

# IFBB WORLD CUP 2025

September  
11-15

Las Rozas de Madrid  
MADRID • SPAIN



## INSPECTION REPORT

LAS ROZAS DE MADRID  
MADRID, SPAIN

Centro Multiusos Las Rozas  
Av. del Polideportivo, 22, 28231 Las Rozas de Madrid, Madrid



# WELCOME

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Get ready for the first-ever joint edition of the **IFBB WORLD CUP** for Men & Women — marking the beginning of a new era in international bodybuilding and fitness!

This exciting new event will take place in **Las Rozas de Madrid, Spain**, from **Thursday, September 11<sup>th</sup> to Sunday, September 15<sup>th</sup>, 2025**.

Join us for a spectacular gathering featuring the best **IFBB athletes from around the world**, competing across all official categories.

Don't miss this historic debut — a **new chapter starts now!**



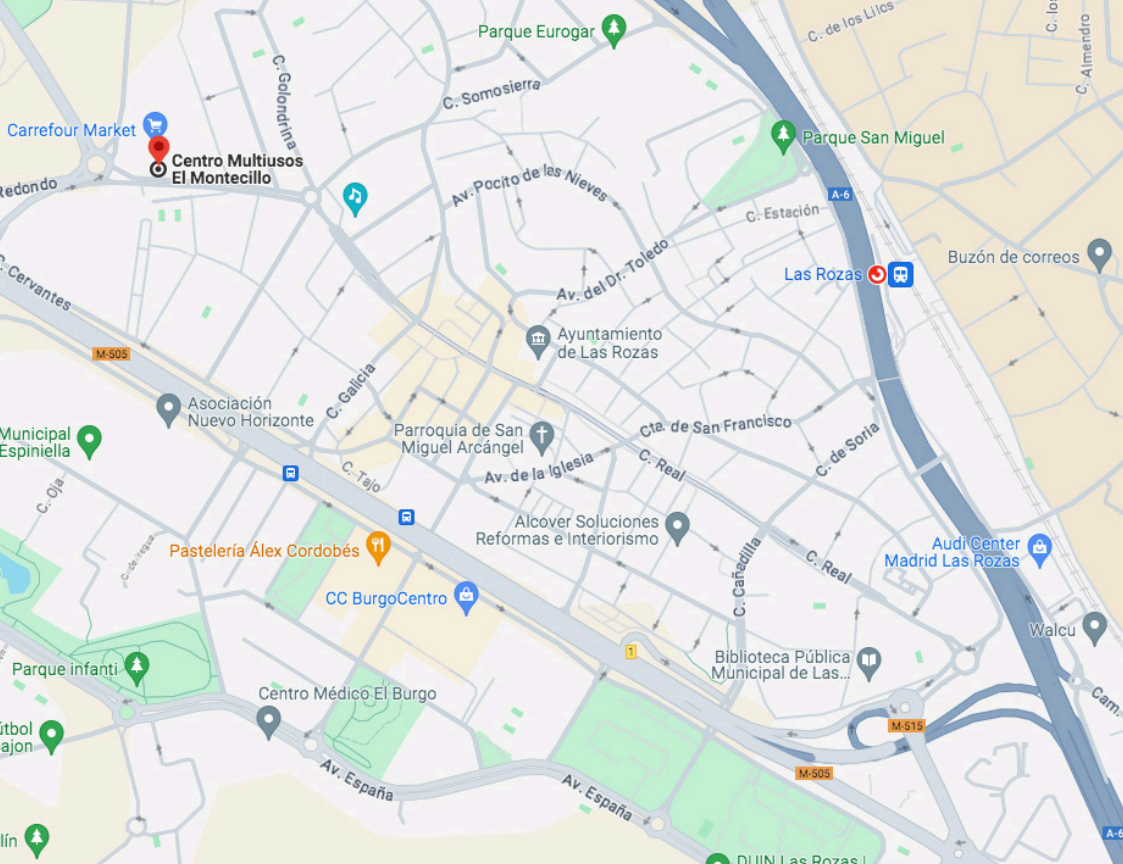
# LOCATION

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A vibrant city, plenty of fun, history and places to enjoy, Madrid is a modern metropolitan city, cheerful and vibrant at all hours, is famous for being an open city with all kinds of people from anywhere in the world.

