



2024 IFBB INTERNATIONAL GRAND PRIX

CLUJ NAPOCA City, Romania, May 17th-19th

INSPECTION REPORT



WELCOME

The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the International **Fitness & Bodybuilding** Federation (IFBB) and Ministry of Youth and Sports gives a most warm welcome to athletes from all National Federations Affiliated with the IFBB, that will be participating at the **3rd edition of the IFBB INTERNATIONAL GRAND PRIX** in the city of Cluj Napoca, Romania!

LOCATION: Cluj Napoca City



OFFICIAL DATE:

Friday, May 17th: Arrival & **Official Athlete Registration**, at the official Venue (**BT Arena, Strada Uzinei Electrice, Cluj-Napoca 400375**), from 15:00 – to 18:00 (local time)

Saturday, May 18th: The **IFBB INTERNATIONAL GRAND PRIX**, from 10:00 – local time

Sunday, May 19th: Departure

VENUE LOCATION: BT Arena, Strada Uzinei Electrice

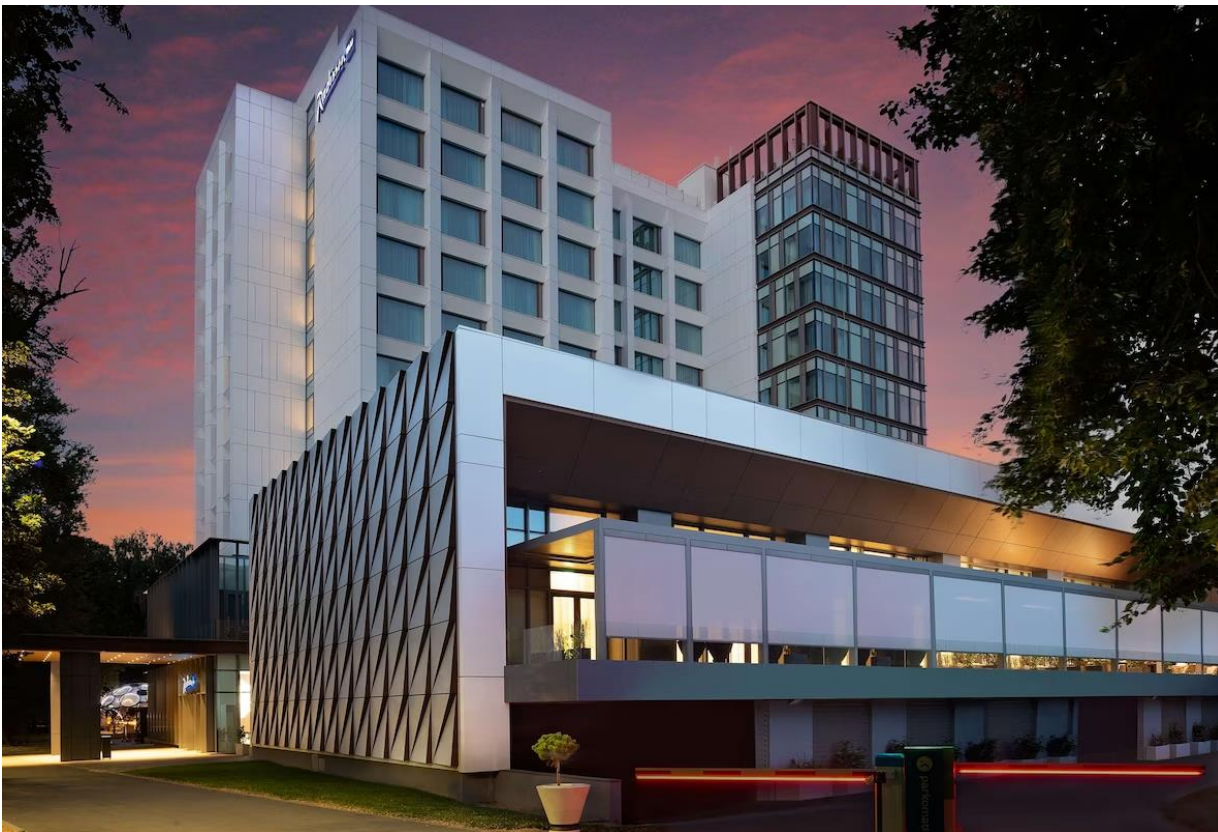


OFFICIAL HOTELS:

Radisson Blu (*Aleea Stadionului 1, Cluj-Napoca 400372*)

