



IFBB INTERNATIONAL CUP “RIGA PEARL”

**MAY 11th - 12th, 2024
RIGA, LATVIA**



WELCOME

The Latvian Bodybuilding, Fitness and Bodyfitness Federation extend a warm welcome to all National Federations to participate at IFBB International Cup “RIGA PEARL”.

DATE AND TIME

May 12th, 2024 (Sunday)
Competition: 13:00

ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. Due to its geographical location on the Baltic Sea, Riga has been an important center of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.



VISAS

A valid passport is required to entry into Latvia. Please consult the Latvian Embassy in your country to determine if you need a visa. The Organizing Committee of the Latvian federation will help to arrange the visas for all the athletes and officials.

VENUE SITE

ATTA CENTRE (60 Krasta Street) Riga, Latvia.

<https://www.attacentre.com/en/>

Located in the heart of the capital of Latvia, ATTA CENTRE is one of the largest venues in the Baltics for different events and conferences, and offers the best technological solutions for holding the most successful events.



RECOMMENDED OFFICIAL HOTEL

Monika Centrum Hotels

21 Elizabetes Str, Riga, Latvia

www.monika.centrumhotels.com

The official hotel of the event is 4-star Monika Centrum Hotels. A luxury hotel is situated in a prestigious part of central Riga. A spirit of hospitality and elegance lingers at Monika Centrum Hotels, which opened its doors in December 2005. This luxurious and artistically designed hotel gives royal treatment to all its guests.



REGISTRATION

Official Athlete Registration will take place on;

Saturday, May 11th from 15:00 to 17:00 ATTA CENTRE (venue site);

Sunday, May 12th from 9:30 to 11:30 ATTA CENTRE (venue site).

Registration of athletes will only be considered if they are entered by the National Federation by sending the Final Entry Form directly to the Organizing Committee. Competitors must provide their PASSPORT/ID. Each athlete will be provided with a wristband at the Registration. This identification will allow daily admission and should not be removed.

IMPORTANT NOTICE:

Please be aware that it is full responsibility and obligation of the National Federation to verify if each one of the athletes to be registered on this event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national/international level. All the athletes will be required to sign Doping Liability Form during the Registration.

COMPETITOR ENTRY FORM

Competitor Entry Form must be completed by each competitor BEFORE the weigh-in/height measurement. This information is used to promote the competitor during the competition.

REGISTRATION FEE

All the athletes nominated by their IFBB National Federations have to pay the Registration fee of EUR 100. Crossovers: EUR 80 per each of the additional categories.

The fee must be paid at the time of Registration.

ENTRY TICKET

The entrance to the Venue is open from 12:00. The ticket price is EUR 25.

BACKSTAGE ACCESS

The access to the backstage and dressing room areas shall be strictly limited. Only delegates or trainers with the corresponding Backstage Pass (special wristband) will be allowed to enter this zone. Backstage passes will be on sale during the Official Registration and at the entry to the Venue.

Backstage pass will cost EUR 25 and must be purchased additionally to the ticket price.

CATEGORIES OPEN FOR COMPETITIONS

The competition is held according to the IFBB Rules and will include the categories:

1. **Juniors Women's Bikini 16-23 year:** Open
2. **Beginners Women's Bikini:** Open
3. **Women's Bikini:** up to 162cm
4. **Women's Bikini:** up to 166cm
5. **Women's Bikini:** up to 169cm
6. **Women's Bikini:** up to 172cm
7. **Women's Bikini:** over 172cm
8. **Women's Bikini:** overall
9. **Masters Women's Bikini > 35 years:** Open
10. **Women's Fit Model:** up to 166cm
11. **Women's Fit Model:** over 166cm
12. **Women's Fit Model:** overall
13. **Masters Women's Fit Model > 35 years:** Open
14. **Women's Bodyfitness:** Open
15. **Women's Wellness:** Open
16. **Masters Women's Wellness > 35 years:** Open
17. **Men's Physique:** Open

If less than 5 athletes, categories will be combined (refers to the categories: bikini and fit model).



TANNING NEEDS

The IFBB has banned all tans that can be wiped off. During the IFBB International Riga Pearl Cup, the professional Tanning Services will be offered at the Venue Site. Reservations is available through the secretariat@ifbb.lv until April 28th.

JUDGES

IFBB International Judges must have a valid IFBB Judge's Card.

AWARDS

Top 6 athletes in each category will be awarded with trophies. Top 3 athletes in each category will be awarded with medals. Participants will receive certificates of achievement.

FINAL ENTRY FORMS

Please confirm your participation until **April 29th, 2024** to e-mail secretariat@ifbb.lv by filling **Competitor Entry Form**. National Federations must submit the actual names of all Official Participants (athletes by category and judges) in the **Final Entry Form**.