2026 IFBB SEMI-PRO MR. UNIVERSE PORTUGAL AND SEMI-PRO JOSE MONTEIRO INTERNATIONAL CUP

MAIN INFORMATION

NAME OF THE EVENT: 2026 IFBB SEMI-PRO MR. UNIVERSE PORTUGAL AND SEMI-PRO JOSE MONTEIRO INTERNATIONAL CUP
CITY / COUNTRY: POVOA DE LANHOSO / PORTUGAL
DATE: DECEMBER 04TH – 06TH , 2026
EVENT OPEN FOR: ALL IFBB SEMI-PRO ATHLETES
COMPETITION DAY/TIME: DECEMBER 05TH – 06TH, 2026 AT 09:00
WEIGH-IN DAY & REGISTRATION DAY: DECEMBER 04th, 2026, 14:00-19:00
PLACE: ESCOLA SECUNDÁRIA DE PÓVOA DE LANHOSO – RUA PONTE DE PEREIROS – PÓVOA DE LANHOSO
RECOMMENDED AIRPORT: AEROPORTO FRANCISCO SÁ CARNEIRO – OPORTO (PORTO AIRPORT)
VISA INFORMATION: EU citizens and citizens of over 60 countries don't need visa to enter Portugal for up to 90 days. Detailed information can be found at: https://vistos.mne.gov.pt/en/ *An Official Letter of Invitation will be made available if required. An athlete, who request and receive an invitation from the IFBB PRO Head Office or the Organizing Committee of an IFBB PRO OR SEMI-PRO sanctioned EVENT for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The ATHLETE/ COUNTRY PROMOTOR is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.
VENUE: ESCOLA SECUNDÁRIA DE PÓVOA DE LANHOSO – RUA PONTE DE PEREIROS – PÓVOA DE LANHOSO
HOTEL INFORMATION: HOTEL RURAL MARIA DA FONTE, Rua da Escola, 88 - Calvos, Póvoa de Lanhoso. https://www.mariadafonte.com

REGISTRATION:

Each athlete must pay the IFBB SEMI-PRO registration fee of EUR €250.

CROSSOVERS: EUR €100 per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: TUESDAY, NOVEMBER 24th, 2026

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.

*All athletes will have to present their Passports and IFBB SEMI-PRO International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB SEMI-PRO International Card will have to buy one at registration. IFBB SEMI-PRO Cards are EUR €50/USD $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 and Classic Physique is 1 min.

***REGISTRATION DEADLINE:**

- PRELIMINAR ENTRY FORM: NO
- FINAL ENTRY FORM: MONDAY, NOVEMBER 23rd, 2026

AWARDS AND CATEGORIES:

MASTER WOMEN'S BODYFITNESS:
- 35 - 44 YEARS
- 45 YEARS & OVER

WOMEN'S BODYFITNESS:
- UP TO 163 CM
- OVER 163 CM

WOMEN'S PHYSIQUE - OPEN

MUSCULAR MEN'S PHYSIQUE - OPEN

MASTERS MEN'S CLASSIC PHYSIQUE 40 YEARS & OVER - OPEN

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

MASTER MEN'S BODYBUILDING:
- 40-49 YEARS
- 50 YEARS & OVER

MEN'S BODYBUILDING:
- UP TO 75 KG
- UP TO 85 KG
- OVER 85 KG

WOMEN'S POSING ART - OPEN

MEN'S POSING ART - OPEN

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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 Pro authorized media person and, in any EVENT, these devices shall be strictly prohibited in the dressing room area . All media representatives wishing to obtain a media accreditation for this event must send an official request letter from the editorial. The organizers committee reserves the right to request additional documents from the media.

TANNING NEEDS:

The IFBB PRO 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.

CONTACT INFORMATION:

Please send your FEF and any questions you have to:

IFBB PRO Office:
e-mail: info@ifbbproofficial.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

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 EUR €50 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 allowed to judge at this IFBB Pro Event.