



SIBERIAN POWER ★ SHOW ★

MAY 10-12, 2024

12 ELITE PRO CARDS

BODYBUILDING | CLASSIC PHYSIQUE | MEN'S PHYSIQUE
BIKINI FITNESS | WELLNESS | BODYFITNESS



SIBERIANPOWERSHOW



INSPECTION REPORT

WELCOME

We are glad to present to you the 9th edition of largest multi-sports festival in Russia - **"Siberian Power Show" 2024**. Every year, athletes, fans and spectators come to Krasnoyarsk to fully immerse themselves in the incredible atmosphere of sports for several days and take part in an event that has become special in the global gym and fitness culture. The festival program includes more than 30 sporting disciplines, as well as an exhibition dedicated to healthy lifestyle. This all takes place under one roof in the international exhibition and business center "Siberia".

Due to its unique geographical location, the Siberian Power Show is a great place where athletes from all over the world can meet each other to exchange experiences and identify who is the best. So, the Siberian Power Show is an event that clearly demonstrates the progress of bodybuilding and fitness in various regions and countries of the world. We will witness an event that annually gathers apex a top of the heap of Russian and world bodybuilding on one stage and gives unforgettable emotions to both the participants and the audience of this amazing show!

Don't miss this opportunity!

Follow us

<http://www.siberianpowershow.ru>

<https://www.youtube.com/c/siberianpowershow>

<https://www.instagram.com/SiberianPowerShow>



LOCATION, VENUE

Krasnoyarsk city will be a meeting place for athletes from all over the world again and for two days will immerse you in an incredible atmosphere of sports, beauty and health! The territory of Krasnoyarsk has a rich sports history and serious experience in conducting competitions of various levels. In 2019, the World Winter Universiade was held here, which confirmed that Krasnoyarsk is ready to host the largest and most serious world tournaments.

International Exhibition and Business Centre “Siberia” handling events like exhibitions, trade shows and fairs taking place in Krasnoyarsk, Russia. The total area of 52 000 sq. m allows placing the whole range of services for business events organization on the territory of the center.

Here you can find exhibition spaces and conference rooms, hotel, cafe and restaurant.



International Exhibition and Business Centre “Siberia”



Aviatorov St., 19
EXPO | Competitions



www.krasfair.ru/en



52 000 m²



Partizana Zheleznyaka St., 42
Siberian Pro Show



Crystal Ice Arena

AIRPORT

Krasnoyarsk is served by Yemelyanovo Airport, the main airport that handles both medium and long haul domestic and international flights, and located 27 kilometers (17 min) northwest of the city.

The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transfer between airport and official hotels on Wednesday May 8th and Thursday May 9th, 2024 and transfer between hotels and airport on Monday, April 13th, 2024 based on the stated times of arrivals and departures.

Please notify the Organizing Committee of the details of your arrival time not later than May 6th, 2024. The suitable transfer will be arranged for your National Team members. The transfer service is free.

E-mail : sportsman@siberianpowershow.ru

By taxi:



You can use **Yandex Go App**



<https://apps.apple.com/ru/app/yandex-go-taxi-and-delivery/id472650686?l=en>



https://play.google.com/store/apps/details?id=ru.yandex.taxi&hl=en_US&gl=US



OFFICAL HOTELS

Due the number of events that Krasnoyarsk will host this weekend and the high hotel occupancy we recommend to plan your stay in advance and book your accommodation the earliest as possible.



“PACK CITY HOTEL”
40B,Partizana Zhelezyaka



“HILTON GARDEN INN”
37 Molokova Street



“AMAKS CITY HOTEL”
2, Alexander Matrosov Street



“ERMAK”
13, Surikova Street



PLEASE NOTE:

Reservation, booking and all costs for hotel accommodation, travelling, meals, are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information. Also, you have to book your accommodation and transfer from this address info@siberianpowershow.ru

The average cost of a hotel room is about USD \$45 - USD \$70 per night.



**IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE ORGANIZER'S E-MAIL
IN ORDER TO BENEFIT FROM THE SPECIAL RATES!**

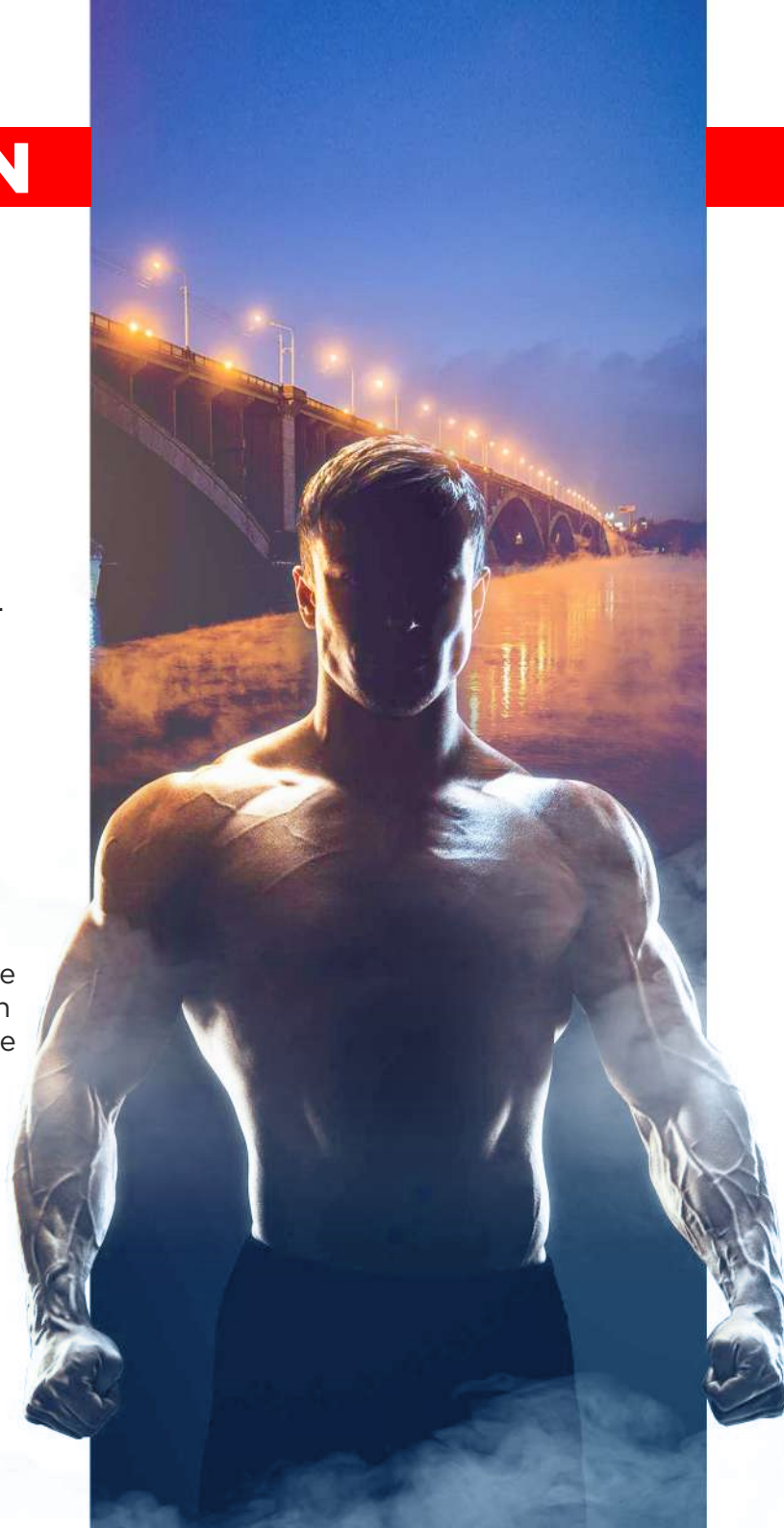


PARTICIPATION



This competition is open for ALL the IFBB-affiliated National Federations from all over the world. Registration of athletes will only be considered if they are approved by their national Federation. Participation is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-Affiliated National Federation. Entry Forms should be e-mailed to info@siberianpowershow.ru

We strongly encourage you to register early and make the appropriate arrangements to compete in the Siberian Power Show 2024, Russia. Please be aware that it is a full responsibility and obligation of National Federation to verify if each one of the athletes to be registered on this international event are not suspended or fulfilling any period of ineligibility due to anti-doping rule violation or any disciplinary case at national or international level.



