

INFINITY



# IFBB NORTH AMERICAN CHAMPIONSHIP

**2019 2 EDITION**

**CD JUAREZ MEXICO**

**OCTOBER 25TH & 26TH**

**WELCOME**

**TO**

**MEXICO!**



**The International Federation of Bodybuilding and Fitness IFBB and the Mexican Federation of Bodybuilding and Fitness FMFF, are pleased to invite all the North American Federations that are affiliated to the IFBB to participate to the Second Edition of one of the most important international competitions: the North America Championship, that will take place in Ciudad Juarez Chihuahua Mexico at the iStay Hotel.**

---

**AFFECH PRESIDENT**



**Ciudad Juarez is the most populous city in the Mexican State of Chihuahua. The city is commonly referred to by locals as simply Juarez.**

**Our official currency is the Mexican Peso, but also for our neighboring country, the US dollar is accepted equally way.**

**Climate:**

**For this season of the year our climate is mild with a temperature between 22 and 27 degrees Celsius.**



## **LANGUAGE:**

The official language in Mexico is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

We have tourist centers such as:

## **CENTRAL PARK**



**RODADORA**



**HUATEQUES**



**MEXICAN SQUARE**



**CATHEDRAL**



## CURRENCY:

The Local currency in Mexico is the Mexican Peso.

1.0 EUR = 23.06 MXN (as for June 2019)

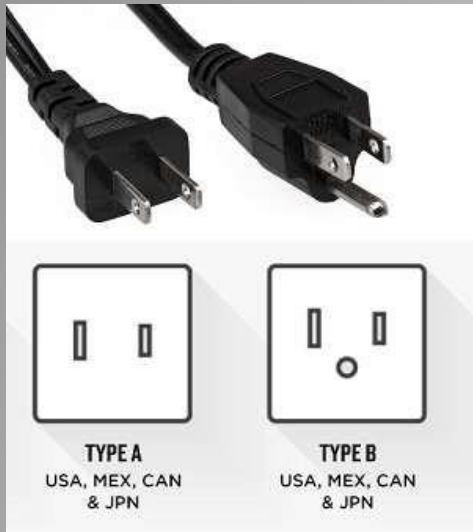
1.0 USD = 19.75 MXN (as for June 2019)

Current rates may be checked at:

<http://www.xe.com>

## POWER OUTPUT:

The nominal voltage is 110 volt AC, the same as in the US and Canada. Three prong outlets are not readily available so an adaptor is a good idea. Electrical stores in Cancun have them in stock. The larger hotels have converters for most 220-volt devices. If you plan to use a laptop computer, you may bring a surge protector or buy it in a Mexican electronic store.



## OFFICIAL AIRPORT

The international airport of Ciudad Juarez is called Abraham Gonzalez which is located on the Panamerican Highway at 18.5km.

The closest airport to the headquarters is the international airport of El Paso Texas at 5 km away.





## RECOMENDED HOTEL

The host hotel will be the Istay located on Paseo Triunfo street in Republic 3745, Pronaf circuit C.P.32310. This is an exceptionally affordable option in the heart of Ciudad Juarez. The Istay Hotel is about ten minutes from the United States border at Paso Texas and about 15 km from both closest international airports.

The iStay Hotel offers contemporary rooms with a full range of amenities like the Wellness Center, a heated pool, even an authentic Mexican restaurant.

<https://www.istayjuarez.com/default-es.html>



## VENUE

The championship will take place at the Municipal Civic Auditorium Licenciado Benito Juarez. Located on 311, Ignacio Ramirez Street 32030 Ciudad Juarez Chihuahua, Mexico

This auditorium has an Italian-type stage, in addition to 1050 locations, it is preferred by various theater companies and institutions both local and foreign, to be the ideal place to perform them.



