



2023 HERKULES GRAND PRIX

MAIN INFORMATION



NAME OF THE CHAMPIONSHIPS: **2023 IFBB HERKULES GRAND PRIX**

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

DATE: **April 21st -23rd, 2023.**

CHAMPIONSHIPS OPEN FOR: **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS.**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB ELITE PRO CARDS:

Total No: 12 DISTRIBUTION:

- Men's Bodybuilding Overall – the winner
- Men's Classic Bodybuilding Overall – the winner
- Men's Classic Physique Overall – the winner
- Men's Physique Overall – top 2
- Women's Bodyfitness Open – the winner
- Women's Bikini Overall – top 2
- Women's Wellness – the winner
- Master Men's Bodybuilding Overall – the winner
- Master Women's Bikini Open – the winner
- Master Women's Bodyfitness Open – the winner

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES NO

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

DAY OF DEPARTURE: **24/04/2023**

REGISTRATION DAY: 21/04/2023	TIME: 15:00-19:00	PLACE: Hotel 'CONTINETAL', bul. 'Aleksandar Makedonski' bb, 1000 Skopje
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WEIGH-IN DAY: 21/04/2023	TIME: 15:00-19:00	PLACE: Hotel 'CONTINETAL', bul. 'Aleksandar Makedonski' bb, 1000 Skopje
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*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: **Skopje International Airport**

VISA INFORMATION: A valid passport is required to enter the territory of N. Macedonia. EU countries citizens 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.

* Due to the COVID-19 restrictions, 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.

*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:

JUNIORS (16 - 23 YEARS OLD)

- MEN BODYBUILDING: OPEN
- MEN'S PHYSIQUE: OPEN
- WOMEN BIKINI: OPEN
- WOMEN WELLNESS: OPEN

MASTERS MEN (40 YEARS & OVER)

- MEN BODYBUILDING 40-49 yrs: OPEN
- MEN BODYBUILDING >50 yrs: OPEN
- **MASTER MEN BODYBUILDING: OVERALL**
- MEN CLASSIC BODYBUILDING*: OPEN
- MEN'S PHYSIQUE 40-49 yrs*: OPEN
- MEN'S PHYSIQUE >50 yrs*: OPEN
- **MASTER MEN'S PHYSIQUE: OVERALL**

MASTERS WOMEN (35 YEARS & OVER)

- WOMEN BODYFITNESS: OPEN
- WOMEN BIKINI: OPEN
- WOMEN WELLNESS: OPEN

SENIORS (MEN & WOMEN)

- 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**
- CLASSIC BODYBUILDING*: UP TO 175 CM
- CLASSIC BODYBUILDING*: OVER 175 CM
- **MEN CLASSIC BODYBUILDING: OVERALL**

- MEN CLASSIC PHYSIQUE*: UP TO 175 CM
- MEN CLASSIC PHYSIQUE*: OVER 175 CM
- **MEN CLASSIC PHYSIQUE: OVERALL**
- 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

- WOMEN'S PHYSIQUE: OPEN
- WOMEN BODYFITNESS: OPEN
- WOMEN BIKINI: UP TO 164 CM
- WOMEN BIKINI: UP TO 169 CM
- WOMEN BIKINI: OVER 169 CM
- **WOMEN BIKINI: OVERALL**
- WOMEN WELLNESS: UP TO 163 CM
- WOMEN WELLNESS: OVER 163 CM
- **WOMEN WELLNESS: OVERALL**
- WOMEN FIT-MODEL: OPEN
- FIT-PAIRS: OPEN

*- Categories with weight / height limits

POSSIBLE CROSSOVERS:

Classic Bodybuilding - Classic Physique - Bodybuilding;

Women's Bikini - Women's Fit-Model;

Women's Wellness - Women's Fit-Model.

Also Junior and Masters in senior classes.

HOTEL INFORMATION

OFFICIAL HOTEL: Hotel 'CONTINENTAL', bul. 'Aleksandar Makedonski' bb, 1000 Skopje For special price, EUR €55 per person in double room per night, full board, 3 diet meals per day, please make your reservation on time at this e-mail address: herkules@hotelcontinental.com.mk . All the costs for traveling and accommodation of athletes are the sole responsibility of the participating National Federations and/or individual athletes.

REGISTRATION FEE & ACCOMMODATION:

PAYMENTS NOT LATER THAN: **11/04/2023**

Each athlete paying online **NOT LATER THAN 11/04/2023** (Tuesday) will pay the registration fee of **150 € (Euros)**.

PAYMENTS AFTER **11/04/2023**

Each athlete paying **AFTER 11/04/2023** will pay the registration fee of **200 € (Euros)**.

CROSSOVERS: 100 € (Euros) per each of the additional categories.

*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 per year and are mandatory.

ONLINE PAYMENT may be done by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. The online payment system will be switched off on April 11th, 2023 at midnight (CEST > UTC + 2)

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

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.

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 a 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.

* **According to the latest EBFF decision, Men's Bodybuilding trunks should have a minimum of 5 cm width on the sides. Otherwise, athletes will not be allowed to enter the stage. Trunks for Games Classic Bodybuilding, Classic Bodybuilding and Men's Fitness same as for Classic Physique (15 cm width on the side).**

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:
Contact: **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 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 and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50 or USD \$60** paid for the current year. This fee may also be paid at the Championships at the Team Managers & Judges Meeting.