TANNING



Siberian Power Show is using **Jan Tana products** for tanning. The tanning service will be offering by the SPS's crew. You can book your appointment in advance by e-mail tanning@siberianpowershow.ru

Please mention:

- **FIRST NAME**
- **LAST NAME**
- **CATEGORY**
- **PHONE NUMBER**

The cost of the tanning service is USD \$80. For the best tanning results and to avoid disappointed, athletes are strongly advised to utilize the official tanning team which will be the only tanners allowed backstage and will supply a professional touch up service. The Chief judge reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will be told to remove it before stepping on stage.

REGISTRATION

**Athlete registration is on Thursday, May 9th, from 11:00 till 16:00
at the Siberia International Exhibition and Business Center.
(Aviatorov St., 19)**

All athletes will have to provide their Passports (or ID Cards) & IFBB International Cards at the registration. Any athlete who has not purchased or renewed his/her IFBB International Card yet have to buy one at registration, failing which the competitor will not be registered. The cost of an IFBB Card is EUR €40 / USD \$50 and they are mandatory.

Each athlete participating in the Championship will be provided with a competitor wristband at the registration. This wristband allows daily admission to the competition venue and should not be removed.

Athletes from former USSR – CIS countries (Belarus, Ukraine, Kazakhstan, Uzbekistan, Moldova, Azerbaijan, Kyrgyzstan, Armenia, Georgia and Tadjikistan) – the Registration Fee will be USD \$70 with extra payment for crossover categories – twenty five dollars USD \$25. All payments will be collected by an IFBB designated official at registration.

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IMPORTANT NOTICE TO COMPETITORS



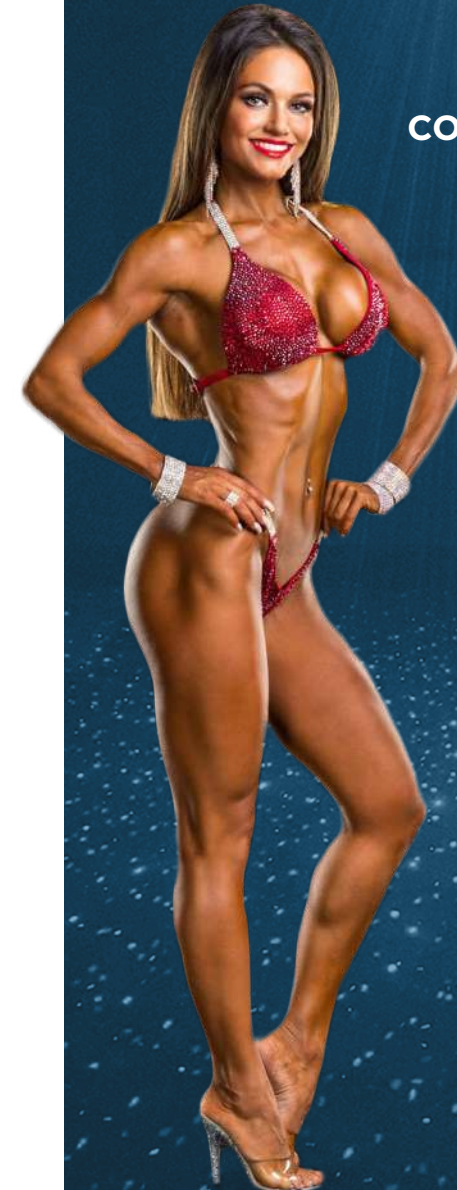
The posing music must be the only one on USB Drive, ready to be played. Please use MP3 file format. The athlete's name must be added on the USB Drive for identification purpose.



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

FOR THE WOMEN'S BIKINI FITNESS CATEGORY

**YOU CAN CHOOSE
THE BACKGROUND
COLOR OF THE STAGE:**



REGISTRATION FEE

The registration fee is **EUR €200** if paid online

<http://www.ifbb.com/competition-registration> or **EUR €250** at the offline registration. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The online payment system will be switched off on **April 29th (Monday), 2024, 24:00 (midnight, CEST)**.

According to the IFBB decision, additional category fee is EUR €100 per category per person.

Possible crossovers categories:

Classic Bodybuilding – Classic Physique – Bodybuilding
Men's Fitness – Men's Physique

Women's Acrobatic Fitness – Women's Bodyfitness
Women's Artistic Fitness – Women's Bikini – Women's Fit-Model
Women's Wellness – Women's Fit-Model

CURRENCY

The national currency in Russia is Ruble (RUB).

