

INSPECTION REPORT



ARNOLD



ARNOLD CLASSIC EUROPE 2023

OCTOBER 13, 14 & 15, 2023

MAGIC BOX

(CMO. DE PERALES, 23, MADRID, SPAIN)



**IFBB
FEDERATION**

THE SAFE PLACE FOR
WOMEN TO COMPETE



Welcome

Ready for the 13th edition of the 2023 Arnold Classic Europe! This year, the event will be held in the cosmopolitan city of Madrid, Spain from Thursday 12th October to Sunday 15th October 2023.

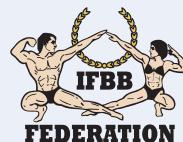
The iconic Arnold Schwarzenegger with IFBB President, Dr. Rafael Santonja, will host this great event with the best IFBB athletes from all over the world in all the categories.



Location

A vibrant city, plenty of fun, history and places to enjoy, Madrid is a modern metropolitan city, cheerful and vibrant at all hours, is famous for being an open city with all kinds of people from anywhere in the world.

Connected with the main world capital cities and full of life, arts, tourist attractions and, of course, the best spanish gastronomy, make Madrid the best place to host this year the IFBB Arnold Classic Europe and Fitness Sports Games.



Venue

The Magic Box is a multi-purpose stadium located in Madrid (Spain). It is considered as the most modern tennis facility in the world. Made entirely of steel, wood and glass, the sports complex was designed by french architect Dominique Perrault. The name of Madrid Magic Box is due to the image of the stadiums, giving them a dynamic and changing environment.

The venue annually hosts the Mutua Madrid Open Tennis tournament and the World Padel Tour. In addition to tennis and paddle tennis, the facility is used for various other types of events such as basketball finals, world handball, judo or Crossfit regionals. Numerous music festivals such as Mad Cool or Download Festival and expo such as Beer Mad or Hometextil are held.

ADDRESS

THE MAGIC BOX
Cmo. de Perales, 23, Madrid, Spain

Due to the number of events that Madrid will host this weekend and the high hotel occupancy, we recommend planning your stay in advance and booking your accommodation the earliest as possible.

How to get to the MAGIC BOX

The Magic Box is located in San Fermin neighborhood (Barrio de San Fermin), Usera district, and there are many public transport stops near the enclosure.

BY PLANE



Madrid airport "Adolfo Suarez Madrid Barajas" it is 23 km from the MAGIC BOX. You need to get first to the city centre and then to The Magic Box:

- Taxi: outside of the airport there are a lot of taxis waiting to pick you up.
- Bus: Take the bus EXPRES (line 203) to Atocha-Renfe and then walk 7 min to take the Metro Station in "Palos de la Frontera" and take the Line 3 of Metro to stop in SAN FERMIN-ORCASUR.
- Metro: From the Airport take the line 9 to Nuevos Ministerios, then change to line 10 until Plaza de España to the the line 3 and Stop in SAN FERMIN-ORCASUR.

BY METRO



Line 3 : Moncloa - Villaverde Alto : Stop in SAN FERMIN-ORCASUR. When you go out the station, go down the first street on your right (Avenida de los Fueros), you'll be in the Magix Box in 10 minutes.

BY BUS (EMT)



Number 23: PLAZA MAYOR-ESPINILLO. The stop is near the Plaza Mayor, next to the Foreign Office (Ministerio de Asuntos Exteriores), go down the Salvador Street, until you get to Duque de Rivas Street where the bus takes off. Stop in AVENIDA DE LOS ROSALES. Then walk down the Corindón Street.

Number 78: GLORIETA DE EMBAJADORES-BARRIO SAN FERMIN. Stop in ANTEQUERA and after that walk through the Torrox Street until the end.

Number 123: PLAZA DE LEGAZPI-VILLAVERDE BAJO. Stop in ANTEQUERA and after that walk through the Torrox Street until the end.

T32- PLAZA LEGAZPI- MERCAMADRID. It stops in front of the Magix Box.

BY TRAIN - CERCANIAS RENFE



From Atocha Train Station: Take the line C-5 to Orcasitas or Doce de Octubre from where it takes about 20 minutes to walk to the Magic Box.



