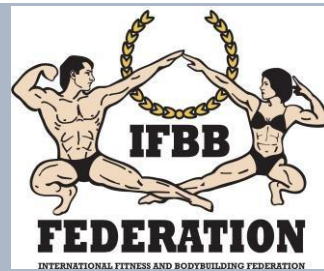


MR. UNIVERSE PORTUGAL



MAIN INFORMATION

NAME OF THE EVENT: MR. UNIVERSE PORTUGAL and JOSE MONTEIRO INTERNATIONAL CUP

CITY / COUNTRY: POVOA DE LANHOSO / PORTUGAL

DATE: DECEMBER 05, 06 and 07, 2025

EVENT OPEN FOR ALL IFBB-AFFILIATED NATIONAL FEDERATIONS FROM ALL OVER THE WORLD

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO **Mr. Universe – Level 3**
Jose Monteiro Cup – Level 2

DAY OF ARRIVAL: DECEMBER 05th, 2025

DAY OF DEPARTURES: DECEMBER 07th, 2025

REGISTRATION DAY:
DECEMBER 05th, 2025

TIME:
14:00 - 19:00

PLACE:
ESCOLA SECUNDARIA POVOA DE LANHOSO

WEIGH-IN DAY:
DECEMBER 05th, 2025

TIME:
14:00 - 19:00

PLACE:
ESCOLA SECUNDARIA POVOA DE LANHOSO

*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: FRANCISCO SA CARNEIRO AIRPORT (PORTO AIRPORT)

VISA INFORMATION: EU citizens and citizens of over 60 countries don't need visa to enter the Portugal for up to 90 days. Detailed information can be found at: <https://vistos.mne.gov.pt/en/>

*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: ESCOLA SECUNDÁRIA DA PÓVOA DE LANHOSO, RUA PTE.DE PEREIRO S PÓVOA DE LANHOSO

HOTEL INFORMATION

RECOMMENDED HOTEL:

BASIC BRAGA BY AXIS

RESERVATION: icsci:as@basickotclbiaga.com

CONTACT: +351 253 148 000

IBIS BUDJET BRAGA CENTRO

RESERVATION: h1802@accor.com

Contact: +351 253 614 500

HOLIDAY IN

RESERVATION : info@hibraga.com

CONTACT: +351 253 797 200

HOTEL MELIÃ

Reservation: melia.braga@meliaportugal.com

Contact: + 351 253 144 000

GUEST HOUSES /PARTICULAR HOUSES

RESERVATION: acpbraga21@gmail.com

Contact:+ 351 969 484 504

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €250**.

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: November 25th, 2025.

*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\$ 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:

Junior Women Bikini 15-23 yrs - OPEN

Women Bikini:

Up to 164 cm

Up to 169 cm

Over 169 cm

OVERALL - IFBB Pro Cards for the top 3

Women Bodyfitness:

Up to 163 cm

Over 163 cm

OVERALL - IFBB Pro Cards for the top 2

Junior Wellness 15-23 yrs - OPEN

Women Wellness:

Up to 163 cm

Over 163 cm

OVERALL - IFBB Pro Cards for the top 3

Junior Men's Physique 15 -23 yrs - OPEN

Men's Physique:

Up to 173 cm

Up to 179 cm

Over 179 cm

OVERALL - IFBB Pro Cards for the top 3

Junior Men Classic Bodybuilding 15 -23 yrs - OPEN

Junior Men Classic Physique 15 -23 yrs - OPEN

Junior Men Bodybuilding 15 -23 yrs - OPEN

Men's Disabled and Wheelchair

Women's Disabled and Wheelchair

Women's Fit-Model:

Up to 166 cm

Over 166 cm

Fit-Pairs**Women's Artistic Fitness - OPEN****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:**14 IFBB Pro Cards in total****DISTRIBUTION**

Men's Physique - IFBB Pro Cards for the top 3 Overall winners

Women's Bikini - IFBB Pro Cards for the top 3 Overall winners

Women's Bodyfitness - IFBB Pro Card for the top 2 open category winners

Women's Wellness - IFBB Pro Card for the top 3 Overall winners

Women's Physique - IFBB Pro Cards for the top 2 open category winners

Note: IFBB Pro Cards are gives in categories with no less than 6 athletes.

***REGISTRATION DEADLINE**

PRELIMINAR ENTRY FORM: No.

FINAL ENTRY FORM: **November 24th, 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 & amp, 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 Entry Form to:
Portuguese Federation President
Mr. Daniel Morais
E-mail: portugalifbb@gmail.com
or
INSTAGRAM: [ifbb@portugal](https://www.instagram.com/ifbb/portugal)

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

Contact details for additional correspondence:
Mr. Daniel Morais
President of Portuguese Federation
E-mail: portugalifbb@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