EUR €1.00 = RUB 98,64
USD \$1.00 = RUB 90,66
(as at February 3rd, 2024)



Our Sport Nutrition Shop



www.ifbb.com/competition-registration

MEN'S BODYBUILDING

Up to 80 kg | up to 85 kg | up to 90 kg
up to 95 kg | up to 100 kg | over 100 kg

BOYS (6 - 8 y.o.) | (9 - 11 y.o.)

JUNIOR (16 - 23 y.o.) - OPEN CLASS

MASTER (over 40 y.o.) Up to 90 kg | over 90 kg

MEN'S CLASSIC BODYBUILDING

Up to 175 cm | over 175 cm

MEN'S FITNESS

OPEN CLASS

MEN'S CLASSIC PHYSIQUE

Up to 175 cm | up to 180 cm | over 180 cm

MEN'S PHYSIQUE

Up to 176 cm | up to 182 cm | over 182 cm

MUSCULAR MEN'S PHYSIQUE

OPEN CLASS

FITNESS CHALLENGE

- * **Junior Men's Fitness Challenge** (under 23 y.o.)
- * **Men's Fitness Challenge** (24 - 40 y.o.)
- * **Master Men's Fitness Challenge** (over 40 y.o.)

- * **Junior Women's Fitness Challenge** (under 23 y.o.)
- * **Women's Fitness Challenge** (24 - 40 y.o.)
- * **Master Women's Fitness Challenge** (over 35 y.o.)

CATEGORIES

IFBB RANKING POINTS WILL BE AWARDED

WOMEN'S ARTISTIC FITNESS

OPEN CLASS

WOMEN'S ACROBATIC FITNESS

OPEN CLASS

WOMEN'S BODYFITNESS

Up to 163 cm | up to 168 cm | over 168 cm

MASTER (over 35 y.o.) - OPEN CLASS

WOMEN'S BIKINI FITNESS

Up to 158 cm | up to 160 cm | up to 162 cm
up to 164 cm | up to 166 cm | up to 169 cm
up to 172 cm | over 172 cm

JUNIOR (16 - 20 y.o.) - OPEN CLASS

JUNIOR (21 - 23 y.o.)

Up to 166 cm | over 166 cm

MASTER (35 - 39 y.o.)

Up to 166 cm | over 166 cm

MASTER (over 40 y.o.) - OPEN CLASS

WOMEN'S FIT-MODEL

Up to 163 cm | up to 168 cm | over 168 cm

MASTER (over 35 y.o.) - OPEN CLASS

WOMEN'S WELLNESS

Up to 166 cm | over 166 cm

WOMEN'S PHYSIQUE - OPEN CLASS

ARTISTIC MODEL (over 16 y.o.)

OPEN CLASS

TRANSITION RULES FOR PARTICIPATING IN THE **SIBERIAN PRO SHOW**

Men's Bodybuilding
Men's Classic Physique
Men's Physique

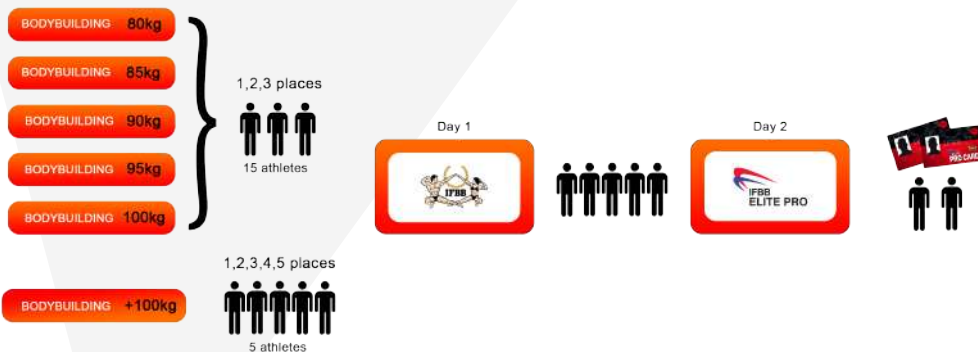
Women's Bodyfitness
Women's Wellness
Women's Bikini

DAY 1 / DAY 2

Athletes who take 1st, 2nd and 3rd places in their categories are called again for qualification round to select top 5 athletes. The organiser has the right to increase the number of participants up to 5 athletes in the bodybuilding category.

