



IFBB BALKAN CHAMPIONSHIPS

- 2024 -

MAIN INFORMATION

NAME OF THE EVENT: 2024 IFBB BALKAN CHAMPIONSHIPS		
CITY / COUNTRY: Timisoara, ROMANIA		
DATE: April 26th – 28th, 2024		
EVENT OPEN FOR: IFBB/EFBB-affiliated National Federations from the Balkans.		
DAY OF ARRIVAL: 26/04/2024		
DAY OF DEPARTURES: 28 /04/2024		
REGISTRATION DAY: 26/04/2023	TIME: 14:00 – 18:00	PLACE: IBIS HOTEL, (the Accommodation location).
WEIGH-IN DAY: 26/09/2023	TIME: 14:00 – 18:00	PLACE: IBIS HOTEL, the Accommodation location.
<p>*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.</p>		
RECOMMENDED AIRPORT: International Airport TRAIAN VUIA, Timisoara City		
<p>VISA INFORMATION: A valid passport is required to enter Romania. EU country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. Detailed information here: https://www.mae.ro/en/node/2035</p> <p>An Official Letter of Invitation will be made available if required. It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championships organizer are not responsible of attendant's visas.</p> <p>To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.</p> <p>The relevant National Federation is responsible to carefully control the proper, legal use of the visa by its 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.</p>		

VENUE LOCATION: IULIUS TOWN MALL, Piata Consiliul Europei 2, Timisoara 300627

HOTEL INFORMATION

RECOMMENDED HOTEL:

OFFICIAL HOTEL: IBIS HOTEL(Calea Circumvalatiunii 8-10, Timisoara)

<https://ibis-timisoara-city-center.hotelmix.ro/>

REGISTRATION FEE:

Each athlete, official and delegate must pay the IFBB registration fee of:

- **EUR €200** (includes accommodation in a double room) or
- **EUR €250** (includes accommodation in a single room)

Registration fee for 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 **EUR€50**.

CROSSEOVERS: **EUR €50** per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: **April 23rd, 2024** midnight.

*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** 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:

JUNIORS (16 – 20 YEARS OLD)

- JUNIOR MEN BODYBUILDING - OPEN
- JUNIOR MEN CLASSIC BODYBUILDING - OPEN
- JUNIOR MEN'S PHYSIQUE - OPEN
- JUNIOR WOMEN ARTISTIC FITNESS - OPEN
- JUNIOR WOMEN BODYFITNESS - OPEN
- JUNIOR WOMEN WELLNESS - OPEN
- JUNIOR WOMEN BIKINI - OPEN

JUNIORS (21 – 23 YEARS OLD)

- JUNIOR MEN BODYBUILDING:
(up to & incl. 75 kg, over 75 kg & OVERALL)
- JUNIOR MEN CLASSIC BODYBUILDING - OPEN
- JUNIOR MEN GAMES CLASSIC BODYBUILDING - OPEN
- JUNIOR MEN CLASSIC PHYSIQUE - OPEN
- JUNIOR MEN FITNESS - OPEN
- JUNIOR MEN'S PHYSIQUE:
(up to & incl. 178 cm, over 178 cm & overall)
- JUNIOR WOMEN ACROBATIC FITNESS - OPEN
- JUNIOR WOMEN ARTISTIC FITNESS - OPEN
- JUNIOR WOMEN BODYFITNESS - OPEN
- JUNIOR WOMEN BIKINI:
(up to & incl. 166 cm, over 166 cm & overall)
- JUNIOR WOMEN WELLNESS - OPEN

MASTERS MEN (40 YEARS OF AGE & OVER)

- MASTER MEN BODYBUILDING 40-49 YEARS:
(up to & incl. 80 kg, up to & incl. 90 kg, over 90 kg)
- MASTER MEN BODYBUILDING 50 YEARS & OVER:
(up to & incl. 80 kg, over 80 kg)
- MASTER MEN BODYBUILDING OVERALL
- MASTER MEN CLASSIC BODYBUILDING - OPEN
- MASTER MEN'S PHYSIQUE 40-49 YEARS - OPEN
- MASTER MEN'S PHYSIQUE 50 YEARS & OVER - OPEN
- MASTER MEN'S PHYSIQUE OVERALL
- MASTER MEN GAMES CLASSIC BODYBUILDING - OPEN
- MASTER MEN CLASSIC PHYSIQUE - OPEN

SENIORS (MEN & WOMEN)

- MEN BODYBUILDING:
(70 kg, 80 kg, 90 kg, 100 kg, over 100 kg & overall)
- MEN'S CLASSIC BODYBUILDING:
(up to & incl. 175 cm, over 175 cm & overall)
- MEN GAMES CLASSIC BODYBUILDING:
(up to & incl. 175 cm, over 175 cm & overall)
- MEN CLASSIC PHYSIQUE:
(up to & incl. 175 cm, over 175 cm & overall)
- MEN FITNESS - OPEN
- MEN'S PHYSIQUE:
(up to 173 cm, up to 179 cm, over 179 cm & overall)
- MUSCULAR MEN'S PHYSIQUE - OPEN
- WOMEN PHYSIQUE - OPEN
- WOMEN BODYFITNESS - OPEN
- WOMEN ACROBATIC FITNESS - OPEN
- WOMEN ARTISTIC FITNESS - OPEN
- WOMEN BIKINI:
(up to 162 cm, up to 169 cm, over 169 cm & overall)
- WOMEN WELLNESS - OPEN
- WOMEN FIT-MODEL - OPEN
- FIT- PAIRS - OPEN

FITNESS CHALLENGE

- SILVER LEVEL - *WOMEN INDIVIDUAL*
- SILVER LEVEL - *MEN INDIVIDUAL*
- SILVER LEVEL - *MIXED COUPLES*

- GOLD LEVEL - *WOMEN INDIVIDUAL*
- GOLD LEVEL - *MEN INDIVIDUAL*
- GOLD LEVEL - *MIXED COUPLES*

MASTERS WOMEN (35 YEARS OF AGE & OVER)

- MASTER WOMEN BODYFITNESS 35-39 YEARS - OPEN
- MASTER WOMEN BODYFITNESS >40 YEARS - OPEN
- MASTER WOMEN BODYFITNESS OVERALL
- MASTER WOMEN BIKINI 35-39 YEARS - OPEN
- MASTER WOMEN BIKINI 40-44 YEARS - OPEN
- MASTER WOMEN BIKINI >45 YEARS - OPEN
- MASTER WOMEN BIKINI OVERALL
- MASTER WOMEN WELLNES - OPEN
- MASTER WOMEN FIT-MODEL - OPEN

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 the champions with [trophies](#).

Overall winner will have a [trophy](#).

REGISTRATION DEADLINE

FINAL ENTRY FORM: **15/04/2024**

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 & 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.

EXTRA GREEN CARDS: YES

PRICE: **EUR €30** each.

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:

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

- IFBB Technical Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

- Organizing Committee:
Ms. Tanita Groza Zetea
E-mail: office@frcf.ro

- Please send a copy to the International Fitness & Bodybuilding Federation Head Office:
Ms. Daria
E-mail: contact@ifbb.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 Team Managers and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR € 50** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.