[https://www.radissonhotels.com/en-us/hotels/radisson-blu-](https://www.radissonhotels.com/en-us/hotels/radisson-blu-cluj?cid=a%3Ase+b%3Agmb+c%3Aemea+i%3Alocal+e%3Ard+d%3Acese+h%3AROCLJ1)

[cluj?cid=a%3Ase+b%3Agmb+c%3Aemea+i%3Alocal+e%3Ard+d%3Acese+h%3AROCLJ1](https://www.radissonhotels.com/en-us/hotels/radisson-blu-cluj?cid=a%3Ase+b%3Agmb+c%3Aemea+i%3Alocal+e%3Ard+d%3Acese+h%3AROCLJ1)



RAMADA by WYNDHAM HOTEL (*Calea Turzii 43, Cluj-Napoca 400193*)

<https://www.wyndhamhotels.com/ramada/cluj-napoca-romania/ramada-cluj/overview>



GRAND HOTEL NAPOCA (*Octavian Goga 1, Cluj-Napoca*)

<https://hotelnapoca.ro/?lang=en>



OFFICIAL AIRPORT

The official airport for arrivals is **Avram Iancu International Airport - Cluj-Napoca**.

REGISTRATION AND REGISTRATION FEE

Registration and weigh-in will take place on Friday, May 17th, from 15:00 to 18:00 hrs., at the Venue location, **BT Arena**.

All athletes will have to produce their Passports & 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.

At **IFBB INTERNATIONAL GRAND PRIX** event, any direct registration from athletes will not be accepted, as these must be processed by their respective national IFBB federations.

Final Entry Forms will only be considered if they are sent by the National Federation of the athlete and directly to the Organizaing Committee, IFBB Head Office in Madrid and IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. 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.



The IFBB registration fees are as follows:

Registration fee for bodybuilding & fitness athletes is EUR €200, and for *fitness-challenge athletes* is **EUR €50**. For wishing to compete in the more categories, the additional fee of EUR €100 per each of the additional categories will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at the IFBB webpage: <http://www.ifbb.com/competition-registration> , for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

*If paying at the Registration, an extra fee of **EUR €50** per participant will be charged.*

The deadline date to do the online payment is **May 07th, 23:59** hrs (midnight- Central European Summer Time, UTC +2), then the online payment system will be switched off.

LANGUAGE

The official language in Cluj Napoca is Romanian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

CURRENCY

The national currency in Romania is lei (LEU). One Euro is approximately equal to 5 lei, but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

Cluj-Napoca has a warm-summer continental climate. The climate is influenced by the city's proximity to the Apuseni Mountains, as well as by urbanisation. Some West-Atlantic influences are present during winter and autumn. Winter temperatures are often below 0 °C, even though they rarely drop below -10 °C.

In summer, the average temperature is approximately 18 °C (the average for July and August), despite the fact that temperatures sometimes reach 35 °C to 40 °C in mid-summer in the city centre.

ELECTRIC CURRENT

The electrical current is 220 volts, 50 Hz. Plugs/sockets type C and F (2 round prong).

TIME DIFFERENCE

Cluj Napoca is in the Eastern European Time zone (UTC +3 hours – in summer).

VISAS

A valid passport is required to enter in 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> .

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 Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer : A copy (scan) of passport.

If the visa not granted, the Cancellation Policies for the championship will still apply.



An athlete, who requested and received an invitation from IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

PARTICIPATION

These Championships are open for all National Federations affiliated with the IFBB. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

CATEGORIES OPEN FOR COMPETITION

JUNIOR'S CATEGORIES (*16 - 23 years old*)

- **Junior Women's Bikini**: open category;
- **Junior Men's Physique (15-23 years)**: open category;
- **Junior Men's Bodybuilding**: open category.

WOMEN'S CATEGORIES

- **Women's Bodyfitness**: -163 cm; +163 cm & OVERALL;
- **Women's Wellness**: 168 cm and +168 cm & OVERALL;
- **Women's Fit-Model**: open category;
- **Women's Bikini**: 160 cm; 164 cm; 169 cm; 172 cm; +172 cm & OVERALL.

MEN'S CATEGORIES

- **Men's Bodybuilding**: 80 kg; 90 kg; 100 kg; +100 kg & OVERALL;
- **Men's Classic Bodybuilding**: 175 cm; +175 cm & OVERALL;
- **Men's Physique**: 170 cm; 176 cm; 182 cm; +182 cm & OVERALL;
- **Muscular Men's Physique**: open category;
- **Men's Wheelchair Bodybuilding**: open category;
- **Fit-Pairs**: open category;
- **Men's Classic Physique**: 175 cm; +175 cm & OVERALL.