Participation

Participation in the IFBB Arnold Classic Amateur Championships is open for all athletes representing the IFBB- affiliated National Federations from all over the world. Participation is unlimited. The athletes' registration will be only considered if they are nominated by their IFBB- affiliated National Federations.

Final Entry Forms shall be e-mailed to contact@ifbb.com and amichalak5@gmail.com Those athletes who do not meet the established requirements, those who missed the deadline for registration, or those who registered in a division that has already been closed, will be notified by their National Federation if they are unable to compete. The Arnold Classic Europe Amateur Organizing Committee reserves the right to decline the entry to any athlete who does not meet the requirements.

We strongly encourage you to register shortly in order to make the proper arrangements to compete at the Arnold Classic Europe 2023.

Time zone

Madrid is in the Central European Time Zone (UTC+2 hour in summer).

Climatology

During the Expo week, it is expected warm weather in the city. The average October temperature is between 20°C - 12°C (68°F - 50°F).

Currency

The official currency in Spain is Euro (€). Price in dollars may vary depending on the currency exchange rate (1€ = 1,10\$)

Electricity

In order to use your personal devices properly, please note that voltage in Spain is 230V, 50Hz, C plug type.



VISA for IFBB athletes

A valid passport is required to enter Spain. EU country citizens, Iceland, Liechtenstein, Norway and Switzerland do not need to obtain a Visa. Also, citizens of other 65 other countries do not need a Visa. Check at:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

If you need a Visa, detailed information can be found at:

<https://www.schengenvisainfo.com/spain-visa/>

It is the National Federations' responsibility to obtain an entry Visa for the country organizing the Championship. All National Federations will be able to ask for an invitation letter either to the ACE Organization or the IFBB Office (contact@ifbb.com). The invitation letter does not mean you are granted your Visa. Neither IFBB nor ACE Office is responsible for the attendant's visas.

To receive an invitation letter, the applicant should forward the following information to the IFBB Head Office:

- A copy (scan) of passport.
- Staying place of the attendance (hotel, apartment, etc. address).

If the Visa is not granted, the cancellation policy for the Championship still applies.

An athlete, who requested and received a Visa invitation from the IFBB Head Office or the Organizing IFBB Committee and decides to use this Visa unlawful to stay in the host country or in any other country, will be subject to the disciplinary proceedings and measures.

Registration fee

Registration of athletes will only be considered if they have been previously nominated by their National Federation and the entry form has been emailed to the IFBB Office contact@ifbb.com and to amichalak5@gmail.com. The final decision to allow an athlete to compete is up to the IFBB.

The registration fee for athletes is €250 if payment is made prior to 29th of September at 23:59h (Central European Summer Time, UTC +2).

Registration can be paid by credit/debit card or PayPal at the IFBB website: www.ifbb.com/competition-registration

On September 30th at 00:01 (Central European Summer Time, UTC + 2), the amount will be increased up to €300.

In order to get everything correct and clear, please write your name on your online payment and bring with you a copy of your payment confirmation to the registration. If you decide to pay directly at the Registration on October 12th, Thursday ; the registration fee will be €300.

The price of the IFBB International Card (Blue Book) is EUR €40 / USD \$50.



Championships schedule

REGISTRATION & WEIGH-IN:

Thursday, October 12th from 10:00 to 20:00 hours.

Championships:

- Friday, October 13th from 09:00 to 20:00.
- Saturday, October. 14th from 09:00 to 18:00.
- Sunday, October. 15th from 09:00 to 17:00.

The venue will be running on the official stage at the Magic Box (Stadium 1).

Crossovers

According to the IFBB judgement, crossovers (additional categories) will have a fee of €100 per category. Athletes competing in Junior or Master categories can compete in the senior height or weight class.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding
- b) Men's Fitness – Men's Physique.

Crossovers between the following women's sports divisions are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
- b) Women's Artistic Fitness – Women's Bikini – Women's Fit Model
- c) Women's Wellness – Women's Fit Model



Important notice to competitors

Athletes participating in this Championship will be given a goodie bag and a wristband at the Official Athlete Registration on Thursday October 12th. This wristband must be worn during the whole event. It will allow you to go in and out of the Expo and should not be removed till it is over.

