2026 IFBB PANAMA INTERNATIONAL CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB PANAMA INTERNATIONAL CHAMPIONSHIPS**		
CITY / COUNTRY: **PANAMA CITY / PANAMA**		
DATE: **13/12/2026**		
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: **12/12/2026**		
DAY OF DEPARTURES: **14/12/2026**		
REGISTRATION DAY: **12/12/2026**	TIME: **11:00 - 14:00**	PLACE: **ATHEYNA BYLON TRAINING CENTER, Pacific Lookout, Cinta Costera, Panama City**
WEIGH-IN DAY: **12/12/2026**	TIME: **11:00 - 14:00**	PLACE: **ATHEYNA BYLON TRAINING CENTER, Pacific Lookout, Cinta Costera, Panama City**

*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: **TOCUMEN INTERNATIONAL AIRPORT (PTY)**

VISA INFORMATION: Citizens of most countries do **not need a visa** to enter Panama and can stay for a maximum of 90 days. Some countries require special permits such as a stamped visa or authorized visa. These visas must be obtained prior to travel and have different requirements. More info at: https://www.tourismpanama.com/plan-your-trip/travel-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.

PLACE: **ATHEYNA BYLON TRAINING CENTER, Pacific Lookout, Cinta Costera, Panama City, PA-8**

It is named after Atheyna Bylon, world champion and silver medalist at the Paris 2024 Olympic Games, in recognition of her career and legacy.

HOTEL INFORMATION

RECOMMENDED HOTELS:
- **Courtyard Hotel – Multiplaza (over US$150/night)**
- **Hotel Plaza Paitilla Inn (US$108/night) Infinity**
- **Hotel El Parador (US$41/night)**

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **USD $200** and have to be paid**:**

1st OPTION: 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.

2nd OPTION: By money transfer to the following bank account:
Name: IFBB PANAMERICANA
Number: 315-018085-3
SWIFT: INDLGTGC
Bank name: BANCO INDUSTRIAL
Address: 7A. AVENIDA 5-10 Z. 4 CENTRO FINANCIERO APARTADO POSTAL 744 GUATEMALA, C.A. 01004
IBAN: GT91-INLD-0201-000-0031-5018-0853

CROSSOVERS: **USD $100** per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: **26/11/2026**
Payments at arrival shall have an extra charge of **USD $50.**

*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:

JUNIOR MEN'S BODYBUILDING 15-23 YRS – OPEN

MEN'S FIT BODYBUILDING:
UP TO & INCLUDING 80 kg
OVER 80 kg
OVERALL (IFBB Pro Card for the winner)

MASTER MEN'S BODYBUILDING >40 YRS – OPEN

MEN'S GAMES CLASSIC BODYBUILDING* – OPEN

MEN'S CLASSIC BODYBUILDING*:
UP TO & INCLUDING 171 cm
OVER 171 cm
OVERALL (IFBB Pro Card for the winner)

MEN'S FIT CLASSIC PHYSIQUE* – OPEN
IFBB Pro Card for the winner

MEN'S PHYSIQUE
UP TO & INCLUDING 167 cm
UP TO & INCLUDING 173 cm
OVER 173 cm
OVERALL (IFBB Pro Card for the winner)

CHALLENGERS (INTERNATIONAL BEGINNERS):

MEN'S BODYBUILDING:
UP TO & INCLUDING 80 kg
OVER 80 kg
OVERALL

MEN'S CLASSIC BODYBUILDING* – OPEN

MEN'S CLASSIC PHYSIQUE*– OPEN

MEN'S PHYSIQUE
UP TO & INCLUDING 170 cm
OVER 170 cm

WOMEN'S BODYFITNESS - OPEN

WOMEN'S WELLNESS - OPEN

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

MUSCULAR MEN'S PHYSIQUE – **OPEN**

WOMEN'S BODYFITNESS – OPEN

JUNIOR WOMEN'S BIKINI 15-23 YRS – OPEN

WOMEN'S BIKINI:
UP TO & INCLUDING 163 cm
OVER 163 cm
OVERALL (IFBB Pro Card for the winner)

MASTER WOMEN'S BIKINI:
35-39 YRS
40 YRS & OVER
OVERALL (IFBB Pro Card for the winner)

WOMEN'S WELLNESS:
UP TO & INCLUDING 163 cm
OVER 163 cm
OVERALL (IFBB Pro Card for the winner

WOMEN'S FIT- MODEL – OPEN

FIT WOMEN'S PHYSIQUE – OPEN

**- Categories with weight/height limits*

POSSIBLE CROSSOVERS:

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

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 winners will have a trophy.

IFBB PRO CARDS:

7 Pro Cards in total
DISTRIBUTION:

Woman's Bikini - Pro Card for the Overall winner
Masters Woman's Bikini - Pro Card for the Overall winner
Woman's Wellness - Pro Card for the Overall winner
Men's Fit Bodybuilding - Pro Card for the Overall winner
Men's Classic Bodybuilding - Pro Card for the Overall winner
Men's Classic Physique - Pro Card for the Overall winner
Men´s Physique - Pro Cards for the Overall winner

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No**
FINAL ENTRY FORM: **25/11/2026**

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 and 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.

PRO TAN PANAMA is authorized to offer spray-tanning services. Appointments and payment must be arranged directly with the provider.
CONTACT EMAIL: eventos@solucionfit.com
SUBJECT: PANAMA CHAMPIONSHIPS INTERNATIONAL TANNING APPOINTMENT
WhatsApp: +507 6480-3911
Price per athlete:

- USD $80 if paid not later than NOV 25th, 2026 (early rate);
- USD $100 after this date

CONTACT INFORMATION:

Please send your Entry Form to:
Confederacion Centroamericana:
E-mail: **Panamerica@ifbb.com**

Promoter in Panama:
E-mail: **eventos@solucionfit.com**

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.

TENTATIVE SCHEDULE:

SATURDAY, DECEMBER 12th, 2026 - ATHEYNA BYLON TRAINING CENTER
09:00 - 13:00: Optional coaches' / judges' course
11:00 - 14:00: Official athlete registration and weigh-in
15:00 - 15:30: Team Managers and Judges Meeting

SUNDAY, DECEMBER 13th, 2026 - ATHEYNA BYLON TRAINING CENTER
09:00 - 13:00: Optional tanning and preparation
14:00 - 16:00: Competition and awards
17:00 - 19:00: Closing event



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