# IFBB SEMI-PRO WORLD CHAMPIONSHIPS

## MAIN INFORMATION

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| NAME OF THE EVENT: 2026 IFBB SEMI-PRO WORLD CHAMPIONSHIPS | | |
| CITY / COUNTRY: SANTA SUSANA / SPAIN | | |
| DATE: OCTOBER 29TH – NOVEMBER 02ND, 2026 | | |
| EVENT OPEN FOR: ALL SEMI-PRO COMPETITORS | | |
| DAY OF ARRIVAL: OCTOBER 29TH, 2026 | | |
| DAY OF DEPARTURES: NOVEMBER 02ND, 2026 | | |
| COMPETITION DAY/TIME: NOVEMBER 01ST, 2026; START AT 09:00 CET (UTC + 1) | | |
| REGISTRATION DAY: October 29th, 2026<br>PAYMENTS/VOUCHERS/LICENSES:<br>WEIGH-IN/MEASUREMENTS: | TIME:<br>11:00-19:00<br>11:00-19:00 | PLACE:<br>HOTEL CAPRICI BEACH HOTEL&SPA |

*Only the PROMOTER or HEAD OF THE TEAM of each country is required to attend registration. Athletes should report to the weigh-in only after this process has been completed.

**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 Pro rules. Any tanning which can be wiped off is not allowed.

RECOMMENDED AIRPORT: BARCELONA INTERNATIONAL AIRPORT "JOSEP TARRADELLAS"

VISA INFORMATION:

A valid passport is required to enter Spain. Citizens of the EU-countries, Iceland, Norway, and Switzerland do not need to obtain a visa. All other countries should check at:
https://www.axaschengen.com/en/apply-schengen-visa/spain-tourist-visa
An official letter of invitation will be available if required, it is national federation's responsibility to obtain an entry visa for the country organizing the championships. All national federations could ask for an invitation letter either to the organizer or the IFBB Pro. The invitation letter does not mean you are granted your visa. IFBB Pro and the organizer are not responsible of attendant' s visas. To receive the invitation letter, the applicant should forward a copy (scan) of passport to the IFBB Pro or to the organizer, if the visa is not granted, the cancellation policies for the championships will still apply.

VENUE: PARC DEL COLOMER S/N SANTA SUSANNA, SPAIN.
MASIA LA SIESTA: Mas de Dalt s/n, 08398 Santa Susanna

HOTEL INFORMATION: OFFICIAL HOTEL: HOTEL CAPRICI BEACH HOTEL & SPA, Passeig Marítim, s/n, 08398 Santa Susanna, Barcelona

PARTICIPATION: The Organizer of the event will not accept any direct registration from athletes. This Final Entry Form will only be considered if it is sent by the Promoter/country of the athlete, directly to the Organizer and IFBB PRO HQ (see email addresses below). The final decision to allow an athlete to compete in this event rests with the IFBB PRO.

* The Final Entry Forms with names and categories of participating athletes must be sent directly to the Organizing Committee and IFBB 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 SEMI-PRO International Athlete Passport at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB SEMI-PRO International Athlete Passport will have to buy one at registration. IFBB SEMI-PRO International Athlete Passport are EUR 50€/60$ 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, Women's Physique and Classic Physique is 1 min.

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## MAIN INFORMATION

### REGISTRATION FEE:

REGULAR FEE: NOT LATER THAN OCTOBER 20th

Each Athlete paying online NOT LATER THAN OCTOBER 20th will pay the IFBB registration fee of EUR €600 (including registration fee, 4 nights accommodation in a double room plus three meals per day). In case of a single room the cost will be EUR €750.

LATE PAYMENTS AFTER OCTOBER 20th

Each Athlete paying AFTER OCTOBER 20th will pay the IFBB registration fee of EUR €700. This fee includes 4 hotel nights' accommodation in a double room plus three meals per day, starting with dinner on 29/10/2026 and finishing with breakfast on 02/11/2026. In case of a single room the cost will be EUR €850.

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of EUR €100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, laundry, etc.). Credit Cards may be provided. The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

SPECIAL PACKAGES RATES FOR COCHES, SUPPORTERS & OTHERS:

The Organizing Committee has established a full special package rate, which includes 4 nights accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special cost.

CROSSOVERS: EUR €100 PER EACH OF THE ADDITIONAL CATEGORIES. POSSIBLE CROSSOVERS:

Classic Bodybuilding - Classic Physique - Bodybuilding
Also juniors and masters in senior classes.
ONLINE PAYMENT: May be done by credit/debit card or PayPal at http://www.ifbbproofficial.com/competition-registration.
Please add your name during online payment and bring a copy of your payment confirmation to the registration.
DEADLINE FOR ONLINE PAYMENT: 20/10/2026 - midnight CEST (UTC + 2).

