



FEDERAȚIA ROMÂNĂ DE  
CULTURISM ȘI FITNESS

# IFBB DRACULA FITNESS SHOW

Brasov City, Romania – 6-8 September, 2025

## INSPECTION REPORT





## WELCOME

The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the International Fitness and Bodybuilding Federation (IFBB) and National Agency of Sports gives a most warm welcome to athletes from all National Federations affiliated with the IFBB, that will be participating at the **IFBB DRACULA FITNESS SHOW – 1<sup>st</sup> Edition**, in the city of Brasov, Romania!

**LOCATION:** Brasov City



## OFFICIAL DATE:

**September 6:** Arrival & Official Athlete Registration, at the official Venue (**TEATRUL SICA ALEXANDRESCU, Piața Teatrului Nr. 1, Brașov, România**), from 16:00 – to 19:00.

**September 7:** The **IFBB DRACULA FITNESS SHOW**, from 14:00 – local time

**VENUE LOCATION:** **TEATRUL SICA ALEXANDRESCU, Piața Teatrului 1, Brașov**



## OFFICIAL HOTELS:

- **CUBIX HOTEL** <https://www.hotelcubix.ro/index.php>

Address: Bulevardul Saturn nr. 47, 500440, Brasov, Romania



- **Coroana Brașovului** <https://coroana-brasovului.ro/>

Address: Piața Unirii, Str. Vasile Saftu nr.1, Brasov



## OFFICIAL AIRPORT

The official airport for arrivals is International Airport Brasov.



## REGISTRATION AND REGISTRATION FEE

Registration and weigh-in will take place on Saturday, September 6, from 16:00 to 19:00 hrs., at **TEATRUL SICA ALEXANDRESCU, Piața Teatrului Nr. 1, Brasov, Romania.**

All athletes will have to produce their Passports & 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 and are mandatory.

At **IFBB DRACULA FITNESS SHOW** event, any direct registration from athletes will not be accepted, as these must be processed by their respective national IFBB federations.

Final Entry Forms will only be considered if they are sent by the National Federation of the athlete and directly to the Organizing Committee, IFBB Head Office in Madrid and IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. 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.

The IFBB registration fee is EUR €250. For wishing to compete in the more categories, the additional fee of EUR €100 per each of the additional categories will be charged;

Fees have to be paid in advance by credit/debit card or PayPal at the IFBB webpage: <http://www.ifbb.com/competition-registration>, for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

*If paying at the Registration, an extra fee of EUR €50 per participant will be charged.*

The deadline date to do the online payment is **August 26<sup>th</sup>**, 23:59 hrs (midnight- Central European Summer Time, UTC +2), then the online payment system will be switched off.

### LANGUAGE

The official language in Brasov is Romanian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

### CURRENCY

The national currency in Romania is lei (LEU). One Euro is approximately equal to 5 lei, but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

### CLIMATE

Temperatures from May to September fluctuate around 23°C (73 °F). Brasov benefits from a winter tourism season centered on winter sports and other activities. Poiana Brasov is the most popular Romanian ski resort and an important tourist center preferred by many tourists from other European states.

The city ranks on the second place in terms of tourism arrivals countrywide, after the capital Bucharest.

The city has the best air quality in the European Union, according to research published in 2014 by a French magazine and air-quality organization that studied the EU's hundred largest cities.



## **ELECTRIC CURRENT**

The electric current is 220 volts, 50 Hz. Plugs/sockets type C and F (2 round prong).

## **TIME DIFFERENCE**

Brasov is in the Eastern European Time zone (UTC +3 hours – in summer).

## **VISAS**

A valid passport is required to enter in Romania. EU-country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. Detailed information here: <https://www.mae.ro/en/node/2035> .

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer: a copy (scan) of passport.

If the visa not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

## **PARTICIPATION**

These Championships are open for all National Federations affiliated with the IFBB. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

### **CATEGORIES OPEN FOR COMPETITION**

#### ***JUNIOR'S CATEGORIES (15 - 23 years old)***

- Junior Women's Bikini: open category;
- Junior Men's Physique: open category;
- Junior Women's Fit-Model: open category;
- Junior Men's Fit Bodybuilding *by height\*\**: open category.

#### ***SENIOR'S CATEGORIES:***

- Men's Classic Bodybuilding – up to 175 cm; over 175 cm & OVERALL;
- Men's Fit Classic Physique\*\* – up to 175 cm; over 175 cm & OVERALL;
- Men's Bodybuilding *by height\*\**: – up to 170 cm; up to 178 cm; over 178 cm & OVERALL;
- Men's Physique – up to 173 cm; up to 179 cm; over 179 cm & OVERALL;
- Women's Fit-Model – open Category
- Women's Bikini – up to 164 cm; up to 169 cm; over 169 cm & OVERALL;



- Women Bodyfitness – open Category
- Women Wellness – open Category
- Fit-Pairs – open Category.

