

# 2026 IFBB SEMI-PRO CENTRAL AMERICAN & CARIBBEAN CHAMPIONSHIPS

## MAIN INFORMATION



<b>NAME OF THE EVENT:</b> 2026 IFBB SEMI-PRO CENTRAL AMERICAN & CARIBBEAN CHAMPIONSHIPS	
<b>CITY / COUNTRY:</b> GUATEMALA CITY, GUATEMALA	
<b>DATE:</b> AUGUST 30 <sup>TH</sup> , 2026	
<b>EVENT OPEN FOR:</b> ALL SEMI-PRO COMPETITORS FROM THE CAC COUNTRIES	
<b>DAY OF ARRIVAL:</b> AUGUST 27 <sup>TH</sup> , 2026	
<b>DAY OF DEPARTURES:</b> AUGUST 31 <sup>ST</sup> , 2026	
<b>COMPETITION DAY/TIME:</b> AUGUST 30 <sup>TH</sup> , 2026	
<b>REGISTRATION DAY:</b> AUGUST 28 <sup>TH</sup> , 2026	<b>TIME:</b> 9:00-13:00
<b>PLACE:</b> HOLIDAY INN HOTEL	
<b>RECOMMENDED AIRPORT:</b> LA AURORA INTERNATIONAL AIRPORT	
<b>VISA INFORMATION:</b>	
<p><b>ENTRY &amp; VISA REQUIREMENTS</b> We recommend visiting the following link: <a href="https://www.minex.gob.gt/din/26-visas-para-extranjeros">https://www.minex.gob.gt/din/26-visas-para-extranjeros</a> to find out if you need a visa to enter Guatemala. The organization will provide invitation letters to the event for visa processing.</p> <p><b>COSTS:</b> Single Entry Visa and Tourist or Traveler Visa US \$50.00; Multiple Entry Tourist or Traveler Visa US \$150.00 for multiple entries (90-day validity); Special Guest Visa US \$50.00 for multiple entries (180-day validity). An Official Letter of Invitation will be available if required. Any athlete who requests and receives an invitation from the IFBB Semi-Pro Head Office or the Organizing Committee of an IFBB Semi-Pro sanctioned event for visa purposes and misuses that visa to unlawfully stay in the host country or any other country will be subject to disciplinary proceedings and sanctions. It is the athlete's responsibility to ensure that the visa is used properly and legally. In case of misuse or improper utilization, the athlete may face a fine and/or suspension, in case of any misuse and/or unlawful utilization of the same visa.</p>	
<b>VENUE:</b> Teodoro Palacios Flores Gymnasium of the Guatemalan Autonomous Sports Confederation (CDAG)	
<b>HOTEL INFORMATION:</b> To ensure a comfortable stay, the Organizing Committee proposes first-class hotels near the competition venue. It is reminded that each delegation is fully responsible for managing its own accommodation and food.	



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### RESERVATIONS:

#### Holiday Inn Hotel

First Avenue 13-22, Zone 10, Guatemala City, 01010 Guatemala.

Check-in time: 15:00, Check-out time: 13:00. Minimum check-in age: 18 years

#### OFFICIAL CONTACT FOR RESERVATIONS:

Ms. Karina Castañeda, email: [karina\\_castaneda@hinn.com.gt](mailto:karina_castaneda@hinn.com.gt)

### TRANSPORTATION:

The Organizing Committee will provide transportation services to all delegations, from the airport to the hotel and vice versa, as well as transfers to the competition venue. To ensure this service runs smoothly, all delegations must attach their flight itinerary to the FEF form.

### REGISTRATION:

Each athlete must pay the IFBB Semi-Pro registration fee of USD \$150. (Accommodation is not included in the registration fee - contact the hotel, please)

**CROSSOVERS: USD \$50 PER EACH OF THE ADDITIONAL CATEGORIES.**

**FINAL ENTRY FORM SENDING DEADLINE: AUGUST 10<sup>TH</sup>, 2026.**

*\*Participating athletes must send the Final Entry Form with their names directly to the Organizing Committee, to the Technical Committee and IFBB Semi Pro Head Office in Madrid. The final decision to allow an athlete to compete in this EVENT rests with the IFBB Semi Pro.*

*\*All athletes will have to present their Passports and IFBB International Semi Pro Athlete Passport at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Semi Pro Athlete Passport will have to buy one at registration. IFBB International Semi Pro Athlete Passport are EUR €40/USD \$50 per year 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. Posing music for Bodybuilding and Classic Physique is 1 min.*

### AWARDS AND CATEGORIES

#### WOMEN'S WELLNESS

- JUNIORS 15-23 YRS
- SENIORS UP TO 163 CM
- SENIOR OVER 163 CM
- MASTERS 35 YEARS & OVER

#### WOMEN'S BODYFITNESS

- SENIORS UP TO 163 CM
- SENIORS OVER 163 CM
- MASTERS 35 YEARS & OVER

#### MIXED-PAIRS

- OPEN CATEGORY

#### MEN'S CLASSIC PHYSIQUE

- JUNIORS 15-23 YRS
- SENIORS UP TO 171 CM
- SENIORS UP TO 175 CM
- SENIORS OVER 175 CM
- MASTER 40 YEARS & OVER

#### MEN'S BODYBUILDING

- JUNIORS 15-23 YEARS
- SENIORS UP TO 65 KG
- SENIORS UP TO 70 KG
- SENIORS UP TO 75 KG
- SENIORS UP TO 80 KG
- SENIORS UP TO 85 KG
- SENIORS UP TO 90 KG
- SENIORS OVER 90 KG
- MASTERS 40-49 YEARS
- MASTERS 50 YEARS & OVER

#### MUSCULAR MEN'S PHYSIQUE

- UP TO 173 CM
- OVER 173 CM

Top three athletes in each category will be awarded with Certificate of Excellence & medals. Top six athletes in each category will be awarded with a Certificate of Excellence and/or medals. Overall winner will have a trophy and/or medals.

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### 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.

### 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.

### GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. Green cards for coaches / team managers will be distributed at the Team Managers & Judges Meeting.

Official credentials will be provided as follows:

All participating athletes

1 Card for Delegate with 1 - 3 Athletes

2 Cards for Delegates with 4 or more Athletes

### CONTACT INFORMATION

Please send your Entry Form not later than August 10<sup>th</sup>, 2026

e-mail: [fedefsicotecnicaguante@gmail.com](mailto:fedefsicotecnicaguante@gmail.com)

### 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 by email : [info@ifbbproofficial.com](mailto:info@ifbbproofficial.com)

Please send us the following information:

- Contest name, date and place, judge would like to work at.
- The name and surname of a judge (with passport or ID copy)
- Represented country (passport drawer)
- Passport or ID number
- Current place of Stay (address)
- Email Address and 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 Office will inform selected judges on the final decision and participation conditions. All IFBB Pro Judges must have a valid IFBB Pro Judge's Cards with the IFBB Pro yearly judges of fee of 150 € (Euros) paid for the current year.

This fee may be paid through the IFBB Pro website by PayPal: <https://app.ifbbproofficial.com/new-licence>

Or also at the EVENT at the Team Managers and Judges Meeting. Any absences at this meeting will not be allowed to judge at this IFBB Pro Event.