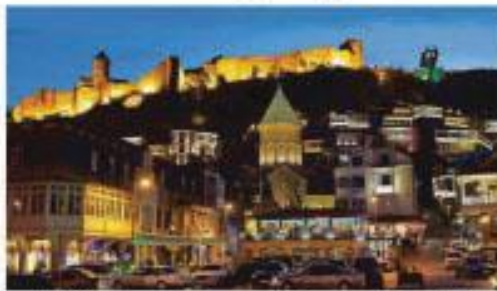
the collapse of the Soviet Union Georgia declared independence on 1991.

On July 31 1992 Georgia became the full member of United Nations.

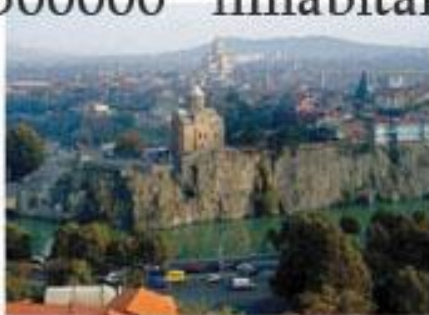


## **TBILISI**

Tbilisi has been the capital of Georgia since the 5th century. It has been one of the most important cultural, political and economic centers over the Caucasus. Tbilisi, located at the major trade routes, was occupied by the foreign powers several times.



After the dissolution of the Soviet Union, it finally became the capital of the Georgia Republic. The meaning of Tbilisi is „warm location” The population of Tbilisi is around 1,500,000 inhabitants



## **PARTICIPATION AND REGISTRATION**

Official Athlete Registration will be conducted on official hotel, HOTEL BILTMORE

All athletes will have to produce their Passport or identity Cards and IFBB international Cards at the Official Registration.

All athlete who has not yet obtained the IFBB international Card or need to renew his/her Card will have to do it at Registration or at the website IFBB.

**IFBB international Cards** are **EUR 35** per year and are mandatory.



### Accommodation

Single room- USD \$ 71 per room per night

Double room- USD \$ 82 per room per night

The Biltmore Hotel ,29 Shota Rustaveli Ave.

Tbilisi

## **ACCOMMODATION**

The organizing committee or IFBB will not be responsible for any reservation or payment of hotel accommodations, traveling, arrangements and meals. Hotel booking should be done directly by participating athletes or National Federations.

## **PARTICIPATION**

The competition is open for the IFBB-affiliated National Federations from Europe and Central Asia.

Participation of athletes is unlimited. Official Athlete Registration will be conducted in the

official hotel: Hotels BILTMORE

Tbilisi on Saturday, June 11<sup>th</sup>, 2022

from 15:00 till 20:00

## **REGISTRATION FEE**

The IFBB registration fees are as follows:

Registration fee for each category is EUR200

per athlete. For competing in the second category additional fee of EUR 100 will be charged.

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

If paying at the registration on June 11<sup>th</sup> 2022, an extra fee of EUR € 50 per participant will be charged.

Fees have to be paid in advance by credit/debit-card or PayPal at IFBB webpage:

[ifbb.com/competition-registration/](https://ifbb.com/competition-registration/)

The online payment system will be switched off on Monday, May 30<sup>th</sup> 2022, 24:00 (midnight-Central European Summer Time, is UTC +2

### **CAMERA/VIDEOTAPES**

Camera/videotapes shall be strictly prohibited in the backstage area of the dressing room except when used by duly recognized press personnel and in any event, this device shall be strictly prohibited in the dressing rooms.

### **PRESS ACCREDITATION**

Any press representatives that wish to obtain press accreditation for this event have to contact the Organizing Committee and register upon arrival.



## **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, and address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All International Judges must bring their international Judges Cards to Tbilisi.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly Judges fee of EUR 50 paid for 2022.

This fee may also be paid at the Registration in Tbilisi.

## **CLIMATE**

During the month of June the average temperature is between +25° and 27° C.

## **LANGUAGE**

Georgian (official), English and Russian are widely spoken.