# ARRIVALS AND AIRPORT

**Official arrival day is October 25th, 2019**

**Official departure day is October 26th, 2019**

## **Important Notice:**

**Each National Federation and individual athletes are responsible for all expenses related to travelling, meals, beverages, accommodation, transportation (airport-hotel-airport) and other unforeseen expenses throughout the duration of your stay. For more information, check with your National Federation.**

## **VISA:**

**A valid passport is required to enter Mexican territory, valid for at least 6 months after the date of arrival. All countries should consult the Mexican Embassy in their Country to determine if they need a Visa. An official letter of invitation will be available if it is required.**

## LIST OF COUNTRIES THAT DON'T NEED VISA

American Samoa	Anuba	Andorra
Australia	Anguila	Austria
Argentina	Azores Islands	Bahamas
Brazil	Barbados	British Indian Ocean Territory
Belgium	British Virgin Islands	Belize
Bulgaria	Bermuda Islands	Canada
Costa Rica	Cayman Islands	Cook Islands
Chile	Cyprus	Christmas Islands
Czech Republic	Colombia	Denmark
Dutch Antilles	Estonia	Falkland Isles
France	Faroe Isles	French Polynesia
Finland	French Guyana	Germany
Greenland	Gibraltar	Guadeloupe
Greece	Guam Isles	Hong Kong
Hungary	Ireland	Israel
Iceland	Italy	Jamaica
Japan	Latvia	<u>Lituania</u>
Liechtenstein	Luxembourg	Macao
Mariana Islands	<u>Mahore</u>	Marshall Islands

Malaysia	Micronesia	Malta
<u>Monaco</u>	Martinica	Montserrat
New Caledonia	Niue Islands	New Zealand
Norfolk Island	Netherlands	Norway
Palau	Pitcairn Isles	Panama
<u>Poland</u>	Paraguay	Portugal
<u>Peru</u>	Puerto Rico	<u>Reunion Isles</u>
Romania	San Marino	South Korea
Saint Helena	Spain	Singapore
Sweden	Slovakia	Switzerland
Slovenia	<u>Suiza</u>	Territory of <u>Cocos (Keeling)</u>
Trinidad and Tobago	Tokelau	Turks & Caicos
United States of America	Uruguay	United Kingdom of Great Britain Republic
U.S. Virgin Islands	Venezuela	Wallis and Futuna Islands

## **PARTICIPATION:**

The contest is open for all IFBB North American National Federations (Canada, United States, Puerto Rico, Mexico). The number of competitors in this championship is unlimited.

## **REGISTRATION:**

Official Athlete Registration will take place at the Official Hotel iStay on Friday, October the 25th 2019, from 16:00 till 20:00 hrs.

Registration of athletes will be only considered if they are signed up by the National Federation of each athlete, by sending the Final Entry Form with their names directly to the Organizer Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event depends on the IFBB.

**The athletes from other nations that are living inside Canada, USA, Puerto Rico or Mexico, are able to compete in this championship.**

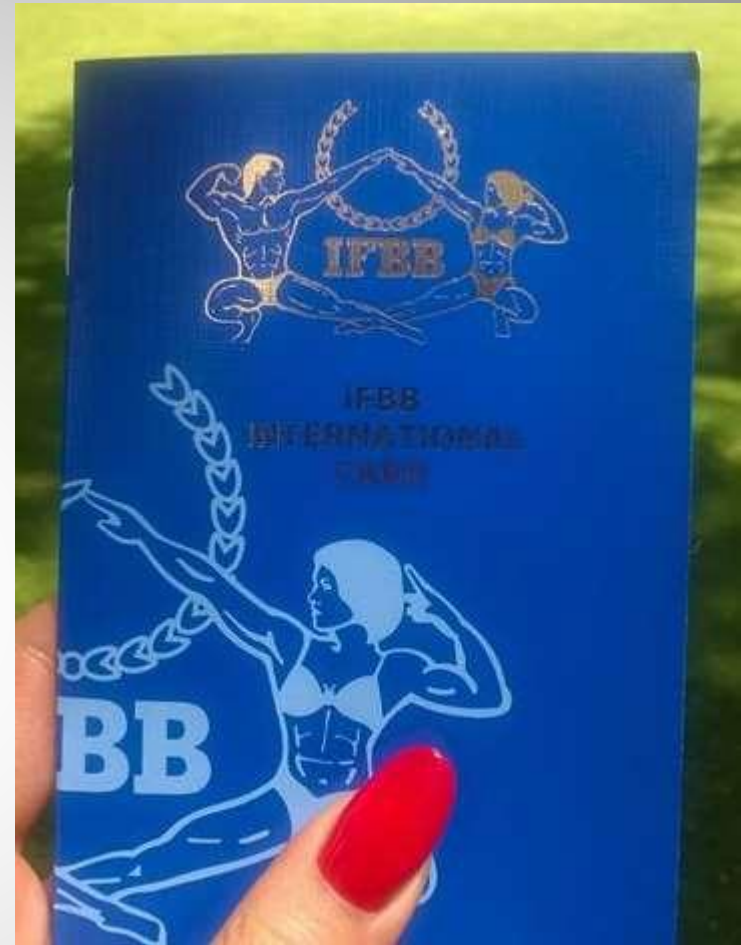
## **PARTICIPATION:**

- Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.
- It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually 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 show their Passports and IFBB International Cards at the Registration. Any athlete who has not purchased or renewed his/her IFBB International Card will have to buy it at the registration.**

