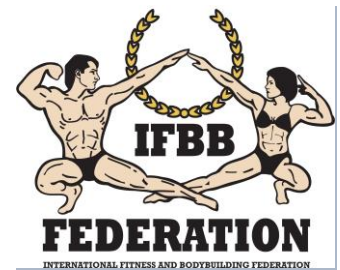


2026 IFBB HERKULES GRAND PRIX



MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB HERKULES GRAND PRIX**

CITY / COUNTRY: **OHRID / NORTH MACEDONIA**

DATE: **MAY 15-17, 2026**

EVENT OPEN FOR: **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS**

IFBB PRO CARD QUALIFIER YES **X**

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES **X**

DAY OF ARRIVAL: **MAY 15th, 2026**

DAY OF DEPARTURES: **MAY 17th, 2026**

REGISTRATION DAY: May 15th, 2026	TIME: 15:00-18:00	PLACE: Hotel Tino Sveti Stefan Naselba Sveti Stefan bb Ohrid
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WEIGHTIN DAY: May 15th, 2026	TIME: 15:00-18:00	PLACE: Hotel Tino Sveti Stefan Naselba Sveti Stefan bb Ohrid
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*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: **St. Paul The Apostle Airport, Ohrid**

VISA INFORMATION: A valid passport is required to enter the territory of N. Macedonia. Citizens living in one of the European countries as well as the countries which are part of the Schengen Agreement can enter Macedonia and stay for up to 90 days during a six months period, visa is not required. Detail info at: <https://www.mfa.gov.mk/en/page/432/visa-requirements-for-entering-the-republic-of-northmacedonia> An Official Letter of Invitation will be made available if required. To receive Invitation Letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer. If the visa is not granted, the Cancellation Policies for the championship 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 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: **SPORTS HALL 'BILJANINI IZVORI', OHRID, BUL. TURISTICKA B1**

HOTEL INFORMATION

RECOMMENDED HOTEL: Hotel '**Tino Sveti Stefan**', addressa, Naselba Sveti Stefan bb Ohrid.

For early booking there is a special price for all partitipant, EUR €150 per person in a double room for 3 nights, full board, 3 meals per day. To make your booking, send your request to the folowing e-mail addresses:

tino_svstefan@t.mk, info@hoteltinosvstefan.mk, <https://hoteltinosvstefan.mk/> Use code **HERKULES**.

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €200**.

For **BEGINNER CUP COMPETITION** (newcomer athletes) REGISTRATION FEE IS **EUR €100**. The payment for newcomers will be made on the registering day.

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: Friday, May 08th, 2026

*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 year 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:

JUNIORS (15 - 23 YEARS OLD)

- MEN BODYBUILDING: **OPEN**
- MEN'S PHYSIQUE: **OPEN**
- WOMEN BIKINI: **OPEN**
- WOMEN WELLNESS: **OPEN**

SENIORS (MEN)

- MEN CLASSIC BODYBUILDING*: UP TO 175 CM
- MEN CLASSIC BODYBUILDING*: OVER 175 CM
- **MEN CLASSIC BODYBUILDING: OVERALL**
- MEN'S PHYSIQUE: UP TO 170 CM
- MEN'S PHYSIQUE: UP TO 176 CM
- MEN'S PHYSIQUE: UP TO 182 CM
- MEN'S PHYSIQUE: OVER 182 CM
- **MEN'S PHYSIQUE: OVERALL**

*- Categories with weight / height limits

POSSIBLE CROSSOVERS:

Men's Bodybuilding - Classic Bodybuilding - Classic Physique;
Women's Bikini – Women's Fit-Model;
Women's Wellness – Women's Fit Model.
Also, Junior and Masters in senior classes.

SENIORS (WOMEN)

- WOMEN BODYFITNESS: UP TO 163 cm
- WOMEN BODYFITNESS: UP TO 168 cm
- WOMEN BODYFITNESS: OVER 168 cm
- **WOMEN BODYFITNESS: OVERALL**
- WOMEN BIKINI: UP TO 160 CM
- WOMEN BIKINI: UP TO 164 CM
- WOMEN BIKINI: UP TO 169 CM
- WOMEN BIKINI: OVER 169 CM
- **WOMEN BIKINI: OVERALL**
- WOMEN WELLNESS: UP TO 163 CM
- WOMEN WELLNESS: OVER 163 CM
- **WOMEN WELLNESS: OVERALL**
- WOMEN FIT-MODEL: **OPEN**
- FIT-PAIRS: **OPEN**

BEGINNER CUP Categories:

- MEN BODYBUILDING: **OPEN**
- MEN CLASSIC PHYSIQUE: **OPEN**
- MEN CLASSIC BODYBUILDING: **OPEN**
- MEN PHYSIQUE: **OPEN**
- WOMEN WELLNESS: **OPEN**
- WOMEN BODYFITNESS: **OPEN**
- WOMEN BIKINI: **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:

7 IFBB PRO CARDS IN TOTAL

DISTRIBUTION :

- MEN'S CLASSIC BODYBUILDING – IFBB Pro Card for the OVERALL WINNER
- MEN'S PHYSIQUE – IFBB Pro Cards for the top 2 OVERALL WINNERS
- WOMEN'S BIKINI – IFBB Pro Cards for the top 2 OVERALL WINNERS
- WOMEN'S WELLNESS – IFBB Pro Card for the OVERALL WINNER
- WOMEN'S BODYFITNESS – IFBB Pro Card for the OVERALL WINNER

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No**

FINAL ENTRY FORM: **Thursday, May 07th, 2026**

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.

Extra GREEN CARDS (BACKSTAGE PASSES) WILL BE FOR SALE AT REGISTRATION **FOR EUR €30**.

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.

Spray Tanning (T-Tan) will be available and you can book directly at registration along with make-up & hairstyling services.

CONTACT INFORMATION:

Please send your Entry Form to:

Mr. Boban Gjoroski

E-mail: gjoroski@gmail.com

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

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