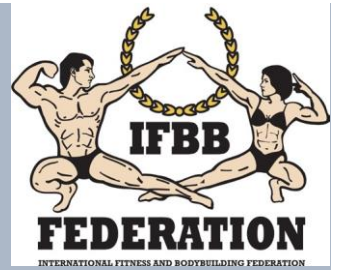


# 2025 NORDIC CHAMPIONSHIPS



## MAIN INFORMATION

<b>NAME OF THE EVENT: Nordic Championships</b>		
<b>CITY / COUNTRY: Alingsås, Sweden</b>		
<b>DATE: October 24<sup>th</sup> – 26<sup>th</sup>, 2025</b>		
<b>EVENT OPEN FOR : All Countries affiliated with the Nordic Federation NFBB</b>		
<b>IFBB PRO CARD QUALIFIER</b>	<b>YES <input checked="" type="checkbox"/></b>	<b>NO</b>
<b>IFBB INTERNATIONAL RANKING QUALIFIER</b>	<b>YES</b>	<b>NO <input checked="" type="checkbox"/></b>
<b>DAY OF ARRIVAL: Friday, October 24<sup>th</sup>, 2025</b>		
<b>DAY OF DEPARTURES: Monday, October 27<sup>th</sup>, 2025</b>		
<b>REGISTRATION DAY: Friday, October 24<sup>th</sup>, 2025</b>	<b>TIME: 17:00 – 20:00</b>	<b>PLACE: Estrad Arena, Sweden, Alingsås</b>
<b>WEIGH-IN DAY: Friday, October 24<sup>th</sup>, 2025</b>	<b>TIME: 17:00 – 20:00</b>	<b>PLACE: Estrad Arena, Sweden, Alingsås</b>
<p>*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.</p>		
<b>RECOMMENDED AIRPORT: Landvetter, Gothenburg</b>		
<b>VISA INFORMATION:</b> <p>*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.</p>		
<b>VENUE: Estrad Arena, Alingsås, Sweden</b>		
<b>HOTEL INFORMATION</b>		
<b>RECOMMENDED HOTEL: Grand Hotel, Alingsås</b>		

## REGISTRATION FEE:

**Each Athlete must pay the IFBB registration fee of EUR €150.**

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 €50.**

**Doping Control Fee: EUR €20.**

**DEADLINE FOR ONLINE PAYMENT: Saturday, October 14<sup>th</sup>, 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/USD \$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:

### Saturday, October 25<sup>th</sup>, 2025

**Women's Artistic Fitness – Open Class**

**Women's Fit-Model – Open Class**

**Junior Men's Classic Bodybuilding 18-23 yrs - OPEN**

**Men's Classic Bodybuilding**

-175 cm

-180 cm

+180 cm

**Junior Women's Bikini 18-23 yrs - OPEN**

**Women's Bikini:**

-160 cm

-164 cm

-168 cm

+168 cm

**Master Women's Bikini:**

Master 35–44 yrs

Master 45–49 yrs

Master >50 yrs

**Junior Men's Physique 18-23 yrs - OPEN**

### Sunday, October 26<sup>th</sup>, 2025

**Women's Acrobatic Fitness - OPEN**

**Junior Women's Bodyfitness 18-23 yrs - OPEN**

**Women's Bodyfitness**

-163 cm

-168 cm

+168 cm

**Master Women's Bodyfitness**

Master 35–44 yrs

Master 45–49 yrs

Master >50 yrs

**Junior Women's Wellness 18-23 yrs - OPEN**

**Women's Wellness**

-164 cm

+164 cm

**Mater Women's Wellness >35 yrs - OPEN**

**Mixed-Pairs**

**Junior Men's Fit Classic Physique 18-23 yrs - OPEN**

**Men's Fit Classic Physique**

-171 cm

<p><b>Men's Physique:</b> -170 cm -178 cm +178 cm</p> <p><b>Fit-Pairs</b></p>	<p>-180 cm +180 cm</p> <p><b>Master Men's Fit Classic Physique &gt;40 yrs - OPEN</b></p> <p><b>Junior Men's Fit Bodybuilding 18-23 yrs - OPEN</b></p> <p><b>Men's Fit Bodybuilding:</b> -170 cm -178 cm +178 cm</p> <p><b>Master Men's Fit Bodybuilding &gt;40 yrs – OPEN</b></p>
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**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**. Overall winner will have a **trophy**.

**IFBB PRO CARDS:**

**DISTRIBUTION: 1 PRO CARD PER OVERALL WINNER**

**\*REGISTRATION DEADLINE**

PRELIMINAR ENTRY FORM: **No.**  
 FINAL ENTRY FORM: **Monday, October 13<sup>th</sup>, 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 & 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:**

<p>Please send your Entry Form to:  <b>Mr. Sharam Daneshmand</b></p> <p>E-mail: <a href="mailto:shapebysharam@gmail.com">shapebysharam@gmail.com</a></p>	<p>Please send a copy to IFBB Technical Committee:          Eng. Andrew Michalak          E-mail: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p> <p>Please send a copy to IFBB Head Office:          Ms. Daria          E-mail: <a href="mailto:contact@ifbb.com">contact@ifbb.com</a></p>
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Contact details for additional correspondence:  
 Mr. Rachid Misk  
 President of the Swedish Bodybuilding & Fitness Federation  
 E-mail: [rachid@ifbbsweden.se](mailto:rachid@ifbbsweden.se)

## 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 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