



**APRIL 20, 2025**

**PRIZE MONEY \$ 140,000**

Bodybuilding | Classic Physique | Men's Physique  
Bikini Fitness | Wellness | Bodyfitness



**SIBERIAN PRO SHOW 2025**  
**IFBB PRO**



# WELCOME

We are glad to present to you the 10<sup>th</sup> edition of largest multi-sports festival in Russia - "**Siberian Power Show**" 2025. Every year, athletes, fans and spectators come to Krasnoyarsk to fully immerse themselves in the incredible atmosphere of sports for several days and take part in an event that has become special in the global gym and fitness culture. The festival program includes more than 20 sporting disciplines, as well as an exhibition dedicated to healthy lifestyle. This all takes place under one roof in the international exhibition and business center "Siberia".

Due to its unique geographical location, the Siberian PRO Show is a great place where athletes from all over the world can meet each other to exchange experiences and identify who is the best. So, the Siberian Pro Show is an event that clearly demonstrates the progress of bodybuilding and fitness in various regions and countries of the world. We will witness an event that annually gathers apex a top of the heap of Russian bodybuilding on one stage and gives unforgettable emotions to both the participants and the audience of this amazing show!

Don't miss this opportunity!

## Follow us



<http://www.siberianpowershow.ru>



<https://www.youtube.com/c/siberianpowershow>



<https://www.instagram.com/siberianpowershow>



# LOCATION

Krasnoyarsk city will be a meeting place for athletes from all over the world again and for two days will immerse you in an incredible atmosphere of sports, beauty and health! The territory of Krasnoyarsk has a rich sports history and serious experience in conducting competitions of various levels. In 2019, the World Winter Universiade was held here, which confirmed that Krasnoyarsk is ready to host the largest and most serious world tournaments.

# COMPETITION VENUE

The Crystal Ice Arena was built for the Games of the XXIX World Winter Universiade 2019 in Krasnoyarsk. It is the home arena for Krasnoyarsk ice hockey teams. The total area of 42 854 sq. m allows placing the whole range of services: main ice arena measuring 60x30 metres; training arena; 12 changing rooms for the teams; rooms for technical delegates, referees, service personnel; media areas; medical facilities. Arena capacity - 3 500 people.



## CRYSTAL ICE ARENA



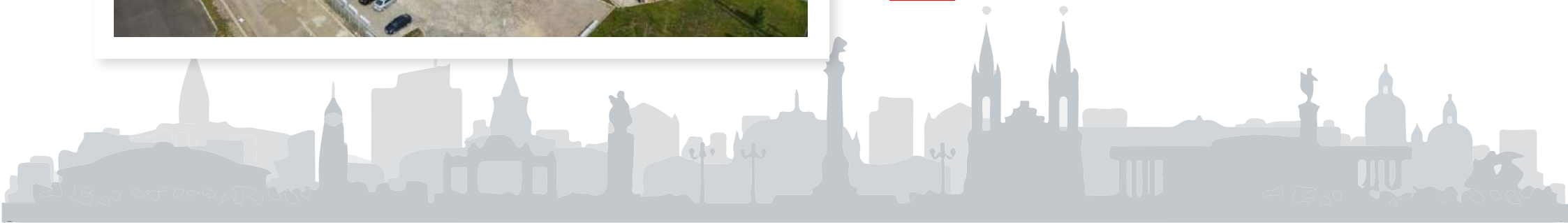
Partizana Zheleznaya St., 42



[http://rcsskrsk.ru/crystal\\_arena](http://rcsskrsk.ru/crystal_arena)



42 854 m<sup>2</sup>



# ARRIVAL AIRPORT

Krasnoyarsk is served by Yemelyanovo Airport, the main airport that handles both medium and long haul domestic and international flights, and located 27 kilometers (17 min) northwest of the city.

The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transfer between airport and official hotels on Thursday, April 17<sup>th</sup> transfer between hotels and airport on Monday, April 21<sup>th</sup>, 2025 based on the stated times of arrivals and departures.

Please notify the Organizing Committee of the details of your arrival time not later than April 14<sup>th</sup>, 2025.

The suitable transfer will be arranged for your National Team members. **The transfer service is free.**

**Any questions about transfer you can contact us [proshow@siberianpowershow.ru](mailto:proshow@siberianpowershow.ru)**

## By taxi:



You can use **Yandex Go App**



<https://apps.apple.com/ru/app/yandex-go-taxi-and-delivery/id472650686?l=en>



[https://play.google.com/store/apps/details?id=ru.yandex.taxi&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=ru.yandex.taxi&hl=en_US&gl=US)





# OFFICAL HOTELS

Due the number of events that Krasnoyarsk will host this weekend and the high hotel occupancy we recommend to plan your stay in advance and book your accommodation the earliest as possible.

 **“HILTON GARDEN INN”**  
37, Molokova Street



 **“PACK CITY HOTEL”**  
40B, Partizana Zhelezyaka



 **“IBIS HOTEL”**  
123, Karla Marksa Street



 **“NOVOTEL”**  
123, Karla Marksa Street



Reservation, booking, and all costs for hotel accommodation, traveling, and meals are the responsibilities of the National Federations or individual athletes. Additionally, you can use the promo code **SPS2025** to receive around 15% discount.

