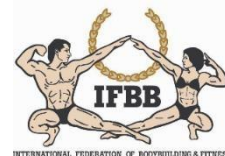


2023 IFBB BALKAN CHAMPIONSHIPS

MAIN INFORMATION



NAME OF THE CHAMPIONSHIPS: **2023 IFBB BALKAN CHAMPIONSHIPS**

CITY / COUNTRY: **SKOPJE / NORTH MACEDONIA**

DATE: **April 21st – 23rd, 2023**

CHAMPIONSHIPS OPEN FOR: **IFBB-AFFILIATED NATIONAL FEDERATIONS FROM THE BALKANS**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB ELITE PRO CARDS:

NO PRO CARDS OFFERED

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL **21/04/2023**.

DAY OF DEPARTURES **23/04/2023**

REGISTRATION DAY:
21/04/2023

TIME: **15:00-19:00**

PLACE: **Hotel 'CONTINETAL', bul.
'Aleksandar Makedonski' bb, 1000
Skopje**

WEIGH-IN DAY:
21/04/2023

TIME: **15:00-19:00**

PLACE: **Hotel 'CONTINETAL', bul.
'Aleksandar Makedonski' bb, 1000
Skopje**

*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.

RECOMMENDED AIRPORT: **International Airport 'SKOPJE'**

VISA INFORMATION: A valid passport is required to enter the territory of N. Macedonia. Citizens living in one of the European countries as well as the countries which are part of the Schengen Agreement can enter Macedonia and stay for up to 90 days during a six months period, visa is not required. Detail info at: <https://www.mfa.gov.mk/en/page/432/visa-requirements-for-entering-the-republic-of-northmacedonia> An Official Letter of Invitation will be made available if required. To receive Invitation Letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer. If the visa is not granted, the Cancellation Policies for the championship will still apply.

* **There are no COVID-19 restrictions to enter North Macedonia. Face masks are still mandatory in health facilities, pharmacies and aged care homes.** 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.

*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 its athletes 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.

VENUE: **Arena 'Boris Trajkovski', bul. 8-th of September 13, 1000 Skopje**

CATEGORIES:

YOUNGER JUNIORS (16-20 YEARS OLD)

- MEN BODYBUILDING: OPEN

- MEN CLASSIC BODYBUILDING: OPEN

- MEN'S PHYSIQUE: OPEN

- WOMEN BIKINI: OPEN

-WOMEN PHYSIQUE: OPEN

- WOMEN BODYFITNESS: OPEN

- WOMEN ACROBATIC FITNESS: OPEN

- WOMEN ARTISTIC FITNESS: OPEN

- WOMEN BIKINI: UP TO 162 CM

JUNIORS (21-23 YEARS OLD)

- MEN BODYBUILDING: UP TO 75 KG
- MEN BODYBUILDING: OVER 75 KG
- **JUNIOR MEN BODYBUILDING: OVERALL**
- CLASSIC BODYBUILDING: OPEN
- GAMES CLASSIC BODYBUILDING: OPEN
- CLASSIC PHYSIQUE: OPEN
- MEN FITNESS: OPEN
- MEN'S PHYSIQUE: UP TO 178 CM
- MEN'S PHYSIQUE: OVER 178 CM
- **MEN'S PHYSIQUE: OVERALL**
- WOMEN'S BIKINI: OPEN
- WOMEN'S ARTISTIC FITNESS: OPEN
- WOMEN'S ACROBATIC FITNESS: OPEN
- WOMEN'S WELLNESS: OPEN
- WOMEN'S BODYFITNESS: OPEN

SENIORS (MEN & WOMEN)

- MEN BODYBUILDING: UP TO 70 KG
- MEN BODYBUILDING: UP TO 80 KG
- MEN BODYBUILDING: UP TO 90 KG
- MEN BODYBUILDING: UP TO 100 KG
- MEN BODYBUILDING: OVER 100 KG
- **MEN BODYBUILDING: OVERALL**
- MEN CLASSIC BODYBUILDING*: UP TO 175 CM
- MEN CLASSIC BODYBUILDING*: OVER 175 CM
- **MEN CLASSIC BODYBUILDING: OVERALL**
- GAMES CLASSIC BODYBUILDING: OPEN
- MEN'S CLASSIC PHYSIQUE: UP TO 175 CM
- MEN'S CLASSIC PHYSIQUE: OVER 175 CM
- **MEN'S CLASSIC PHYSIQUE: OVERALL**
- MEN' FITNESS: OPEN
- MEN'S PHYSIQUE: UP TO 173 CM
- MEN'S PHYSIQUE: UP TO 179 CM
- MEN'S PHYSIQUE: OVER 179 CM
- **MEN'S PHYSIQUE: OVERALL**
- MUSCULAR MEN'S PHYSIQUE: OPEN
- MEN WHEELCHAIR BODYBUILDING: OPEN
- *- Categories with weight / height limits

- WOMEN BIKINI: UP TO 169 CM
- WOMEN BIKINI: OVER 169 CM
- **WOMEN BIKINI: OVERALL**
- WOMEN WELLNESS: OPEN
- WOMEN FIT-MODEL: OPEN
- FIT-PAIRS: OPEN

MASTERS (MEN & WOMEN)

- MEN BODYBUILDING 40-49 YRS: UP TO 80 KG
- MEN BODYBUILDING 40-49 YRS: OVER 80 KG
- MASTER MEN BODYBUILDING >50 YRS: UP TO 80 KG
- MASTER MEN BODYBUILDING >50 YRS: OVER 80 KG
- **MASTER MEN BODYBUILDING: OVERALL**
- MASTER CLASSIC BODYBUILDING: OPEN
- MASTER MEN'S PHYSIQUE 40-49 YRS: OPEN
- MASTER MEN'S PHYSIQUE >50 YRS: OPEN
- **MASTER MEN'S PHYSIQUE: OVERALL**
- MASTER MEN GAMES CLASSIC BODYBUILDING: OPEN
- MASTER MEN CLASSIC PHYSIQUE: OPEN
- MASTER WOMEN BODYFITNESS 35-39 YRS: OPEN
- MASTER WOMEN BODYFITNESS >40 YRS: OPEN
- **MASTER WOMEN BODYFITNESS: OVERALL**
- MASTER WOMEN BIKINI 35-39 YRS: OPEN
- MASTER WOMEN BIKINI >40 YRS: OPEN
- **MASTER WOMEN BIKINI: OVERALL**
- MASTER WOMEN WELLNESS: OPEN

POSSIBLE CROSSOVERS:

Games Classic Bodybuilding - Classic Bodybuilding - Classic Physique - Bodybuilding;

Women Artistic Fitness – Women's Bikini – Women's Fit-Model
[Women's Wellness – Women's Fit Model.](#)

Men's Fitness – Men's Physique

[Women Acrobatic Fitness – Women Bodyfitness](#)

Also Junior and Masters in senior classes.

-SPEED FIT (FITNESS CHALLENGE):

- **SILVER: Men Individual**
- **SILVER: Women Individual**
- **SILVER: Mixed Couples**

HOTEL INFORMATION

OFFICIAL HOTEL: Hotel 'CONTINENTAL', bul. 'Aleksandar Makedonski' bb, 1000 Skopje

REGISTRATION FEE & ACCOMODATION:

PAYMENTS NOT LATER THAN: 11/04/2023

Each athlete and delegate paying online **NOT LATER THAN 11/04/2023** will pay the IFBB registration fee of **100 € (Euros)**.

PAYMENTS AFTER 11/04/2023

Each athlete and Delegate or Extra Delegate paying **AFTER 11/04/2023** will pay the IFBB registration fee of **150 € (Euros)**.

CROSSOVERS: 50 € (euros)

*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 **EUR €40 / USD \$50**.

ONLINE PAYMENT may be done by credit/debit card or PayPal at:

<http://www.ifbb.com/competition-registration>.

You can also make the Payment via Bank Transfer to the following bank account:

Beneficiary: IFBB

BANK: BBVA

ACCOUNT: ES51 0182 6127 1102 0158 4781

SWIFT: BBVAESMMXXX

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

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: 27/03/2023

Please notice that to send the PEF is MANDATORY. Any National Federation attending the event without having previously sent the PEF before the deadline will be charged with an additional **50 € (Euros)** fee (Please notice the PEF doesn't have to reflect the exact number of members from each national team. Just an estimated information is required.)

FINAL ENTRY FORM: 10/04/2023

Please notice that to send the FEF is MANDATORY. Any National Federation attending the event without having previously sent the FEF before the deadline will be charged with an additional **50 € (Euros)** fee.

SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA & OTHERS

The Organizing Committee has established a full special package rate, which includes **2** night accommodation, with three (3) meals per day (starting from dinner on April 21st, finishing with breakfast on April 23rd) and onsite transportation at a special cost.

- For a single room **200 € (euros)** if paid NOT LATER THAN **April 11th, 2023**.
AFTER **April 11th, 2023** the Special Package price will raise up to **300 € (Euros)**.
- For a double room **150 € (euros)** per person paid NOT LATER THAN **April 11th, 2023**.
AFTER **April 11, 2023** the Special Package price will raise up to **250 € (Euros)**.
- A hotel security deposit of **100 € (euros)** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

IMPORTANT NOTICE

*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 CHAMPIONSHIPS rests with the IFBB.

*It is 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 CHAMPIONSHIPS either at National or International level, Official or Invitational.

*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.

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**.

OFFICIALS

National Federations with no competitors may send **one (1)** delegate who will be responsible for all his or her own expenses.

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 CHAMPIONSHIPS, 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.

TANNING NEEDS

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

Official tanning services available at the event: YES NO

Contact: gjoroski@gmail.com

CONTACT INFORMATION:

Please send Your Entry Form to:

Mr. Boban Gjoroski

E-mail: gjoroski@gmail.com

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:

E-mail: info@ifbb.com

Contact details for additional correspondence:

President of the Bodybuilding and Fitness Federation of North Macedonia

Mr. Boban Gjoroski

E-mail: gjoroski@yahoo.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

All international judges must bring their International Judge's Cards to the Team Managers & Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50 / USD \$60** paid for the current year. This fee may also be paid at the Championships at the Team Managers & Judges Meeting.