Las Rozas de Madrid is located in one of the most beautiful areas in the north of Madrid (Spain)

Just 20 km from the center of Madrid, Las Rozas is one of the most emblematic areas of Madrid. A city that captivates with its blend of history, culture, and modernity. Among its streets, you will find unique places, excellent restaurants, parks, and some of Madrid's most famous shopping centers.



## How to get to Av. del Polideportivo, 22, Las Rozas de Madrid (from Moncloa or central Madrid)



### BY CAR:

- Take the A-6 highway in the direction of A Coruña.
- Take exit 19 toward Las Rozas.
- Continue on the M-505, then take the exit for Las Rozas de Madrid.
- Follow the signs until you reach Av. del Polideportivo, 22.



### BY TRAIN (Cercanías):

- From Príncipe Pío station (easily accessible from Moncloa by metro), take the Cercanías train C-8A (towards El Escorial) or C-10 (towards Villalba).
- Get off at Las Rozas station.
- From there, you can take a bus, taxi, or Uber to reach Av. del Polideportivo, 22.



### BY BUS (from Moncloa):

- Go to Intercambiador de Moncloa (Moncloa Bus Terminal).
- Take intercity bus 625, 626, or 628 towards Las Rozas.
- Get off at the stop closest to Av. del Polideportivo, 22 (ask the driver or check Google Maps for the exact stop).
- The ride takes around 25–35 minutes, depending on traffic.



### BY TAXI/UBER:

- A taxi or Uber from central Madrid (including Moncloa) to Las Rozas takes approximately 20–25 minutes, depending on traffic.

## How to get from Madrid airport to Av. del Polideportivo, 22, Las Rozas de Madrid



### BY CAR:

- Take the M-40 northwest direction from the airport.
- Continue on the M-40 and take exit 43 towards Las Rozas.
- Follow the signs towards Las Rozas de Madrid.
- Once in Las Rozas, follow the signs to Av. del Polideportivo, 22.



### METRO AND TRAIN:

- Take line 8 (pink) of the Metro from the airport to “Nuevos Ministerios” station.
- Switch to Cercanías lines C7 or C10 and travel towards “Príncipe Pío” or “Ávila”.
- Get off at “Las Rozas” station. • From there, you can take a taxi or walk to Av. del Polideportivo, 22. (20 min walking distance and buses 625,626 and 628 available)



### BUS:

- Go to Intercambiador de Moncloa (Moncloa Bus Terminal).
- Take intercity bus 625, 626, or 628 towards Las Rozas.
- Get off at the stop closest to Av. del Polideportivo, 22 (ask the driver or check Google Maps for the exact stop).
- The ride takes around 25–35 minutes, depending on traffic.



### BY TAXI/UBER:

- You can take a taxi directly from the airport to Av. del Polideportivo, 22. The journey usually takes around 30–40 minutes, depending on traffic.



## Address

CENTRO MULTIUSOS  
Av. del Polideportivo, 22,  
Las Rozas de Madrid  
Madrid, Spain

# PARTICIPATION

Participation in the IFBB World Cup 2025 is open for all athletes representing the IFBB- affiliated National Federations from all over the world. Participation is unlimited.

The athletes' registration will be only considered if they are nominated by their IFBB- affiliated National Federations. All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and to the IFBB Office contact@ ifbb.com.

Those athletes who do not meet the established requirements, those who missed the deadline for

registration, or those who registered in a division that has already been closed, will be notified by their National Federation if they are unable to compete. The IFBB World Cup Organizing Committee reserves the right to decline the entry to any athlete who does not meet the requirements.