**IFBB
ELITE PRO**

**DO NOT MISS
THE ELITE PRO
SHOW ON SATURDAY
14TH AT 18:30**

If you are already registered to compete at the ACE 2023 and you wish to attend the IFBB Elite Pro Show on Saturday, you can purchase the tickets from 20€



Official athletes' registration

The official arrival day is October 12th. The weigh-in and registration will start on Thursday, Oct. 12th from 10:00 to 20:00 and will be held in the level -2 lounge at the Venue the Magic Box. Address: Cmo. de Perales, 23, Madrid, Spain

All athletes must bring their passports and IFBB International Cards to the Registration. Any athlete who has not purchased or renewed yet his/her IFBB International Card will have to do so when registering. IFBB international cards cost EUR 40 per calendar year and are mandatory.

All posing music must be brought on an audio CD or USB pen drive and it must be at the start of the CD. Each competitor has to affix his/her name on the CD or USB for easy identification. The pen drive should be packed in an envelope. The use of profane, vulgar or offensive language is strictly banned in posing music. Each athlete participating in the Championships will be provided with a wristband at the Registration. This identification will allow him/her daily admission during the 3 days to the venue, and it must not be lost.

Tanning

T-Tan will be offering tanning, hair and make-up service at the venue. In order to schedule your appointment in advance, you may send an email to Mr. Guillermo: t.tan.tanning.spain@gmail.com and enjoy a discount for early bookings!

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 ASKED TO REMOVE THE TAN BEFORE GOING ON STAGE.

The use of tans and bronzers that can be wiped off are not allowed. If the tan comes off by simply wiping, the athlete will not be able to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if they be applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold colouring are forbidden whether applied as part of tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.



Judges

To be taken into consideration during the selection of judges' panels at the competition, IFBB International Judges and test-judges shall be included in the Final Entry form sent by National Federations, according to the IFBB rules.

For further information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, here:

pawelfilleborn@gmail.com

All international judges must bring their International Judge's Card to Madrid. IFBB international judges must have a valid IFBB Judge's Card, having previously paid the annual judges fee of €50. All judges must be present at the Team Managers and Judges' Meeting. Any judge who is absent at this meeting, will not be allowed to judge at these Championships.

The Judges' Meeting will take place on Thursday 12th October at 5pm. It will be held At the Venue.





Media accreditation

All the media professionals who wish to have access to the event must be in possession of the official accreditation.

To register, it is necessary to send the request to: info@ifbb.com or media@arnoldclassiceurope.es no later than 1st October 2023.

All the requests must be approved by the IFBB, who reserves the right to accept or refuse the petition.

Be aware that is not allowed to take pictures and record video inside the backstage. Only photos from the stage are allowed.

Scan to go to the
Media Credentials
Form



PLEASE NOTE

There will be a limited number of extra Backstage Passes (wristbands) available at the Official Athlete Registration that can be purchased for €50 each. This pass will allow the holder to go in and out of the venue during the whole weekend and it must be worn all the time.

Backstage access

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. These passes will be on sale on Thursday, October 12th at the Official Athlete Registration.



Awards

- **Top 6** athletes in each category will be awarded with medals.
- **The winner** in each category will be awarded with a trophy.
- **Top 6** athletes in Men's and Women's Senior categories will be awarded with points to their 2023 IFBB World Ranking according to the IFBB World Ranking Rules. Overall winners will receive 2 points extra.
- **IFBB Elite Pro Cards** for the top 3 overall winners in these divisions: Men's Physique, Classic Bodybuilding, Classic Physique, Bodybuilding, Bodyfitness, Bikini and Wellness. Overall winner Master Bodybuilding, Master Bodyfitness, Master Bikini, Muscular Men's Physique and Women's Physique.

IMPORTANT INFORMATION

All the IFBB National Federations are aware that participation in this Championship is unlimited. Athletes, please remember that you must be in possession of your IFBB International Card at the Registration. Any athlete who has not purchased or renewed his/her IFBB Card must do it at the registration. IFBB International Cards are mandatory.

