MR. UNIVERSE PORTUGAL

MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB MR. UNIVERSE PORTUGAL *and***
JOSE MONTEIRO INTERNATIONAL CUP

CITY / COUNTRY: **PÓVOA DE LANHOSO / PORTUGAL**

DATE: **DECEMBER 04th - 06th, 2026**

EVENT OPEN FOR: **ALL IFBB-AFFILATED NATIONAL FEDERATIONS WORLDWIDE**

IFBB PRO CARD QUALIFIER YES **X** NO ☐

IFBB INTERNATIONAL RANKING QUALIFIER **Level 2 & 3** YES **X** NO ☐

DAY OF ARRIVAL: **DECEMBER 04th, 2026**

DAY OF DEPARTURES: **DECEMBER 06th, 2026**

REGISTRATION DAY: **DECEMBER 04th, 2026**	TIME: **14:00 - 19:00**	PLACE: **ESCOLA SECUNDÁRIA DE PÓVOA DE LANHOSO – RUA PONTE DE PEREIROS – PÓVOA DE LANHOSO**
WEIGH-IN DAY: **DECEMBER 04th, 2026**	TIME: **14:00 - 19:00**	PLACE: **ESCOLA SECUNDÁRIA DE PÓVOA DE LANHOSO – RUA PONTE DE PEREIROS – PÓVOA DE LANHOSO**

*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: **AEROPORTO FRANCISCO SÁ CARNEIRO - OPORTO (PORTO AIRPORT)**

VISA INFORMATION: **EU citizens and citizens of over 60 countries don't need visa to enter Portugal for up to 90 days. Detailed information can be found at: https://vistos.mne.gov.pt/en/**

*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: **ESCOLA SECUNDÁRIA DE PÓVOA DE LANHOSO – RUA PONTE DE PEREIROS – PÓVOA DE LANHOSO**

HOTEL INFORMATION

RECOMMENDED HOTEL: **HOTEL RURAL MARIA DA FONTE**, Rua da Escola, 88 - Calvos, Póvoa de Lanhoso.
https://www.mariadafonte.com/en/

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €250.**

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: **TUESDAY, NOVEMBER 24th, 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 €50/USD $60** 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:

MASTER WOMEN'S BIKINI:
- 35-44 YEARS
- 45 YEARS & OVER

JUNIOR WOMEN'S BIKINI 15-23 YEARS - OPEN
WOMEN'S BIKINI:
- UP TO 160 CM
- UP TO 169 CM
- OVER 169 CM

WOMEN'S FIT-MODEL - OPEN

JUNIOR WOMEN'S WELLNESS 15-23 YEARS - OPEN
MASTER WOMEN'S WELLNESS 35 YEARS & OVER - OPEN

WOMEN'S WELLNESS:
- UP TO 163 CM
- OVER 163 CM

JUNIOR WOMEN'S BODYFITNESS 15-23 YEARS - OPEN

WOMEN'S PHYSIQUE - OPEN

WOMEN'S ACROBATIC FITNESS - OPEN

FIT- PAIRS - OPEN

BEGINNERS WOMEN'S BIKINI - OPEN

JUNIOR MEN'S PHYSIQUE 15-23 YEARS - OPEN
MASTER MEN'S PHYSIQUE:
- 40 - 49 YEARS
- 50 YEARS & OVER

MEN'S PHYSIQUE:
- UP TO 170 CM
- UP TO 175 CM
- OVER 175 CM

JUNIOR MEN'S CLASSIC BODYBUILDING 15-23 YEARS - OPEN
MASTER MEN'S CLASSIC BODYBUILDING 40 YEARS & OVER - OPEN

MEN'S CLASSIC BODYBUILDING:
- UP TO 171 CM
- OVER 171 CM

JUNIOR FIT CLASSIC PHYSIQUE 15-23 YRS - OPEN
MASTER FIT CLASSIC PHYSIQUE 40 YRS & OVER - OPEN

MEN'S FIT CLASSIC PHYSIQUE:
- UP TO 171 CM
- OVER 171 CM

JUNIOR MEN'S BODYBUILDING 15-23 YRS - OPEN

BEGINNERS MEN'S PHYSIQUE - OPEN

BEGINNERS MEN'S FIT CLASSIC PHYSIQUE - 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:

TOTAL NO: 7

DISTRIBUTION:

MEN'S CLASSIC BODYBUILDING - IFBB Pro Card for the Overall winner
MEN'S FIT CLASSIC PHYSIQUE - IFBB Pro Card for the Overall winner
MEN'S PHYSIQUE - IFBB Pro Card for the Overall winner
WOMEN'S BIKINI - IFBB Pro Card for the Overall winner
WOMEN'S WELLNESS - IFBB Pro Card for the Overall winner
WOMEN'S PHYSIQUE - IFBB Pro Card for the open category winner (if 6 or more athletes)
MASTERS WOMEN'S BIKINI - IFBB Pro Card for the Overall winner

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **NO**
FINAL ENTRY FORM: **MONDAY, NOVEMBER 23rd, 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.**

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:
President of the Portuguese National Federation
Mr. Bruno Ferreira
E-mail: **INFO@PORTUGALIFBB.PT**

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**

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