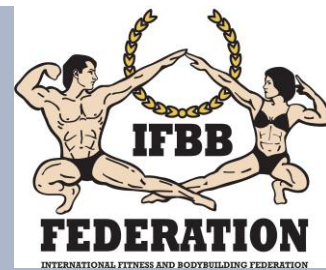


IFBB INTERCONTINENTAL CUP 2024



MAIN INFORMATION

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

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

DATE: **18-20 OCTOBER 2024**

EVENT OPEN FOR ALL COUNTRIES

IFBB ELITE PROCARDQUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL: **18 OCTOBER**

DAY OF DEPARTURES: **21 OCTOBER**

REGISTRATION DAY: **18th & 19th OCTOBER**

TIME: **08:00 – 12:00h**

PLACE: **SPORTSKI CENTAR IGALO**

WEIGHTIN DAY: **18 & 19 OCTOBER**

TIME: **08:00 – 12:00h**

PLACE: **SPORTSKI CENTAR IGALO**

*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: 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.

*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.

*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

SCHEDULE

18. october

08:00 - 12:00 h : Weight-in and registration

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

(Slap Fight night & Fitness training regimens)

19. october

08:00 - 11:00 h : Weight-in and registration

15:00 h : Start of the competition

"IFBB INTERCONTINENTAL CUP 2024" - junior & master

20. october

15:00 h : Start of the competition

"IFBB INTERCONTINENTAL CUP 2024" - senior

REGISTRATION FEE:

Each athlete and Delegate or Extra Delegate must pay the IFBB registration fee of

250.00€

each.

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/debitcard 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 50€.

CROSSOVERS: **100€**

DEADLINE FOR ONLINE PAYMENT: **07/10/2024**

*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 €40/50\$ 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 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:

MENS BODYBUILDING

- *UP TO&INCL.60 KG
- *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.100KG
- *OVER 100 KG

MENS 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 16-23 YEARS:

- *UP TO&INCL.178 CM

WHEELCHAIR BODYBUILDING – OPEN

JUNIOR MENS BODYBUILDING 16-23 YEARS

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

MASTER MENS BODYBUILDING 40-49 YEARS

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

MASTERS MENS BODYBUILDING >50 YEARS

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

***OVER 178 CM**

MENS CLASSIC PHYSIQUE

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

GAMES CLASSIC BODYBUILDING

***UP TO & INCL. 175 CM**

***OVER 175 CM**

**With the standard rules of
bodyweight limitations**

MENS 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)

WOMAN WELLNES (OPEN)

WOMANS BIKINI
***UP TO&INCL.160 CM**
***UP TO&INCL.164 CM**
***UP TO&INCL.169 CM**

**MASTER MENS PHYSIQUE 40-49
YEARS:**

***ONE OPEN CATEGORY**

MASTERS MENS PHYSIQUE >50 YEARS

***ONE OPEN CATEGORY**

MUSCULAR MENS PHYSIQUE:

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

JUNIOR MENS CLASSIC PHYSIQUE:

***16-20 YEARS**

***21-23 YEARS**

**MASTER MENS CLASSIC PHYSIQUE 40-
49 YEARS:**

***ONE OPEN**

**MASTERS MENS CLASSIC
PHYSIQUE>50YEARS**

***ONE OPEN CATEGORY**

**JUNIOR MENS CLASSIC
BODYBUILDING**

***16-20 YEARS**

***21-23 YEARS**

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

***ONE OPEN CATEGORY**

**MASTERS MENS CLASSIC
BODYBUILDING>50 YEARS:**

***ONE OPEN CATEGORY**

***OVER 169 CM**

WOMENS FIT MODEL
***UP TO&INCL.163 CM**
***UP TO&INCL.168 CM**
***OVER 168 CM**

WOMENS BODYFITNESS:

***UP TO&INCL.158 CM**
***UP TO&INCL.163 CM**
***UP TO&INCL.168 CM**
***OVER 163 CM**

WOMENS PHYSIQUE:
***UP TO& INCL.163 CM**
***OVER 163 CM**

JUNIOR WOMENS BIKINI 16-23 YEARS-OPEN

MASTERS WOMENS BIKINI>35 YEARS-OPEN

JUNIOR WOMENS BODYFITNESS
***16-20 YEARS**
***21-23 YEARS**

MASTERS WOMENS BODYFITNESS
***35-39 YEARS**
***40-44 YEARS**
***45 YEARS&OVER**

MASTERS WOMENS PHYSIQUE >35 YEARS
***ONE OPEN CATEGORY**

ARTISTIC FITNESS
***ONE OPEN CATEGORY**

ACROBATIC FITNESS
***ONE OPEN CATEGORY**

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:

16 cards

DISTRIBUTION MENS BODYBUILDING-2, MENS PHYSIQUE-2, MENS GAMES CLASSIC -1, MENS CLASSIC BODYBUILDING-2, MENS CLASSIC PHYSIQUE-1, MUSCULAR MENS PHYSIQUE-1, WOMENS BIKINI FITNESS-1, WOMENS BODYFITNESS-1, WOMENS WELLNES-1, WOMENS PHYSIQUE -1, MASTERS MENS BODYBUILDING-1, MASTERS WOMENS BIKINI FITNESS-1, MASTERS WOMENS BODYFITNESS-1

***REGISTRATION DEADLINE**

PRELIMINAR ENTRY FORM: NO
FINAL ENTRY FORM: 07 OCTOBER

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 judges/team managers meetings as follows:

- Five (5) or more athletes – two (1) greencards.

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 (50.00 eur).

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:

Email: bfscg.info@gmail.com

Contact: +382 69 888 126
(Whats App)

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office: Ms. Daria

E-mail: contact@ifbb.com

Contact details for additional correspondence:

Mr. President of IFBB Montenegro: Dražen Vujošević

E-mail: 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

All international judges must bring their International Judge's Cards to the Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/60\$ paid for the current year. This fee may also be paid at the EVENT at the Technical 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): **65.00 eur**
- Price per day, hotel with the half board (breakfast and dinner included): **55.00 eur**
- Price per day, apartment for 2 person (with kitchen) *price is per person: **45.00 eur**
- Price per day, apartment for 1 person (with kitchen): **80.00 eur**

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

***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.

SWIFT ADDRESS: CKBCMEPG

BANK: CRNOGORSKA KOMERCIJALNA
BANKA AD PODGORICA

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

**Contact about sports village
reservations: +382 69 888 126**