IFBB EUROPEAN FITNESS & BODYBUILDING CHAMPIONSHIPS & EBFF EUROPEAN CONGRESS

MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB EUROPEAN FITNESS & BODYBUILDING CHAMPIONSHIPS & EFBB CONGRESS 2026 IFBB EUROPEAN FITNESS CHALLENGE CHAMPIONSHIPS**		
CITY / COUNTRY: **SANTA SUSANA / SPAIN**		
DATE: **April 30th – May 04th, 2026**		
EVENT OPEN FOR: **EBFF-AFFILIATED NATIONAL FEDERATIONS FROM EUROPE**		
IFBB PRO CARD QUALIFIER	YES, **X** ☐	NO
IFBB WORLD RANKING QUALIFIER	YES ☐ NO **X** **(FITNESS CHALLENGE – YES)**	
DAY OF ARRIVAL: **30/04/2026**		
DAY OF DEPARTURES: **04/05/2026**		
REGISTRATION: **30/04/2026 (payments/vouchers)**	TIME: **10:00 to 19:00**	PLACE: **HOTEL CAPRICI VERD****
WEIGH-IN DAY: **30/04/2026**	TIME: **10:00 to 19:00**	PLACE: **POLIESPORTIU PARC DEL COLOMER**

**Only the HEAD DELEGATE of each federation are required to attend registration. Athletes should report to the weigh-in only after this process has been completed.

*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: **BARCELONA INTERNATIONAL AIRPORT "JOSEP TARRADELLAS"**

VISA INFORMATION:

A VALID PASSPORT IS REQUIRED TO ENTER SPAIN. CITIZENS OF THE EU-COUNTRIES, ICELAND, NORWAY, AND SWITZERLAND DO NOT NEED TO OBTAIN A VISA; ALL OTHER COUNTRIES SHOULD CHECK AT: **https://www.axaschengen.com/en/apply-schengen-visa/spain-tourist-visa**, AN OFFICIAL LETTER OF INVITATION WILL BE AVAILABLE IF REQUIRED, IT IS NATIONAL FEDERATIONS RESPONSIBILITY TO OBTAIN AN ENTRY VIS A FOR THE COUNTRY ORGANIZING THE CHAMPIONSHIPS. ALL NATIONAL FEDERATIONS COULD ASK FOR AN INVITATION LETTER EITHER TO THE ORGANIZER OR THE IFBB. THE INVITATION LETTER DOES NOT MEAN YOU ARE GRANTED YOUR VISA. IFBB AND THE ORGANIZER ARE NOT RESPONSIBLE OF ATTENDANT' S VISAS. TO RECEIVE THE INVITATION LETTER, THE APPLICANT SHOULD FORWARD A COPY (SCAN) OF PASSPORT TO THE IFBB OR TO THE ORGANIZER, IF THE VISA IS NOT GRANTED, THE CANCELLATION POLICIES FOR THE CHAMPIONSHIPS WILL STILL APPLY.

*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 v isa 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.

VENUES:

POLIESPORTIU PARC DEL COLOMER – PARC DEL COLOMER S/N SANTA SUSANNA, SPAIN.
MASIA LA SIESTA: Mas de Dalt s/n, 08398 Santa Susanna, Barcelona

HOTEL INFORMATION

OFFICIAL HOTEL: HOTEL CAPRICI VERD. Avenida del Mar, 3, 08398 Santa Susanna, Barcelona

REGISTRATION FEE:

REGULAR FEE: NOT LATER THAN APRIL 22nd
Each Athlete, Delegate or Extra delegate paying online **NOT LATER THAN APRIL 22nd** will pay the IFBB registration fee of **EUR €530** (including registration fee, 4 nights accommodation in a double room plus three meals per day). In case of a single room the cost will be **EUR €680.**

*****EARLY BIRDS PAYMENTS FEE : BEFORE 20TH MARCH**

Federations will benefit from a reduced rate, providing the payment to the EBBF bank account before the 20th of March.
REGISTRATION FEE ATHLETES/DELEGATES/ EXTRA DELEGATES (Double room) 470 €/per person
REGISTRATION FEE ATHLETES/DELEGATES/ EXTRA DELEGATES (Single room) 610 €

**** THE NATIONAL FEDERATIONS THAT HAVE SENT THE FEF AND COMPLETE THE PAYMENT BEFORE 20th MARCH OR 22nd APRIL WILL HAVE PRIORITY IN THE EXPRESS CHECK-IN, HAVING THEIR ROOM ASSIGNED IN ADVANCE.**

