

2026 IFBB SEMI PRO EUROPEAN GRAND PRIX

MAIN INFORMATION

(updated 22nd October 2026)



21st – 22nd NOVEMBER 2026 | BENIDORM (ALICANTE, SPAIN) | BENIDORM PALACE

1 EVENT OVERVIEW

NAME OF THE EVENT:	2026 IFBB SEMI PRO EUROPEAN GRAND PRIX
CITY / COUNTRY:	BENIDORM (Alicante), SPAIN
DATE:	21st & 22nd November 2026
EVENT OPEN TO:	Worldwide IFBB Semi Pro Athletes
RECOMMENDED ARRIVAL:	Friday, 20th November & Saturday, 21st November 2026
RECOMMENDED DEPARTURE:	Monday, 23rd November 2026
AIRPORT RECOMMENDED:	Alicante-Elche Airport (ALC)

2 REGISTRATION, VENUE & OFFICIAL PROGRAMME

REGISTRATION

DATE	TIME	VENUE & ADDRESS
Friday, 20th November (Optional)	16:00 – 18:30	**BENIDORM PALACE** Avenida Doctor Severo Ochoa, 13, 03503 Benidorm, Alicante (Spain)
Saturday, 21st November (Last Call)	16:00 – 18:30	**BENIDORM PALACE** Avenida Doctor Severo Ochoa, 13, 03503 Benidorm, Alicante (Spain)

ATHLETES BRIEFING

DATE	TIME	VENUE & ADDRESS
Saturday, 21st November	19:30 – 20:00	**HOTEL MELIÁ BENIDORM** Avenida Doctor Severo Ochoa, 1, 03503 Benidorm, Alicante (Spain)

COMPETITION (FINALS)

DATE	TIME	VENUE & ADDRESS
Sunday, 22nd November	10:00 – 18:00	**BENIDORM PALACE** Avenida Doctor Severo Ochoa, 13, 03503 Benidorm, Alicante (Spain)



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3 2026 OFFICIAL DISCIPLINES



MEN:

- Bodybuilding
- Master Bodybuilding
- Classic Physique
- Muscular Men's Physique
- Posing Art (Men's)



WOMEN:

- Bikini
- Wellness
- Bodyfitness
- Posing Art (Women's)

CROSSOVERS ARE PERMITTED BETWEEN BODYBUILDING, MASTER BODYBUILDING & CLASSIC PHYSIQUE. POSING ART CROSSOVER (MEN'S & WOMEN'S) ARE PERMITTED WITH ANY DIVISION.

4 REGISTRATION FEES & PARTICIPATION SYSTEM

€300
ATHLETE FEE

€75
CROSSOVER

PAYMENT: All fees must be paid in advance via PayPal (Payments on arrival are submitted to potential 50 € penalty).

BACKSTAGE PASS

€20
IFBB COACHES WITH 2026 IFBB CARD

€50
COACHES WITHOUT 2026 IFBB CARD

Only coaches are allowed to access backstage, in order to limit the access. Special bracelet is sold separately, at the Registration.

5 COMPETITION FORMAT & AWARDS

OPEN FORMAT:

- Not weight / height / age Divisions.
- Individual presentation designed for maximum audiovisual impact.
- Athletes remain on stage throughout the competition, including the award ceremony.

AWARDS & RECOGNITIONS:

- All participants will receive medal & official certificate.
- Top 6: Special Award
- Top 3: Official medal
- Winners: IFBB Pro Card + invitation to the 2027 edition.
- Winner Bikini: Invited to IFBB PRO SHOW COSTA BLANCA

6 POSING ART: PUBLIC VOTING

- Posing Art is open as a Crossover category (€75) for Men & Women athletes.
- The audience at Benidorm Palace will vote live to select the best routine (not scored by the IFBB Pro judging panel).
- Participants must submit their music at official registration on a USB drive in .mp3 format.

7 ACCREDITATION & AUDIENCE

ATHLETES:

- Passport must be presented at official registration.
- A valid IFBB SemiPRO Licence must be presented or purchased, at the registration.

AUDIENCE & BROADCAST:

- State-of-the-art lighting, sound and LED screens
- Individual athlete presentation
- Benidorm Palace table seating and waiter service for the audience

8 OFFICIAL HOTEL & TICKET INFORMATION

HOTEL RECOMMENDED: MELIÁ BENIDORM HOTEL RESORT 4****

- Accommodation is NOT included in the registration fee.
- Address: Avenida Doctor Severo Ochoa, 1, 03503 Benidorm.
- Distance from venue: 250 meters.
- Rooms: Double & Triple rooms available.
- Direct contact: https://www.melia.com/es/hoteles/espana/benidorm

TICKET SALES

- All seats are numbered at tables for 2 to 8 guests, with waiter service.
- Tickets from **€25**
- **VIP Experience for 2 persons: €250**
- VIP includes a premium table and drinks

9 CONTACT INFORMATION

Send your Entry Form and comments, before **10th November to IFBB PRO HQ:** info@ifbbproofficial.com