



ESTONIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in the IFBB INTERNATIONAL CONTEST “VALIO PROFEEL CUP 2022”

Tallinn, Estonia
September 24, 2022

WELCOME

The Estonian Bodybuilding, Fitness Federation and Sparta Sportsclub extend a warm welcome to all IFBB-affiliated National Federations to participate in the **IFBB INTERNATIONAL CONTEST “VALIO PROFEEL CUP 2022”**

DATE AND TIME

September 24th, 2022 (Saturday)

Registration: 09:00 – 10:30 at Sparta Sportsclub (venue site)

Competition: 15:00 – 20:00

IMPORTANT INFORMATION

All the costs for travelling and meals are the responsibilities of the athletes and delegates themselves. When you need help with accommodation – please write otkiivikas@gmail.com

VENUE SITE

Sparta Sportsclub

Pärnu mnt. 139c, Tallinn, Estonia.

www.spartaspordiklubi.ee



CATEGORIES OPEN FOR COMPETITIONS

The competition is held according to the rules of the IFBB and will include the following categories:

Junior Categories 16-20 years

- Juniors Men's Bodybuilding 16-20 years open
- Juniors Women's Bikini 16-20 years open
- Juniors Men's Physique 16-20 years open
- Juniors Women's Artistic Fitness 16-20 open
- Juniors Women's Acrobatic Fitness 16-20 open

Junior Categories 21-23 years

- Juniors Men's Bodybuilding 21-23 years open
- Juniors Women's Bikini 21-23 years open
- Juniors Men's Physique 21-23 years open
- Juniors Women's Artistic Fitness 21-23 years open
- Juniors Women's Acrobatic Fitness 21-23 years open
- Juniors Women's Bodyfitness 21-23 years open
- Juniors Women's Wellness 21-23 years open
- Juniors Men's Fitness Challenge 21-23 gold level

Senior categories

- * **Women's Artistic Fitness: open**
- * **Women's Acrobatic Fitness: open**
- * **Women's Bodyfitness: open**
- * **Women's Wellness: open**
- * **Women's Bikini: up to 162 cm**
- * **Women's Bikini: up to 169 cm**
- * **Women's Bikini: over 169 cm**
- * **Women's Fit-Model: open**
- * **Women's Fitness Challenge: gold level**
- * **Men's Classic Bodybuilding: open**
- * **Men's Classic Physique: open**
- * **Men's Physique: open**
- * **Men's Bodybuilding: open**
- * **Men's Fitness: open**
- * **Men's Fitness Challenge: gold level**

Masters categories

- * **Masters Men's Classic Bodybuilding >40 years: open**
- * **Masters Men's Physique >40 years: open**
- * **Masters Men's Bodybuilding >40 years: open**
- * **Masters Men's Fitness Challenge >40 years: gold level**
- * **Masters Women's Bodyfitness >35 years: open**
- * **Masters Women's Wellness >35 years: open**
- * **Masters Women's Bikini >35 years: open**
- * **Masters Women's Fitness Challenge >35 years: gold level**

Possible crossovers

Men's Classic Bodybuilding – Classic Physique – Bodybuilding

Men's Fitness – Men's Physique

Women's Acrobatic Fitness – Women's Bodyfitness

Women's Artistic Fitness – Women's Bikini – Women's Fit-Model

Women's Wellness – Women's Fit-Model

Junior and Masters in senior categories.

Important

Head Judge can add category when there are 10 or more competitors. Also, the Head Judge can combine categories with less than 5 competitors.

REGISTRATION FEE

Registration Fee for athletes is EUR €75. Extra category (crossover): EUR €40.

The registration fee should be paid in cash upon registration on the spot. Competitors must provide their PASSPORT or ID CARD and IFBB International Card at the registration. IFBB International Cards are EUR €35/USD \$45 per year and are mandatory. It may be paid via the IFBB website or in cash at the Registration.

Two delegates (one official and one judge) per country are invited to the venue site without paying for entrance tickets.

The cost of entrance ticket for supporters and other members of the team is EUR €20.

Backstage pass for coaches/supporters is EUR €30 (includes the entrance ticket). You can buy it at the registration.

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.

We will offer professional tanning at the backstage (Jan Tana tan and professional specialists).

The costs is EUR €75 per person and for early booking contact: aleksandra.laer@kulturism.ee

AWARDS

Total prize money in the tournament is EUR €10 000. (Prize money is divided between categories with 3 or more athletes) + 5000 for different sponsor awards (like 64'' TV – s, grills, robot vacuum cleaner, Gift Cards from Sportland, etc.)

Trophies will be presented for the top three finalists. Overall winners will get extra trophies.

Each athlete will get goodie bag at the registration.

PASSPORT / MUSIC

Music for the posing routines must be sent prior to the contest to the address: heikomerikan@gmail.com .

JUDGES

All IFBB International Amateur Judges must be in possession of a valid Judge's Cards.

FINAL ENTRY FORMS

National Federations must submit the names of all Official Participants (Athletes by categories + extra categories and Delegates, including judges) not later than **September 12th, 2022** to: Mr. Ott Kiivikas ottkiivikas@gmail.com ; Mr. Andrew Michalak amichalak5@gmail.com ; Ms. Maria Sanson info@ifbb.com .

CONTACT INFORMATION

Ott Kiivikas

Promotor

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Fitnessi ja kulturismi võistlus



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