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## MAIN INFORMATION

## AWARDS AND CATEGORIES

### CATEGORIES

MEN'S BODYBUILDING:
- MEN'S BODYBUILDING UP TO 65 KG
- MEN'S BODYBUILDING UP TO 70 KG
- MEN'S BODYBUILDING UP TO 75 KG
- MEN'S BODYBUILDING UP TO 80 KG
- MEN'S BODYBUILDING UP TO 85 KG
- MEN'S BODYBUILDING UP TO 90 KG
- MEN'S BODYBUILDING UP TO 95 KG
- MEN'S BODYBUILDING UP TO 100 KG
- MEN'S BODYBUILDING OVER 100 KG

MEN'S BODYBUILDING:
- MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 70 KG
- MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 80 KG
- MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 90 KG
- MASTER MEN'S BODYBUILDING 40-44 YEARS, OVER 90 KG
- MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 70 KG
- MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 80 KG
- MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 90 KG
- MASTER MEN'S BODYBUILDING 45-49 YEARS, OVER 90 KG
- MASTER MEN'S BODYBUILDING 50-54 YEARS, UP TO 80 KG
- MASTER MEN'S BODYBUILDING 50-54 YEARS, OVER 80 KG
- MASTER MEN'S BODYBUILDING 55-59 YEARS, UP TO 75 KG
- MASTER MEN'S BODYBUILDING 55-59 YEARS, OVER 75 KG
- MASTER MEN'S BODYBUILDING 60-64 YEARS - OPEN
- MASTER MEN'S BODYBUILDING 65 YEARS & OVER - OPEN

MEN'S PHYSIQUE:
- MEN´S PHYSIQUE UP TO 170 CM
- MEN´S PHYSIQUE UP TO 176 CM
- MEN´S PHYSIQUE OVER 176 CM

MASTER MEN'S PHYSIQUE
- MASTER MEN'S PHYSIQUE 40-44 YEARS - OPEN
- MASTER MEN'S PHYSIQUE 45-49 YEARS - OPEN
- MASTER MEN'S PHYSIQUE 50 YEARS & OVER - OPEN

MUSCULAR MEN´S PHYSIQUE
- MUSCULAR MEN´S PHYSIQUE UP TO 179 CM
- MUSCULAR MEN´S PHYSIQUE OVER 179 CM

POSING ART - OPEN

MEN'S CLASSIC PHYSIQUE:
- MEN'S CLASSIC PHYSIQUE UP TO 168 CM
- MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- MEN'S CLASSIC PHYSIQUE OVER 180 CM

MASTER MEN'S CLASSIC PHYSIQUE:
- MASTER MEN'S CLASSIC PHSIQUE 40-44 YEARS - OPEN
- MASTER MEN'S CLASSIC PHYSIQUE 45-49 YEARS - OPEN
- MASTER MEN'S CLASSIC PHSIQUE >50 YEARS

MASTER MEN'S CLASSIC BODYBUILDING:
- MASTER MEN'S CLASSIC BODYBUILDING 40-44 YRS - OPEN
- MASTER MEN'S CLASSIC BODYBUILDING 45-49 YRS - OPEN
- MASTER MEN'S CLASSIC BODYBUILDING >50 YRS - OPEN

MASTER WOMEN'S BODYFITNESS:
- MASTER WOMEN'S BODYFITNESS 35-39 YEARS - OPEN
- MASTER WOMEN'S BODYFITNESS 40-44 YEARS - OPEN
- MASTER WOMEN'S BODYFITNESS 45-49 YEARS - OPEN
- MASTER WOMEN'S BODYFITNESS >50 YEARS - OPEN
- SENIOR WOMEN'S BODYFITNESS - OPEN

MASTER WOMEN'S BIKINI:
- MASTER WOMEN'S BIKINI 35-39 YEARS, UP TO 164 CM
- MASTER WOMEN'S BIKINI 35-39 YEARS, OVER 164 CM
- MASTER WOMEN'S BIKINI 40-44 YEARS - OPEN
- MASTER WOMEN'S BIKINI 45-49 YEARS - OPEN
- MASTER WOMEN'S BIKINI >50 YEARS - OPEN
- SENIOR WOMEN'S BIKINI - OPEN

