

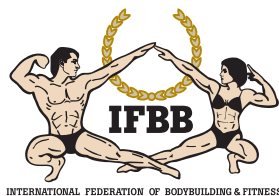


**15 IFBB ELITE  
PRO CARDS**

# INTERNATIONAL CUP GRAND-PRIX RUSSIA 2018

# INSPECTION REPORT

OCTOBER 19-21 , 2018  
EKATERINBURG | RUSSIA







# CATEGORIES



## WOMEN'S AMATEURS CATEGORIES October 20

### WOMEN'S BIKINI FITNESS **3 PRO CARD FOR OVERALL**

up to 158 cm | up to 160 cm | up to 162 cm | up to 164 cm | up to 166 cm | up to 169 cm | over 169 cm

Junior 16–23 yrs – Open Class

Masters Bikini – over 35 yrs. – Open Class

### WOMEN'S PHYSIQUE

Open Class

### WOMENS BODYFITNESS **3 PRO CARD FOR OVERALL**

up to 163 cm | up to 168 cm | over 168 cm  
Masters – over 35 yrs. – Open Class

### WOMEN'S FITNESS **3 PRO CARD FOR OVERALL**

Open Class

## IFBB ELITE PRO October 21

Fit Model

Men's bodybuilding - open category

Women's bikini-fitness - open category

## MEN'S AMATEURS CATEGORIES October 20

### MEN'S BODYBUILDING **3 PRO CARD FOR OVERALL**

up to 75 kg | up to 80 kg | up to 85 kg | up to 90 kg | up to 95 kg | up to 100 kg | over 100 kg

