



2023 IFBB EUROPEAN CUP

MAIN INFORMATION – **UPDATED MARCH 22nd, 2023**



NAME OF THE CHAMPIONSHIPS: **2023 IFBB EUROPEAN CUP**

CITY/COUNTRY: **Tirana / ALBANIA**

DATE: **April 15th – 16th, 2023**

CHAMPIONSHIPS OPEN FOR: **IFBB/EBFF-affiliated National Federations from Europe.**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB ELITE PRO CARDS:

26 IFBB ELITE PRO CARDS

DISTRIBUTION: MEN'S BODYBUILDING -3, MENS' PHYSIQUE -3, MEN'S CLASSIC BODYBUILDING -3, MEN'S CLASSIC PHYSIQUE -2, MUSCULAR MEN'S PHYSIQUE -2, WOMEN'S BIKINI -3, WOMEN'S BODYFITNESS -2, WOMEN'S WELLNES -2, WOMEN'S PHYSIQUE -2, MASTERS MEN'S BODYBUILDING -1, MASTERS WOMEN'S BIKINI -2, MASTERS WOMEN'S BODYFITNESS -1

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES NO

DAY OF ARRIVAL: **15/04/2023**

DAY OF DEPARTURE: **17/04/2023**

REGISTRATION DAY: **15/04/2023**

TIME: **13:00-20:00**

PLACE: **TIRANA PALACE OF CONGRESSES**

WEIGH-IN DAY: **15/04/2023**

TIME: **13:00-20:00**

PLACE: **TIRANA PALACE OF CONGRESSES**

*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: **TIRANA INTERNATIONAL AIRPORT - MOTHER TERESA**

VISA INFORMATION: **Citizens of over 60 countries, including all EU countries, don't need visa to enter Albania. Citizens of other countries will have to apply for the short-term visa, up to 90 days stay. Detailed info at: <https://visaguide.world/europe/albania-visa/> or <https://punetejashtme.gov.al/en/regjimi-i-vizave-per-te-huajt/>. Covid-19: currently there are no entry restrictions for travel to Albania.**

*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: **TIRANA PALACE OF CONGRESSES, DESHMORET E KOMBIT BOULEVARD**

CATEGORIES:

JUNIOR BODYBUILDING 16-23 Y - OPEN MEN'S BODYBUILDING:

- UP TO & INCL. 70 KG
- UP TO & INCL. 80 KG
- UP TO & INCL. 90 KG
- UP TO & INCL. 100 KG
- OVER 100 KG

JUNIOR CLASSIC BODYBUILDING 16-23 Y - OPEN MEN'S CLASSIC BODYBUILDING*:

- UP TO & INCL. 175 CM
- UP TO & INCL. 180 CM
- OVER 180 CM

WOMEN'S WELLNES - OPEN

MASTERS MEN BODYBUILDING:

- 40 YEARS & OVER – OPEN

JUNIOR MEN'S PHYSIQUE 16-23 Y - OPEN**MEN'S PHYSIQUE:**

- UP TO & INCL. 170 CM

- UP TO & INCL. 174 CM

- UP TO & INCL. 178 CM

- OVER 178 CM

MUSCULAR MEN'S PHYSIQUE:

- OPEN

MEN'S CLASSIC PHYSIQUE*:

- OPEN

GAMES CLASSIC BODYBUILDING*:

- OPEN

MEN'S WHEELCHAIR BODYBUILDING*:

- OPEN

FIT-PAIRS - OPEN

JUNIOR WOMEN'S BIKINI 16-23 Y - OPEN**WOMEN'S BIKINI:**

- UP TO & INCL. 160 CM

- UP TO & INCL. 164 CM

- UP TO & INCL. 169 CM

- OVER 169 CM

MASTERS WOMEN'S BIKINI >35 Y - OPEN**WOMEN'S FIT-MODEL:**

- UP TO & INCL. 166 CM

- OVER 166 CM

WOMEN'S BODYFITNESS:

- UP TO & INCL. 163 CM

- OVER 163 CM

MASTERS WOMEN'S BODYFITNESS >35 YRS:

- OPEN

WOMEN'S PHYSIQUE:

- OPEN

HOTEL INFORMATION

OFFICIALHOTEL: VH Premier AS Tirana Hotel & Meeting Center, Rruga Reshit Petrela 1001, Tirana

REGISTRATION FEE:**PAYMENTS NOT LATER THAN 04/04/2023**

Each athlete paying online **NOT LATER THAN 04.04.2023** will pay the IFBB registration fee of **EUR €250**.

PAYMENTS AFTER 04/04/2023

Each athlete paying **AFTER 04/04/2023** will pay the IFBB registration fee of **EUR €300**.

CROSSOVERS: EUR €100 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>.

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:03/04/2023**

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 **EUR €50** 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 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**.

PRIZE MONEY of EUR €20,000 in the form of money, supplements and tourist arrangements, which will be proportionally distributed in all categories.

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 and finals. They will be distributed at the Team Managers & Judges Meeting 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 onstage.

Official tanning services available at the event: **YES**

CONTACT INFORMATION

Please send your Entry Form to:

MR. KLAJDI GJUMSI

E-mail: klaidi.gjumsi@hotmail.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 Albanian Bodybuilding & Fitness Federation**

Mr. Rando Kukeli

E-mail: ifbbalbania@gmail.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 Technical 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.

