BALKAN CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: IFBB BALKAN CHAMPIONSHIPS 2026

CITY / COUNTRY: Istambul, Turkey

DATE: 28-30 OF MARCH 2026

EVENT OPEN FOR : BALKAN COUNTRIES

IFBB PRO CARD QUALIFIER YES X NO ☐

IFBB INTERNATIONAL RANKING QUALIFIER YES ☐ NOX **(FITNESS CHALLENGE - YES)**

DAY OF ARRIVAL : 28/03/2026

DAY OF DEPARTURES: 30/03/2026

REGISTRATION DAY: 28/03/2026	TIME: 12:00 - 18:00	PLACE: WOW HOTEL
WEIGHTIN DAY: 28/03/2026	TIME: 12:00 - 18:00	PLACE: WOW HOTEL

*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: ISTAMBUL AIRPORT (IST)

VISA INFORMATION:

*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: WOW HOTEL

HOTEL INFORMATION

OFFICIAL HOTEL: WOW HOTEL

REGISTRATION FEE:

Each athlete and Delegate or Extra Delegate must pay the IFBB registration fee of 350€
(Including 2 nights of accommodation with breakfast and dinner)

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 50€.

CROSSOVERS: 100€
DEADLINE FOR ONLINE PAYMENT:

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. Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, 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 and pay the Anti-Doping Test Fee of EUR €50. This fee is mandatory and may be paid online, together with the Registration Fee (altogether EUR €400 if paying before the deadline) or EUR €450 at the registration in Istambul.

*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 €40/50$ 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:

BALKAN BODYBUILDING AND FITNESS FEDERATION

35TH BALKAN AMATEUR BODYBUILDING AND FITNESS CHAMPIONSHIP

ISTAMBUL – TURKIYE MARCH 28-30 2026

CATEGORIES OPEN FOR COMPETITION

NR. CRT.	DISCIPLINE	CATEGORY	TEAM

	JUNIORS (15 – 20 YEARS OLD)		
1	JUNIOR MEN'S BODYBUILDING	OPEN	UNLIMITED
2	JUNIOR MEN'S PHYSIQUE	OPEN	UNLIMITED
3	JUNIOR WOMEN'S ARTISTIC FITNESS	OPEN	UNLIMITED
4	JUNIOR WOMEN'S ACROBATIC FITNESS	OPEN	UNLIMITED
5	JUNIOR WOMEN BIKINI FITNESS	OPEN	UNLIMITED
	JUNIORS (21 – 23 YEARS OLD)		
6	JUNIOR MEN'S BODYBUILDING	OPEN	UNLIMITED
7	JUNIOR MEN'S BODYUILDING	OVERALL	
8	JUNIOR MEN'S CLASSIC BODYBUILDING *	OPEN	UNLIMITED
9	JUNIOR MEN'S FITNESS	OPEN	UNLIMITED
10	JUNIOR MEN'S PHYSIQUE	OPEN	UNLIMITED
11	JUNIOR MEN'S PHYSIQUE	OVERALL	
12	JUNIOR WOMEN ACROBATIC FITNESS	OPEN	UNLIMITED
13	JUNIOR WOMEN ARTISTIC FITNESS	OPEN	UNLIMITED
14	JUNIOR WOMEN BODYFITNESS	OPEN	UNLIMITED
15	JUNIOR WOMEN BIKINI FITNESS	OPEN	UNLIMITED
16	JUNIOR WOMEN BIKINI FITNESS	OVERALL	
17	JUNIOR WOMEN WELLNESS	OPEN	UNLIMITED

NR. CRT.	DISCIPLINE	CATEGORY	TEAM
	SENIORS (MEN'S)		
1	MEN'S CLASSIC BODYBUILDING **	OPEN	UNLIMIT
2	MEN'S FIT BODYBUILDING	Up to & Incl. 170 cm	UNLIMIT
3	MEN'S FIT BODYBUILDING	Up to & Incl. 178 cm	UNLIMIT
4	MEN'S FIT BODYBUILDING	Over 178 cm	UNLIMIT
5	MEN'S FIT BODYBUILDING	OVERALL	
6	MEN'S FIT CLASSIC PHYSIQUE ***	OPEN	UNLIMIT
7	MEN FITNESS	OPEN	UNLIMIT
8	MEN'S PHYSIQUE	UP TO & INCL. 173 CM	UNLIMIT

9	MEN'S PHYSIQUE	UP TO & INCL. 179 CM	UNLIMIT
10	MEN'S PHYSIQUE	OVER 179 CM	UNLIMIT
11	MEN'S PHYSIQUE	OVERALL	
12	MEN'S FIT MODEL	OPEN	UNLIMIT
13	MIXED PAIRS	OPEN	UNLIMIT
	SENIORS (WOMEN'S)		
14	WOMEN BODYFITNESS	OPEN	UNLIMIT
15	WOMEN ACROBATIC FITNESS	OPEN	UNLIMIT
16	WOMEN ARTISTIC FITNESS	OPEN	UNLIMIT
17	WOMEN BIKINI FITNESS	164 CM	UNLIMIT
18	WOMEN BIKINI FITNESS	169 CM	UNLIMIT
19	WOMEN BIKINI FITNESS	OVER 169 CM	UNLIMIT
20	WOMEN BIKINI FITNESS	OVERALL	
21	WOMEN WELLNESS	OPEN	UNLIMIT
22	WOMEN FIT MODEL	OPEN	UNLIMIT
23	FIT PAIRS	OPEN	UNLIMIT

1	FITNESS CHALLENGE	SILVER-Men Individual SILVER-Women Individual SILVER-Mixed Couples

A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

<u>Please check carefully below the Bodyweight Limits (according to IFBB Rules):</u>

<u>* Junior Classic Bodybuilding bodyweight limits:</u>
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + **0** [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + **1** [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + **2** [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + **4** [kg]
Up to & incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + **5** [kg]
Up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + **6** [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + **7** [kg]

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 15th birthday up to and including December 31st of the year in which the

athlete reaches his or her 23rd birthday.
- An athlete, male or female, may compete at JUNIOR competitor in the category 15-20 years from January 1st of the year in which the athlete reaches his/her 15th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.
- An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1 st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

**** Men's Classic Bodybuilding bodyweight limits:**
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + **0** [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + **2** [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + **4** [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + **7** [kg]
Over 180 cm:
Over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + **9** [kg]
Over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + **11** [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + **13** [kg]

**** Men's Classic Physique bodyweight limits:**
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + **4** [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + **6** [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] -100) + **8** [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] -100) + **11** [kg]
Over 180 cm:
Over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) + **13** [kg]
Over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + **15** [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + **17** [kg]

Ovidiu Mezdrea

Chairman of the Balkan Judges Committee
IFBB Judges Commission Member
e-mail: ovidiumezdrea@pro-gym.ro
ovidiumezdreaifbb@gmail.com

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:

DISTRIBUTION

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM:
FINAL ENTRY FORM:

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 &amp, 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:
Contact:
E-mail:

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

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. Ovidiu Mezdrea, Chairman of the Balkan Judges Committee, under address:
o v i d i u m e z d r e a i f b b @ g m a i l . c o m

All international judges must bring their International Judge's Cards to the Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR
€50/60$ paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting

Scan this code to see the rules for attires of Men's Physique and Bikini