MASTER WOMEN'S WELLNESS:
- MASTER WOMEN'S WELLNESS 35-39 YEARS - OPEN
- MASTER WOMEN'S WELLNESS 40-44 YEARS - OPEN
- MASTER WOMEN'S WELLNESS 45-49 YEARS - OPEN
- MASTER WOMEN'S WELLNESS >50 YEARS - OPEN
- SENIOR WOMEN'S WELLNESS - OPEN

WOMEN'S PHYSIQUE:
- WOMEN'S PHYSIQUE UP TO 163 CM
- WOMEN'S PHYSIQUE OVER 163 CM
- MASTER WOMEN'S PHYSIQUE >35 YEARS - OPEN

MIXED-PAIRS - OPEN

### 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 winner will have a trophy.

### PRO CARDS

IFBB PRO CARDS (47 IN TOTAL):
- MEN'S BODYBUILDING - IFBB PRO CARD FOR EACH CATEGORY WINNER
- MEN'S CLASSIC PHYSIQUE - IFBB PRO CARD FOR EACH CATEGORY WINNER
- MUSCULAR MEN'S PHYSIQUE - IFBB PRO CARD FOR EACH CATEGORY WINNER
- WOMEN'S PHYSIQUE - IFBB PRO CARD FOR EACH CATEGORY WINNER
- MEN'S PHYSIQUE - IFBB PRO CARD FOR EACH CATEGORY WINNER

- SENIOR WOMEN'S BIKINI - IFBB PRO CARD FOR THE OPEN CATEGORY WINNER
- SENIOR WOMEN'S BODYFITNESS - IFBB PRO CARD FOR THE OPEN CATEGORY WINNER
- SENIOR WOMEN'S WELLNESS - IFBB PRO CARD FOR THE OPEN CATEGORY WINNER

- MASTER MEN'S BODYBUILDING - IFBB PRO CARD FOR EACH CATEGORY WINNER
- MASTER WOMEN'S BIKINI - IFBB PRO CARD FOR EACH CATEGORY WINNER
- MASTER WOMEN'S BODYFITNESS - IFBB PRO CARD FOR EACH CATEGORY WINNER

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## MAIN INFORMATION

### FEF SENDING DETAILS & CONTACT INFORMATION:

SEMI-PRO COMPETITORS!!!

The Organizer of the event will not accept any direct registration from athletes. The Final Entry Form will only be considered if it is sent by the Promoter/country of the athlete, directly to the Organizer and IFBB PRO HQ:
E-mail: info@ifbbproofficial.com

To help the organizer to arrange everything at the top level, the promoters / teams should send the FEF before the deadlines. If not, the Promoter / country will be charged with an additional EUR €250 fee.

FINAL ENTRY FORM: 19/10/2026. Please note that to send the FEF is MANDATORY.

Any team / promoter attending the event without having previously sent the FEF before the deadline will be charged with an additional EUR €250 fee.

### 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 & finals. They will be distributed at the Team Managers & Judges Meeting as follows:

1 Card for Team with 1 - 3 Athletes
2 Cards for Team with 4 or more Athletes

EXTRA GREEN CARDS: YES, PRICE: EUR €50 each (this will only be done during registration and only to accredited individuals with either a team manager or athlete wristband. Green cards will not be available for direct purchase at the entrance of the venue.

### TANNING SERVICE

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & 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.

EXTRA GREEN CARDS: YES, PRICE: EUR €50 each (this will only be done during registration and only toaccredited individuals).

T·TAN Contact: TBD

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### JUDGES:

IFBB Pro Judges should declare their readiness to work at this Pro Event by sending a request to the IFBB Pro Head Office by email: 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 or ID number
- Current place of stay (address)
- E-mail address and mobile phone number.

After the deadline, the IFBB Pro Head Office will analyze submitted requests and will compose the panel, taking into account the place of the contest and location of juries. Then, the 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 Card with the IFBB Pro yearly juries fee of
EUR €50 paid for the current year.

### SEMI-PRO MEN'S CLASSIC PHYSIQUE WEIGHT/ HEIGHT LIMITS

**SEMI-PRO MEN'S CLASSIC PHYSIQUE WEIGHT/ HEIGHT LIMITS**

Up to 1.68 m: Max weight = Height (-1 m) + 12 kg
Up to 1.71 m: Max weight = Height (-1 m) + 14 kg
Up to 1.75 m: Max weight = Height (-1 m) + 16 kg
Up to 1.80 m: Max weight = Height (-1 m) + 19 kg

Over 1.80 m:

Up to 1.88 m: Max weight = Height (-1 m) + 21 kg
Up to 1.96 m: Max weight = Height (-100 cm) + 23 kg
Over 1.96 m: Max weight = Height (-100 cm) + 26 kg