### **MASTER'S CATEGORIES**

- Women's Bikini (>35 years): open category;
- Women's Bodyfitness (>35 years): open category;
- Men's Bodybuilding *by height*\*\* (>40 years): open category;
- Men's Classic Bodybuilding (>40 years): open category;
- Men's Physique (>40 years): open category.

**Note 1:** *A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.*

### **Note 2: POSSIBLE CROSSOVERS:**

- ✓ *Men's Classic Bodybuilding – Men's Fit Classic Physique – Men's Bodybuilding by height;*
- ✓ *Women's Bikini – Women's Fit-Model;*
- ✓ *Women's Wellness – Women's Fit-Model.*

- 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.)

**NOTE:** *\*\* Master & Senior categories of Men's Bodybuilding by height and Fit Classic Physique are fully tested.*

### **\*\*Please check carefully below the Bodyweight Limits (according to IFBB Rules):**

#### **Men's Classic Bodybuilding bodyweight limits:**

- 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]

#### **Men Fit Classic Physique bodyweight limits:**

- 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]



## 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 the champions with *trophies*.
- Overall winner will have a *trophy* and according with IFBB rules, IFBB PRO CARDS !

## 15 IFBB ELITE PRO CARDS

### DISTRIBUTION:

- Women's Bodyfitness: 1 IFBB PRO CARD for the winner;
- Women's Wellness: 1 IFBB PRO CARD for the winner;
- Women's Bikini: 3 IFBB PRO CARDS for the top 3 Overall winners;
- Men's Bodybuilding *by height*: 3 IFBB PRO CARDS for the top 3 Overall winners;
- Men's Classic Bodybuilding: 1 IFBB PRO CARD for the Overall winner;
- Men's Physique: 3 IFBB PRO CARDS for the top 3 Overall winners;
- Men's Fit Classic Physique: 1 IFBB PRO CARD for the Overall winner;
- Master's Women's Bikini (>35 years): 1 IFBB MASTER PRO CARD for the winner;
- Master's Men's Bodybuilding *by height* (>40 years): 1 IFBB MASTER PRO CARD for the Overall winner.

## PARTICIPATION

The **IFBB DRACULA FITNESS SHOW** are open for all National Federations affiliated with the IFBB. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is **August 25<sup>th</sup>**, 2025.

## SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Venue Location, to start from 12:00 till 20:00 from Saturday – September 7<sup>th</sup> to Sunday – September 8<sup>th</sup>.

## BACKSTAGE ACCESS/DRESSING ROOM ACCESS

A limited number of backstage passes will be for sale during official registration.

Only official Delegates/ Trainers possessing the *Backstage Pass* will be allowed to enter the backstage area.

**Please NOTE:** There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased for EUR €30 each. This pass will allow the holder to go in and out of the venue during the weekend and will give access **ONLY** in backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!



FEDERAȚIA ROMÂNĂ DE  
CULTURISM ȘI FITNESS

Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

## CAMERA/ VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

## PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at the Registration. The music must be only on the USB memory stick, in MP3 format.

### IMPORTANT NOTICE

**The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.**

## JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test judges) **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules.

For more information, please contact Mr. Jose Maria Garcia Garcia, under address: [oceanogym@gmail.com](mailto:oceanogym@gmail.com)

### IMPORTANT NOTICE

**All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test-judges should be specified there as well. Judges have to pay the yearly Judges' License Fee of EUR €50 for 2025. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.**

## MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at [info@ifbb.com](mailto:info@ifbb.com) & [secretariat@frcf.ro](mailto:secretariat@frcf.ro) no later than September 5, 2025.

## 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.

## MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.



## FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is **August 25<sup>th</sup>**. The National Federations must display the official names of all the participants (athletes by category, delegates and judges). It also must include the details of flights for arrival and departure.

### TENTATIVE SCHEDULE

**9:00 – START IFBB DRACULA FITNESS SHOW !**

**16:00 – *Dracula's dinner* at BRAN CASTLE !**

## CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

- IFBB Technical Committee  
Eng. Andrew Michalak  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)
- Organizing Committee  
Mr. Virgil Boros  
E-mail: [secretariat@frfc.ro](mailto:secretariat@frfc.ro)
- Please send a copy to the International Bodybuilding and Fitness Federation Head Office  
Ms. Daria  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)