



# 2024 IFBB INTERCONTINENTAL CUP

## MAIN INFORMATION

**NAME OF THE EVENT:** 2024 IFBB INTERCONTINENTAL CUP

**CITY / COUNTRY:** HERCEG NOVI / MONTENEGRO

**DATE:** OCTOBER 18<sup>th</sup> - 20<sup>th</sup>, 2024

**EVENT OPEN FOR:** ALL IFBB-AFFILIATED NATIONAL FEDERATIONS

**IFBB ELITE PRO CARD QUALIFIER** YES  NO

**IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2** YES  NO

**DAY OF ARRIVALS:** OCTOBER 18<sup>th</sup>, 2024

**DAY OF DEPARTURES:** OCTOBER 21<sup>st</sup>, 2024

**REGISTRATION DAY:**  
OCTOBER 18<sup>th</sup> & 19<sup>th</sup>, 2024

**TIME:** 08:00 – 12:00

**PLACE:** SPORTSKI CENTAR IGALO  
II Dalmatinske Brigade, Igalo 85347

**WEIGH-IN DAY:**  
OCTOBER 18<sup>th</sup> & 19<sup>th</sup>, 2024

**TIME:** 08:00 – 12:00

**PLACE:** IGALO SPORT CENTER  
II Dalmatinske Brigade, Igalo 85347

\*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 AIRPORTS:** Podgorica Airport (TGD) & Tivat Airport (TIV) & Dubrovnik Airport (DBV)

**VISA INFORMATION:** EU citizens do not need to obtain a visa. Athletes coming from other countries kindly consult Montenegrin Embassy/Consulate in your country to determine if you need a Visa. Invitation letters will be issued as requested. More info at: [https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_Montenegro](https://en.wikipedia.org/wiki/Visa_policy_of_Montenegro)

\*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who requests and receives 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 proceeding 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:** SPORTSKI CENTAR IGALO, HERCEG NOVI, MONTENEGRO

### HOTEL INFORMATION

**REQUIRED ACCOMMODATION:**  
SPORTS VILLAGE "HOTEL PLAY IGALO", HERCEG NOVI

## TENTATIVE SCHEDULE

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**October 18th, 2024**

**08:00 - 12:00 : Official Athlete Registration (Weigh-in) - Juniors & Masters**

**14:00 - 21:00 : Sports fair + Revival sports events**

**(Slap Fight night & Fitness training regimens)**

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**October 19th, 2024**

**08:00 - 11:00 : Official Athlete Registration (Weigh-in) - Seniors**

**15:00 : Start of the competition**

**"2024 IFBB INTERCONTINENTAL CUP" - Juniors & Masters**

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**October 20th, 2024**

**15:00 : Start of the competition**

**"IFBB INTERCONTINENTAL CUP 2024" - Seniors**

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## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €250**.

**It is mandatory to pay in advance for accommodation in the SPORTS VILLAGE "HOTEL PLAY IGALO" to the bank account of the Bodybuilding and Fitness Association of Montenegro. You can read more about it below in the "Required accommodation" section (at the bottom of the file).**

**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 €100** per each of the additional categories.

**DEADLINE FOR ONLINE PAYMENT: TUESDAY, OCTOBER 08<sup>th</sup>, 2024, 23:59 CEST (UTC + 2)**

\*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 purchase do renew his/her IFBB International Card will have to buy one at registration. IFBB Cards are **EUR €40/USD \$50** 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 a fix 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 & INCL. 65 KG
- \*UP TO & INCL. 70 KG
- \*UP TO & INCL. 75 KG
- \*UP TO & INCL. 80 KG
- \*UP TO & INCL. 85 KG
- \*UP TO & INCL. 90 KG
- \*UP TO & INCL. 95 KG
- \*UP TO & INCL. 100 KG
- \*OVER 100 KG