LATE PAYMENTS AFTER APRIL 22nd
Each Athlete, Delegate or Extra delegate paying **AFTER APRIL 22nd** will pay the IFBB registration fee of **EUR €630**.
This fee includes **4 hotel nights'** accommodation in a double room plus three meals per day, starting with dinner on **30/04/2026** and finishing with breakfast on **04/05/2026. In case of single room the cost will be EUR €780.**

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of **EUR €100** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, laundry, etc.). Credit Cards may be provided. The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

ANTI-DOPING TEST : The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB Championships. Pursuant to the IFBB Anti-Doping Rules, doping control may be conducted by the ITA and IFBB at any time, using a WADA-accredited laboratory. In order to compete in the championships, each athlete will be required to sign a Drug Testing Consent at the Registration.

SPECIAL PACKAGES RATES FOR EXTRA SUPPORTERS, MEDIA & OTHERS:
The Organizing Committee has established a full special package rate, which includes 4 nights accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special cost.

EARLY BIRDS PAYMENTS NOT LATER THAN MARCH 20th:
- For single room **EUR €610.**
- For double room **EUR €470 (per person)**

REGULAR PAYMENTS NOT LATER THAN APRIL 22nd:
- For single room **EUR €680.**
- For double room **EUR €530 (per person)**

LATE PAYMENTS AFTER APRIL 22nd:
- For single room **EUR €780.**
- For double room **EUR €630 (per person)**

EXTRA NIGHTS - The rate per extra day,
- For single room **EUR €100.**
- For double room **EUR €70 (per person)**

ONLINE PAYMENT: May be done by credit/debit card or PayPal at http://www.ifbb.com/competition-registration. You can also make the Payment via Bank Transfer to the following bank account:
Beneficiar: FEDERACION EUROPEA DE FISICOCULTURISMO Y FITNESS
BANK: BBVA
ACCOUNT: ES20 0182 6127 1902 0158 5432
SWIFT: BBVAESMMXXX
Please add your name during online payment and bring a copy of your payment confirmation to the registration.
DEADLINE FOR ONLINE PAYMENT: **22/04/2026 – midnight CEST (UTC + 2).**

CROSSOVERS: EUR €100 per each of the additional categories.
Crossovers between the following men's sports divisions are allowed:

a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding.
b) Men's Fitness – Men's Physique – Men's Fit-Model

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.

Also juniors and masters in senior classes (all divisions).

EXPRESS CHECK- IN

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING.
TO AVOID INCONVENIENCES AND DELAYS TO NATIONAL FEDERATIONS THAT PROPERLY FULFILED THE PROTOCOL.
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT THE REQUIRED DOCUMENTS DULLY COMPLETED WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTIL THE MISSING REQUIREMENTIS COMPLETED.

*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 per calendar year and are mandatory.
*All posing music must be on an USB drive only. The music posing 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:

MEN'S GAMES CLASSIC BODYBUILDING:

SENIOR CATEGORIES:
. **MEN'S GAMES CLASSIC BODYBUILDING UP TO 171 CM**
. **MEN'S GAMES CLASSIC BODYBUILDING UP TO 180 CM**
. **MEN'S GAMES CLASSIC BODYBUILDING OVER 180 CM**

MASTER CATEGORIES:
. **MASTER MEN'S GAMES CLASSIC BODYBUILDING 40-44 YEARS - OPEN**
. **MASTER MEN'S GAMES CLASSIC BODYBUILDING 45 YEARS & OVER - OPEN**

JUNIOR CATEGORIES:
. **JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 15-20 YEARS - OPEN**
. **JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 21-23 YEARS – OPEN**

MEN'S BODYBUILDING (BY HEIGHT):

SENIOR CATEGORIES:

. MEN'S BODYBUILDING UP TO 170 CM
. MEN'S BODYBUILDING UP TO 178 CM
. MEN'S BODYBUILDING OVER 178 CM

MASTER CATEGORIES:

. MASTER MEN'S BODYBUILDING 40-49 YEARS - OPEN
. MASTER MEN'S BODYBUILDING 50 YEARS & OVER - OPEN

MEN'S CLASSIC BODYBUILDING:

SENIOR CATEGORIES:

. MEN'S CLASSIC BODYBUILDING UP TO 168 CM
. MEN'S CLASSIC BODYBUILDING UP TO 171 CM
. MEN'S CLASSIC BODYBUILDING UP TO 175 CM
. MEN'S CLASSIC BODYBUILDING UP TO 180 CM
. MEN'S CLASSIC BODYBUILDING OVER 180 CM

JUNIOR CATEGORIES:

. JUNIOR MEN´S CLASSIC BODYBUILDING 15-20 YEARS - OPEN
. JUNIOR MEN´S CLASSIC BODYBUILDING 21-23 YEARS - OPEN

MEN'S CLASSIC PHYSIQUE:

SENIOR CATEGORIES:

. MEN'S FIT CLASSIC PHYSIQUE - OPEN

JUNIOR CATEGORIES:

. JUNIOR MEN'S CLASSIC PHYSIQUE 15-20 YEARS - OPEN
. JUNIOR MEN'S CLASSIC PHYSIQUE 21-23 YEARS - OPEN

MEN'S BODYBUILDING:

JUNIOR CATEGORIES:

. JUNIOR MEN'S BODYBUILDING 15-20 YEARS, UP TO 75 KG
. JUNIOR MEN'S BODYBUILDING 15-20 YEARS, OVER 75 KG
. JUNIOR MEN'S BODYBUILDING 21-23 YEARS, UP TO 75 KG
. JUNIOR MEN'S BODYBUILDING 21-23 YEARS, OVER 75 KG

MEN'S WHEELCHAIR BODYBUILDING:

SENIOR CATEGORIES:

. MEN'S WHEELCHAIR BODYBUILDING – OPEN

MIXED-PAIRS:

SENIOR CATEGORIES:

. MIXED-PAIRS OPEN

MEN´S PHYSIQUE:

SENIOR CATEGORIES:

. MEN'S PHYSIQUE UP TO 170 CM
. MEN'S PHYSIQUE UP TO 173 CM
. MEN'S PHYSIQUE UP TO 176 CM
. MEN'S PHYSIQUE UP TO 179 CM
. MEN'S PHYSIQUE UP TO 182 CM
. MEN'S PHYSIQUE OVER 182 CM

JUNIOR CATEGORIES:

. SUB JUNIOR MEN'S PHYSIQUE 15-17 YEARS – OPEN
. SUB JUNIOR MEN'S PHYSIQUE 18-20 YEARS – OPEN
. JUNIOR MEN'S PHYSIQUE 21-23 YEARS, UP TO 174 CM
. JUNIOR MEN'S PHYSIQUE 21-23 YEARS, UP TO 178 CM
. JUNIOR MEN'S PHYSIQUE 21-23 YEARS, OVER 178 CM

MASTER CATEGORIES:

. MASTER MEN'S PHYSIQUE 40 YEARS & OVER - OPEN

WOMEN'S ACROBATIC FITNESS:

SENIOR CATEGORIES:

. WOMEN'S ACROBATIC FITNESS UP TO 163 CM

. WOMEN'S ACROBATIC FITNESS OVER 163 CM

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S ACROBATIC FITNESS 15-20 YEARS, UP TO 163 CM

. JUNIOR WOMEN'S ACROBATIC FITNESS 15-20 YEARS, OVER 163 CM

. JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, UP TO 163 CM

. JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, OVER 163 CM

WOMEN'S ARTISTIC FITNESS:

SENIOR CATEGORIES:

. WOMEN'S ARTISTIC FITNESS UP TO 163 CM

. WOMEN'S ARTISTIC FITNESS UP TO 168 CM

. WOMEN'S ARTISTIC FITNESS OVER 168 CM

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S ARTISTIC FITNESS 15-20 YEARS – OPEN

. JUNIOR WOMEN'S ARTISTIC FITNESS 21-23 YEARS – OPEN

MEN'S FITNESS:

SENIOR CATEGORIES:

. MEN'S FITNESS - OPEN

JUNIOR CATEGORIES:

. JUNIOR MEN'S FITNESS 15-20 YEARS - OPEN

. JUNIOR MEN'S FITNESS 21-23 YEARS – OPEN

WOMEN'S BIKINI:

SENIOR CATEGORIES:

. WOMEN'S BIKINI UP TO 158 CM

. WOMEN'S BIKINI UP TO 160 CM

. WOMEN'S BIKINI UP TO 162 CM

. WOMEN'S BIKINI UP TO 164 CM

. WOMEN'S BIKINI UP TO 166 CM

. WOMEN'S BIKINI UP TO 169 CM

. WOMEN'S BIKINI UP TO 172 CM

. WOMEN'S BIKINI OVER 172 CM

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S BIKINI 15-20 YEARS, UP TO 160 CM

. JUNIOR WOMEN'S BIKINI 15-20 YEARS, UP TO 166 CM

. JUNIOR WOMEN'S BIKINI 15-20 YEARS, OVER 166 CM

. JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 160 CM

. JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 166 CM

. JUNIOR WOMEN'S BIKINI 21-23 YEARS, OVER 166 CM

MASTER CATEGORIES:

. MASTER WOMEN'S BIKINI 35-39 YEARS, UP TO 164 CM

. MASTER WOMEN'S BIKINI 35-39 YEARS, OVER 164 CM

. MASTER WOMEN'S BIKINI 40-44 YEARS - OPEN

. MASTER WOMEN'S BIKINI 45-49 YEARS - OPEN

. MASTER WOMEN'S BIKINI 50 YEARS & OVER - OPEN

WOMEN'S BODYFITNESS

SENIOR CATEGORIES:

. WOMEN'S BODYFITNESS UP TO 158 CM

. WOMEN'S BODYFITNESS UP TO 163 CM

. WOMEN'S BODYFITNESS UP TO 168 CM

. WOMEN'S BODYFITNESS OVER 168 CM

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S BODYFITNESS 15-20 YEARS - OPEN

. JUNIOR WOMEN'S BODYFITNESS 21-23 YEARS - OPEN

MASTER CATEGORIES:

. MASTER WOMEN'S BODYFITNESS 35-39 YEARS - OPEN

. MASTER WOMEN'S BODYFITNESS 40-44 YEARS - OPEN

. MASTER WOMEN'S BODYFITNESS 45-49 YEARS - OPEN
. MASTER WOMEN'S BODYFITNESS 50 YEARS & OVER - OPEN

WOMEN'S WELLNESS:

SENIOR CATEGORIES:

. WOMEN'S WELLNESS UP TO 158 CM
. WOMEN'S WELLNESS UP TO 163 CM
. WOMEN'S WELLNESS UP TO 168 CM
. WOMEN'S WELLNESS OVER 168 CM

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S WELLNESS 15-20 YEARS - OPEN
. JUNIOR WOMEN'S WELLNESS 21-23 YEARS, UP TO 163 CM
. JUNIOR WOMEN'S WELLNESS 21-23 YEARS, OVER 163 CM

MASTER CATEGORIES:

. MASTER WOMEN'S WELLNESS 35-39 YEARS - OPEN
. MASTER WOMEN'S WELLNESS 40-44 YEARS - OPEN
. MASTER WOMEN'S WELLNESS 49 YEARS - OPEN
. MASTER WOMEN'S WELLNESS 50 YEARS & OVER - OPEN

FIT-PAIRS:

SENIOR CATEGORIES:

. FIT- PAIRS OPEN

NEW CATEGORIES

For athletes who are beginning in the sport and wish to compete in a more accessible division in terms of physical development.

MEN'S FIT - OPEN
FIT & BEAUTY CATEGORY – OPEN**
** Athletes will receive the event outfit with their registration fee.

POSING ART – OPEN : **A category in which athletes can perform and be judged exclusively on their routines.**

Please Check the rules for more detailed information: https://ifbb.com/rules-2/

SPEED FIT (FITNESS CHALLENGE)

Individual Categories:

- SILVER MEN/WOMEN INDIVIDUAL (SENIOR — MASTER)
- GOLD MEN/ WOMEN INDIVIDUAL (SENIOR — JUNIOR)
- BRONZE MEN / WOMEN (SENIOR)
- INDIVIDUAL SPEED FIT** (10 REPS/3 EXERCISES – DEVIL PRESS – PULL UPS – LUNGES)

Couple (Paired) Categories:

- GOLD/SILVER MIXED COUPLES
- SILVER WOMEN COUPLES
- GOLD MENS COUPLES

Team Categories:

- SPEEDFIT TEAM (MIXED TEAMS)