### MEN'S PHYSIQUE **3 PRO CARD FOR OVERALL**

up to 173 cm | up to 176 cm | up to 179 cm | over 179 cm

### CLASSIC BODYBUILDING

up to 171 cm | up to 175 cm | up to 180 cm | over 180 cm

### BODYBUILDING JUNIOR

16–23 yrs. – one Open Class

### MEN'S PHYSIQUE JUNIOR

16–23 yrs. – one Open Class

### MEN'S PHYSIQUE MASTERS OVER 40

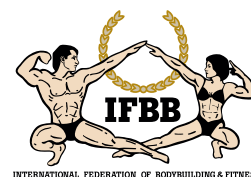
Open Class

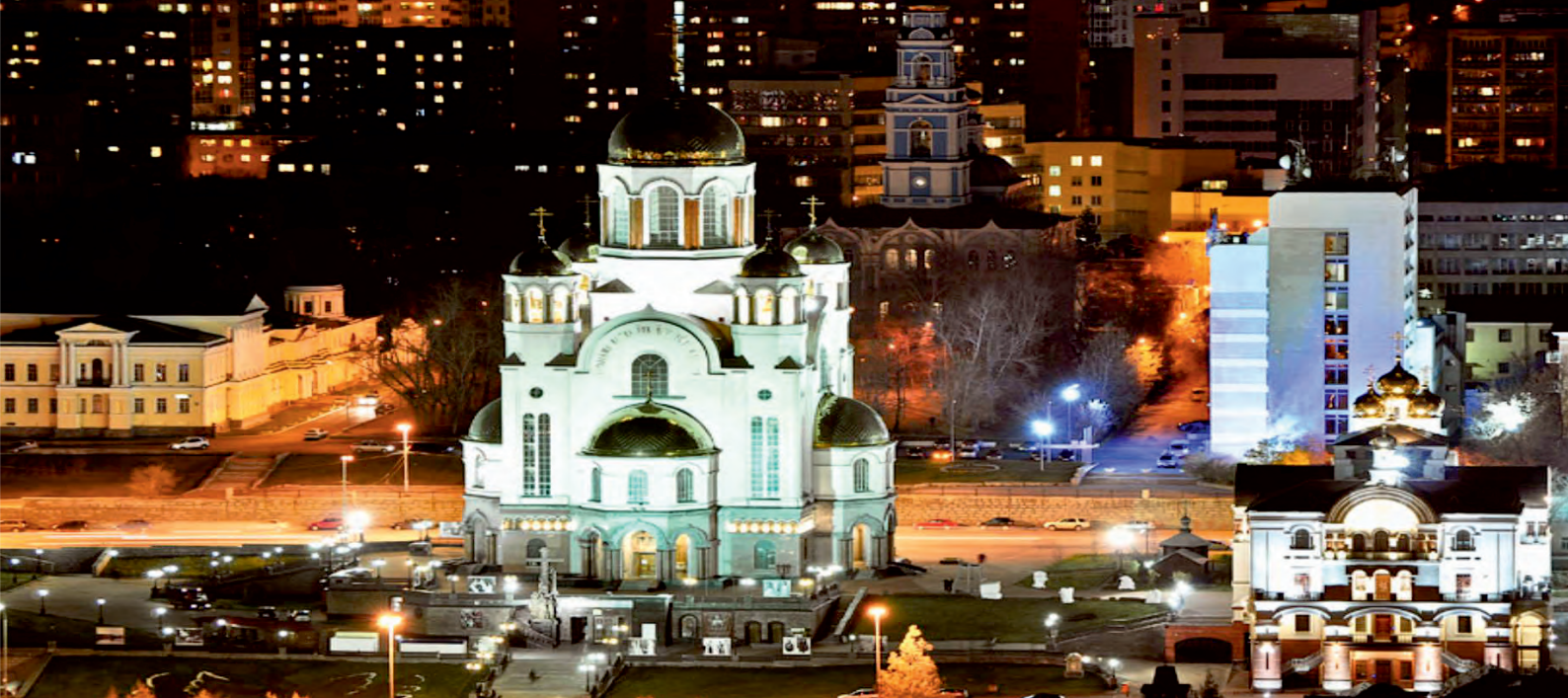
### BODYBUILDING OVER 40

Open Class

### MUSCULAR MEN'S PHYSIQUE

Open Class





# WELCOME



**The International Cup “Grand-prix Russia 2018” will be held in Ekaterinburg, Russian Federation from 19 to 21 of October 2018.**

All athletes from all IFBB-affiliated national federations in the World are eligible to compete in **The International Cup “Grand-prix Russia 2018”**

## LOCATION

**The International Cup “Grand-prix Russia 2018” will be held in Ekaterinburg**

Ekaterinburg is the capital of the Ural Federal Region of Russia and is unofficially the third largest city in Russia after Moscow and St. Petersburg with the population of 1.5 million people. It is a rapidly developing city, a scientific, cultural, industrial and business center of the Ural Region. Ekaterinburg is also a very sports-oriented city that has been selected to host football matches during the 2018 FIFA World Cup!

### How to get to Ekaterinburg

Koltsovo International Airport (Ekaterinburg) is the largest regional airport in Russia. It is the country's third busiest airport by passenger traffic after airports in Moscow and St. Petersburg, with more than 40 airlines, international and domestic, serving multiple destinations worldwide.

A flight from Moscow to Ekaterinburg takes only two hours, from Frankfurt around 3.5 hours and 4.5 hours from Dubai.

Hotels for the participants are within a 25-minute drive from the airport.





# VENUE



International Exhibition Center Ekaterinburg-Expo is the largest exhibition complex in Russia. The exhibition area of 100.000 sq m is a unique opportunity to implement projects of any level. The address of the venue is EXPO-Boulevard, h/2 /Ekaterinburg / Russian Federation [www.ekaterinburgexpo.ru](http://www.ekaterinburgexpo.ru)



## OFFICIAL HOTEL

The official hotel of **The International Cup "Grand-prix Russia 2018"** will be Marin's Park Hotel. Well appointed and comfortable rooms equipped with all necessary, taking into account all wishes of the guests. Comfort and serenity for fruitful work and a pleasant stay. For you in the room: the warm plastic panoramic Windows, spacious wardrobe, bed, TV (cable TV), telephone, refrigerator, free Wi-Fi-bullet 100 MB/s., bathroom. A wide range of additional services for the guests of the hotel – from ordering tickets for trains and planes and rent laptops to the welcome cocktail and umbrellas in the rain. On request it is possible to organize meals and transfers.

For reservation, please contact Marin's Park Hotel – Phone: **+734322280000**  
 E-mail: **BugachevSV@sv-hotel.ru**  
 Web: **<http://sv-hotel.ru/prices/ifbb/en/>**  
 Promo-code: **IFBB**



# PARTICIPATION & REGISTRATION

## OFFICIAL HOTEL

THE COMPETITION IS OPEN FOR THE IFBB-AFFILIATED NATIONAL FEDERATIONS. PARTICIPATION OF ATHLETES IS UNLIMITED.

**THE OFFICIAL ATHLETES REGISTRATION WILL BE ON FRIDAY 19 OCTOBER.**

**The official athletes registration will be on Friday 19 of October between 10 am to 8 pm, Marin's Park Hotel, Cheliuskintsev st., 106 (tel. number of the hotel: +734322280000).**

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form via email directly to the IFBB Technical Committee ([amichalak5@gmail.com](mailto:amichalak5@gmail.com)), copy to the IFBB Head Office in Madrid ([info@ifbb.com](mailto:info@ifbb.com)) and to the Organizing Committee: [pr@ifbb.ru](mailto:pr@ifbb.ru) with passport-sized photos for accreditation!

All athletes will have to produce their Passports or Identity Cards and IFBB International Cards at the Official Registration.

Any athlete who has not yet obtained the IFBB International Card or need to renew his/her Card will have to do it at the Registration. **IFBB International Cards** are **€ 30** per year and it's mandatory.

All posing music with 60 seconds for bodybuilding and 60 seconds for women's physique competitors must be on an audio CD or USB disc only. The posing music must be the only track on CD or USB disc. Each competitor must affix his name on the CD for an easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Please be aware that it is **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION** to verify if each one of the athletes to be registered on this international event are **NOT** suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules.

It is also the **FULL OBLIGATION AND RESPONSIBILITY** of your National Federation to **MONITOR ALL THE ATHLETES** from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes **WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY** in any event either at National or International level, Official or Invitational.