**IFBB Card cost is EUR €35 (or USD \$45) and it is mandatory.**



## **MUSIC:**

**All posing music must be recorded in an audio CD only. Also, the posing music must be at the start of the CD. Each competitor must write his/her name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

**Each athlete participating in the championship will be provided with a wristband at the registration desk. This identification will allow daily access and should not be removed.**

## **REGISTRATION FEE & SCHEDULE:**

**FRIDAY FROM 16:00 TO 20:00 hrs**

**Registration fee at this competition is as follows:**

**- Men's and Women's open categories and Masters –USD \$100 per athlete**

**If an athlete wants to participate in the second category (like master or in the senior open class), the registration fee for this second category will be USD \$60.**

**Registration Fee may be paid at the Registration on October the 25th, 2019 or in advance by electronic transfer to the bank account of the IFBB in the online registration website in the following link:**

**[www.ifbb.com/competition-registration/](http://www.ifbb.com/competition-registration/)**

**The Domestic participants representing the Mexican Federation (FMFF) pay directly at the Registration.**

<b>MEN'S BODYBUILDING:</b>	<b>MUSCULAR MEN'S PHYSIQUE:</b>
Up to & including 70 kg	Open
Up to & including 75 kg	<b>WOMEN'S BODYFITNESS:</b>
Up to & including 80 kg	Up to & including 158 cm
Up to & including 85 kg	Up to & including 164 cm
Up to & including 90 kg	OVER 164 cm
Up to & including 100 kg	Overall
Over 100 kg	
Overall	<b>WOMEN'S BIKINI FITNESS:</b>
<b>MASTER MEN'S BODYBUILDING:</b>	Up to & including 156 cm
40-49 years – open	Up to & including 160 cm
Over 50 years – open	Up to & including 164 cm
Overall	Up to & including 168 cm
<b>MEN'S CLASSIC PHYSIQUE</b>	Over 168 cm
Up to & including 171 cm	Overall
Up to & including 175 cm	
Up to & including 180 cm	
Over 180 cm	
Overall	<b>WOMEN'S PHYSIQUE:</b>
<b>MEN'S PHYSIQUE:</b>	Open
Up to & including 170 cm	
Up to & including 173 cm	
Up to & including 176 cm	<b>WOMEN'S WELLNESS:</b>
Up to & including 179 cm	Up to & including 158 cm
Up to & including 182 cm	Up to & including 164 cm
Over 182 cm	Over 164 cm
Overall	Overall
<b>MASTER BODYFITNESS:</b>	<b>MASTER BIKINI FITNESS:</b>
<b>OPEN</b>	<b>OPEN</b>

**\* Men Classic Bodybuilding bodyweight limits [in kg]:**

- Up to 168 cm Athlete's height [in cm] minus 100
- Up to 171 cm (Athlete's height [in cm] minus 100) + 2
- Up to 175 cm (Athlete's height [in cm] minus 100) + 4
- Up to 180 cm (Athlete's height [in cm] minus 100) + 7
- Up to 188 cm (Athlete's height [in cm] minus 100) + 9
- Up to 196 cm (Athlete's height [in cm] minus 100) + 11
- Over 196 cm (Athlete's height [in cm] minus 100) + 13

• **Men Classic Physique bodyweight limits [in kg]:**

- **Up to 168 cm** **(Athlete's height [in cm] minus 100) + 4**
- **Up to 171 cm** **(Athlete's height [in cm] minus 100) + 6**
- **Up to 175 cm** **(Athlete's height [in cm] minus 100) + 8**
- **Up to 180 cm** **(Athlete's height [in cm] minus 100) + 11**
- **Up to 188 cm** **(Athlete's height [in cm] minus 100) + 13**
- **Up to 196 cm** **(Athlete's height [in cm] minus 100) + 15**
- **Over 196 cm** **(Athlete's height [in cm] minus 100) + 17**

