



# I.F.B.B. Mr. & Ms. International 2022



## MAIN INFORMATION

NAME OF THE EVENT: <b>I.F.B.B. MR. &amp; MS. INTERNATIONAL 2022</b>		
CITY / COUNTRY: <b>SANTA SUSANNA – BARCELONA - SPAIN</b>		
DATE: <b>JUNE 10th – 13th , 2022</b>		
EVENT OPEN FOR: <b>ALL I.F.B.B.-AFFILIATED NATIONAL FEDERATIONS</b>		
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 <b>10/06/2022</b>		
DAY OF DEPARTURES <b>13/06/2022</b>		
REGISTRATION DAY: <b>10/06/2022</b>	TIME: <b>14:00 – 20:00</b>	PLACE: <b>HOTEL DON ANGEL – SANTASUSANNAINTERNATIONAL</b>
WEIGHT-IN DAY: <b>10/06/2022</b>	TIME: <b>14:00 – 20:00</b>	PLACE: <b>HOTEL DON ANGEL – SANTA SUSANNA</b>
<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: <b>INTERNATIONAL AIRPORT JOSEP TARRADELLAS (EL PRAT) BARCELONA - SPAIN</b>		
VISA INFORMATION: <b>EU COUNTRIES CITIZENS DO NOT NEED TO OBTAIN A VISA. ALL ATHLETES COMING FROM OTHER COUNTRIES KINDLY CONSULT THE SPANISH EMBASSY/CONSULATE IN YOUR COUNTRY TO DETERMINE IF YOU NEED A VISA</b>		
<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: <b>POLIESPORTIU PAPRC DEL COLOMER S/N – SANTA SUSANNA – BARCELONA - SPAIN</b>		

## HOTEL INFORMATION

RECOMMENDED HOTEL: *HOTEL DON ANGEL – SANTA SUSANNA*

### *SPECIAL PACKAGES FOR ATHLETES AND SUPPORTERS AND COACHES (JUNE 11 TO 13)*

#### **1. SPECIAL TOURIST PACKAGE (ATHLETE/DELEGATES/JUDGES)**

- **3 NIGHTS IN HOTEL**
- **FULL BOARD - BREAKFAST, LUNCH, DINNER (ATHLETE'S MEALS)**

**PRICE IN DOUBLE ROOM - 150,00€ PER PERSON**

**PRICE SINGLE ROOM - 225,00 PER PERSON**

#### **2. SPECIAL TOURIST PACKAGE (SUPPORTERS)**

- **3 NIGHTS IN HOTEL**
- **FULL BOARD - BREAKFAST, LUNCH, DINNER**
- **VIP TICKET - FOR CHAMPIONSHIP (SATURDAY AND SUNDAY)**

**PRICE IN DOUBLE ROOM - 180,00 PER PERSON**

**PRICE SINGLE ROOM - 255,00 PER PERSON**

#### **3. SPECIAL TOURIST PACKAGE (COACHES)**

- **3 NIGHTS IN HOTEL**
- **FULL BOARD - BREAKFAST, LUNCH, DINNER**
- **PASS BACK STAGE AND VENUE SITE, FOR CHAMPIONSHIP (SATURDAY AND SUNDAY)**

**PRICE IN DOUBLE ROOM - 190,00 PER PERSON**

**PRICE SINGLE ROOM - 295,00 PER PERSON**

**FOR RESERVATIONS, CONTACT RESERVATION CENTER:**

**Reservations only by:**

**e-mail: [pepe@hoteldonangel.com](mailto:pepe@hoteldonangel.com)**

**WhatsApp: (+34) 682 11 19 38**

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **250 € (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: 08/06/2022**

\*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:

### **MEN'S BODYBUILDING**

UP TO 75 KG  
UP TO 80 KG  
UP TO 85 KG  
UP TO 90 KG  
UP TO 100 KG  
OVER 100 KG  
OVERALL

### **MASTER MEN'S BODYBUILDING:**

40-49 YEARS, OPEN  
50 YEARS & OVER, OPEN  
OVERALL

### **MEN'S CLASSIC BODYBUILDING:**

UP TO 175 CM  
OVER 175 CM  
OVERALL

### **MASTER MEN'S CLASSIC BODYBUILDING:**

1 OPEN CATEGORY

### **MEN'S CLASSIC PHYSIQUE:**

1 OPEN CATEGORY

### **MASTER MEN'S CLASSIC PHYSIQUE:**

1 OPEN CATEGORY

### **MEN'S PHYSIQUE:**

UP TO 170 CM  
UP TO 176 CM  
UP TO 182 CM  
OVER 182 CM  
OVERALL

### **MUSCULAR MEN'S PHYSIQUE:**

1 OPEN CATEGORY

### **JUNIOR'S MEN'S PHYSIQUE:**

1 OPEN CATEGORY

### **MASTER MEN'S PHYSIQUE:**

1 OPEN CATEGORY

### **WOMEN'S BODYFITNESS:**

UP TO 163 CM  
OVER 163 CM  
OVERALL

### **MASTER WOMEN'S BODYFITNESS:**

35-39 YEARS  
40 YEARS OVER  
OVERALL

### **WOMEN'S BIKINI:**

UP TO 160 CM  
UP TO 164 CM  
UP TO 169 CM  
UP TO 172 CM  
OVER 172 CM  
OVERALL

### **MASTER WOMEN'S BIKINI:**

35-39 YEARS, OPEN  
40 YEARS & OVER  
OVERALL

### **JUNIORS WOMEN'S BIKINI:**

1 OPEN CATEGORY

### **WOMEN'S WELLNESS:**

1 OPEN CATEGORY

### **MASTER WOMEN'S WELLNESS:**

1 OPEN CATEGORY

### **WOMEN'S PHYSIQUE:**

1 OPEN CATEGORY

## 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:

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### DISTRIBUTION

- BODYBUILDING - 2 FOR THE OVERALL WINNER
- MEN'S PHYSIQUE – 2 FOR THE OVERALL WINNER
- BIKINI - 2 FOR THE OVERALL WINNER
- WELLNESS - 1 FOR THE CATEGORY WINNER
- BODYFITNESS - 1 FOR THE OVERALL WINNER
- CLASSIC PHYSIQUE - 1 FOR THE CATEGORY WINNER
- MASTERS BODYBUILDING - 1 FOR THE OVERALL WINNER
- MASTERS BIKINI - 1 FOR THE OVERALL WINNER
- MASTERS BODYFITNESS - 1 FOR THE OVERALL WINNER

### \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **NO**

FINAL ENTRY FORM: **06/06/2022**

### 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.: **One (1) wristband per delegate or judge**

EXTRA GREEN CARDS: **YES**  **NO**  **N/A**

PRICE: **30 € (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: **ELITE TAN** - Ms. PATRCIA BORDÓ : [patriciatannig@gmail.com](mailto:patriciatannig@gmail.com)

### CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: **PATRICIA SÁCHEZ**  
E-mail: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)

Please send a copy to IFBB Technical Committee:  
Eng. Andrew Michalak  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to IFBB Head Office:  
Ms. Alba Sanchez  
E-mail: [info@ifbb.com](mailto:info@ifbb.com)

Contact details for additional correspondence:  
President of **SPANISH BODYBUILDING AND FITNESS FEDERATION**  
**MR./ MS. JOSÉ RAMOS**  
E-mail: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.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](mailto: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.