

NORDIC CHAMPIONSHIPS 2026

19.-20. September
HYPE AREENA Espoo, Finland





Welcome to the IFBB Nordic Championships 2026!

On behalf of the organizing committee, IFBB Nordic and the Finnish Fitness Sports Association, we welcome all IFBB Nordic National Federations and athletes to participate in the IFBB Nordic Championships 2026!

We are proud to host this prestigious Championship Event in Finland. Our goal is to provide all athletes and delegations an unforgettable experience on and off stage at one of the highest level competitions in our sport. The winning athletes of each division will earn the historic title of Nordic Champion and the Overall Winners will also be awarded the prestigious IFBB Pro Cards. Above all, every participating athlete can look forward to a unique and memorable experience on the magnificent Nordic Championships stage.

*Warmly welcome to Finland and to
the IFBB Nordic Championships 2026!*

Aino-Maija Laurila
IFBB Nordic President
Head of the Organizing Committee



Venue – Hybridiareena Hype



The competition venue, Hype Hybridiareena, is located in Espoo, within the Helsinki Metropolitan Area, approximately 30 km from Helsinki-Vantaa Airport.

Hype Hybridiareena is a dynamic hub for fitness, performance, and recovery. Designed for active people, it combines high-quality training facilities, competition-ready spaces, wellness services, and a vibrant atmosphere – all under one roof. Whether you are competing or preparing, everything you need is close at hand.



COMPETITION SCHEDULE

Saturday, September 19th, 2026
Competition starts at 10:00

Sunday, September 20th, 2026
Competition starts at 10:00

ATHLETE REGISTRATION & WEIGH-IN

Friday, September 18th, 2026
18:00–20:30

Venue: *Hybridiareena Hype*
Address: *Vanha Jorvaksentie 3, Espoo, Finland*



ATHLETE REGISTRATION

All athletes must be registered through their National Federations.

To compete in the IFBB Nordic Championships, please contact your national federation.

Athlete registrations will only be accepted if submitted by the National Federation via the Final Entry Form directly to both the Organizing Committee and the IFBB Headquarters.

All competitors must present a valid passport or ID card during registration to verify their identity.



IMPORTANT NOTICE

Please note that it is the full responsibility of each National Federation to verify that all registered athletes are eligible to compete and are not suspended or serving any period of ineligibility due to Anti-Doping Rule Violations or disciplinary actions at national or international level.

All athletes will be required to sign a Doping Liability Form during registration.



ENTRANCE TICKETS

- Adults: EUR 39.90
- Children (10–17 years): EUR 19.90
- Children under 10 years:
Free of charge



(+Ticketmaster's handling and delivery fees 4-6€ for pre-ordered tickets)

CATEGORIES – IFBB NORDIC CHAMPIONSHIPS 2026

The competition will be held according to official IFBB rules and includes the following categories:

SATURDAY, SEPTEMBER 19th:

Women's Artistic Fitness, Open Class

Women's Fit Model, Open Class

- Juniors, Open class
- Masters, Open class

Women's Physique, Open class

- Masters, Open class

Women's Wellness

- -163 cm
- -168 cm
- +168 cm
- Juniors, Open class
- Masters 35 to 44 years
- Masters 45 to 49 years
- Masters 50 years and over

Men's Physique

- -170 cm
- -178 cm
- +178 cm
- Juniors, Open class
- Masters 40 to 49 years
- Masters 50 years and over

Women's Bikini Fitness

- -160 cm
- -164 cm
- -166 cm
- -169 cm
- -172 cmbikinui
- +172 cm
- Juniors 16-20y years
- Juniors 21-23 years
- Masters 35 to 44 years
- Masters 45 to 49 years
- Masters 50 years and over

Fit Pairs, Open class

SUNDAY, SEPTEMBER 20th:

Women's Acrobatic Fitness, Open Class

Men's Classic Bodybuilding

- -175 cm
- -180 cm
- +180 cm
- Juniors, Open class
- Masters 40 to 49 years
- Masters 50 years and over

Women's Bodyfitness

- -158 cm
- -163 cm
- -168 cm
- +168 cm
- Juniors, Open class
- Masters 35 to 44 years
- Masters 45 to 49 years
- Masters 50 years and over

Fit Classic Physique

- -175 cm
- -180 cm
- +180 cm
- Juniors, Open class
- Masters, Open class

IMPORTANT NOTE REGARDING CATEGORIES

Please note that these are preliminary competition categories. According to IFBB rules, categories with less than three athletes may be merged. If the number of competitors is significantly high, additional height categories may be added at the discretion of the Head Judge.





IFBB PRO CARDS

IFBB Pro Cards will be awarded to the Overall Winners. A total of eight (8) IFBB Pro Cards will be available in the following divisions:

- Bikini
- Bikini masters
- Body Fitness
- Body fitness masters
- Wellness
- Men`s Physique
- Classic Bodybuilding
- Fit Classic Physique

REGISTRATION FEES

All athletes nominated by their National Federations must pay a registration fee of EUR 200.

The registration fee must be paid by card during athlete registration.

Crossovers (additional categories):

- EUR 100 per category

IFBB MEMBERSHIP CARD

The IFBB membership card fee is EUR 50 per calendar year and is mandatory for all athletes.

Cards can be purchased during registration by cash payment.

