2026
SAN JOSE INTERNATIONAL
COSTA RICA

MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB SAN JOSE INTERNATIONAL**		
CITY / COUNTRY: **SAN JOSE / COSTA RICA**		
DATE: **NOVEMER 21st - 23rd, 2026**		
EVENT OPEN FOR : **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS WORLDWIDE**		
IFBB PRO CARD QUALIFIER YES **X**		
IFBB WORLD RANKING QUALIFIER **LEVEL 2** YES **X**		
DAY OF ARRIVAL: **NOVEMBER 21st, 2026**		
DAY OF DEPARTURES: **NOVEMBER 23rd, 2026**		
REGISTRATION DAY: **SATURDAY, NOVEMBER 21st, 2026**	TIME: **09:00 - 13:00**	PLACE: **NATIONAL STADIUM OF COSTA RICA, La Sabana Metropolitan Park, Mata Redonda**
WEIGH-IN DAY: **SATURDAY, NOVEMBER 21st, 2026**	TIME: **09:00 - 13:00**	PLACE: **NATIONAL STADIUM OF COSTA RICA, La Sabana Metropolitan Park, Mata Redonda**

COMPETITION DAY: **SUNDAY, NOVEMBER 22nd, 2026. TIME: 09:00 - 18:00, PLACE: HUMBOLDT AUDITORIUM, Pavas, San José, Costa Rica.**

* 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: **Juan Santamaria International Airport (SJO)**

VISA INFORMATION: **Passport holders of nearly 70 countries don't need a visa to enter Costa Rica for 30 days. More details at: https://www.visitcostarica.com/planning-your-trip/entry-requirements**

*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: **HUMBOLDT AUDITORIUM, Pavas, San Jose, Costa Rica.**

HOTEL INFORMATION

Hotel Isla Verde
reservaciones@hotelislaverdecostarica.com | **WhatsApp +506 8618-2477**
www.hotelislaverde.com

Hotel Auténtico
WhatsApp +506 84898595
www.autenticohotel.com

Hotel Casa Roland
reservations@casarolandsanjose.com
www.casaroland.com

Hotel KC San José
reservations@kchotelsanjose.com
www.kchotelsanjose.com

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of: **USD $100.**

Registration fee for athletes to enter this competition **will have to be paid by cash at the registration.**

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

ANTI-DOPING RULE

The San Jose International Championship will be subject to the ADAMS system and the WADA Anti-Doping Rules, administered and supervised by the Costa Rican Anti-Doping Commission (CONAD). Each participating National Federation is advised to check its athletes to ensure that they are free of prohibited substances and thus avoid sanctions, fines and penalties.

*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 cost **EUR €40** 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.

CONTEST SCHEDULE:

November 20: Arrivals of National Teams
November 21: 9:00 –13:00 - Registration and weigh-in
November 21: 17:00–18:00 - Team Managers and Judges Meeting
November 22: 09:00 –18:00 - Competition
November 23: Departures of National Teams

CATEGORIES:

MEN'S BODYBUILDING:
- UP TO & INCL. 70 KG
- UP TO & INCL. 75 KG
- UP TO & INCL. 80 KG
- UP TO & INCL. 85 KG
- OVER 85 KG
- **OVERALL**

MASTERS MEN'S BODYBUILDING:
40-49 YRS **- OPEN**
50 YEARS & OVER **- OPEN**
- **OVERALL**

MEN'S CLASSIC BODYBUILDING*
- UP TO & INCLUDING 171 cm
- UP TO & INCLUDING 174 cm
- OVER 174 cm
- **OVERALL**

MEN'S CLASSIC PHYSIQUE*
- UP TO & INCLUDING 171 cm
- UP TO & INCLUDING 174 cm
- OVER 174 cm
- **OVERALL**

MEN'S PHYSIQUE
- UP TO & INCLUDING 170 cm
- UP TO & INCLUDING 174 cm
- UP TO & INCLUDING 178 cm
- OVER 178 cm
- **OVERALL**

JUNIORS MEN'S PHYSIQUE 15-23 YRS - OPEN

WOMEN'S BODYFITNESS - OPEN

WOMEN'S BIKINI:
- UP TO & INCLUDING 160 cm
- UP TO & INCLUDING 164 cm
- OVER 164 cm
- **OVERALL**

JUNIORS WOMEN'S BIKINI 15-23 YRS - OPEN

WOMEN'S WELLNESS:
- UP TO & INCLUDING 160 cm
- UP TO & INCLUDING 164 cm
- OVER 164 cm
- **OVERALL**

WOMEN'S FIT-MODEL - OPEN

POSING ART - OPEN

FIT- PAIRS

MUSCULAR MEN'S PHYSIQUE
- UP TO & INCL. 171 cm
- UP TO & INCL. 174 cm
- OVER 174 cm
- **OVERALL**

POSSIBLE CROSSOVERS:
Men Classic Bodybuilding – Classic Physique - Bodybuilding;
Women's Bikini – Women's Fit-Model;
Women's Wellness – Women's Fit-Model;
Also Juniors and Masters in senior open classes

AWARDS:

Top six athletes in each category will be awarded with a Certificate and a Medal.
Overall winner will receive a Medal & a Trophy.
USD $10 000 PRIZE MONEY to be distributed among the winners. More info in the **Inspection Report.**

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **NO**
FINAL ENTRY FORM: **National Federations should register their athletes by November 16th, 2026 through the link: https://forms.gle/dNEq3qYwwgJ2L1E18**

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

National Federations with 1–3 athletes: one Green Card

National Federations with 4 or more athletes: two Green Cards

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:

Contest Promoters:

Mr. Edgar Sánchez — President
Costa Rican Bodybuilding and Fitness Association
Email: **ifbb_costarica@hotmail.com**
Tel.: +506 83385190

Mr. Raul Padilla — Sports Management
Costa Rican Bodybuilding and Fitness Association
Email: **gestion@fecofidea.com**
Tel.: +506 70108191

Mr. Eduardo Abdalah — President
Central American Bodybuilding and Fitness Confederation
Tel.: +505 88835971

IFBB Technical Committee
Eng. Andrew Michalak
E-mail: **amichalak5@gmail.com**

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 and 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 and Judges Meeting.