Entry Form and Contact Details

All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and to the IFBB Office contact@ifbb.com. The submitting deadline for the Final Entry Form is on September 29th.



AWARDS CEREMONY PROTOCOL

The Awards Ceremony is a very important moment in IFBB competitions, where the athletes who have been training so hard should enjoy to the most their well-deserved victories.

The ceremony must be performed with all care, great focus in the momentum and with efficiency thus saving time and providing the best institutional image.

PROCEDURE

1. Ideally a podium should be set up. The podium should have the name of the championships, the IFBB logo and the numbers 1, 2 and 3 written on it. Athletes shall be called on stage in numerical order and be placed behind the podium.
2. Only the winning athletes with 2 officials (maximum) will be on the stage during the awards presentation.
3. The Master of Ceremonies shall call the athletes one by one, starting from the 6th to the 1st position while making a brief pause before announcing the 2nd and 1st places.

Podium is going to be displayed for the top 3.

4. Once the 6 athletes are in line and in the proper order, one official will present the awards with an assistant that will carry the awards. This will save time and increase the relevance of this moment of the ceremony. As soon as all the awards are presented, the officials will be stand at the side of the athletes.
5. In the official events, the champion's country flag will be displayed on the screen (if it is available) while the national anthem or the IFBB anthem is played for 15 seconds.
6. Certificates will be given once the athlete has left the stage, this will improve the stetic of the athletes on their pictures giving them the opportunity

to pose without anything on their hands.

7. Photos of the top 6 athletes followed by the top 3 will then be taken. Then, the winner will be remain standing alone on the podium, while photos are taken.
- 8 A photocall shall be displayed nearby the stage for additional pictures with friends, family, and officials once the awards ceremony is over. This will give the opportunity to athletes to enjoy their success with family and friends.



List of categories

Men's Bodybuilding

Up to & incl. 70 kg
Up to & incl. 75 kg
Up to & incl. 80 kg
Up to & incl. 85 kg
Up to & incl. 90 kg
Up to & incl. 95 kg
Up to & incl. 100 kg
Over 100 kg

Women's Bikini

Up to & incl. 158 cm
Up to & incl. 160 cm
Up to & incl. 162 cm
Up to & incl. 164 cm
Up to & incl. 166 cm
Up to & incl. 169 cm
Up to & incl. 172 cm
Over 172 cm

Men's Classic Bodybuilding*

Up to & incl. 168 cm
Up to & incl. 171 cm
Up to & incl. 175 cm
Up to & incl. 180 cm
Over 180 cm

Women's Wellness Fitness

Up to & incl. 158 cm
Up to & incl. 163 cm
Up to & incl. 168 cm
Over 168 cm

Women's Bodyfitness

Up to & incl. 158 cm
Up to & incl. 163 cm
Up to & incl. 168 cm
Over 168 cm

Women's Physique

Up to & incl. 163 cm
Over 163 cm

Men's Physique

Up to & incl. 170 cm
Up to & incl. 173 cm
Up to & incl. 176 cm
Up to & incl. 179 cm
Up to & incl. 182 cm
Over 182 cm

Men's Classic Physique*

Up to & incl. 168 cm
Up to & incl. 171 cm
Up to & incl. 175 cm
Up to & incl. 180 cm
Over 180 cm