**The average cost of a hotel room is about 45\$ - 70\$ per night.**

**IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE ORGANIZER’S E-MAIL  
IN ORDER TO BENEFIT FROM THE SPECIAL RATES!**

Please, book your accommodation and free transfer from this address [proshow@siberianpowershow.ru](mailto:proshow@siberianpowershow.ru)



# PARTICIPATION



All IFBB PRO competitors from ALL OVER THE WORLD, who have the IFBB Pro Cards in order, are eligible to compete in this IFBB Pro Competition by sending request of approval to the IFBB Pro Office in Madrid:

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

The Declaration should include:

- Name, date and place of the contest
- 1<sup>st</sup> name + 2<sup>nd</sup> name of a competitor
- Represented Country (passport drawer)
- Category
- Date of birth
- Email address
- Mobile phone number

The athletes need to register also in the IFBB Pro System:

<https://app.ifbbproofficial.com>

**The deadline date for submitting the request is April 4<sup>th</sup>, 2025.**

The number of participating athletes is unlimited.

In light of recent discussions, we have decided to modify the usual athlete grouping system. Instead of dividing participants into groups A, B, and C, we will allow all athletes to compete in a standard format. This change aims to enhance the competitive experience for everyone involved.

Please note that athletes who have not received an invitation to compete will be required to pay a registration fee of €500. This fee will ensure your participation in the event.

## IFBB PRO NEW RULE

APPLICABLE RULE FROM JANUARY 2025

### IFBB PRO EVENTS

- GRAND SLAM
- QUALIFIERS

### THE GRAND SLAM

### HOW TO QUALIFY FOR THE GRAND SLAM

To qualify for a Grand Slam event, you can meet one of the following criteria:

- 1. Performance in Two Qualifying Events:**
  - Win one event and place in the top 3 in another.
  - If the winner has already qualified, the spot will go to the second-place finisher.
- 2. Automatic Qualification for Grand Slam Winners:**
  - Winners of any Grand Slam event can compete in any Grand Slam the following year.
- 3. Top 3 Finishers in Previous Grand Slam Editions:**
  - If you finish in the top 3 of a Grand Slam event, you can compete in the same event the following year.
- 4. Consistent Top 3 Placements:**
  - Finish in the top 3 of at least three qualifying events.
- 5. Direct Invitation:**
  - Receive a direct invitation from a Grand Slam organizer.
- 6. Ranking Invitations:**
  - The two highest-ranked competitors who have not already qualified through the above methods will receive invitations to the Grand Slam.



# REGISTRATION



**THERE IS NO REGISTRATION FEE  
FOR IFBB PRO ATHLETES**

All IFBB Pro athletes need to have paid the annual fee in order to compete in the event, as well as having received the invitation letter as a qualified athlete. If this is not the case, they must register with a payment of €500 through: <https://app.ifbbproofficial.com/licence-access>

**TAP HERE**

## IMPORTANT NOTICE TO COMPETITORS



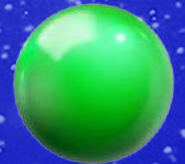
The posing music must be the only one on USB Drive, ready to be played. Please use MP3 file format. The athletes name must be added



**The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

**FOR THE WOMEN'S BIKINI  
FITNESS CATEGORY**

**YOU CAN CHOOSE  
THE BACKGROUND  
COLOR OF THE STAGE:**



# CATEGORIES

The open categories for this event are:

**BODYBUILDING OPEN CLASSIC PHYSIQUE MEN'S PHYSIQUE**  
**BIKINI FITNESS BODYFITNESS WELLNESS**

# AWARDS

THE TOTAL PRIZE MONEY FOR THIS COMPETITION IS USD 140,000 AND WILL BE DISTRIBUTED AS FOLLOWS:

<b>BODYBUILDING PRO</b>	<b>CLASSIC PHYSIQUE PRO</b>	<b>BIKINI FITNESS PRO</b>	<b>BODYFITNESS PRO</b>
1 place \$ 30 000	1 place \$ 3 000	1 place \$ 12 000	1 place \$ 2 000
2 place \$ 15 000	2 place \$ 2 000	2 place \$ 7 000	2 place \$ 1 500
3 place \$ 12 000	3 place \$ 1 500	3 place \$ 5 000	3 place \$ 1 000
4 place \$ 7 000	4 place \$ 1 000	4 place \$ 3 000	4 place \$ 800
5 place \$ 5 000	5 place \$ 800	5 place \$ 2 000	5 place \$ 700
6 place \$ 3 000			
7 place \$ 2 500			
8 place \$ 2 000			
9 place \$ 1 500			
10 place \$ 1 000			
<b>MEN'S PHYSIQUE PRO</b>	<b>WELLNESS PRO</b>		
1 place \$ 3 000	1 place \$ 2 000		
2 place \$ 2 000	2 place \$ 1 500		
3 place \$ 1 500	3 place \$ 1 000		
4 place \$ 1 000	4 place \$ 800		
5 place \$ 800	5 place \$ 700		