DAY 3

Top 5 athletes are allowed to participate in the Siberian Pro Show. Based on the results of the comparison, the top 2 athletes will be offered the Elite PRO Card.



LIVE STREAM

Can't physically join the event? Want to watch performances unlimited number of times? Busy during the festival and want to watch it later? No worries, we got your back! The event will be streamed online by professional video team "Master Group". By purchasing a broadcast, you will jump into the atmosphere of the competition from anywhere around the world, and if you are a participant of the show, you can easily review your performance any time. The broadcast can be purchased by your friends and relatives, who can enjoy the show and fully support you. Don't miss a chance to experience watching top sportsmen, motivate yourself and being a part of such a unique festival!

Life stream cost: USD \$25.

Visit our website to check life stream:

<https://siberianpowershow.ru>



Women's Bodyfitness 2 Pro Cards
Women's Wellness 2 Pro Cards
Women's Bikini 2 Pro Cards

Men's Bodybuilding 2 Pro Cards
Men's Classic Physique 2 Pro Cards
Men's Physique 2 Pro Cards

AWARDS

Top five athletes in each category will be awarded with medals, certificates of excellence and the trophies.

Top six will be awarded with diplomas.

Overall winners in each discipline will have special gold medals, diplomas and cups trophies.



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

JUDGES

Each National Federation must ensure that its nominated judges and its chief official and/or team manager attends the Team Managers and Judges Meeting.

All IFBB International Judges must attend the Team Managers and Judges Meeting, failing which they will not be allowed to judge. They need to have the valid IFBB Int. Judge's Card. Team Managers and Judges will take place at 19:00 on Thursday, May 9th, 2024 at the "Siberia" International Exhibition Business Centre (19, Aviatorov Street).

MEDIA

All the media professionals who wish to have access to the event must apply for the official accreditation. You have to send your contact information (name of the media you represent, phone number, email, the person who look accreditation for, representor's position) to media@siberianpowershow.ru no later than May 3rd, 2024. Person in charge is Lulu.

CLIMATE

The average daily temperature is 10°C (50°F) in May. The lowest temperature is 0°C (32°F), the highest temperature is 18°C (64°F). Daylight hours is 12 hours in May.

VISA

A valid passport is required to enter Russia. Citizens of 60 countries are not required to obtain a visa before visiting Russia (for a limited period of time). All other individuals should consult with the Russian Embassy or Consulate in their country to determine whether they should apply for a visa.

To receive invitation letter, the applicant should forward to the Siberian Power Show organizer a copy (scan) of his/her passport via e-mail visa@siberianpowershow.ru – contact Liubov. Forward your partner/friend/coach name and surname with copy of passport if they are sharing and travelling with you. Please make sure to get your visa in advance (not later than April 10th, 2024)

THE ORGANIZER:

CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS

Please send the Final Entry Form no later than April 29th, 2024. (same as the payment deadline)



TENTATIVE SCHEDULE

THURSDAY, May 9th, 2024

Arrivals

- 11:00 - 16:00

Athletes Registration (“Siberia” Aviatorov St., 19)

- 19:00

Team Managers & Judges Meeting

FRIDAY, May 10th, 2024

- 09:00 - 19:00

Amateur Competition: Prejudging & Finals

SATURDAY, May 11th, 2024

- 09:00 - 19:00

Amateur Competition: Prejudging & Finals

SUNDAY, May 12th, 2024

- 10:00 - 15:00

Amateur Competition: Prejudging & Finals

- 18:00

Siberian Pro Show (“Cristal Ice Arena” Partizana Zheleznyaka St., 42)

- 21:00

Banquet (Can be paid on the spot - USD \$50)

MONDAY, May 13th, 2024

Check-Out and Departures



*Updated time schedule will be received upon arrival

ENTRY FORM CONTACT DETAILS

We strongly encourage you to register early through your national federations
All Final Entry Forms should be sent no later than April 29th, 2024 to:

ORGANIZER: Ms. Liubov Butova - info@siberianpowershow.ru

FBBR: Ms. Natalya Mikhailova - info@fbbr.org

IFBB TECHNICAL COMMITTEE: Eng. Andrew Michalak - amichalak5@gmail.com

IFBB HEAD OFFICE: Ms. Daria Dyka - contact@ifbb.com

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
https://t.me/SPS_media/82