### **MEN'S PHYSIQUE**

- \*UP TO & INCL. 173 CM
- \*UP TO & INCL. 176 CM
- \*UP TO & INCL. 179 CM
- \*UP TO & INCL. 182 CM
- \*OVER 182 CM

### **JUNIOR MENS PHYSIQUE 15-23 YEARS**

- \*UP TO & INCL. 178 CM
- \*OVER 178 CM

### **MEN'S CLASSIC PHYSIQUE**

- \*UP TO & INCL. 171 CM
- \*UP TO & INCL. 175 CM
- \*UP TO & INCL. 180 CM
- \*OVER 180 CM

### **MEN'S GAMES CLASSIC BODYBUILDING**

- \*UP TO & INCL. 175 CM
- \*OVER 175 CM

### **MEN'S CLASSIC BODYBUILDING**

- \*UP TO & INCL. 168 CM
- \*UP TO & INCL. 171 CM
- \*UP TO & INCL. 175 CM
- \*UP TO & INCL. 180 CM
- \*OVER 180 CM

### **FIT-PAIRS – OPEN**

### **WOMEN'S WELLNES – OPEN**

### **WOMEN'S BIKINI**

- \*UP TO & INCL. 160 CM
- \*UP TO & INCL. 164 CM
- \*UP TO & INCL. 169 CM
- \*OVER 169 CM

### **WOMEN'S FIT-MODEL**

- \*UP TO & INCL. 163 CM

### **JUNIOR MEN'S BODYBUILDING 16-23 YEARS**

- \*UP TO & INCL. 75 KG
- \*OVER 75 KG

### **MASTER MEN'S BODYBUILDING 40-49 YEARS**

- \*UP TO & INCL. 80 KG
- \*UP TO & INCL. 90 KG
- \*OVER 90 KG

### **MASTERS MEN'S BODYBUILDING >50 YEARS**

- \*UP TO & INCL. 80 KG
- \*OVER 80 KG

### **MASTER MEN'S PHYSIQUE 40-49 YEARS**

- \*ONE OPEN CATEGORY

### **MASTERS MEN'S PHYSIQUE >50 YEARS**

- \*ONE OPEN CATEGORY

### **MUSCULAR MEN'S PHYSIQUE:**

- \*UP TO & INCL. 178 CM
- \*OVER 178 CM

### **JUNIOR MEN'S CLASSIC PHYSIQUE:**

- \*16-20 YEARS
- \*21-23 YEARS

### **MASTER MEN'S CLASSIC PHYSIQUE 40-49 YEARS**

- \*ONE OPEN CATEGORY

### **MASTERS MEN'S CLASSIC PHYSIQUE >50 YEARS**

- \*ONE OPEN CATEGORY

### **JUNIOR MEN'S CLASSIC BODYBUILDING**

- \*16-20 YEARS
- \*21-23 YEARS

### **MASTERS CLASSIC BODYBUILDING 40-49 YEARS**

- \*ONE OPEN CATEGORY

### **MASTERS CLASSIC BODYBUILDING >50 YEARS**

- \*ONE OPEN CATEGORY

### **JUNIOR WOMEN'S BIKINI 16-23 YEARS**

- \*ONE OPEN CATEGORY

### **MASTERS WOMEN'S BIKINI >35 YEARS**

- \*ONE OPEN CATEGORY

### **JUNIOR WOMEN'S BODYFITNESS**

- \*16-20 YEARS

<p><b>*UP TO &amp; INCL. 168 CM</b> <b>*OVER 168 CM</b></p> <p><b>WOMEN'S BODYFITNESS:</b> <b>*UP TO &amp; INCL. 158 CM</b> <b>*UP TO &amp; INCL. 163 CM</b> <b>*UP TO &amp; INCL. 168 CM</b> <b>*OVER 163 CM</b></p> <p><b>WOMEN'S PHYSIQUE:</b> <b>*UP TO &amp; INCL. 163 CM</b> <b>*OVER 163 CM</b></p> <p><b>WHEELCHAIR MEN'S BODYBUILDING – OPEN</b></p>	<p><b>*21-23 YEARS</b></p> <p><b>MASTERS WOMEN'S BODYFITNESS</b> <b>*35-39 YEARS</b> <b>*40-44 YEARS</b> <b>*45 YEARS &amp; OVER</b></p> <p><b>MASTERS WOMEN'S PHYSIQUE &gt;35 YEARS</b> <b>*ONE OPEN CATEGORY</b></p> <p><b>WOMEN'S ARTISTIC FITNESS</b> <b>*ONE OPEN CATEGORY</b></p> <p><b>WOMEN'S ACROBATIC FITNESS</b> <b>*ONE OPEN CATEGORY</b></p>
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#### 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 [trophies](#).  
 Overall winner will have a [trophy](#).

#### IFBB ELITE PRO CARDS:

**15 ELITE PRO CARDS FOR OVERALL OR OPEN CATEGORY WINNERS**  
**DISTRIBUTION: MEN BODYBUILDING-2, MEN'S PHYSIQUE-2, MEN CLASSIC BODYBUILDING-2, MEN CLASSIC PHYSIQUE-1, MUSCULAR MEN'S PHYSIQUE-1, WOMEN BIKINI-1, WOMEN BODYFITNESS-1, WOMEN WELLNES-1, WOMEN'S PHYSIQUE -1, MASTERS MEN BODYBUILDING-1, MASTERS WOMEN BIKINI-1, MASTERS WOMEN BODYFITNESS-1**

#### REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **NO**  
 FINAL ENTRY FORM: **MONDAY, OCTOBER 07<sup>th</sup>, 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 and Judges Meeting as follows:

- Five (5) or more athletes – two (2) green cards.  
 If someone wants to support a friend, family member, or is a coach who has less than 5 athletes, in the backstage, they can buy a GREEN CARD (EUR €50).  
 A backstage ticket (GREEN CARD) can be purchased at the entrance to the sports center.

#### 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:

E-mail: [bfscg.info@gmail.com](mailto:bfscg.info@gmail.com)

Contact: +382 69 888 126

(What's App)

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. Drazen Vujosevic, President of the IFBB Montenegro:

E-mail: [bfscg.info@gmail.com](mailto:bfscg.info@gmail.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.

## **REQUIRED ACCOMMODATION: SPORTS VILLAGE "HOTEL PLAY IGALO"**

### **ALL ATHLETES MUST BE PLACED IN THE SPORTS VILLAGE**

**Sports Village Hotel Play Igalo** is a luxurious hotel complex located near the competition venue. This beautiful sports village offers comfortable accommodation for all athletes who come to participate in the competition. Sports village is situated just 200 meters away from the beach, providing you with an easy access to the sea.

In **Sports Village Hotel Play Igalo**, you can expect top-notch standards and a luxurious experience. The rooms are modernly designed and equipped with all necessary amenities to make you feel comfortable and relaxed. Each room features a cozy bed, air conditioning, a television, a private bathroom, and other conveniences to ensure a pleasant stay.

The hotel complex also offers various sports facilities and recreational activities for athletes. You can relax in the fitness center to stay in shape and prepare for the competition. Also, you have the possibility of using table tennis, as well as tennis courts outside the facility for an additional fee. In addition, enjoy the beautiful restaurant and bar inside the complex, where you can enjoy delicious food and drinks.

**Sports Village Hotel Play Igalo** is the perfect place to stay during the IFBB INTERCONTINENTAL CUP 2024. The proximity to the beach allows you to relax under the sun or take refreshing swims in the sea. Moreover, the easy access to the competition venue facilitates the organization and participation in the events.

With top-notch accommodation, abundant amenities, and beach proximity, **Sports Village Hotel Play Igalo** provides everything you need for a comfortable and successful stay during the sports competition.

**ADDRESS: II Dalmatinske Brigade, Igalo 85347**

## PRICE PER PERSON IN SPORTS VILLAGE:

- Price per day, hotel with the full board (breakfast, lunch and dinner included): **EUR 65.00**
- Price per day, hotel with the half board (breakfast and dinner included): **EUR 55.00**
- Price per day, apartment for 2 persons (with kitchen) \*price is per person: **EUR 45.00**
- Price per day, apartment for 1 person (with kitchen): **EUR 80.00**

## PAYMENT INFORMATION:

### BANK ACCOUNT:

NAME:

**BODY BUILDING I FITNES SAVEZ CRNE GORE**

ADDRESS: **19. DECEMBRA, PODGORICA, 81000, MONTENEGRO**

IBAN: ME2551000000009272755

PARTY IDENTIFIER: 100 9363045 0000

SWIFT ADDRESS: CKBCMEPG

BANK: CRNOGORSKA KOMERCIJALNA BANKA AD PODGORICA

**\*WHEN PAYING, IT IS NECESSARY TO INDICATE THE NAME AND SURNAME OF THE PERSON WHO IS STAYING IN THE ATHLETIC VILLAGE. FOR THE PURPOSE OF PAYMENT, IT IS NECESSARY TO SPECIFY "HOTEL RESERVATION"**

In addition to the competitors, their team members, coaches and families can also stay in the sports village, and the price is the same for everyone who comes with the competitors.

**Reservations for the sports village can be made exclusively through the Bodybuilding and Fitness Association of Montenegro.**

**Contact for the sports village reservations: +382 69 888 126**