## **CURRENCY:**

The Georgian Lari (GEL) is the currency of Georgia. USD\$ 1.00=GEL 3,1 (February 2022)

EUR€1.00=GEL 3,5 (February 2022)

## ENTRY FORM CONTACT DETAILS

WE STRONGLY ENCOURAGE YOU TO REGISTER EARLY THROUGH YOUR NATIONAL FEDERATIONS

All Final Entry Forms should be sent no later than Monday May 30<sup>th</sup>, 2022 to:

IFBB Technical Committee

[amichalak5@gmail.com](mailto:amichalak5@gmail.com), Eng. Andrew Michalak

IFBB Head Office Ms. Alba Sanchez

[info@ifbb.com](mailto:info@ifbb.com) and Georgian BBFF President

Konstantin Matsaberidze [kotmats@mail.ru](mailto:kotmats@mail.ru)

[gebbffifbb@gmail.com](mailto:gebbffifbb@gmail.com),

At the GEORGIA GRAND PRIX only athletes who are approved and registered by their IFBB-affiliated National Federations will be allowed to compete. Entries should be made through National Federations. National Federations from Europe and Central Asia are eligible to participate.

9 PRO CARDS  
ELITE PRO QUALIFIER

## **ANTI-DOPING RULE VIOLATION**

Please be aware that it is full responsibility and obligation of the National Federation to verify if each one of the athletes 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/ Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the Constitution and Rules

## **TANNING**

IFBB has banned all tans that can be wiped off. An official will check athlete's tan backstage and if the tan comes off by simple wiping, the athlete will be told to remove the tan before going on stage.

Official tanning service will  be available at the competition. Contact:

[www.onsitetan.com](http://www.onsitetan.com)

[info@onsitetan.com](mailto:info@onsitetan.com)

**QUALIFIER**

## **ELICTRICAL CURRENT**

220 Volts, 50 Hz. Socket/plug of type C plug with two round prongs.

## **BACKSTAGE ACCESS/ DRESSING ROOM ACCESS**

Access to the backstage area/ dressing room shall be strictly limited to the Essential Personnel only or official delegates and coaches.

Trainers who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

## **POSING MUSIC**

All posing music with 60 seconds for body building must be on an audio CD or USB disc only. The posing music must be the only track on CD or USB disc. Each competitor must affix his name on the CD for an easy identification.

The use of profane ,vulgar and offensive language is strictly prohibited in the posing music

**ELITE PRO QUALIFIER**



## CATEGORIES

### **MEN S BODYBUILDING**

Up to & including 80kg  
 Up to & including 90kg  
 Up to & including 100kg  
 Over 100kg  
 Overall

### **MEN S CLASSIC BODYBUILDING**

Up to & including 175cm  
 Up to & including 180cm  
 Over 180cm  
 Overall

### **MEN S PHYSIQUE**

Up to & including 173cm  
 Up to & including 179cm  
 Up to & including 182cm  
 Over 182cm  
 Overall

### **CLASSIC PHYSIQUE**

1 open category

### **MASTER BODYBUILDING**

From 40 Age  
 open

### **MEN S PHYSIQUE MASTER**

From 40 Age  
 open

### **WELLNESS FITNESS**

1 open category

### **MASTER WOMEN S BIKINI**

From +35 Age  
 Open

### **WOMEN S BIKINI-FITNESS**

Up to & including 160cm  
 Up to & including 164cm  
 Up to & including 169cm  
 Over 169cm  
 Overall

3 PRO CARDS

10 PRO QUALIFIER



## **BODY WEIGHT LIMITS**

### **MEN & MASTERS CLASSIC BODYBUILDING**

- Up to 168 cm (Athlete's height [in cm] minus 100) + 0 kg
- Up to 171 cm (Athlete's height [in cm] minus 100) + 2 kg
- Up to 175 cm (Athlete's height [in cm] minus 100) + 4 kg
- Up to 180 cm (Athlete's height [in cm] minus 100) + 7 kg
- Up to 188 cm (Athlete's height [in cm] minus 100) + 9 kg
- Up to 196 cm (Athlete's height [in cm] minus 100) + 11 kg
- Over 196 cm (Athlete's height [in cm] minus 100) + 13 kg

### **MEN & MASTERS CLASSIC PHYSIQUE**

- Up to 168 cm (Athlete's height [in cm] minus 100) + 4 kg
- Up to 171 cm (Athlete's height [in cm] minus 100) + 6 kg
- Up to 175 cm (Athlete's height [in cm] minus 100) + 8 kg
- Up to 180 cm (Athlete's height [in cm] minus 100) + 11 kg
- Up to 188 cm (Athlete's height [in cm] minus 100) + 13 kg
- Up to 196 cm (Athlete's height [in cm] minus 100) + 15 kg
- Over 196 cm (Athlete's height [in cm] minus 100) + 17 kg

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.