** CROSSOVERS: IN INDIVIDUAL CATEGORIES THE CROSSOVER IS ONLY ALLOWED WITH INDIVIDUAL SPEED FIT. CROSSOVER BETWEEN GOLD/SILVER/BRONZE IS NOT PERMITTED.
CROSSOVER BETWEEN INDIVIDUAL/COUPLES/ SPEED FIT TEAMS OR SPEED FIT INDIVIDUAL: 50€

MEN'S / WOMEN'S FIT-MODELCATEGORIES:

SENIOR CATEGORIES:

. WOMEN'S FIT-MODEL UP TO 158 CM
. WOMEN'S FIT-MODEL UP TO 162 CM
. WOMEN'S FIT-MODEL UP TO 166 CM
. WOMEN'S FIT-MODEL UP TO 169 CM
. WOMEN'S FIT-MODEL UP TO 172 CM
. WOMEN'S FIT-MODEL OVER 172 CM
. MEN'S FIT-MODEL - OPEN

MASTER CATEGORIES:

. MASTERS WOMEN'S FIT-MODEL 35 YEARS & OVER, UP TO 164 CM
. MASTERS WOMEN'S FIT-MODEL 35 YEARS & OVER, OVER 164 CM
. MASTERS MEN'S FIT-MODEL - OPEN

JUNIOR CATEGORIES:

. JUNIOR WOMEN'S FIT-MODEL 15-20 YEARS–OPEN
. JUNIOR WOMEN'S FIT-MODEL 21-23 YEARS–OPEN
. JUNIOR MEN'S FIT-MODEL 15-20 YEARS–OPEN
. JUNIOR MEN'S FIT-MODEL 21-23 YEARS–OPEN

WOMEN'S FIT & BEAUTY CATEGORIES:

. WOMEN'S FIT & BEAUTY–OPEN

IMPORTANT NOTE

THE FOLLOWING ACROBATIC ELEMENTS ARE NOT ALLOWED IN WOMEN'S ARTISTIC FITNESS:
FLIPS (SALTO) – ANY TYPE
HANDSPRINGS – ANY TYPE AERIAL CARTWHEEL
ROUND OFF DIVE ROLL
ANY COMBINATION OF THE ABOVE-MENTIONED MOVES

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:

TOTAL NUMBER OF IFBB PRO CARDS: 38.
DISTRIBUTION (CATEGORY WINNERS)
– ALL CATEGORIES WOMEN´S BODYFITNESS (SENIOR)
– ALL CATEGORIES MEN´S CLASSIC BODYBUILDING (SENIOR)
– ALL CATEGORIES MEN´S PHYSIQUE (SENIOR)
– ALL CATEGORIES WOMEN´S BIKINI (SENIOR)
– ALL CATEGORIES WOMEN´S WELLNESS (SENIOR)
– ALL MASTER MEN'S BODYBUILDING CATEGORIES
– ALL MASTER WOMEN'S BODYFITNESS CATEGORIES
– ALL MASTER WOMEN'S BIKINI CATEGORIES

*REGISTRATION DEADLINE (IMPORTANT WARNING)

PRELIMINAR ENTRY FORM: 20/03/2026
Please notice that to send the PEF is MANDATORY. To help the organizer to arrange everything at the top level, National Federations should send the PEF and FEF before the deadlines. If not, the National Federation will be charged with an additional EUR €250 fee. Please notice the PEF may provide an estimated information, not the exact numbers.

FINAL ENTRY FORM: 21/04/2026
Please note that to send the FEF is MANDATORY. Any National Federation attending the event without having previously sent the FEF before the deadline will be charged with an additional EUR €250 (Euros) fee.

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 Team Managers & Judges Meeting as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: YES, PRICE: EUR €50 each. (this will only be done during registration and only to accredited individuals with either a delegate or athlete wristband.

This way, the national federations will have control over who gains access, as green cards will not be available for direct purchase at the entrance of the venue.

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.

PROFESSIONAL TANNING SERVICE:
T·TANContact: t.tan.tanning.spain@gmail.com

- ***CROSSOVER BETWEEN ACROBATIC FITNESS AND ARTISTIC FITNESS IS NOT ALLOWED.***

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 with copy to General Secretary ralphdecelis@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.

