2026 IFBB SEMI-PRO MR. UNIVERSE ROME
MAIN INFORMATION

NAME OF THE EVENT: 2026 IFBB SEMI-PRO MR. UNIVERSE ROME	
CITY / COUNTRY: POMEZIA (ROME) / ITALY	
DATE: DECEMBER 12TH - 13TH, 2026	
EVENT OPEN FOR: ALL IFBB SEMI-PRO COMPETITORS FROM EUROPE AND ASIA	
DAY OF ARRIVAL: 12/12/2026	
DAY OF DEPARTURES: 14/12/2026	
COMPETITION DAY/TIME: 13/12/2026 - SUNDAY; START AT 14:00	
REGISTRATION DAY: 12/12/2026; HOTEL PRINCIPE VIA DEI CASTELLI ROMANI 14A°, POMEZIA (RM) *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:** 17:00 - 20:00
PLACE: HOTEL PRINCIPE, VIA DEI CASTELLI ROMANI 14A, POMEZIA (RM)	
RECOMMENDED AIRPORT: INTERNATIONAL FIUMICINO ROMA	
VISA INFORMATION: Citizens of the Schengen area countries don't need a visa. Nationals from certain non-EU countries who wish to visit Luxembourg must have a valid travel document with a visa issued by a consular authority from one of the countries in the Schengen area. Detailed info at: https://arlettipartners.com/tourist-visa-italy/ 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 of an IFBB 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 visa.	
VENUE: HOTEL PRINCIPE, VIA DEI CASTELLI ROMANI 14A°, POMEZIA (RM)	
HOTEL INFORMATION: HOTEL PRINCIPE VIA DEI CASTELLI ROMANI 14A POMEZIA (RM); TEL +39069122330 HOTEL AQUILA, VIA DEI CASTELLI ROMANI 14 POMEZIA (RM); TEL +39069121691	

REGISTRATION:

Each athlete must pay the IFBB SEMI-PRO registration fee of EUR €200 (Accommodation is not included in the registration fee - contact the hotel, please)

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

ONLINE PAYMENT DEADLINE: 01.12.2026

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 EUR €50.

FINAL ENTRY FORM SENDING DEADLINE: 01.12.2026

* 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:

MEN'S BODYBUILDING:
- UP TO & INCLUDING 80 KG
- UP TO & INCLUDING 90 KG
- OVER 90 KG
- OVERALL

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

WOMEN'S PHYSIQUE - OPEN

MASTERS MEN'S BODYBUILDING:
- 40-49 YEARS - OPEN
- 50-59 YEARS - OPEN
- >60 YEARS - OPEN
- OVERALL

MASTERS WOMEN'S BODYFITNESS >35 YRS - OPEN

MASTERS WOMEN'S WELLNESS >35 YRS - OPEN

MASTERS WOMEN'S BIKINI:
- 35-39 YEARS - OPEN
- 40-44 YEARS - OPEN
- 45-49 YEARS - OPEN
- >50 YEARS - OPEN
- OVERALL

First Place 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.

IFBB PRO CARDS (8 IN TOTAL):
- MEN'S BODYBUILDING - IFBB PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- MEN'S CLASSIC PHYSIQUE - IFBB PRO CARD FOR THE OVERALL WINNER
- MASTER WOMEN'S BODYFITNESS - IFBB PRO CARD FOR THE CATEGORY WINNER
- MASTER MEN'S BODYBUILDING - IFBB PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- MASTER WOMEN'S BIKINI - IFBB PRO CARDS FOR THE TOP 2 OVERALL WINNERS

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.

CONTACT INFORMATION:

Please send your FINAL ENTRY FORM not later than: 01.12.2026 to:
Contest promoter
Mr. Benedetto Mondello
E-mail: bettomondello@gmail.com
Phone +39 348.0660375

with a copy to
IFBB PRO HQ
info@ifbbproofficial.com

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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 €150 paid for the current year (2026).

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