



## LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in  
**IFBB INTERNATIONAL CUP  
“RIGA PEARL 2023”**

September 30<sup>th</sup>, 2023  
RIGA, LATVIA



### **WELCOME**

The Latvian Bodybuilding, fitness and bodyfitness federation extend a warm welcome to all National Federations to participate in IFBB International Cup “Riga Pearl 2023”.

### **DATE AND TIME**

September 30<sup>th</sup>, 2023 (Saturday)

Official Athlete Registration: 10:00 – 12:00

Competition: 14:00

Venue Site: ATTA CENTRE (60 Krasta Street, Riga)

## **ABOUT RIGA**

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important center of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.



## **VISAS**

A valid passport is required to entry into Latvia. Please consult the Latvian Embassy in your country to determine if you need a visa. The Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help to arrange the visas for all the athletes and officials.

## **VENUE SITE**

ATTA CENTRE (60 Krasta Street, Riga)

<https://www.attacentre.com/en/>

Located in the heart of the capital of Latvia, ATTA CENTRE is one of the largest venues in the Baltics for different events and conferences, and offers the best technological solutions for holding the most successful events.



## **PARTICIPATION**

The contest is open for all IFBB-affiliated National Federations.

## **REGISTRATION**

Official Athlete Registration will take place on Saturday, September 30<sup>th</sup> from 10:00 till 12:00 at the Venue Site ATTA CENTRE. Registration of athletes will only be considered if they are entered by the National Federation by sending the Final Entry Form directly to the Organizing Committee. Competitors must provide their PASSPORT/ID and MUSIC (classic bodybuilding category) during the Registration. Each athlete will be provided with a wristband. This identification will allow daily admission and should not be removed.

### **IMPORTANT NOTICE:**

Please be aware that it is full responsibility and obligation of the National Federation to verify if each one of the athletes to be registered on this event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national/international level. All the athletes will be required to sign Doping Liability Form.

## **REGISTRATION FEE**

All the athletes nominated by their IFBB National Federations have to pay the Registration Fee of EUR 80. If an athlete wants to compete in another category, additional fee of EUR 80 per each of the additional categories will be charged.

The fee must be paid at the time of Registration.

## **TEAM MANAGERS & JUDGES MEETING**

Team Managers & Judges Meeting will be held on September 30<sup>th</sup> at 13:00 at the Venue.

## **RECOMMENDED OFFICIAL HOTEL**

### **Monika Centrum Hotels**

21 Elizabetes Str, Riga, Latvia

+371 67031900

[www.monika.centrumhotels.com](http://www.monika.centrumhotels.com)



The official hotel of the event is 4-star Monika Centrum Hotels. A luxury hotel is situated in a prestigious part of central Riga. A spirit of hospitality and elegance lingers at Monika Centrum Hotels, which opened its doors in December 2005. This luxurious and artistically designed hotel gives royal treatment to all its guests. All athletes, delegates & supporters kindly book your accommodation through <https://monika.centrumhotels.com>

## **ENTRY TICKET AND BACKSTAGE ACCESS**

The entrance to the Venue for audience is open from 13:00. The ticket price is EUR 20.

The access to the backstage and/ or dressing room areas shall be strictly limited. Only delegates or trainers with the corresponding Backstage Pass (wristband) will be allowed to enter this zone. Backstage passes will be on sale during the Official Registration and at the Entry to the Venue.

Backstage pass will cost EUR 30 per person. Backstage pass is separate from the entrance ticket and must be purchased separately.

## **COMPETITOR INFORMATION FORM**

Competitor Information Form must be completed by each competitor BEFORE the weigh-in/height measurement. This information is used to promote the competitor during the competition on the stage, in the press and other media.

## **TANNING NEEDS**

The IFBB has banned all tans that can be wiped off. During the 2023 IFBB International Cup Riga Pearl, the professional Tanning Services will be offered at the Venue Site.

The price will be EUR €110. Reservations is available through the [secretariat@ifbb.lv](mailto:secretariat@ifbb.lv) until September 18<sup>th</sup>.

## **CATEGORIES OPEN FOR COMPETITION**

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

1. **Juniors Women's Bikini:** Open
2. **Juniors Women's Fit Model:** Open
3. **Beginners Women's Bikini:** Open
4. **Beginners Women's Fit Model:** Open
5. **Women's Fit Model:** -166 cm
6. **Women's Fit Model:** +166 cm
7. **Masters Women's Fit Model:** Open
8. **Women's Bikini:** up to 162 cm
9. **Women's Bikini:** up to 166 cm
10. **Women's Bikini:** up to 169 cm
11. **Women's Bikini:** up to 172 cm
12. **Women's Bikini:** over 172 cm
13. **Masters Women's Bikini:** Open
14. **Women's Bodyfitness:** Open
15. **Women's Wellness:** Open
16. **Men's Classic Bodybuilding:** Open
17. **Men's Physique:** Open

*If less than 5 athletes, categories will be combined (refers to the categories: bikini and fit model).*



## **AWARDS**

Top 6 athletes in each category will be awarded with trophies.

Top 3 athletes in each category will be awarded with medals.

Certificates will be presented for the athletes.

## **JUDGES**

All IFBB International Amateur Judges must be in possession of a valid Judges' Card.

## **FINAL ENTRY FORMS**

Please confirm your participation until **September 18<sup>th</sup>, 2023** by sending the **Final Entry Form** to the Organizing Committee: [secretariat@ifbb.lv](mailto:secretariat@ifbb.lv), IFBB Head Office: [contact@ifbb.com](mailto:contact@ifbb.com) and IFBB Technical Committee: [amichalak5@gmail.com](mailto:amichalak5@gmail.com).

National Federations must submit the actual names of all Official Participants (athletes by category and judges) in the **Final Entry Form**.