



# IFBB PanAmerican Championships



## MAIN INFORMATION

**NAME OF THE EVENT:** IFBB PanAmerican Championships

**CITY / COUNTRY:** Hermosillo, Sonora / Mexico

**DATE:** July 26<sup>th</sup> up to 28<sup>th</sup>

**EVENT OPEN FOR :** All National Federations from the American Continent, affiliated to IFBB

**IFBB ELITE PRO CARD QUALIFIER** YES  NO

**IFBB INTERNATIONAL RANKING QUALIFIER** YES  NO

**DAY OF ARRIVAL:** July 26<sup>th</sup>, 2024

**DAY OF DEPARTURES:** July 29<sup>th</sup>, 2024,

**REGISTRATION / WEIGHT IN DAY:**  
July 26<sup>th</sup>, 2024

**TIME:** 13:00 - 18:00

**PLACE:** Arena Sonora, Nayarit y Boulevard Abelardo L Rodríguez, Col. Centro, Col. Hermosillo Centro, C.P. 83000, Hermosillo, Sonora

**COMPETITION DAY:** July 27<sup>th</sup> and 28<sup>th</sup>, 2024

**TIME:**  
14:00 Saturday 27<sup>th</sup>  
11:00 Sunday 28<sup>th</sup>

**PLACE:** Arena Sonora, Nayarit y Boulevard Abelardo L Rodríguez, Col. Centro, Col. Hermosillo Centro, C.P. 83000, Hermosillo, Sonora

\*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:** General Ignacio Pesqueira García International Airport (Hermosillo, Sonora)

**VISA INFORMATION:** PLEASE REVIEW NEEDED INFORMATION AT THE SITE <https://www.inm.gob.mx/gobmx/word/index.php/paises-requieren-visa-para-mexico/> for the countries who need VISA for the entrance to México.

\*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive 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 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:** Arena Sonora

Nayarit y Boulevard Abelardo L Rodríguez, Col. Centro, Col. Hermosillo Centro, C.P. 83000, Hermosillo, Sonora

## HOTEL INFORMATION

**RECOMMENDED HOTEL:** Option 1. **Fiesta Americana Hotels & Resorts**, Fiesta Americana Hermosillo, Blvd. Eusebio Kino No. 369, Col. Lomas Pitic, 83010, Hermosillo, Sonora, México, Phone : +52(443)310 81 37 / <https://www.fiestamericana.com/hoteles-y-resorts/fiesta-americana-hermosillo/hotel-contact>

Option 2. **Hotel Araiza Hermosillo**, Blvd. Fco. Eusebio Kino 353, Lomas Pitic, 83010 Hermosillo, Sonora, Phone: +52 (662) 109 1700 / 800-026-5444, mail: [otasalliance@araizahoteles.com](mailto:otasalliance@araizahoteles.com) / [ventashmo@araizahoteles.com](mailto:ventashmo@araizahoteles.com)

Option 3. **Hotel Fiesta Inn Hermosilla**, Blvd. Eusebio Kino 375 , Col. Lomas Pitic, 83010

Hermosillo, Sonora, Mexico, Phone: +52 (443) 137 8728 / + 52 (443) 310 81 37 / mail: [gvfah@posadas.com](mailto:gvfah@posadas.com)

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of each.

**\$200 USD**

Registration fee for international 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: 50 usd.

For all Mexican athletes the registration fee shall be paid in registration and weight in day.

The cost of it will be of \$200 U.S. Dollars.

**CROSSOVERS: \$100 usd**

Fitness Challenge Categories \$50 U.S. Dollars

**DEADLINE FOR ONLINE PAYMENT: July 12, 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 purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR €40/\$50 usd. 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 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.

### CATEGORIES: Men's

#### **BODYBUILDING**

-Junior

- Open

-Senior

- Up to 70 kg
- Up to 75 kg
- Up to 80 kg
- Up to 85 kg
- Over 85 kg

-Master

- 40-49 years Open
- 50 years and over Open

#### **CLASSIC BODYBUILDING**

-Senior

- Up to 172 cm
- Over 172 cm

-Games

- Open

#### **CLASSIC PHYSIQUE**

-Senior

- Up to 172 cm
- Over 172 cm

### CATEGORIES: Women's

#### **BIKINI**

-Junior

- Open

-Senior

- Up to 158 cm
- Up to 164 cm
- Over 164 cm

-Master

- Open

#### **WELLNESS**

-Junior

- Open

-Senior

- Up to 158 cm
- Up to 164 cm
- Over 164 cm

-Master

- Open

#### **BODYFITNESS**

-Senior

- Open

-Master

- Open

#### **FITNESS (Acrobatic)**

- Open

### **MEN'S PHYSIQUE**

#### **-Junior**

- Up to 172 cm
- Over 172 cm

#### **-Senior**

- Up to 168 cm
- Up to 172 cm
- Up to 176 cm
- Over 176 cm

#### **-Master**

- Open

### **FITNESS CHALLENGE**

- Open

### **FIT MODEL**

- Open

### **WOMEN'S PHYSIQUE**

- Open

### **FITNESS CHALLENGE**

- Open

### **AWARDS:**

Top three athletes in each category will be awarded with **trophies**.

Top six athletes in each category will be awarded with a **Certificate of Excellence** and **medals**. Overall winner will have a **medal**.

### **IFBB ELITE PRO CARDS:**

**9 (nine)**

#### **DISTRIBUTION**

Men's Bodybuilding (2) one for the Overall Winner & one for the 2<sup>nd</sup> place

Men's Classic Bodybuilding (1) one for the Overall Winner

Men's Physique (1) one for the Overall Winner

Men's Classic Physique (1) one for the Overall Winner

Master Men's Bodybuilding (1) one for the Overall Winner

Women's Bikini Fitness (1) one for the Overall Winner

Women's Wellness Fitness (1) one for the Overall Winner

Women's Body Fitness (1)

### **\*REGISTRATION DEADLINE**

FINAL ENTRY FORM: July 12<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 judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

## 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 Final Entry Form  
to: Organizing Committee  
**Mr. Francisco Cabezas**  
President of the Mexican Federation of  
Bodybuilding and Fitness  
E-mail: [fmff2001@hotmail.com](mailto:fmff2001@hotmail.com)

Please send a copy to IFBB Technical  
Committee  
Eng. Andrew Michalak  
E-mail: [amichalak51@gmail.com](mailto:amichalak51@gmail.com)

Please send a copy to IFBB Head Office:  
Ms. Daria  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:  
President of the Pan American Confederation and  
IFBB Central America VP  
**Mr. Eduardo Abdalah**  
E-mail: [panamerica@gmail.com](mailto:panamerica@gmail.com)  
IFBB North American VP  
**Mr. Marco Antonio Cabezas**  
E-mail: [fmff2001@hotmail.com](mailto:fmff2001@hotmail.com)  
E-mail: [mac.cabezasmexico@gmail.com](mailto:mac.cabezasmexico@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 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