**MINIMUM NUMBER OF COMPETITORS TO RUN A CATEGORY SHOULD BE 5. IF LESS THAN 5 ATHLETES, CATEGORIES WILL BE COMBINED, WHEREVER POSSIBLE.**

**TOP SIX COMPETITORS IN EACH CATEGORY WILL BE AWARDED WITH IFBB MEDALS AND DIPLOMAS.**

**TOP THREE COMPETITORS IN EACH CATEGORY WILL RECEIVE TROPHIES.**

**TOP TWO COMPETITORS IN EACH CATEGORY WILL PARTICIPATE IN THE OVERALL.**

**IFBB ELITE PRO CARDS ARE FOR THE NEXT OVERALL CATEGORY WINNERS:**

**MEN'S BODYBUILDING, MEN'S CLASSIC PHYSIQUE, MEN'S PHYSIQUE , BIKINI FITNESS, WOMEN'S BODYFITNESS, WOMEN'S PHYSIQUE, WOMEN'S WELLNESS**



## **JUDGES:**

To be taken into consideration, during selection of Judges Panels at the competition, IFBB International Judges (as well as test-judges) must be included in the Final Entry Forms sent by the National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under the address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All International judges must bring their International Judge Cards to Ciudad Juarez.

IFBB International Judges must have a valid IFBB Judge's Card, which must include the IFBB yearly judges fee of EUR €50 -paid for 2019. Test-judges must pay the IFBB judge's test fee of EUR €50. These fees may be paid at the Championships in Ciudad Juarez.

All Judges and Test-Judges must be present at the Team Managers and Judges Meeting. Any Judge absent at this meeting will not be allowed to judge in these Championships. If any of the above conditions has not been met, Judges will be unable to carry out their duties.



## **TANNING:**

**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 asked to remove the tan before going on stage.**

## **ATHLETES WITHOUT DELEGATES:**

**All Athletes competing in these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.**

**\*\*\*CORRESPONDENCE AND INFORMATION:**

For further information it can be requested by e-mail addressed to:  
the Organizer Committee FMFF Mr. Marco Cabezas at: [fmff2001@hotmail.com](mailto:fmff2001@hotmail.com)  
phone: +52 (55) 5566 0122

**\*\*\*ENTRY FORM:**

Send Preliminar entry form before October the 4<sup>th</sup>, 2019.

The deadline date to send the Final Entry Form is October the 18<sup>nd</sup>, 2019.  
National Federations must submit the actual names of all Official Participants  
(Athletes by category and Delegates, including Judges).

**SEND ENTRY FORM TO:**

Send entry forms to:

[fmff2001@hotmail.com](mailto:fmff2001@hotmail.com)

**IFBB TECHNICAL COMMITTEE**

Eng. Andrew Michalak

[amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**PLEASE SEND COPY TO:**

**International Federation of  
Bodybuilding and Fitness  
Head Office:**

**Ms. Diana Mozos**

**Phone: +34 91 535 2819**

[info@ifbb.com](mailto:info@ifbb.com)

**Organizing Committee:**

**Mr. Marco Antonio Cabezas**

[mac.cabezas@hotmail.com](mailto:mac.cabezas@hotmail.com)

