



2023 IFBB INTERNATIONAL GRAND PRIX

SIBIU City, Romania - September 01-03, 2023





INSPECTION REPORT

WELCOME

The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the International Fitness and Bodybuilding Federation (IFBB) and Ministry of Youth and Sports gives a most warm welcome to athletes from all National Federations affiliated with the IFBB, that will be participating at the **2nd edition of the IFBB INTERNATIONAL GRAND PRIX** in the city of Sibiu, Romania!

LOCATION: Sibiu City



OFFICIAL DATES:

September 1st: Arrival & **Official Athlete Registration**, at the official Venue (*Transilvania Sports Hall, Octavian Goga Street no.1, Sibiu 550370*), from 14:00 – local time

September 2nd: **The IFBB INTERNATIONAL GRAND PRIX**, from 10:00 – local time

September 3rd: Departures

VENUE LOCATION: **Transilvania Sports Hall**, Octavian Goga Street no.1, Sibiu 550370





OFFICIAL HOTEL:

JOYME HOTEL (Sibiu City, Calea Dumbrăvii No. 28-32)

<https://joymehotel.ro/en/>

☺ **2 minutes away from the Venue location, by foot !**





OFFICIAL AIRPORT

The official airport for arrivals is International Airport Sibiu.

REGISTRATION AND REGISTRATION FEE

Registration and weigh-in will take place on Friday, September 1st, from 15:00 to 19:00 hrs., at the Venue location, **Transylvania Sports Hall**.

All athletes will have to produce their Passports & 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 EUR 40 / USD \$50 and are mandatory.

At **IFBB INTERNATIONAL GRAND PRIX** event, any direct registration from athletes will not be accepted, as these must be processed by their respective national IFBB federations.

Final Entry Forms will only be considered if they are sent by the National Federation of the athlete and directly to the Organizaing Committee, IFBB Head Office in Madrid and IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. 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.

The IFBB registration fees are as follows:

Registration fee for athletes is EUR €200. For wishing to compete in the more categories, the additional fee of EUR €100 per each of the additional categories will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at the IFBB webpage: <http://www.ifbb.com/competition-registration> , for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

If paying at the Registration, an extra fee of EUR €50 per participant will be charged.

The deadline date to do the online payment is **August 22nd**, 23:50 hrs (Central European Summer Time, UTC +2), then the online payment system will be switched off.

LANGUAGE

The official language in Sibiu is Romanian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

CURRENCY

The national currency in Romania is lei (LEU). One Euro is approximately equal to 5 lei, but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.



CLIMATE

Sibiu is located in the temperate-continental area, with thermal influences due to the nearby mountains, but free from excesses.

The city has the best air quality in the European Union, according to research published in 2014 by a French magazine and air-quality organization that studied the EU's hundred largest cities.

ELECTRIC CURRENT

The electrical current is 220 volts, 50 Hz. Plugs/sockets type C and F (2 round prongs).

TIME DIFFERENCE

Sibiu is in the Eastern European Time zone (UTC +3 hours – in summer).

VISAS

A valid passport is required to enter Romania. EU-country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. Detailed information here: <https://www.mae.ro/en/node/2035> .

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation Letter either to the Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer : A copy (scan) of passport.

If the visa has not been granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

CATEGORIES OPEN FOR COMPETITION

JUNIOR'S CATEGORIES (16 - 23 years old)

- Junior Women's Bikini open category;
- Junior Men's Physique: open category;
- Junior Men's Bodybuilding: open category.

WOMEN'S CATEGORIES

- Women's Bodyfitness: open category;
- Women's **Wellness**: 168 cm and +168 cm;
- Women's Fit-Model: open category;
- Women's **Bikini**: 162 cm, 169 cm and +169 cm.



MEN'S CATEGORIES

- Men's Bodybuilding: 80 kg, 90 kg, 100 kg and +100 kg;
- Men's Classic Bodybuilding: 175 cm and +175 cm;
- Men's Physique: 173 cm, 179 cm and +179 cm;
- Muscular Men's Physique: open category;
- Men's Wheelchair Bodybuilding: open category;
- Fit-Pairs: open category;
- Men's Classic Physique: 175 cm and +175 cm.

MASTER'S CATEGORIES

- Women's Bikini (>35 years): open category;
- Women's Bodyfitness (>35 years): open category;
- Men's Bodybuilding (>40 years): 85 kg and + 85 kg;
- Men's Classic Bodybuilding (>40 years): open category;
- Men's Physique (>40 years): open category.

Note 1: A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

Note 2: POSSIBLE CROSSOVERS:

- ✓ **Classic Bodybuilding – Classic Physique – Bodybuilding;**
- ✓ **Women's Bikini – Women's Fit-Model;**
- ✓ **Women's Wellness – Women's Fit-Model.**

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)

- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

- An athlete, male or female, may compete as JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.

-An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.



****Please check carefully below the Bodyweight Limits (according to IFBB Rules):**

Men and Master Men's Classic Bodybuilding bodyweight limits:

- Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
- Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
- Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
- Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]
- Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]
- Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
- Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

Men Classic Physique bodyweight limits:

- Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
- Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
- Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
- Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
- Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]
- Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]
- Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]

Female Masters

May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday.

- May compete as a MASTER competitor in the category 35-39 years of the age from January 1st of the year in which she reaches 35th birthday up to and including December 31st of the year in which she turns 39. From January 1st of the next year, she may compete in the category over 40 years of age.

Male Masters

May compete as a MASTER competitor in the category over 40 years of age from January 1st of the year in which he reaches his 40th birthday.

- May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category over 50 years of age.

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 the champions with *trophies*.
- Overall winners will have a *trophy*.



● 15 IFBB ELITE PRO CARDS

DISTRIBUTION:

- Women's Bodyfitness: Elite Pro Card for the winner;
- Women's Wellness Fitness: Elite Pro Card for the Overall winner;
- * **Women's Bikini Fitness: Elite Pro Cards for the top 3 Overall winners;**
- Men's Bodybuilding: Elite Pro Cards for the top 3 Overall winners;
- Men's Classic Bodybuilding: Elite Pro Card for the Overall winner;
- * **Men's Physique: Elite Pro Cards for the top 3 Overall winners;**
- Men's Classic Physique categories: Elite Pro Card for the Overall winner;
- Master Women's Bikini (+35 years): Master Elite Pro Card for the winner;
- Master Men's Bodybuilding (+40 years): Master Elite Pro Card for the Overall winner.

***the winners of IFBB ELITE PRO Cards in the Bikini & Men's Physique categories will be invited to compete at TIGER CLASSIC - IFBB ELITE PRO, organized in the same location right after finishing the Romanian International Grand Prix !**

PARTICIPATION

The IFBB INTERNATIONAL GRAND PRIX are open for all National Federations affiliated with the IFBB. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is **August 21st**, 2023.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Venue Location, to start from 12:00 till 20:00 from Friday - September 1st to Sunday – September 3rd.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

A limited number of backstage passes will be for sale during registration, September 1st.

Only official Delegates/ Trainers possessing the *Backstage Pass* will be allowed to enter the backstage area.

Please NOTE: There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased for EUR €30 each. This pass will allow the holder to go in and out of the venue during the weekend and will give access **ONLY** to the backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!

Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/ VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.



DOPING CONTROLS

Doping controls will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
 - Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
- The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at the Registration. The music must be only on the USB memory stick, in MP3 format.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test 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 Sibiu.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test-judges should be specified there as well. Judges have to pay the yearly Judges' Licence Fee of EUR €50 for 2023. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com & office@frcf.ro no later than August 25th, 2023.

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:

Contact: ovidiuimezdrea@pro-gym.ro



MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

PRELIMINARY ENTRY FORM (PEF)

The deadline to send the PEF is **August 4th**. The National Federations must email back the PEF to the Organizing Committee as soon as possible but no later than the deadline, which confirms the intention of its federation to participate in the championship.

If at this moment you do not know the names official of the official participants, indicate the total number of athletes who will participate in the championship from your federation.

FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is **August 21st**. The National Federations must display the official names of all the participants (athletes by category, delegates and judges). It also must include the details of flights for arrival and departure.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

- IFBB Technical Committee
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com
- Organizing Committee
Ms. Tanita Groza Zetea
E-mail: office@frcf.ro
- Please send a copy to the International Fitness and Bodybuilding Federation Head Office
Ms. Daria
E-mail: contact@ifbb.com