BACKSTAGE ACCESS

- EUR 100 (valid for both competition days)
(For IFBB official coaches Back Stage pass is EUR 50. (Must show the certificate, emblem or coach passport))

Access to backstage and dressing rooms is restricted to delegates and coaches holding a

valid backstage pass. Backstage passes can only be purchased during athlete registration. Backstage staff will remove anyone from the backstage area who does not have a valid backstage pass. Please be prepared to verify your identity when purchasing a backstage pass.





JUDGES

All IFBB Nordic International Judges are welcome to participate in this event. Judges must be registered in advance by their National Federation via email:
aino-maija.laurila@suomenfitnessurheilu.fi
andone.rotov@suomenfitnessurheilu.fi

Judges must also be included in the Final Entry Form.

Accommodation for two judges per participating country will be provided by the organizer.

All judges must present a valid International Judge's Card during the judges' meeting.

Judges' Meeting:

Saturday September 19th at the competition venue Hype Hybridiareena at 9:00.



AWARDS

- Top 3 athletes in each category will receive medals.
- Top 6 athletes in each category will receive trophies.
- Overall winners will receive trophies.

FINAL ENTRY FORMS

Please send the Final Entry Form no later than **September 4th 2026**.

Send to:

- aino-maija.laurila@suomenfitnessurheilu.fi
- amichalak5@gmail.com

Please send copy to:

- contact@ifbb.com
- andone.rotov@suomenfitnessurheilu.fi



TANNING SERVICES

Professional tanning services by Team Hennaripa will be available during the event.

Team Hennaripa is the only official professional tanning service provider allowed at the venue.

Reservations: hennaripa@gmail.com

Please note:

Wipe-off tans are strictly prohibited under IFBB rules. Officials will inspect all athletes backstage, and any tanning product that wipes off must be removed before going on stage.

QUALITY STAGE PHOTOS & VIDEOS

High-quality stage photos can be ordered from:

- *AM PoseFlow / Mika Ankkuri Photography & Lariemeli Media*

Orders can be placed:

- at registration
- or online at: www.amposeflow.fi

High-quality stage photos and videos are also available through the Karlevid Media team.

Contact:

karlevid.media@gmail.com





OFFICIAL HOTEL: HOTEL MATTS



HOTEL MATTS

The Official Hotel of the competition is Hotel Matts - a stylish and modern hotel located in the heart of Espoo. It is located close to a wide range of services and amenities, including a large shopping mall and a gym. The hotel offers rooms of various sizes as well as spacious, fully equipped apartments. The competition venue, Hype Areena, is easily and quickly accessible by metro, making accommodation convenient and hassle-free during the busy competition weekend.

The Official Hotel of the competition is Hotel Matts - a stylish and modern

- 15% *discount* on the Best Flexible Rate, subject to hotel availability.
- The rate includes breakfast and **one night of parking** (1 car per reservation, subject to availability). Additional nights are available at €17 per car per night.
- Reservations can be cancelled free of charge until 6:00 PM on the day of arrival.
- This special rate is valid for all room categories and apartments for stays between 18–21 September 2026.
- Accommodation reservations should be made directly through our website www.hotelmatts.fi using the promo code: **FITNESS2026**.



About Finland & Espoo



Espoo

Espoo is the second-largest city in Finland, located next to the capital city, Helsinki. It is part of the Helsinki Metropolitan Area and offers a unique combination of modern urban life and beautiful natural surroundings.



Distance from the Airport

Espoo is approximately 25 km from Helsinki Airport. Travel time is usually around 20–40 minutes by car or taxi. Espoo is also easily accessible by public transportation.





Weather in September

September weather in Espoo is typically mild but variable. Daytime temperatures are usually between 10°C and 18°C, while mornings and evenings may be cooler. Rain is possible, so layered clothing and a light waterproof jacket are recommended.

Language

Finland has two official languages: *Finnish and Swedish*. In Espoo, most residents speak Finnish as their first language, but English is widely spoken. Visitors will find it easy to communicate in English in hotels, restaurants, shops, and public transportation.





Getting Around

Public transportation in the Helsinki region is efficient and reliable, operated by HSL. You can easily travel between Espoo and Helsinki using buses, trains, metro, and trams.

We recommend downloading the HSL app for route planning and ticket purchases. Uber and Bolt also operate in the Helsinki Metropolitan Area. When using taxis, we recommend confirming the fare before starting the journey.

Nature & Surroundings

Espoo is well known for its proximity to nature, with numerous parks, forests, lakes and coastal areas. One of the most popular destinations is Nuuksio National Park, ideal for relaxation and outdoor activities.

Espoo is located within the Helsinki Metropolitan Area, right next to Finland's capital Helsinki. The city center of Helsinki, is only a short distance away and easily accessible by public transportation. All major attractions, shopping areas and services in Helsinki are also conveniently within reach.

Drinking Water

Tap water in Finland is of excellent quality and completely safe to drink.

Currency & Payments

Finland uses the euro (€).

Credit and debit cards are widely accepted, and contactless/mobile payments are commonly used. Cash is rarely needed.

Safety & Cleanliness

Finland is considered one of the safest countries in the world.

Espoo is clean, well-organized and very safe for visitors.

Time Zone

Espoo operates on Eastern European Time (EET), UTC+2, and UTC+3 during daylight saving time.