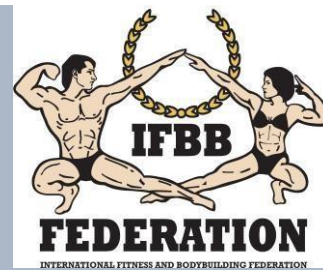


IFBB BALKAN CHAMPIONSHIPS



MAIN INFORMATION

NAME OF THE EVENT: **2025 IFBB BALKAN CHAMPIONSHIPS**

CITY / COUNTRY: **NIKSIC / MONTENEGRO**

DATE: **APRIL 25-28, 2025**

EVENT OPEN FOR : **IFBB/EFBB-affiliated National Federations from the Balkans**

IFBB PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL: **APRIL 25th, 2025**

DAY OF DEPARTURES: **APRIL 28th, 2025**

REGISTRATION DAY:
APRIL 25th, 2025

TIME:
14:00 – 18:00 H

PLACE: **ONOGOST HOTEL**
24 Nikole Tesle and Njegoseva Str, NIKSIC

WEIGH-IN DAY:
APRIL 25th, 2025

TIME:
14:00 – 18:00 H

PLACE: **ONOGOST HOTEL**
24 Nikole Tesle and Njegoseva Str, NIKSIC

*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:

- 1. Podgorica Airport (TGD)**
- 2. Tivat Airport (TIV)**
- 3. Dubrovnik Airport (DBV)**

VISA INFORMATION: EU CITIZENS DO NOT NEED TO OBTAIN A VISA, ATHLETES COMING FROM OTHER COUNTRIES KINDLY CONSULT MONTENEGRO EMBASSY/CONSULATE IN YOUR COUNTRY TO DETERMINE IF YOU NEED A VISA. INVITATION LETTERS WILL BE ISSUED AS REQUESTED.

*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: **SPORTSKI CENTAR NIKSIC (NIKSIC SPORT CENTER), NJEGOSEVA Str, NIKSIC**

HOTEL INFORMATION

OFFICIAL HOTEL:
ONOGOST HOTEL, 24 Nikole Tesle and Njegoseva Str, Niksic

REGISTRATION FEE:

Each athlete and Delegate or Extra Delegates must pay the IFBB registration fee of **EUR €250** (includes accommodation in a double room and 3 meals per 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. Payments at arrival shall have an extra charge of EUR €50.

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

DEADLINE FOR ONLINE PAYMENT: April 15th, 2025, 23:59.

*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/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.

CATEGORIES:

JUNIORS (16 - 20 YEARS OLD)

- Junior Men Bodybuilding - **OPEN**
- Junior Men Classic Bodybuilding - **OPEN**
- Junior Men's Physique 15-20 years - **OPEN**
- Junior Women Artistic Fitness - **OPEN**
- Junior Women Bodyfitness - **OPEN**
- Junior Women Wellness - **OPEN**
- Junior Women Bikini - **OPEN**

JUNIORS (21 - 23 YEARS OLD)

- Junior Men Bodybuilding: 75 kg, +75 kg, **Overall**
- Junior Men Classic Bodybuilding - **OPEN**
- Junior Men Games Classic Bodybuilding - **OPEN**
- Junior Men Classic Physique - **OPEN**
- Junior Men Fitness - **OPEN**
- Junior Men's Physique: 178 cm, +178 cm, **Overall**
- Junior Women Acrobatic Fitness - **OPEN**
- Junior Women Artistic Fitness - **OPEN**
- Junior Women Bodyfitness - **OPEN**
- Junior Women Bikini: 166 cm, +166 cm, **Overall**
- Junior Women Wellness - **OPEN**

MEN MASTERS (40 YEARS OF AGE & OVER)

- Master Men Bodybuilding 40-49 years:
80 kg, +80 kg

SENIORS (MEN & WOMEN)

- Men's Classic Bodybuilding:
175 cm, +175 cm, **Overall**
- Men Games Classic Bodybuilding:
175 cm, +175 cm, **Overall**
- Men Fitness - **OPEN**
- Men's Physique:
173 cm, 179 cm, +179 cm, **Overall**
- Muscular Men's Physique - **OPEN**
- Women Physique - **OPEN**
- Women Bodyfitness - **OPEN**
- Women Acrobatic Fitness - **OPEN**
- Women Artistic Fitness - **OPEN**
- Women Bikini:
162 cm, 169 cm, +169 cm, **Overall**
- Women Wellness - **OPEN**
- Women Fit-Model - **OPEN**
- Fit- Pairs - **OPEN**
- Bodybuilding (by height):
Under 1,70 m
Under 1,78 m
Under 1,78 m
- Men's Wheelchair - **OPEN**
- Children Artistic Fitness - **OPEN**

- **Master Men Bodybuilding >50 years:**
80 kg, +80 kg
 - **Master Men Bodybuilding Overall**
 - **Master Men Classic Bodybuilding - OPEN**
 - **Master Men's Physique >40 Years - OPEN**
 - **Master Men's Physique Overall**
 - **Master Men Classic Physique - OPEN**
- WOMEN MASTERS (35 YEARS OF AGE & OVER)**
- **Master Women Bodyfitness >35 years - OPEN**
 - **Master Women Bikini 35-39 years - OPEN**
 - **Master Women Bikini >40 years - OPEN**
 - **Master Women Bikini Overall**
 - **Master Women Wellness - OPEN**

- FITNESS CHALLENGE CATEGORIES**
- **SILVER LEVEL - Women Individual**
 - **SILVER LEVEL - Men Individual**
 - **SILVER LEVEL - Mixed Couples**

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 PRO CARDS:

- 16 IFBB Pro Cards in total**
- DISTRIBUTION:**
- MEN'S PHYSIQUE - IFBB Pro Cards for the top 2 Overall winners**
 - MEN'S CLASSIC BODYBUILDING - IFBB Pro Cards for the top 2 Overall winners**
 - MUSCULAR MEN'S PHYSIQUE - IFBB Pro Cards for the top 2 open category winners**
 - WOMEN'S BIKINI - IFBB Pro Cards for the top 2 Overall winners**
 - WOMEN'S BODYFITNESS - IFBB Pro Card for the open category winner**
 - WOMEN'S WELLNES - IFBB Pro Cards for the top 2 open category winners**
 - WOMEN'S PHYSIQUE - IFBB Pro Card for the open category winner**
 - MASTER MEN'S BODYBUILDING - IFBB Pro Card for the Overall winner**
 - MASTER WOMEN'S BIKINI - IFBB Pro Cards for the top 2 Overall winners**
 - MASTER WOMEN'S BODYFITNESS - IFBB Pro Card for the category winner**

***REGISTRATION DEADLINE**

PRELIMINAR ENTRY FORM: **APRIL 05th, 2025**
 FINAL ENTRY FORM: **APRIL 14th, 2025**

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 and finals. They will be distributed at the Team Managers and Judges Meeting 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 €30** each

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:

Mr. Drazen Vujosevic

E-mail: bfscg.info@gmail.com

Chairman of the Balkan Judges Committee

IFBB Judges Committee Member

Mr. Ovidiu Mezdrea

E-mail: ovidiumezdrea@pro-gym.ro

ovidiumezdreaifbb@gmail.com

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. Drazen Vujosevic

President of the Bodybuilding & Fitness Association of Montenegro

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 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.



Scan this code to see the rules for attires of Men's Physique and Bikini

IFBB WEIGHT / HEIGHT LIMITS

JUNIOR CLASSIC BODYBUILDING (16-23 years old)

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

MASTERS CLASSIC BODYBUILDING

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

JUNIOR GAMES CLASSIC BODYBUILDING (16-23 YEARS OLD)

Up to 162 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 3 [kg]

Up to 165 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 2 [kg]

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 1 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 3 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

MEN GAMES CLASSIC BODYBUILDING

Up to 162 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 2 [kg]

Up to 165 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 1 [kg]

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

JUNIOR MEN CLASSIC PHYSIQUE (16-23 YEARS OLD)

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 3 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]

MATERS CLASSIC PHYSIQUE

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)

- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

- An athlete, male or female, may compete as JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.

-An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday.

- May compete as a MASTER competitor in the category 35-39 years of the age from January 1st of the year in which she reaches 35th birthday up to and including December 31st of the year in which she turns 39. From January 1st of the next year, she may compete in the category over 40 years of age.

May compete as a MASTER competitor in the category over 40 years of age from January 1st of the year in which he reaches his 40th birthday.

- May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category over 50 years of age.