The submitting deadlines are:

- For the Final Entry Form: August 29<sup>th</sup>, 2025

We strongly encourage you to register shortly in order to make the proper arrangements to compete!



## Time zone

Madrid is in the Central European Time Zone (UTC+2 hour in summer).

## Climatology

During the Event's week, it is expected warm weather in the city. The average September temperature is between 27°C – 15°C (81°F – 59°F).

## Currency

The official currency in Spain is Euro (€). Price in dollars may vary depending on the currency exchange rate (1€ = 1,10\$)

## Electricity

In order to use your personal devices properly, please note that voltage in Spain is 230V, 50Hz, C plug type.



# VISA FOR IFBB ATHLETES

A valid passport is required to enter Spain.

Citizens of EU countries, as well as Iceland, Liechtenstein, Norway, and Switzerland, do not need a visa. In addition, nationals of 65 other countries are also exempt from needing a visa. You can check the full list here: [Visa Policy of the Schengen Area](#)

If a visa is required, detailed information can be found at: [Schengen Visa Information – Spain](#)

It is the responsibility of each National Federation to secure entry visas for the country hosting the Championship.

All National Federations may request an official invitation letter from either the IFBB Organizing Committee or the IFBB Head Office at: [contact@ifbb.com](mailto:contact@ifbb.com)

Please note: Receiving an invitation letter does not guarantee visa approval. The IFBB is not responsible for any visa refusals.

To obtain an invitation letter, the following documents must be submitted to the IFBB Head Office:

- A scanned copy of the passport
- The address of the accommodation (hotel, apartment, etc.)

If a visa is denied, the Championship's cancellation policy will still apply.

Any athlete who receives a visa invitation from the IFBB and uses it improperly (e.g., overstaying or entering other countries unlawfully) will be subject to disciplinary actions by the IFBB



## REGISTRATION FEE

Registration of athletes will only be considered if they have been previously nominated by their National Federation and the entry form has been emailed to the IFBB Office [contact@ifbb.com](mailto:contact@ifbb.com) and to [amichalak5@gmail.com](mailto:amichalak5@gmail.com). The final decision to allow an athlete to compete is up to the IFBB. The registration fee for athletes is EUR €300 if payment is made prior to August 30<sup>th</sup> at 23:59h (Central European Summer Time, UTC +2). Registration can be paid by credit/debit card or PayPal at the IFBB website: [www.ifbb.com/competition-registration](http://www.ifbb.com/competition-registration).

On September 01<sup>st</sup> at 00:01 (Central European Summer Time, UTC + 2), the amount will be increased up to EUR €350. In order to get everything correct and clear, please write your name on your online payment and bring with you a copy of your payment confirmation to the registration. If you decide to pay directly at the Registration on September 11<sup>th</sup>, Thursday; the registration fee will be €350.

The price of the IFBB International Card (Blue Book) is EUR €40 / USD \$50



# CHAMPIONSHIPS SCHEDULE

## REGISTRATION & WEIGH-IN:

- Thursday, September 11th from 10:00 to 20:00 hours.

## CHAMPIONSHIPS:

- Friday, September 12th from 09:00.
- Saturday, September 13th from 09:00.
- Sunday, September 14th from 09:00.

The competition will be running on the official stage at the Centro Multiusos de las Rozas de Madrid.


# CROSSOVERS

According to the IFBB judgement, crossovers (additional categories) will have a fee of €100 per category. Athletes competing in Junior or Master categories can compete in the senior height or weight class.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding
- b) Men's Fit Model – Men's Physique
- c) Master bodybuilding - Master Classic Bodybuilding - Master Classic Physique

Crossovers between the following women's sports divisions are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
  - b) Women's Artistic Fitness – Women's Bikini – Women's Fit Model
  - c) Women's Wellness – Women's Fit Model
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# IMPORTANT NOTICE TO COMPETITORS

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Athletes participating in this Championship will be given a goodie bag and a wristband at the Official Athlete Registration on Thursday September 11th. This wristband must be worn during the whole event. It will allow you to go in and out and should not be removed till it is over.