MASTER'S CATEGORIES

- **Master Women's Bikini** (>35 years): open category;
- **Master Women's Bodyfitness** (>35 years): open category;
- **Master Women's Wellness** (>35 years): open category;
- **Master Men's Bodybuilding** (>40 years): 85 kg and + 85 kg;
- **Master Men's Classic Bodybuilding** (>40 years): open category;
- **Master Men's Physique** (>40 years): open category.



FITNESS CHALLENGE

SILVER LEVEL: Women Individual; Men Individual & Mixed Couples

GOLD LEVEL: WOMEN INDIVIDUAL; MEN INDIVIDUAL & MIXED COUPLES

Note 1: A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

Note 2: POSSIBLE CROSSOVERS:

- ✓ **Men's Classic Bodybuilding – Men's Classic Physique – Men's Bodybuilding;**
- ✓ **Women's Bikini – Women's Fit-Model;**
- ✓ **Women's Wellness – Women's Fit-Model.**
- ✓ **Also juniors and masters in senior categories**

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)

- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

- An athlete, male or female, may compete at JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.

-An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

****Please check carefully below the Bodyweight Limits (according to IFBB Rules):**

Men and Master Men's Classic Bodybuilding bodyweight limits:

- Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
- Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
- Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
- Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]
- Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]
- Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
- Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

Men Classic Physique bodyweight limits:

- Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
- Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
- Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
- Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
- Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]
- Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]
- Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]



Female Masters

May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday.

- May compete as a MASTER competitor in the category 35-39 years of the age from January 1st of the year in which she reaches 35th birthday up to and including December 31st of the year in which she turns 39. From January 1st of the next year, she may compete in the category over 40 years of age.

Male Masters

May compete as a MASTER competitor in the category over 40 years of age from January 1st of the year in which he reaches his 40th birthday.

- May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category over 50 years of age.

AWARDS

- Top six in each category will be awarded with Certificate of Excellence;
- Top three in each category will be awarded with medals;
- 1st place in each category and Overall winner will have a trophy.
- **15 IFBB ELITE PRO CARDS and IFBB Ranking Points**

DISTRIBUTION:

- Women's Bodyfitness: 1 IFBB Elite Pro Card for the winner;
- **Women's Wellness:** 1 IFBB Elite Pro Card for the Overall winner;
- **Women's Bikini:** 3 IFBB Elite Pro Cards for the top 3 Overall winners;
- Men's Bodybuilding: 2 IFBB Elite Pro Cards for the top 2 Overall winners;
- Men's Classic Bodybuilding: 1 IFBB Elite Pro Card for the Overall winner;
- Men's Physique: 3 IFBB Elite Pro Cards for the top 3 Overall winners;
- Muscular Men's Physique: 1 IFBB Elite Pro Card for the winner;
- Men's Classic Physique categories: 1 IFBB Elite Pro Card for the Overall winner;
- **Master Women's Bikini (>35 years):** 1 IFBB Master Elite Pro Card for the winner;
- **Master Men's Bodybuilding (>40 years):** 1 IFBB Master Elite Pro Card for the Overall winner.

PARTICIPATION

The 3rd Edition of the IFBB INTERNATIONAL GRAND PRIX are open for all National Federations Affiliated with the IFBB. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is **May 07th, 2024**.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Venue Location, to start from 12:00 till 20:00 from Saturday – May 18th to Sunday – May 19th.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

A limited number of backstage passes will be for sale during registration, May 17th.



Only official Delegates/ Trainers possessing the *Backstage Pass* will be allowed to enter the backstage area.

Please NOTE: There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased for EUR €25 each. This pass will allow the holder to go in and out of the venue during the weekend and will give access **ONLY** in backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!

Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/ VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
 - Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
- The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at the Registration. The music must be only on the USB memory stick, in MP3 format.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test 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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Cluj-Napoca.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test-judges should be specified there as well. Judges have to pay the yearly Judges' Licence Fee of EUR €50 for 2024. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media



Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com & office@frcf.ro *no later than May 15th, 2024.*

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.

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is **May 07th**. The National Federations must display the official names of all the participants (athletes by category, delegates and judges). It also must include the details of flights for arrival and departure.

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 and Bodybuilding Federation** Head Office
Ms. Daria
E-mail: contact@ifbb.com