



ESTONIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in IFBB INTERNATIONAL CONTEST “VALIO PROFEEL CUP 2023”

Tallinn, Estonia
September 23 - 24, 2023

WELCOME

The Estonian Bodybuilding, Fitness & Bodyfitness Federation together with the Sparta Sports Club extend a warm welcome to all National Federations wishing to participate in the **IFBB INTERNATIONAL CONTEST “VALIO PROFEEL CUP 2023”**.

DATE AND TIME

23rd of September 2023 (Saturday)

Registration for Beginners contest and Fitness Challenge contest: **9:00 – 10:30** at Sparta Sports Club (venue site), 2nd floor.

Fitness Challenge competition: **starts at 12:00.**

BB and Fitness competition for Beginners **starts at 15:00.**

Registration for the Valio Cup main event **19:00 – 22:00** at Sparta Sports Club (venue site) 2nd floor.

(Beginners who want to compete also in the September 24th contest can register themselves immediately with the registration for the beginner's competition. It means that there is no needed to come separately for the evening registration).

24th of September 2023 (Sunday)

Valio Profeel Cup International contest **starts at 12:00.**

IMPORTANT INFORMATION

All the costs for travelling and meals are the responsibilities of the athletes and delegates themselves. When you need help with accommodation – please write otkiivikas@gmail.com

VENUE SITE

Sparta Sports Club
Pärnu mnt. 139c, Tallinn, Estonia.
www.spartaspordiklubi.ee



OFFICIAL HOTEL

The competition official hotel is Mercure Tallinn. Hotel is recently renovated and located in good location. Near the airport and 5-min. drive from competition venue. Parking for free to the hotel's guests. The hotel's website is here:
<http://www.mercuretallinn.com/>

Prices: Accommodation without breakfast - EUR €70 for one person EUR €75 for two persons.

Accommodation with breakfast – EUR €80 for one person / EUR €90 for two persons.

To make booking send email to HB9L7-RE@accor.com , password "COMPETITION2023"

CATEGORIES OPEN FOR COMPETITIONS (The same competition categories are scheduled on both competition days. Both in the beginner's competition and advanced competition.) Attention! An athlete who has not competed more than once before is considered a beginner.

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

Junior Categories 16-20 years

- Junior Men's Bodybuilding 16-20 years: open
- Junior Women's Bikini 16-20 years: open
- Junior Men's Physique 16-20 years: open
- Junior Women's Artistic Fitness 16-20 years: open
- Junior Women's Acrobatic Fitness 16-20 years: open

Junior Categories 21-23 years

- Juniors Men's Bodybuilding 21-23 years: open
- Juniors Women's Bikini 21-23 years: open
- Juniors Men's Physique 21-23 years: open
- Juniors Women's Artistic Fitness 21-23 years: open
- Juniors Women's Acrobatic Fitness 21-23 years: open
- Juniors Women's Bodyfitness 21-23 years: open
- Juniors Women's Wellness 21-23 years: open

Senior categories

- * **Women's Artistic Fitness: open**
- * **Women's Acrobatic Fitness: open**
- * **Women's Bodyfitness: open**
- * **Women's Wellness: open**
- * **Women's Bikini: up to 162 cm**
- * **Women's Bikini: up to 169 cm**
- * **Women's Bikini: over 169 cm**
- * **Women's Fit-Model open**

- **Fit-Pairs: open category**

- * **Men's Classic Bodybuilding: open**
- * **Men's Classic Physique: open**
- * **Men's Physique: open**
- * **Men's Bodybuilding: open**

Masters categories

- * **Master Men's Classic Bodybuilding >40 years: open**
- * **Master Men's Physique >40 years: open**
- * **Master Men's Bodybuilding >40 years: open**
- * **Master Women's Bodyfitness >35 years: open**
- * **Master Women's Wellness >35 years: open**
- * **Master Women's Bikini >35 years: open**