## **TENTATIVE SCHEDULE**

**OCTOBER 25TH, 2019 (FRIDAY)**

### **ARRIVALS**

**16:00-20:00 REGISTRATION/ WEIGHT IN ISTAY HOTEL**

**20:00 TEAM MANAGERS AND JUDGES MEETING ISTAY HOTEL**

**OCTOBER 26TH, 2019 (SATURDAY)**

**11:00-20:00 PREJUDGING AND FINALS**

**OCTOBER 27TH, 2019 (SUNDAY)**

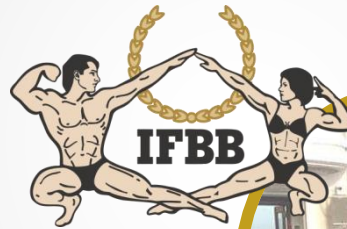
### **DEPARTURES**

# Organizing Committee



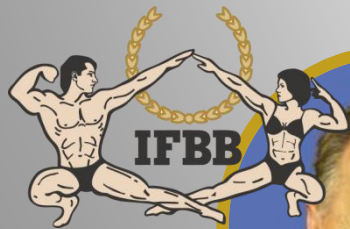
**Francisco Cabezas G.**

**FMFF Presidente**



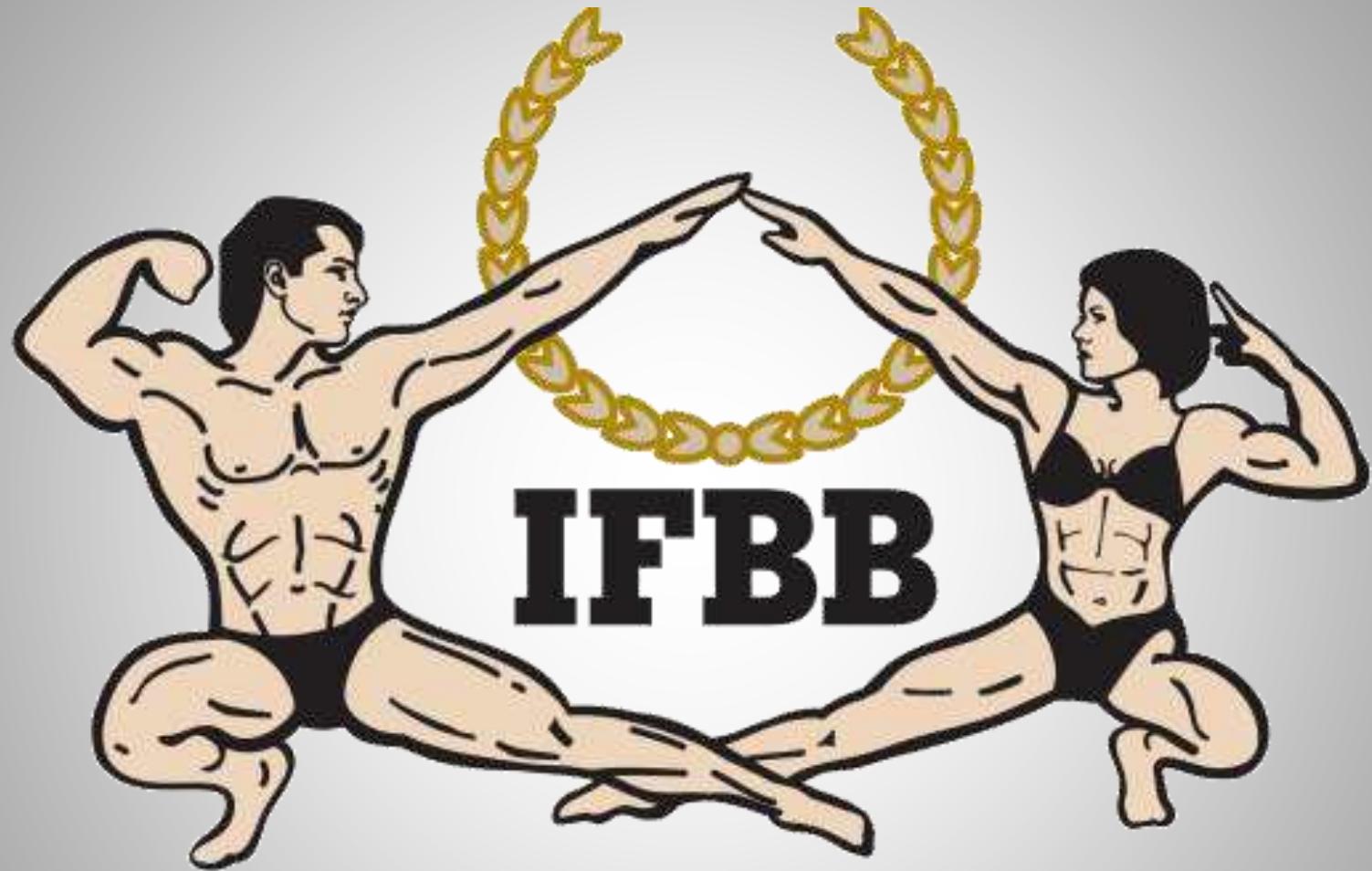
**Marco Cabezas Escárcega**

**IFBB Northamerican  
Vice-President**



**Dr. Rafael Santonja**

**IFBB President**



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS