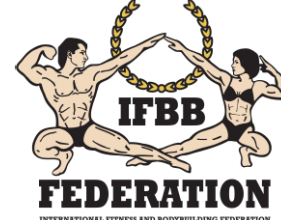


IFBB WORLD FITNESS GAMES SANTA SUSANA 2024
IFBB COACHES CONGRESS

IFBB WORLD CHAMPIONSHIPS WOMEN'S
AND MIXED PAIRS FITNESS CHALLENGE
IFBB WORLD CUP MENS
FITNESS CHALLENGE



MAIN INFORMATION

NAME OF THE EVENT: **IFBB WORLD FITNESS GAMES**

IFBB WORLD CHAMPIONSHIPS WOMEN'S; MIXED PAIRS AND TEAMS FITNESS CHALLENGE

IFBB WORLD CUP MENS FITNESS CHALLENGE

CITY / COUNTRY: **SANTA SUSANA/ SPAIN**

DATE: **October 31st – November 04th, 2024**

EVENT OPEN FOR: **All IFBB-Affiliated National Federations**

ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVALS: **31/10/2024**

DAYS OF COMPETITIONS: **1-2-3/11/2024**

DAY OF DEPARTURES: **04/11/2024**

REGISTRATION DAY: **31/10/2024**

TIME: **10:00 – 19:00**

PLACE: **Hotel Don Angel**

WEIGH-IN DAY: **31/10/2024**

TIME: **10:00 – 19:00**

PLACE: **Hotel Don Angel**

*All Athletes must wear their posing attire during the weigh-in 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: **Aeropuerto Internacional Barcelona Josep Tarradellas – El Prat**

VISA INFORMATION: A VALID PASSPORT IS REQUIRED TO ENTER SPAIN. CITIZENS OF THE EU-COUNTRIES, ICELAND, NORWAY, AND SWITZERLAND DO NOT NEED TO OBTAIN A VISA; ALL OTHER COUNTRIES SHOULD CHECK AT:

<https://www.exteriores.gob.es/Embajadas/malabo/en/ServiciosConsulares/Paginas/Consular/Visados-Schengen.aspx> AN OFFICIAL LETTER OF INVITATION WILL BE AVAILABLE IF REQUIRED, IT IS NATIONAL FEDERATIONS RESPONSIBILITY TO OBTAIN AN ENTRY VISA FOR THE COUNTRY ORGANIZING THE CHAMPIONSHIPS.

ALL NATIONAL FEDERATIONS COULD ASK FOR AN INVITATION LETTER EITHER TO THE ORGANIZER OR THE IFBB. THE INVITATION LETTER DOES NOT MEAN YOU ARE GRANTED YOUR VISA. IFBB AND THE ORGANIZER ARE NOT RESPONSIBLE OF ATTENDANT'S VISAS. TO RECEIVE INVITATION LETTER, THE APPLICANT SHOULD FORWARD A COPY (SCAN) OF PASSPORT TO THE IFBB OR TO THE ORGANIZER, IF THE VISA IS NOT GRANTED, THE CANCELLATION POLICIES FOR THE CHAMPIONSHIPS WILL STILL APPLY.

*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 proceedings and measures. The relevant National Federation is responsible to carefully controlling 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: **POLIESPORTIU PARC DEL COLOMER – PARC DEL COLOMER S/N SANTA SUSANNA, SPAIN.**

HOTEL INFORMATION

DON ANGEL HOTEL – 14 CARRER DEL PLA DE LA TORRE, 08398 SANTA SUSANNA, BARCELONA, SPAIN

REGISTRATION FEE:

Each athlete or delegate (coach, manager, supporter, press, media, etc.) must pay **the registration fee of:**

- **EUR €430: Double room (4 nights) + 3 meals/day**
- **EUR €580: Single room (4 nights) + 3 meals/day**

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.

If paid after the deadline or at the registration in Santa Susanna it will be EUR 480 and EUR 630 respectively.

ANTI-DOPING TEST FEE: 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 Championships. Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, each athlete will be required to sign a Drug Testing Consent at the Registration and pay the Anti-Doping Test Fee of EUR €20. This fee is mandatory and may be paid online, together with the Registration Fee.

DEADLINE FOR ONLINE PAYMENT: October 25th, 2024

PRELIMINARY ENTRY FORM: 14/09/2024

FINAL ENTRY FORM: 23/10/2024

IFBB ATHLETE'S INTERNATIONAL CARD (BLUE BOOK): **EUR €40** (if unpaid for 2024)

CROSSOVERS: EUR €100 per each of the additional categories.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding.
- b) Men's Fitness – Men's Fit-Model
- c) Women's Bikini – Women's Fit-Model – Women's Artistic Fitness
- d) Women's Wellness – Women's Fit-Model
- e) Women's Bodyfitness – Women's Acrobatic Fitness

Also juniors and masters in senior classes (all divisions).

*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, 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/**USD \$50** and are mandatory.

*All posing music must be on a 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.

CLASSIC BODYBUILDING:

1. JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YEARS OPEN
2. MEN'S CLASSIC BODYBUILDING UP TO 171 CM
3. MEN'S CLASSIC BODYBUILDING UP TO 175 CM
4. MEN'S CLASSIC BODYBUILDING UP TO 180 CM
5. MEN'S CLASSIC BODYBUILDING OVER 180 CM
6. MASTER MEN'S CLASSIC BODYBUILDING 40 YEARS AND OVER OPEN

GAMES CLASSIC BODYBUILDING:

7. MEN'S GAMES CLASSIC BODYBUILDING UP TO 175 CM
8. MEN'S GAMES CLASSIC BODYBUILDING OVER 175 CM
9. MASTER MEN'S CLASSIC BODYBUILDING 40 YEARS AND OVER

CLASSIC PHYSIQUE:

10. JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YEARS OPEN
11. MEN'S CLASSIC PHYSIQUE UP TO 171 CM
12. MEN'S CLASSIC PHYSIQUE UP TO 175 CM
13. MEN'S CLASSIC PHYSIQUE UP TO 180 CM
14. MEN'S CLASSIC PHYSIQUE OVER 180 CM
15. MASTER MEN'S CLASSIC PHYSIQUE 40 YEARS AND OVER OPEN

BODYBUILDING:

16. JUNIOR MEN'S BODYBUILDING 16-23 YEARS OPEN
17. MEN'S BODYBUILDING UP TO 70 KG
18. MEN'S BODYBUILDING UP TO 75 KG
19. MEN'S BODYBUILDING UP TO 80 KG
20. MEN'S BODYBUILDING UP TO 85 KG
21. MEN'S BODYBUILDING UP TO 90 KG
22. MEN'S BODYBUILDING UP TO 95 KG
23. MEN'S BODYBUILDING UP TO 100 KG
24. MEN'S BODYBUILDING OVER 100 KG
25. MASTER MEN'S BODYBUILDING 40-49 YEARS, UP TO 80 KG
26. MASTER MEN'S BODYBUILDING 40-49 YEARS, UP TO 90 KG
27. MASTER MEN'S BODYBUILDING 40-49 YEARS, OVER 90 KG
28. MASTER MEN'S BODYBUILDING 50-54 YEARS OPEN
29. MASTER MEN'S BODYBUILDING 55-59 YEARS, OPEN
30. MASTER MEN'S BODYBUILDING 60 YEARS AND OVER OPEN

MEN'S PHYSIQUE:

31. SUB JUNIOR MEN'S PHYSIQUE (15-20 YEARS) OPEN
32. JUNIOR MEN'S PHYSIQUE (21-23 YEARS) UP TO 178 CM
33. JUNIOR MEN'S PHYSIQUE (21-23 YEARS) OVER 178 CM
34. MEN'S PHYSIQUE UP TO 170 CM
35. MEN'S PHYSIQUE UP TO 173 CM
36. MEN'S PHYSIQUE UP TO 176 CM
37. MEN'S PHYSIQUE UP TO 179 CM

- 38. MEN'S PHYSIQUE UP TO 182 CM
- 39. MEN'S PHYSIQUE OVER 182 CM
- 40. MASTER MEN'S PHYSIQUE 40 YEARS AND OVER OPEN

MUSCULAR MEN'S PHYSIQUE:

- 41. MUSCULAR MEN'S PHYSIQUE UP TO 179 CM
- 42. MUSCULAR MEN'S PHYSIQUE OVER 179 CM

WOMEN'S PHYSIQUE:

- 43. WOMEN'S PHYSIQUE OPEN
- 44. MASTER WOMEN'S PHYSIQUE 35 YEARS AND OVER OPEN

WOMEN'S BIKINI:

- 45. JUNIOR WOMEN'S BIKINI (16-20 YEARS) OPEN
- 46. JUNIOR WOMEN'S BIKINI (21-23 YEARS) UP TO 164 CM
- 47. JUNIOR WOMEN'S BIKINI (21-23 YEARS) OVER 164 CM
- 48. WOMEN'S BIKINI UP TO 160 CM
- 49. WOMEN'S BIKINI UP TO 162 CM
- 50. WOMEN'S BIKINI UP TO 164 CM
- 51. WOMEN'S BIKINI UP TO 166 CM
- 52. WOMEN'S BIKINI UP TO 169 CM
- 53. WOMEN'S BIKINI UP TO 172 CM
- 54. WOMEN'S BIKINI OVER 172 CM
- 55. MASTERS WOMEN'S BIKINI 35-39 YEARS UP TO 164 CM
- 56. MASTERS WOMEN'S BIKINI 35-39 YEARS OVER 164 CM
- 57. MASTERS WOMEN'S BIKINI 40 YEARS AND OVER OPEN

WOMEN'S BODYFITNESS:

- 58. JUNIOR WOMEN'S BODYFITNESS 16-23 YEARS OPEN
- 59. WOMEN'S BODYFITNESS UP TO 158 CM
- 60. WOMEN'S BODYFITNESS UP TO 163 CM
- 61. WOMEN'S BODYFITNESS UP TO 168 CM
- 62. WOMEN'S BODYFITNESS OVER 168 CM
- 63. MASTER WOMEN'S BODYFITNESS (35-39 YEARS) OPEN
- 64. MASTER WOMEN'S BODYFITNESS (40 YEARS AND OVER) OPEN

WOMEN'S WELLNESS:

- 65. JUNIOR WOMEN'S WELLNESS 16-23 YEARS OPEN
- 66. WOMEN'S WELLNESS UP TO 158 CM
- 67. WOMEN'S WELLNESS UP TO 163 CM
- 68. WOMEN'S WELLNESS UP TO 168 CM
- 69. WOMEN'S WELLNESS OVER 168 CM
- 70. MASTER WOMEN'S WELLNESS 35 YEARS AND OVER OPEN

WOMEN'S ARTISTIC FITNESS

- 71. JUNIOR WOMEN'S ARTISTIC FITNESS 16-23 YEARS OPEN
- 72. WOMEN'S ARTISTIC FITNESS OPEN

WOMEN'S ACROBATIC FITNESS

- 73. JUNIOR WOMEN'S ACROBATIC FITNESS 16-23 YEARS OPEN
- 74. WOMEN'S ACROBATIC FITNESS OPEN

WOMEN'S FIT-MODEL

- 75. WOMEN'S FIT-MODEL UP TO 162 CM
- 76. WOMEN'S FIT-MODEL UP TO 168 CM
- 77. WOMEN'S FIT-MODEL OVER 168 CM
- 78. MASTER WOMEN'S FIT-MODEL OPEN

MEN'S FIT-MODEL

- 79. MEN'S FIT MODEL OPEN

GAMES SPORT MODALITIES

- 80. GAMES MEN'S PHYSIQUE UNDER 170 CM
- 81. GAMES MEN'S PHYSIQUE UNDER 178 CM
- 82. GAMES MEN'S PHYSIQUE OVER 178 CM
- 83. GAMES MEN'S BODYBUILDING UNDER 170 CM
- 84. GAMES MEN'S BODYBUILDING UNDER 178 CM
- 85. GAMES MEN'S BODYBUILDING OVER 178 CM
- 86. GAMES WOMEN'S BIKINI UNDER 160 CM
- 87. GAMES WOMEN'S BIKINI UNDER 164 CM
- 88. GAMES WOMEN'S BIKINI UNDER 168 CM
- 89. GAMES WOMEN'S BIKINI OVER 168 CM

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**IFBB WORLD CHAMPIONSHIPS
FITNESS CHALLENGE WOMEN; MIXED-PAIRS AND TEAMS CATEGORIES**

Gold Level

1. Junior (16-23 yrs) Women's Fitness Challenge (Individual)
2. Women's Fitness Challenge (Individual/Couple/Mixed Couple)
3. Master (Over 40 yrs) Women's Fitness Challenge (Individual)

Silver Level

1. Junior (16-23 yrs) Women's Fitness Challenge (Individual)
2. Women's Fitness Challenge Silver Level (Individual/Couple/Mixed Couple)
3. Master (Over 40 yrs) Women's Fitness Challenge (Individual)

Bronze Level

1. Women's Fitness Challenge (Individual)

Fitness Challenge Team

1. Mixed (4 athletes) - Silver level

Speed-Fit

1. Women's Speed-Fit (Team)

IFBB WORLD CUP MEN'S FITNESS CHALLENGE

Men's Categories

Gold Level

1. Junior (16-23 yrs) Men's Fitness Challenge (Individual)
2. Men's Fitness Challenge (Individual/Couple)
3. Master (Over 40 yrs) Men's Fitness Challenge (Individual)

Silver Level

1. Junior (16-23 yrs) Men's Fitness Challenge (Individual)
2. Men's Fitness Challenge Silver Level (Individual/Couple)
3. Master (Over 40 yrs) Men's Fitness Challenge (Individual)

Bronze Level

Men's Fitness Challenge (Individual)

Speed-Fit

Men's Speed-Fit (Team)

AWARDS:

The top three athletes in each category will be awarded with **medals**.

The top six athletes in each category will be awarded a **Certificate of Excellence** and **trophies**. The overall winner will be awarded a **trophy**.

IFBB ELITE PRO CARDS:

IFBB ELITE PRO CARDS: TOP 3 Overall winners in:

- **MEN'S BODYBUILDING**
- **MASTER MEN'S BODYBUILDING**
- **MEN'S CLASSIC BODYBUILDING**
- **MEN'S PHYSIQUE**
- **MUSCULAR MEN'S PHYSIQUE (2)**
- **MEN'S CLASSIC PHYSIQUE**
- **WOMEN'S BIKINI**
- **WOMEN'S WELLNESS**
- **WOMEN'S BODYFITNESS**
- **WOMEN'S PHYSIQUE (1)**

*ONLINE REGISTRATION DEADLINES

PRELIMINARY ENTRY FORM: 14/09/2024

FINAL ENTRY FORM: 23/10/2024

CAMERA/VIDEOTAPE 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.

Camera and video tape recording fee: **EUR €200** per reporter

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging **and** finals. They will be distributed at the Team Managers and Judges Meetings 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 €50 each**

TANNING NEEDS

TANNING PRODUCTS: T.TAN

TANNING FEE PER PERSON: **EUR €100**

The IFBB has banned all tans that can be wiped off. An official will check the tan of all of the athletes in the backstage, and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

PROFESSIONAL TANNING SERVICE:

T-TAN Contact: Mr. Guillermo Renjifo : t.tan.tanning.spain@gmail.com

CONTACT INFORMATION:

Please send your Final Entry Form to
Organizing Committee:
E-mail: carlosramos@ifbb-spain.com

Please send a copy to the IFBB Technical Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:
Ms. Daria
E-mail: contact@ifbb.com

JUDGES

To be taken into consideration during the 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 & 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**.

TENTATIVE SCHEDULE

Thursday, October 31st

From 10:00 to 19:00 REGISTRATION	Hotel Don Angel
From 10:00 to 19:00 WEIGH-IN	Hotel Don Angel
15:00 IFBB COACHES CONGRESS	Hotel Onabrava

Friday, November 1st

From 10:00 to the end of session:	COMPETITION SESSION of Official Categories	Polideportiu Parc Colomer
From 10:00 to the end of session:	FITNESS CHALLENGE Individuals.	Polideportiu Parc Colomer

Saturday, November 2nd

From 10:00 to the end of session:	COMPETITION SESSION of Official Categories	Polideportiu Parc Colomer
From 10:00 to the end of session:	FITNESS CHALLENGE Individuals.	Polideportiu Parc Colomer
15:00	GALA PRO	

Sunday, November 3rd

From 09:00 to the end of session:	COMPETITION SESSION of Official Categories	Polideportiu Parc Colomer
From 10:00 to the end of session:	FITNESS CHALLENGE Individuals.	Polideportiu Parc Colomer

Monday November 4th

Departure of Delegations
12:00 Check-out from official hotels

IFBB Coaches Congress

Date: October 31st, 2024

Place: ONABRAVA HOTEL

Time: 15:00

All participants will receive a certificate of participation.

Free for certified IFBB Coaches.

Coaches can register as IFBB coaches and will be able to access the event at no cost.

**More information coming soon*

Scientific presentations may be forwarded to Secretary of the IFBB Coach Committee – Ville Isola
ville.isola@ifbbacademynordic.com