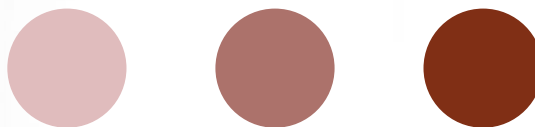
# BACKSTAGE ACCESS

IFBB Pro athletes will be given an extra wristband for only coach or companion. Don't forget to take this wristband at the Registration area at International Exhibition and Business Centre "Siberia" April 19<sup>th</sup> 2025. This wristband allows access to the IFBB Pro Show backstage, a seat at the IFBB Pro Show in a specific zone and access to the Expo as well. It must be worn all the time during the event.

**General access + auditorium tickets can be purchased  
at the gate or online through website**

<https://siberianpowershow.ru>

# TANNING



**For information please contact: [tanning@siberianpowershow.ru](mailto:tanning@siberianpowershow.ru)**

**The cost of the tanning service is 80\$.**

# TENTATIVE SCHEDULE

## **SATURDAY, April 19<sup>th</sup>, 2025**

### **Arrivals**

- 19:00

Athletes Registration (“Siberia” Aviatorov St., 19)

- 20:00

IFBB Pro Judging Meeting

## **SUNDAY, April 20<sup>th</sup>, 2025**

- 10:00 - 15:00

IFBB Pro Competition:

Men’s Physique, Classic Physique, Wellness, Bodyfitness,  
Bodybuilding, Bikini, Prejudging

- 18:00

### **Siberian PRO Show**

Bodybuilding, Bikini Finals

- 21:00

Banquet (Free entry)

## **MONDAY, April 21<sup>st</sup>, 2025**

- Till 12:00

Check-Out and Departures

\*Updated time schedule will be received upon arrival



# JUDGES

IFBB Pro Judges should declare their readiness to work at this IFBB Pro event by sending a request to the IFBB Pro Head Office e-mail address: **info@ifbbproofficial.com** (Ms. Alba Sánchez) not later than March 29<sup>th</sup>, 2025.

Please send us the following information via e-mail:

- Contest name, date and place, judge would like to work at
- The name and surname of a judge (according to his/her passport or ID)
- Represented country (passport drawer)
- Passport or ID number
- Current place of stay (address)
- Email address
- Mobile phone number

After the deadline, the IFBB Pro Head Office will analyze submitted request and will compose the panel, taking into account the place of the contest and location of judges. Then, the IFBB Pro Head Office will inform selected judges on the final decision and participating conditions. All IFBB Pro judges must have a valid IFBB Pro Judge's Cards with the IFBB Pro yearly judges fee of **EUR €150** for 2025 to be paid through the IFBB Pro website by PayPal:

**<https://app.ifbbproofficial.com/new-licence>**

All IFBB Pro judges must be present at the Team Managers and Judges Meeting and hand over their IFBB Pro Judge's Cards to the IFBB PRO Judges Committee representative present there. Any judges, absences at this Meeting, will not be allowed to judge at this Pro event.

## CURRENCY

The national currency in Russia is Ruble (RUB).

EUR €1.00 = RUB 102,74  
USD \$1.00 = RUB 97,13  
(as at January 28<sup>th</sup>, 2025)

# LANGUAGE

The official language is Russian. You can speak English in hotels, restaurants and tourist areas.

# CLIMATE

The average daily temperature is 10°C (50°F) in April. The lowest temperature is 0°C (32°F), the highest temperature is 15°C (59°F). Daylight hours is 12 hours in April.

# MEDIA

All the media professionals who wish to have access to the event must apply for the official accreditation. You have to send your contact information (name of the media you represent, phone number, email, the person who look accreditation for, representor's position) to [media@siberianpowershow.ru](mailto:media@siberianpowershow.ru) no later than April 11<sup>th</sup>, 2025. Person in charge is Kristina.

# LIVE STREAMING

Can't physically join the event? Want to watch performances unlimited number of times? Busy during the festival and want to watch it later? No worries, we got your back! The event will be streamed online by professional video team "Master Group". By purchasing a broadcast, you will jump into the atmosphere of the competition from anywhere around the world, and if you are a participant of the show, you can easily review your performance any time. The broadcast can be purchased by your friends and relatives, who can enjoy the show and fully support you. Don't miss a chance to experience watching top sportsmen, motivate yourself and being a part of such a unique festival!



Life stream cost: USD \$25

Visit our website to check life stream: <https://siberianpowershow.ru>





# INFORMATION

If needed, you can contact us for any doubt or issue you may have:

**IFBB PRO OFFICE** [info@ifbbproofficial.com](mailto:info@ifbbproofficial.com)

**SPS ASSISTANCE** [proshow@siberianpowershow.ru](mailto:proshow@siberianpowershow.ru)

**Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.**



**Check the Running Order on Telegram**  
[https://t.me/SPS\\_media/82](https://t.me/SPS_media/82)