Fitness Challenge categories

- **Juniors Men's Fitness Challenge 15-20 years: gold level**
- **Juniors Men's Fitness Challenge 15-20 years: silver level**
- **Juniors Men's Fitness Challenge 21-23 years: gold level**
- **Juniors Men's Fitness Challenge 21-23 years: silver level**
- **Women's Fitness Challenge: gold level**
- **Women's Fitness Challenge: silver level**
- **Women's Fitness Challenge couples: gold level**
- **Women's Fitness Challenge couples: silver level**
- **Men's Fitness Challenge: gold level**
- **Men's Fitness Challenge: silver level**
- **Men's Fitness Challenge couples: gold level**
- **Men's Fitness Challenge couples: silver level**
- **Master's Women's Fitness Challenge >35 years: gold level**
- **Master's Women's Fitness Challenge >35 years: silver level**
- **Master's Men's Fitness Challenge >40 years: gold level**
- **Master's Men's Fitness Challenge >40 years: silver level**

REGISTRATION FEE

Registration Fee for athletes is EUR €100. Crossovers (extra categories): EUR €60. **The registration fee** is to be paid **in cash upon registration on the spot.**

Two delegates (one official and one judge) per country are invited to the venue site without entrance tickets.

The cost of entrance ticket for supporters and other members of the team is EUR €25.

Backstage tickets for coaches/supporters are EUR €35 (includes the entrance ticket). You can buy it at the registration. And it is valid for both competition days.

Possible crossovers

Classic Bodybuilding – Classic Physique – Bodybuilding

Men´s Fitness – Men´s Physique

Women´s Acrobatic Fitness – Bodyfitness

Women´s Artistic Fitness – Bikini – Fit-Model

Fitness Challenge – Gold level– Silver level – Gold/Silver couples

Important

Head Judge can add category when there are over 6 competitors. Also, the Head Judge can combine height categories with less than 3 competitors.

TANNING NEEDS

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

Valio Profeel Cup 2023 tanning service

StageArt Tanning Team offers a professional tanning service. We are internationally active and we have had a lot of good feedback about the quality of our work and about the great atmosphere of our team. With us you can be sure that you are looking great and you can go to the stage self-confident!

The spray tan price for the contest is **80€**

To the athletes who compete both at the beginners and on the main contest:

Please note that if you are competing both on the beginners contest (23.09) and on the main contest(24.09) then the tanning price for the first contest would be 80€ and for the second contest 40€. The price for two contests would be **120€**.

The price includes:

SPRAY TAN

FIXING

GLAZE

TATTOO COVER*

*Tattoo cover price depends of the tattoo size

We use **Jan Tana** products.

BOOKING INFORMATION:

Send an e-mail to stageart.tanningteam@gmail.com

Please state your **name and category**.

If you have any tattoos that you would like to cover then also write the size of your tattoo.

QUALITY STAGE PHOTOS

If you want to get high-quality stage pictures, order a photo service. The price of the photo service is EUR €35 and it guarantees you high-quality stage pictures by a professional photographer. To make a reservation write: photo@dondesign.ee (You can also place a photo order during registration).

AWARDS

Total prize money in the main event of the tournament is EUR €10 000 (prize money will be divided between the winners of categories with 3 or more athletes) + EUR €10 000 in different sponsor awards (Gift Cards from Sortland, from Euronics TV screens 65'' and other sponsors etc.).

Trophies will be presented for the top three finalists. Overall winners will get extra trophies. Each athlete will get goodie bag at the registration.

PASSPORT / MUSIC

Competitors must provide their PASSPORTS or ID CARDS during the registration. The posing music must be sent prior to the contest to: heikomerikan@gmail.com .

JUDGES

All IFBB International Amateur Judges must be in possession of a valid Judge's Cards.

FINAL ENTRY FORMS

Please send the Final Entry Form no later than September 11th, 2023 to ottkiivikas@gmail.com .
Please send the copy to: amichalak5@gmail.com and contact@ifbb.com .

National Federations must submit the actual names of all Official Participants (Athletes by category + extra category and Delegates, including judges).

CONTACT INFORMATION

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Please send a copy to :
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E-mail: contact@ifbb.com







VALIO PROFEEL CUP

Fitnessi ja kulturismi võistlus

250€

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