If we have a large number of athletes in a specific category, IFBB may implement the rule where the final results shall be decided directly through the semifinals without the need of doing a final round.




## OFFICIAL ATHLETES' REGISTRATION

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The official arrival day is September 11th. The weigh-in and registration will start on Thursday, Sept. 11th from 10:00 to 20:00 and will be held in the Centro Multiusos Las Rozas, Av. del Polideportivo, 22, 28231 Las Rozas de Madrid, Madrid.

All athletes must bring their passports and IFBB International Cards to the Registration. Any athlete who has not purchased or renewed yet his/her IFBB International Card will have to do so when registering. IFBB international cards cost EUR 40 per calendar year and are mandatory.

Each athlete participating in the Championships will be provided with a wristband at the Registration. This identification will allow him/her daily admission during the 3 days to the venue, and it must not be lost.





## JUDGES

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To be taken into consideration during the selection of judges' panels at the competition, IFBB International Judges and test-judges shall be included in the Final Entry form sent by National Federations, according to the IFBB rules.

For further information, please contact:

[contact@ifbb.com](mailto:contact@ifbb.com)

All international judges must bring their International Judge's Card to Madrid. IFBB international judges must have a valid IFBB Judge's Card, having previously paid the annual judges fee of €50. All judges must be present at the Team Managers and Judges' Meeting. Any judge who is absent at this meeting, will not be allowed to judge at these Championships.

The Judges' Meeting will take place on Thursday, September 11<sup>th</sup>, at 17:00. (Place to be determined).

