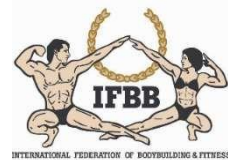




2022 Norway Grand Prix

MAIN INFORMATION



NAME OF THE EVENT: 2022 Norway Grand Prix		
CITY / COUNTRY: Hamar, Norway		
DATE: April 22nd – 24th, 2022		
EVENT OPEN FOR: IFBB-affiliated European National Federations		
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 22/04/2022		
DAY OF DEPARTURES 24/04/2022		
REGISTRATION DAY: 22/04/2022	TIME: 16:00 – 20:00	PLACE: Hamar Kulturhus
WEIGH-IN DAY: 22/04/2022	TIME: 16:00 – 20:00	PLACE: Hamar Kulturhus
COMPETITION DAYS: 23-24/04/2022		
<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: Oslo Airport Gardermoen (OSL)		
VISA INFORMATION: A valid passport is required to enter Norway. EU-countries, Iceland, and Switzerland citizens do not need to obtain a visa. All other countries should consult the diplomatic embassy in their country to determine if they need a visa *		
<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 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.</p>		
VENUE: Hamar Kulturhus, Torggata 100, 2017 Hamar, Norway		

HOTEL INFORMATION

RECOMMENDED HOTELS:

- Victoria Hotel Hamar
- Clarion Collection Hotel Astoria
- Scandic Hamar
- Scandic Ringsaker

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)** .

CROSSOVERS: 100 € (EUROS)

DEADLINE FOR ONLINE PAYMENT: 12/04/2022

*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:

SATURDAY

Women's Wellness up to 163 cm
Women's Wellness over 163 cm
Women's Bikini up to 158 cm
Women's Bikini up to 160 cm
Women's Bikini up to 164 cm
Women's Bikini up to 169 cm
Women's Bikini up to 172 cm
Women's Bikini over 172 cm
Junior Women's Bikini 16-23 yrs. - OPEN
Master Women's Bikini >35 yrs. - OPEN
Men's Bodybuilding up to 85 kg
Men's Bodybuilding up to 100 kg
Men's Bodybuilding over 100 kg
Master Men's Bodybuilding >40 yrs. - OPEN
Men's Classic Physique - OPEN

SUNDAY

Women's Bodyfitness up to 163 cm
Women's Bodyfitness over 163 cm
Master Women's Bodyfitness >35 yrs. - OPEN
Men's Physique up to 173 cm
Men's Physique up to 179 cm
Men's Physique up to 182 cm
Men's Physique over 182 cm
Junior Men's Physique 16-23 yrs. - OPEN
Master Men's Physique >40 yrs. - OPEN
Men's Classic Bodybuilding up to 180 cm
Men's Classic Bodybuilding over 180 cm
Women's Physique - OPEN

Possible crossovers: Classic Bodybuilding – Classic Physique – Bodybuilding. Also junior and masters in senior classes.

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**.

IFBB ELITE PRO CARDS:

Thirteen (13)

DISTRIBUTION:

Women's Bikini - 2 Pro Cards for the top 2 overall winners

Men's Physique - 2 Pro Cards for the top 2 overall winners

Men's Bodybuilding, Classic Bodybuilding and Classic Physique - 1 Pro Card for the Overall or Open category winners.

Women's Wellness, Bodyfitness and Physique - 1 Pro Card for the Overall or Open category winners.

Master Women's Bikini and Bodyfitness and Master Men's Bodybuilding – 1 Master Pro Card for the winners.

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **No**

FINAL ENTRY FORM: **11/04/2022**

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: **50 € (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: www.onsite-tan.com

CONTACT INFORMATION:

Please send Your Entry Form
to: Contact: **Elise Murbaeck**
E-mail: signup@ifbbnorway.no

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. Vanessa Leon
E-mail: contact@ifbb.com

Contact details for additional correspondence:
President of **IFBB Norway**
Ms. Elise Murbaeck
E-mail: elise@ifbbnorway.no

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.