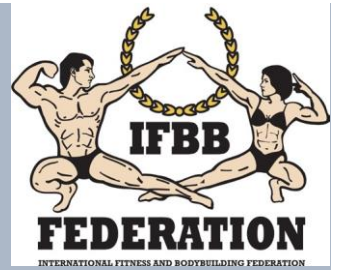


2025 NORDIC CHAMPIONSHIPS



MAIN INFORMATION

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

REGISTRATION FEE:

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

Registration fee for athletes to enter this competition must be paid directly at the registration.

CROSSOVERS: EUR €50.

Doping Control Fee: EUR €20.

DEADLINE FOR ONLINE PAYMENT: Saturday, October 14th, 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 25th, 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

Master Men's Classic Bodybuilding

Master 40–49 yrs

Master >50 yrs

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 26th, 2025

Women's Acrobatic Fitness - OPEN

Women's Physique

-163 cm

+163 cm

Master Women's Physique >35 yrs - 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

Master Women's Wellness >35 yrs - OPEN

Mixed-Pairs

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

Men's Fit Classic Physique

Men's Physique: -170 cm -178 cm +178 cm Master Men's Physique: Master 40–49 yrs Master >50 yrs Fit-Pairs	-171 cm -180 cm +180 cm Master Men's Fit Classic Physique >40 yrs - OPEN Junior Men's Fit Bodybuilding 18-23 yrs - OPEN Men's Fit Bodybuilding: -170 cm -178 cm +178 cm Master Men's Fit Bodybuilding >40 yrs – OPEN
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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 13th, 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:

Please send your Entry Form to: Mr. Sharam Daneshmand E-mail: shapebysharam@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
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Contact details for additional correspondence:
Mr. Rachid Misk
President of the Swedish Bodybuilding & Fitness Federation
E-mail: 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

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