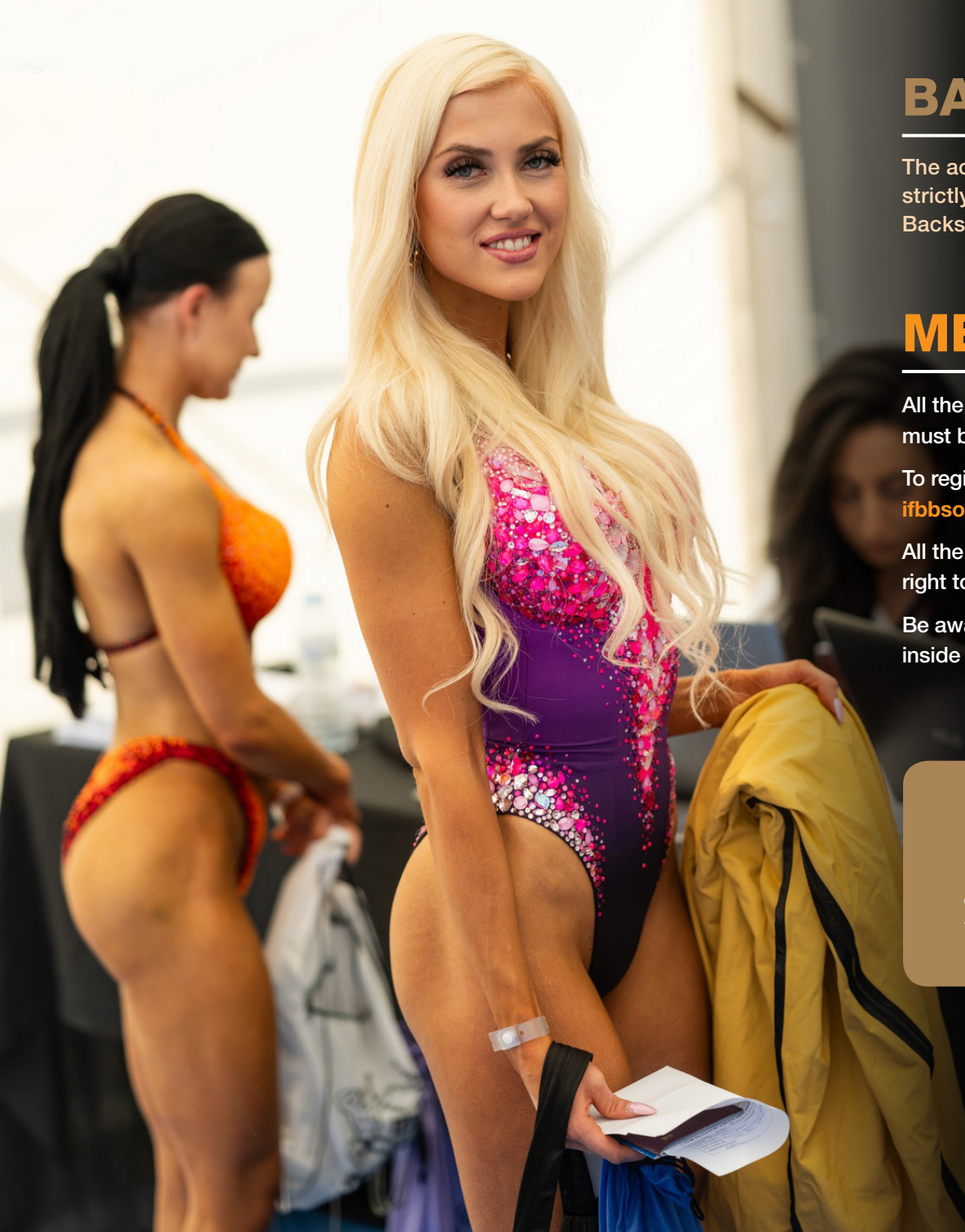
## TANNING

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The application of spray tanning is not allowed in the backstage. T-Tan will be offering spray tanning, hair and make-up service at the venue. In order to schedule in advance, you may send an email to Mr. Guillermo Reginfo: [t.tan.tanning.spain@gmail.com](mailto:t.tan.tanning.spain@gmail.com) and enjoy a discount for early bookings.

The use of tans and bronzers that can be wiped off are not allowed. If the tan comes off by simply wiping, the athlete will not be able to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if they be applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are forbidden whether applied as part of tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.





## BACKSTAGE ACCESS

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The access to the backstage and/ or dressing room areas shall be strictly limited. Only delegates or trainers with the corresponding Backstage Pass (wristband) will be allowed to enter this zone.

## MEDIA ACCREDITATION

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All the media professionals who wish to have access to the event must be in possession of the official accreditation.

To register, it is necessary to send the request to: [info@ifbb.com](mailto:info@ifbb.com) or [ifbbsocialmedia@gmail.com](mailto:ifbbsocialmedia@gmail.com) no later than 1<sup>st</sup> September 2025.

All the requests must be approved by the IFBB, who reserves the right to accept or refuse the petition.

Be aware that it is not allowed to take pictures and record video inside the backstage.

### PLEASE NOTE

There will be a limited number of extra Backstage Passes (wristbands) available at the Official Athlete Registration that can be purchased for €50 each. This pass will allow the holder to go in and out of the venue during the whole weekend and it must be worn all the time.

**ONLINE STREAMING  
AVAILABLE!**



# ENTRY FORM AND CONTACT DETAILS

All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak, [amichalak5@gmail.com](mailto:amichalak5@gmail.com) and to the IFBB Office [contact@ifbb.com](mailto:contact@ifbb.com). The submitting deadline for the Final Entry Form is on August 29th.

## AWARDS

- Top 6 athletes in each category will be awarded with medals.
- The winner in each category will be awarded with a trophy.
- Top 6 athletes in Men's and Women's Senior categories will be awarded with points to their 2025 IFBB World Ranking according to the IFBB World Ranking Rules. Overall winners will receive 2 points extra.
- IFBB Pro Cards for the top 3 overall winners in these divisions: Men's Physique, Classic Bodybuilding, Bodyfitness, Bikini and Wellness. Overall winner Master Bodybuilding, Master Bodyfitness, Master Bikini, Muscular Men's Physique and Women's Physique.