Games Classic Bodybuilding*

Open Class

Men's Fitness

Open Class

Men's Fit-Model

Open Class

Women's Acrobatic Fitness

Open Class

Muscular Men's Physique

Open Class

Women's Artistic Fitness

Open Class

Women's Fit-Model

Up to 164 cm
Up to 168 cm
Up to 172 cm
Over 172 cm
Masters Fit Model Open Class

Junior Men's Bodybuilding

16-23 yrs Open Class

Junior Men's Physique

16-23 yrs Open Class

Junior Women's Bikini

Up to 164 cm
Over 164 cm

Master Women's Bikini

Age 35-44 yrs
up to 164 cm
over 164 cm
Age > 45 yrs Open Class

Master Women's Bodyfitness

Age >35 yrs: Open Class

Master Women's Wellness

Age >35 yrs: Open Class

Master Women's Physique

Age >35 yrs: Open Class

Master Men's Physique

Age 40-44 yrs: Open Class
Age 45-49 yrs: Open Class
Age >50 yrs: Open Class

Master Men's Bodybuilding

Age 40-44 yrs - Up to & incl. 70 kg
Age 40-44 yrs - Up to & incl. 80 kg
Age 40-44 yrs - Up to & incl. 90 kg
Age 40-44 yrs - Over 90 kg
Age 45-49 yrs - Up to & incl. 70 kg
Age 45-49 yrs - Up to & incl. 80 kg
Age 45-49 yrs - Up to & incl. 90 kg
Age 45-49 yrs - Over 90 kg
Age 50-54 yrs: Open Class
Age 55-59 yrs: Open Class
Age > 60 yrs: Open Class

Master Men's Classic Bodybuilding

Age 40-44 yrs: Open Class
Age >45 yrs: Open Class

Master Men's Classic Physique

Age >40 yrs: Open Class

Fit-Pairs

Open Class

Mixed-Pairs

Open Class

Beginners

Men's Bodybuilding - 80kg
Men's Bodybuilding + 80kg
Men's Physique up to 175 cm
Men's Physique over 175 cm
Bikini up to 164 cm
Bikini over 164 cm



IFBB Fitness Challenge - Speed Fit

Arnold Classic Europe & Fitness Sports Games

**October
13th to 15th
Madrid Spain 2023**

Fitness Challenge, the new superb fitness competition is designed to test the resistance, endurance and strength of the athletes, in an intense rotary circuit of exercises, composed by:

Each athlete will have 2 minutes per exercise to perform as many repetitions as he/she can, with a 2 minutes pause between exercises to have a breath.

Registration
fee for Fitness
Challenge

50€

Register directly

- **ATHLETES**, individually or by couples, may be directly registered.
- **CLUBS** may directly register as many teams as they wish.

Categories

GOLD Men Individual
GOLD Women Individual
GOLD Mixed Couples
GOLD Mixed Teams

SILVER Men Individual
SILVER Women Individual
SILVER Mixed Couples
SILVER Mixed Teams

REGISTER NOW

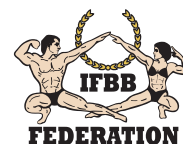
to be part of this great
WORLD FITNESS
HAPPENING.

Athletes may compete

- individually
- by couples (mixed)
- by teams (6 athletes per team)



SCHEDULE



THURSDAY, OCTOBER 12th 2023

OFFICIAL ARRIVAL DAY

10:00 - 20:00

Registration & Weigh-in

17:00

Team Managers & Judges Meeting

FRIDAY, OCTOBER 13th 2023

09:00 - 20:00

Semifinals and Finals - Part 1*

SATURDAY, OCTOBER 14th 2023

09:00 - 18:00

Semifinals and Finals - Part 2*

SUNDAY, OCTOBER 15th 2023

9:00 - 15:00

Semifinals and Finals - Part 3*

MONDAY, OCTOBER 16th, 2023

DEPARTURES

SCHEDULE SPEED FIT

FRIDAY, OCTOBER 13th 2023 - Individual (Male and Female)

10:00

Gold division

14:00

Silver division

SATURDAY, OCTOBER 14th 2023 - Couple (Male, Female, Mixed)

10:00

Gold division

18:00

Silver division

SUNDAY, OCTOBER 15th 2023 - Team (Male, Female, Mixed)

09:00

Gold division

12:00

Silver division

DEPARTURES

Telegram APP Important

Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.

Check the Running Order on Telegram.



@iIFBBWORLDCHAMPIONSHIPS.



ARNOLD



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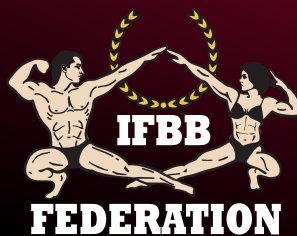
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