



2026 PAN AMERICAN CHAMPIONSHIPS



MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB PAN AMERICAN BODYBUILDING & FITNESS CHAMPIONSHIPS**

CITY / COUNTRY: **Guatemala City, Guatemala**

DATE: **October 2nd to 4th, 2026**

EVENT OPEN FOR: **Active member National Federations of the PCBF**

IFBB PRO CARD QUALIFIER YES **X**

IFBB INTERNATIONAL RANKING QUALIFIER NO **X**

DAY OF ARRIVAL : **Thursday, October 01st, 2026**

DAY OF DEPARTURES: **Monday, October 05th, 2026**

REGISTRATION DAY:
Friday, October 2nd, 2026

TIME:
15:00 - 19:00 hrs

PLACE:
Hotel Clarion Suites Guatemala.

WEIGH-IN DAY:
Friday, October 2nd, 2026

TIME:
15:00 - 19:00 hrs

PLACE:
Hotel Clarion Suites Guatemala.

*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: **La Aurora International Airport**

VISA INFORMATION:

Holders of passports of the 86 jurisdictions can visit Guatemala without a visa for up to 90 days. More info at: https://en.wikipedia.org/wiki/Visa_policy_of_Guatemala

Entry Requirements

- **Onward Travel:** Proof of a return or onward ticket.
- **Financial Proof:** Evidence of sufficient funds (such as credit cards or cash) covering roughly \$50 USD per day.
- **Digital Form:** Completion of electronic immigration and customs pre-registration forms prior to arrival. [[1](#), [2](#), [3](#)]

*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 Dome of Zone 13 of the Autonomous Sports Confederation of Guatemala (CDAG)
7th Avenue end, Zone 13, Guatemala City



HOTEL INFORMATION

RECOMMENDED HOTEL: The organization offers two hotel options.

Option 1

Hotel Clarion Suites Guatemala.

14 Calle 3-08 Zona 10, Guatemala City, Guatemala, CA 01010.

Check-in time: 2:00 PM

Check-out time: 1:00 PM

OFFICIAL CONTACT FOR RESERVATIONS: Jorge Galindo

email: salesclarion1@clarionguatemala.com/clarionsuitesguatemala@hotelhgc.com

Telephone: (502) 2421-3333

Option 2

HOTEL HOLLIDAY INN

First Avenue 13-22 Zone 10 Guatemala City, 01010 Guatemala

Check-in time: 3:00 PM

Check-out time: 1:00 PM

OFFICIAL CONTACT FOR RESERVATIONS: Karina Castañeda

email: karina_castaneda@hinn.com.gt

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **USD \$300**.

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 **USD \$50**.

CROSSOVERS: **USD \$50** per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: Tuesday, September 22nd, 2026, 23:59 CEST.

*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.

*Each national federation is 100% responsible for arranging all accommodations and meals with the proposed hotels. This must be arranged in advance to avoid any issues upon arrival in Guatemala.

CATEGORIES:

Men's Fitness - OPEN

Junior Men's Bodybuilding 15-23 yrs* - OPEN

Men's Games Classic Bodybuilding*

Up to & incl. 168 cm

Up to & incl. 175 cm

Over 175 cm

OVERALL

Junior Men's Fit Classic Physique 15-23 yrs* - OPEN

Men's Fit Classic Physique* - OPEN

Up to & incl. 168 cm

Over 168 cm

OVERALL

Junior Men's Physique 16-23 yrs - OPEN

Master Men's Physique 40+ yrs - OPEN

Men's Physique

Up to & incl. 167 cm

Up to & incl. 170 cm

Up to & incl. 173 cm

Up to & incl. 176 cm

Over 176 cm

OVERALL

Men's Fit-Model - OPEN

Men's Fit - OPEN

Posing Art - OPEN

Fit-Pairs - OPEN

Women's Artistic Fitness – OPEN

Women's Acrobatic Fitness - OPEN

Women's Bodyfitness - OPEN

Junior Women's Bikini 15-23 years – OPEN

Master Women's Bikini Fitness 35+ yrs - OPEN

Women's Bikini

Up to & incl. 158 cm

Up to & incl. 166 cm

Over 166 cm

OVERALL

Women's Fit-Model - OPEN

Junior Women's Wellness 15-23 years - OPEN

Women's Wellness - OPEN

Junior Men's Classic Bodybuilding - OPEN

Men's Fit Bodybuilding - OPEN

Up to & incl. 170 cm

Over 170 cm

OVERALL

Men's Classic Bodybuilding* - OPEN

Up to & incl. 168 cm

Up to & incl. 171 cm

Up to & incl. 175 cm

Over 175 cm

OVERALL

FITNESS CHALLENGE CATEGORIES:

GOLD Men Individual
GOLD Women Individual
SILVER Men Individual
SILVER Women Individual
BRONZE Men Individual
BRONZE Women Individual

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 :

- **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

*REGISTRATION DEADLINE

FINAL ENTRY FORM: Monday, September 21st, 2026.

It is important to attach flight itineraries for your delegations to coordinate transportation. Please send them in advance; otherwise, the organizers will not be responsible for internal transfers.

Federations entering Guatemala by land are not eligible for internal transportation.

CAMERAS AND/OR VIDEO TAPE EQUIPMENT

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:

All correspondence and communication related to participation in **Pan American Bodybuilding and Fitness Championship** may be sent to:

Organizing Committee

Mr. Elias Rojas

President of the Guatemalan Federation

Contact: +502 4025 3412

E-mail: elias.rojas16@hotmail.com

Ms. Mirna Romero

Technical Organization Guatemala

Contact: +502 45621869

Email: fedefisicotecnicaguatemala@gmail.com

Pan-American Confederation of Fitness and Bodybuilding

panamerica@ifbb.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

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.

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