# LIST OF CATEGORIES

\* CATEGORIES WITH WEIGHT/HEIGHT LIMITS

	<p><b>Women's Physique</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 163 cm</li> <li>• Over 163 cm</li> </ul>	<p><b>Men's Fit-Model</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Junior Men's Physique</b></p> <ul style="list-style-type: none"> <li>• 15-23 yrs Open Class</li> </ul>	<p><b>Master Women's Wellness</b></p> <ul style="list-style-type: none"> <li>• Age &gt;35 yrs: Open Class</li> </ul>	<p><b>Women's Bikini</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 158 cm</li> <li>• Up to &amp; incl. 160 cm</li> <li>• Up to &amp; incl. 162 cm</li> <li>• Up to &amp; incl. 164 cm</li> <li>• Up to &amp; incl. 166 cm</li> <li>• Up to &amp; incl. 169 cm</li> <li>• Up to &amp; incl. 172 cm</li> <li>• Over 172 cm</li> </ul>
<p><b>Women's Acrobatic Fitness</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Men's Physique</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 170 cm</li> <li>• Up to &amp; incl. 173 cm</li> <li>• Up to &amp; incl. 176 cm</li> <li>• Up to &amp; incl. 179 cm</li> <li>• Up to &amp; incl. 182 cm</li> <li>• Over 182 cm</li> </ul>	<p><b>Master Women's Physique</b></p> <ul style="list-style-type: none"> <li>• Age &gt;35 yrs: Open Class</li> </ul>	<p><b>Junior Women's Bikini 15-23 years</b></p> <ul style="list-style-type: none"> <li>• Up to 164 cm</li> <li>• Over 164 cm</li> </ul>	<p><b>Fit-Pairs</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Men's Classic Bodybuilding</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 168 cm</li> <li>• Up to &amp; incl. 171 cm</li> <li>• Up to &amp; incl. 175 cm</li> <li>• Up to &amp; incl. 180 cm</li> <li>• Over 180 cm</li> </ul>
<p><b>Master Women's Bikini</b></p> <ul style="list-style-type: none"> <li>• Age 35-44 yrs up to 164 cm</li> <li>• over 164 cm</li> <li>• Age &gt; 45 yrs Open Class</li> </ul>	<p><b>Master Men's Physique</b></p> <ul style="list-style-type: none"> <li>• Age 40-44 yrs: Open Class</li> <li>• Age 45-49 yrs: Open Class</li> <li>• Age &gt;50 yrs: Open Class</li> </ul>	<p><b>Mixed-Pairs</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Men's Games Classic Bodybuilding*</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Women's Wellness</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 158 cm</li> <li>• Up to &amp; incl. 163 cm</li> <li>• Up to &amp; incl. 168 cm</li> <li>• Over 168 cm</li> </ul>	<p><b>Master Women's Bodyfitness</b></p> <ul style="list-style-type: none"> <li>• Age &gt;35 yrs: Open Class</li> </ul>
<p><b>Beginners</b></p> <ul style="list-style-type: none"> <li>• Men's Bodybuilding: Open Class</li> <li>• Men's Physique: Open Class</li> <li>• Women's Bikini: Open Class</li> </ul>	<p><b>Master Men's Classic Bodybuilding</b></p> <ul style="list-style-type: none"> <li>• Age 40-44 yrs: Open Class</li> <li>• Age &gt;45 yrs: Open Class</li> </ul>	<p><b>Women's Bodyfitness</b></p> <ul style="list-style-type: none"> <li>• Up to &amp; incl. 158 cm</li> <li>• Up to &amp; incl. 163 cm</li> <li>• Up to &amp; incl. 168 cm</li> <li>• Over 168 cm</li> </ul>	<p><b>Women's Artistic Fitness</b></p> <ul style="list-style-type: none"> <li>• Open Class</li> </ul>	<p><b>Junior Men's Bodybuilding</b></p> <ul style="list-style-type: none"> <li>• 15-23 yrs Open Class</li> </ul>	<p><b>Women's Fit-Model</b></p> <ul style="list-style-type: none"> <li>• Up to 164 cm</li> <li>• Up to 168 cm</li> <li>• Up to 172 cm</li> <li>• Over 172 cm</li> <li>• Masters Fit Model Open Class</li> </ul>