CONTACT INFORMATION:

Please send your Entry Form to:
mmramos0025@gmail.com

Please send a copy to the 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

TENTATIVE SCHEDULE

IFBB EUROPEAN FITNESS AND BODYBUILDING CHAMPIONSHIPS & EFBB CONGRESS
EUROPEAN SPEED FIT (FITNESS CHALLENGE) CHAMPIONSHIPS

Santa Susanna (Spain), April 30th to May 4th, 2026

THURSDAY	**April 30th, 2026**
10:00 - 20:00	Arrival of official delegations (athletes and delegates)
10:00 - 19:00	Official Athletes Registration (C a p r i c i V e r d)
10:00 – 19:00	Official Weigh-in: Fitness Challenge area at Parc del Colomer.
17:00 – 18:00	Team Managers & Judges Meeting
19:00 - 21:30	EFBB Annual Congress at Hotel Ona Brava
21:30 - 22:30	Dinner at Restaurante el Cielo (Outside Ona Brava Hotel)

FRIDAY	**May 1st, 2026**
07:00 - 10:00	Breakfast (At your corresponding hotel)
10:00	Prejudging and Finals - part 1 (one continuous session) Parc del Colomer and Masia Mas de Dalt
10:00	**SPEED FIT (FITNESS CHALLENGE) TECHNICAL MEETING - Parc del Colomer - Outdoor**
12:00 - 19:00	**SPEED FIT (FITNESS CHALLENGE) COMPETITION (INDIVIDUAL CATEGORIES) Parc del Colomer - Outdoor**
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)
SATURDAY	
07:00 -10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 2 (one continuous session) Parc del Colomer and Masia Mas de Dalt
10:00 - 14:00	**SPEED FIT (FITNESS CHALLENGE) COMPETITION (COUPLE AND TEAMS CATEGORIES) Parc del Colomer - Outdoor**
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)
SUNDAY	
07:00 -10:00	Breakfast (At your corresponding hotel)
09:00	TURISM
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)
07:00 -10:00	Breakfast (At your corresponding hotel)
Till 12:00	Check-out and departures

EUROPEAN FITNESS AND BODYBUILDING FEDERATION

INVOICE

EFBB
C/Dublin,39 D
28232, Las Rozas , Madrid (España)
83519447

Country: _____

Delegate's name: _____

Date:_____/_____/_____

PAX Q-TY	Description	Unit price	Amount
	REGISTRATION FEE ATHLETES (Double room) EARLY BIRD	470,00 €	- €
	REGISTRATION FEE ATHLETES (Single room) EARLY BIRD	610,00 €	- €
	REGISTRATION FEE ATHLETES (Double room)	530,00 €	- €
	REGISTRATION FEE ATHLETES (Single room)	680,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Double room)	630,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Single room)	780,00 €	- €
.	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Double room)	530,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Single room)	680,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Double room)	630,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Single room)	780,00 €	-
	IFBB INTERNATIONAL CARD ANNUAL FEE (Blue Book)	40,00 €	- €
	REGISTRATION FEE CROSSOVER	100,00 €	- €
	2026 IFBB ANNUAL AFFILIATION FEE	800,00 €	- €
	2026 EBFF ANNUAL AFFILIATION FEE	600,00 €	- €
	SENDING THE FINAL/PRELIMINARY ENTRY FORM AFTER THE DEADLINE FEE	250,00 €	- €
	EXTRA NIGHTS (double room/per person/per night)	70,00 €	- €
	EXTRA NIGHTS (single room/per night)	100,00 €	- €
	COMPLETE THIS TABLE, PLEASE.	TOTAL:	- €

IMPORTANT TO AVOID WAITING TIMES

EXPRESS CHECKING
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT ANY OF THE REGISTRATION REQUIREMENTS DULLY COMPLETE WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTILTHE MISSING REQUIREMENT IS COMPLETED

REGARDING THE ATTIRES FOR THE DIFFERENT CATEGORIES

*__REMINDING NOTE__: **Games Classic Bodybuilding, Classic Bodybuilding, Classic Physique, Men's Fitness and Men's Fit-Model (Round 1 & 3)** - posing trunks must be as follows:

- Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

Men's Bodybuilding posing trunk must measure at least 5 cm high sides, and 3/4 of gluteus Maximus must be covered. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

For the **female categories**, connectors are only allowed in the top part of the bikini. Bikini and Artistic Fitness - 1/3 of gluteus maximus must be covered
All others female categories -1/2 of gluteus maximus must be covered

RULES FOR THE ATTIRES FOR MEN'S PHYSIQUE AND BIKINI YOU MAY FIND BY THIS QR-CODE