**IFBB**

**ELITE PRO**

**6 ELITE PRO CARDS**

**&**

**3 MASTER ELITE PRO CARDS**

**MEN'S BODYBUILDING**

**1 PRO CARD**

**FOR OVERALL**

**MEN'S CLASSIC BODYBUILDING**

**1 PRO CARD**

**FOR OVERALL**

**CLASSIC PHYSIQUE**

**1 PRO CARD**

**FOR WINNER**

**MEN'S PHYSIQUE**

**1 PRO CARD**

**FOR OVERALL**

**WOMEN'S BIKINI-FITNESS**

**1 PRO CARD**

**FOR OVERALL**

**WOMEN'S WELLNESS**

**1 PRO CARD**

**FOR WINNER**

**MASTER BODYBUILDING**

**1 PRO CARD**

**FOR WINNER**

**MASTER MEN'S PHYSIQUE**

**1 PRO CARD**

**FOR WINNER**

**MASTER WOMEN'S BIKINI**

**1 PRO CARD**

**FOR WINNER**



## **AWARDS**

Top six athletes in each category will be awarded with medals or trophies and certificates.

Overall winner in each discipline will have a trophy.

Top 5 athletes in senior categories will be awarded points to the IFBB World Ranking according to the Ranking





## **TENTATIVE SCHEDULE**

Saturday June 11<sup>th</sup> 2022

### **GEORGIA GRAND PRIX**

15:00-20:00 OFFICIAL ARRIVAL DAY NATIONAL  
TEAM & OFFICIAL ATHLETE REGISTRATION  
,WEIGH-IN HOTEL **BILTMORE**

20:00-21:00 TEAM MANAGERS & JUDGES MEETING AT  
HOTEL **BILTMORE**

Sunday June 12<sup>th</sup> 2022

10:00-15:00 **GEORGIA GRAND PRIX**  
( PREJUDGING & FINALS)  
HOTEL **BILTMORE**

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Monday June 13<sup>th</sup> 2022

10:00 DEPARTURES

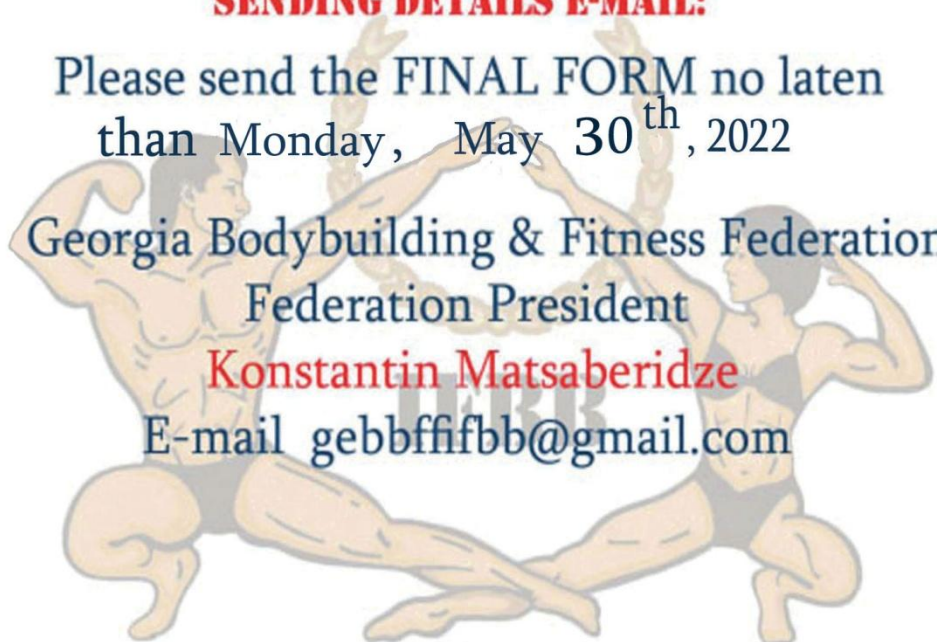
**CORRESPONDENCE AND FINAL ENTRY FORM  
SENDING DETAILS E-MAIL:**

Please send the FINAL FORM no later than Monday, May 30<sup>th</sup>, 2022

Georgia Bodybuilding & Fitness Federation  
Federation President

**Konstantin Matsaberidze**

E-mail [gebbffifbb@gmail.com](mailto:gebbffifbb@gmail.com)



**NATIONAL FEDERATION OF BODYBUILDING  
AND FITNESS OF GEORGIA**