



# IFBB North American Championships



## MAIN INFORMATION

**NAME OF THE EVENT:** 2023 IFBB North American Championships

**CITY / COUNTRY:** Mexico City / Mexico

**DATE:** October 7<sup>th</sup> and 8<sup>th</sup>, 2023

**EVENT OPEN FOR :** All National Federations affiliated with the IFBB

**IFBB ELITE PRO CARD QUALIFIER** YES  NO

**IFBB INTERNATIONAL RANKING QUALIFIER** YES  NO

**DAY OF ARRIVAL:** October 7<sup>th</sup>, 2023

**DAY OF DEPARTURES:** October 9<sup>th</sup>, 2023

<b>REGISTRATION / WEIGH-IN DAY:</b> October 7 <sup>th</sup> , 2023	<b>TIME:</b> 14:00 - 19:00	<b>PLACE:</b> Hotel Lepato Avenida Guerrero No. 90 Colonia Buenavista, zip code 06300
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<b>COMPETITION DAY:</b> October 8 <sup>th</sup> , 2023	<b>TIME:</b> FROM 11:00	<b>PLACE:</b> Teatro Ferrocarrilero Avenida Ricardo Flores Magón No. 206 Colonia Buenavista, zip code 06300
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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:** Benito Juarez International Airport, Mexico City

**VISA INFORMATION:** PLEASE REVIEW NEEDED INFORMATION AT THE SITE

<https://www.inm.gob.mx/gobmx/word/index.php/paises-requieren-visa-para-mexico/> for the countries who need VISA for the entrance to Mexico.

\*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 his/her athlete 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:** Teatro Ferrocarrilero  
Avenida Ricardo Flores Magón No. 206, Buenavista, Cuauhtémoc, 06300 Mexico City

### HOTEL INFORMATION

**RECOMMENDED HOTEL:**

**Option 1. Lepanto Hotel:** Avenida Guerrero No. 90, Buenavista, Mexico City.

**Phone:** +52-55-57-03-39-65; **Reservations / e mail:** [ventasyreservaciones@hotellepanto.com](mailto:ventasyreservaciones@hotellepanto.com)

**Option 2. Ramada Reforma Hotel:** Puente de Alvarado No. 22, Mexico City, 06030 **Phone:** +52-55-50-97-02-77  
[reservas@ramadareforma.com](mailto:reservas@ramadareforma.com)

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **USD \$100** .

Registration fee for international athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of : **USD \$50**.

For all **Mexican athletes** the registration fee shall be paid in cash at registration and weigh-in day. The cost of it will be USD \$100 .

**CROSSOVERS: USD \$100 per each of the additional categories.**

**DEADLINE FOR ONLINE PAYMENT: September 26<sup>th</sup>, 2023**

\*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 EVENT rests with the IFBB.

\*It is also 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 EVENT either at National or International level, Official or Invitational.

\*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.

\*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.

## CATEGORIES:

### Men's Bodybuilding

- Up to 75 kg
- Up to 80 kg
- Up to 90 kg
- Over 90 kg

### Men's Games Classic Bodybuilding – Open

### Men's Classic Bodybuilding

- Up to 170 cm
- Over 170 cm

### Men's Physique

- Up to 170 cm
- Up to 175 cm
- Over 175 cm

### Men's Classic Physique

- Up to 170 cm
- Over 170 cm

### Master Men's Bodybuilding 40-49 years – Open

### Master Men's Bodybuilding 50 years & over – Open

### Master Men's Classic Physique 40 years & over – Open

### Master Men's Physique 40 years & over – Open

### Women's Bikini

- Up to 158 cm
- Up to 164 cm
- Over 164 cm

### Women's Wellness

- Up to 158 cm
- Up to 164 cm
- Over 164 cm

### Women's Bodyfitness – Open

### Master Women's Bikini 35 years & over – Open

### Master Women's Wellness 35 years & over – Open

### Master Women's Bodyfitness 35 years & over – Open

### Possible Crossovers:

- Games Classic Bodybuilding - Classic Bodybuilding - Classic Physique - Bodybuilding - Masters Bodybuilding - Masters Classic Physique
- Bikini – Masters Bikini
- Wellness – Master Wellness
- Men's Physique – Masters Men's Physique

## AWARDS:

Top three athletes in each category will be awarded with **trophies**.

Top six athletes in each category will be awarded with a **Certificate of Excellence** and **medals**. Overall winner will have a **medal**.

## IFBB ELITE PRO CARDS:

**Total: 9 (nine)**

### DISTRIBUTION

Men's Bodybuilding – top 2 in the Overall

Men's Classic Bodybuilding - The Overall Winner

Men's Physique - The Overall Winner

Men's Classic Physique - The Overall Winner

Master Men's Bodybuilding - The Overall Winner

Women's Bikini - The Overall Winner

Women's Wellness - The Overall Winner

Women's Bodyfitness - The Overall Winner

## \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: September 15<sup>th</sup>, 2023

FINAL ENTRY FORM: September 25<sup>th</sup>, 2023

## 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 EVENT, 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 backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

## CONTACT INFORMATION:

Please send your Entry Form to:  
Organizing Committee  
IFBB Vice-President for North America  
**Mr. Marco Antonio Cabezas**  
E-mail: [mac.cabezasmexico@gmail.com](mailto:mac.cabezasmexico@gmail.com)  
E-mail: [fmff2001@hotmail.com](mailto:fmff2001@hotmail.com)

Please send a copy to the IFBB Technical Committee  
Eng. Andrew Michalak  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to the IFBB Head Office:  
Ms. Daria  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:

Mr. Francisco Cabezas

President of the Mexican Federation of Bodybuilding and Fitness

E-mail: [fmff2001@hotmail.com](mailto:fmff2001@hotmail.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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to the Team Managers & Judges 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 EVENT at the Team Managers & Judges Meeting.