

IFBB SEMI PRO EUROPEAN GRAND PRIX

MAIN INFORMATION



NAME OF THE EVENT: 2026 IFBB EUROPEAN GRAND PRIX
CITY / COUNTRY: BENIDORM (ALICANTE; SPAIN)
DATE: 21th – 22th NOVEMBER
EVENT OPEN FOR: WORLDWIDE IFBB SEMI PRO NF
DAY OF ARRIVAL: FRIDAY 20 TH NOVEMBER & SATURDAY 21 ST NOVEMBER
DAY OF DEPARTURES: OPEN
COMPETITION DAY/TIME: SUNDAY 22 ND NOVEMBER
REGISTRATION: Hotel Resort Melia Benidorm (Avenida Dr. Severo Ochoa, 1 -03503 Benidorm-) *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.
TIME SCHEDULE: Friday 20 th : From 16:00 to 18:30 Saturday 21 st : From 16:00 to 18:30
BRIEFING ATHLETES: Saturday 21 st : From 19:30 to 20:00
PLACE OF REGISTRATION: Hotel Resort Meliá Benidorm
PLACE OF BRIEFING: Hotel Resort Meliá Benidorm
RECOMMENDED AIRPORT: ALICANTE – ELCHE AIRPORT (ALC)
VISA INFORMATION: An Official Letter of Invitation will be available if required. Any athlete who requests and receives an invitation from the IFBB Pro Head Office or the Organizing Committee 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
VENUE: BENIDORM PALACE THEATRE (Avenida Dr. Severo Ochoa 13 -03503 Benidorm-)

OFFICIAL CATEGORIES:

MEN:

- MEN'S BODYBUILDING – OPEN
- MEN'S BODYBUILDING MASTER +40 YRS – OPEN
- MUSCULAR MEN'S PHYSIQUE – OPEN
- MEN'S CLASSIC PHYSIQUE MASTER +40YRS - OPEN
- BEST POSER / POSING ART - OPEN

WOMEN:

- WOMEN'S BIKINI – OPEN
- WOMEN'S BIKINI MASTER +35 YRS – OPEN
- WOMEN'S BODYFITNESS – OPEN

*The winner of each category will receive an IFBB Pro Card.

REGISTRATION:

Each athlete must pay the IFBB SEMI-PRO registration fee of EUR €250 (Accommodation is not included in the registration fee - contact the hotel, please)

DEADLINE FOR ONLINE PAYMENT: 16.11.2026

Registration fee for athletes to enter this competition must be paid in advance 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.

Payments at arrival shall have an extra charge of 50€.

FINAL ENTRY FORM DEADLINE: 16.11.2026

* 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 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/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.

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AWARDS AND CATEGORIES

Top 3 in each category will be awarded with medals, Certificate of Excellence and trophy. Top six athletes in each category will be awarded with a Certificate of Excellence and medals. Overall winner will have a trophy.

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.

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.

BACKSTAGE PASS

"Only Coaches are allowed to access the backstage, in order to limit the access. Coaches needs an special bracelet to access -sold separately:-

- IFBB Coaches (with ID Card): 20 €
- Coaches without IFBB ID Card: 50 €

CONTACT INFORMATION

Please send your FINAL ENTRY FORM no later than: 14th November 2026 to:

IFBB PRO HQ:

info@ifbbproofficial.com