# IFBB Fitness Challenge - Speed Fit

**September 11<sup>th</sup> to 15<sup>th</sup>  
Las Rozas, Madrid Spain 2025**

Fitness Challenge, the new superb fitness competition is designed to test the resistance, endurance and strength of the athletes, in an intense rotary circuit of exercises, composed by:

Each athlete will have 2 minutes per exercise to perform as many repetitions as he/she can, with a 2 minutes pause between exercises to have a breath.

## ENTRY LIMITS

-  INDIVIDUAL
-  1 CROSSOVER INDIVIDUAL
-  1 CROSSOVER COLLECTIVE (PAIRS OR TEAMS)

**50€** REGISTRATION FEE FOR FITNESS CHALLENGE

### Register directly

- ATHLETES, individually or by couples, may be directly registered.
- CLUBS may directly register as many teams as they wish.

### Athletes may compete

- individually
- by couples (mixed)
- by teams (4 athletes per team)

### Categories

- GOLD Men Individual
- GOLD Women Individual
- GOLD Mixed Couples
- GOLD Mixed Teams
- SILVER Men Individual
- SILVER Women Individual
- SILVER Mixed Couples
- SILVER Mixed Teams

# SCHEDULE

**THURSDAY, SEPTEMBER 11<sup>TH</sup> 2025**

**OFFICIAL ARRIVAL DAY**

**10:00 - 20:00** Registration & Weigh-in

**17:00** Team Managers & Judges Meeting

**FRIDAY, SEPTEMBER 12<sup>TH</sup> 2025**

**09:00** Semifinals and Finals – Part 1\*

**SATURDAY, SEPTEMBER 13<sup>TH</sup> 2025**

**09:00** MULTISPORT & OTHER ACTIVITIES

**SUNDAY, SEPTEMBER 14<sup>TH</sup> 2025**

**9:00** Semifinals and Finals – Part 2\*

# TELEGRAM APP IMPORTANT



Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.

Check the Running Order on Telegram.




**@iIFBBWORLDCHAMPIONSHIPS.**

# FITNESS CHALLENGE - SPEED FIT

DAY/DATE	TIME	ACTIVITY	DIVISION / NOTES
<b>THURSDAY</b>		<b>REGISTRATION</b>	<b>ALL COMPETITORS</b>
<b>Day 1 - Fri 12 Sept 2025</b>	<b>10:00</b>	Opening briefing & movement standards demo	Gold & Silver judges + athletes
	<b>10:30</b>	Individual – Gold	Men & Women, all age classes
	<b>12:00</b>	Individual – Silver	Men & Women, all age classes
	<b>TBD</b>	Individual awards ceremony	—
<b>Day 2 - Sat 13 Sept 2025</b>	<b>10:00</b>	Couple – Gold	Men, Women, Mixed
	<b>11:30</b>	Couple – Silver	Men, Women, Mixed
	<b>TBD</b>	Couple awards ceremony	—
<b>Day 3 - Sun 14 Sept 2025</b>	<b>10:00</b>	Team – Gold	4-person SpeedFit
	<b>12:30</b>	Team – Silver	4-person SpeedFit
	<b>TBD</b>	Team awards & overall closing ceremony	—





 @ifbbworldcup

**IFBB HEADQUARTERS**

contact@ifbb.com

info@ifbb.com



**FEDERATION**

<https://ifbb.com/>

<https://www.facebook.com/International.Federation.Body.Building.Fitness>

[https://www.instagram.com/ifbb\\_official/](https://www.instagram.com/ifbb_official/)