# PARTICIPATION & REGISTRATION



## REGISTRATION FEE

The IFBB registration fees are as follows:

**Registration fee for each Category is € 200.**

**Fees have to be paid in advance by credit/debit card or PayPal at IFBB webpage:**

<http://www.ifbb.com/competition-registration>

for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration. **If paying at the Registration an extra fee of € 50 per participant will be charged.**

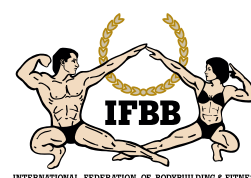
## VISA&INVITATION

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation Letter either to the Championship Organizer. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward to the Championship organizer a copy (scan) of his/her passport via e-mail [dubinina@mail.ru](mailto:dubinina@mail.ru). If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, included in an official National Federation Team, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB 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 relevant National Federation is responsible to carefully control the proper, legal use of the visa by its 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.





# GENERAL SCHEDULE



Registration /Accreditation will take place between 10 am and 8 pm on Friday, **October 19 - Marin's Park Hotel.**

**The competition will take place 20-21 of October 2018:**

**20 of October (Saturday) - starting from 10 am in Ekaterinburg Expo**

**21 of October (Sunday) - starting from 3 pm in Ekaterinburg Expo**



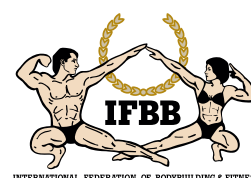
## JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National federations, according to the IFBB Rules. For more information, please contact **Mr. Pawel Filleborn**, Chairman of the IFBB Judges Committee, under address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All international judges and test-judges must bring their International Judge's Cards to Prague. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of € 50 paid for 2017.

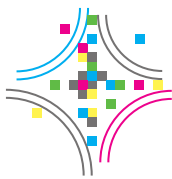
All judges and test judges must be present at the Team Managers and Judges Meeting. Any judge absents at this Meeting, will not be allowed to judge at these Championships. If any of the above conditions hasn't been met, judges will be unable to carry out their duties.

**Judges Meeting and Team Managers** will take place at **6 pm on Friday, October 19- Marin's Park Hotel.**

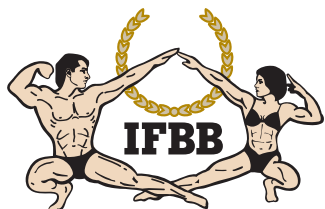




IFBB ELITE PRO  
EVENT



**EKATERINBURG**  
**EXPO** INTERNATIONAL  
EXHIBITION CENTER



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



ФЕДЕРАЦИЯ БОДИБИЛДИНГА  
СВЕРДЛОВСКОЙ ОБЛАСТИ



# IFBB ELITE PRO RUSSIA 2018 OCTOBER 21 EKATERINBURG

**FIT MODEL INTERNATIONAL CUP:**

**Open category**  
**IFBB ELITE PRO CATEGORIES:**

**MENS BODYBUILDING - Open category:**

1st place - 4.000 €  
2nd place - 2.500 €  
3rd place - 1.500 €  
4th place - 1.000 €  
5th place - 500 €  
6th place - 500 €

**WOMENS BIKINI-FITNESS - Open category:**

1st place - 2.000 €  
2nd place - 1.500 €  
3rd place - 1.000 €  
4th place - 500 €  
5th place - 500 €  
6th place - 500 €



**FIT EXPO URAL**

ЕКАТЕРИНБУРГ 2018 ЕЖЕГОДНАЯ ВЫСТАВКА  
ФИТНЕС-ИНДУСТРИИ



**flexSPORT**  
СПОРТИВНОЕ ПИТАНИЕ

[www.flex-sport74.ru](http://www.flex-sport74.ru)

#ifbbrussia #fbso [www.ifbb.ru](http://www.ifbb.ru) #bbekb





# IMPORTANT INFORMATION

**All the costs for travel, hotel accommodations, local transportation including airport transfers, as well as board (meals) are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.**

**CURRENCY: RUBLES**

**ELECTRIC CURRENT:** 220 V, Plugs and sockets of type F

**TANNING:** IFBB has banned all tans that can be wiped off. An official will check athlete's tan backstage and if the tan comes off by simple wiping, the athlete will be told to remove the tan before going on stage.

## BACKSTAGE ACCESS

**Access to the backstage** and/or dressing room areas shall be strictly limited to essential personnel only through appropriate registration **BY PAYMENT OF € 25 EACH PERSON.**

## CAMERA/VIDEO EQUIPMENT

Camera and/or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives, and in any event, these devices shall be strictly prohibited in dressing room areas.

## POSING MUSIC

All posing music with **60 seconds for bodybuilding** competitors and **60 seconds for women's physique** competitors must be on an audio CD or USB disc only. The posing music must be the only track on CD or USB disc. Each competitor must affix his name on the CD for an easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## PRESS ACCREDITATION

**All media accreditation, accept local media, shall be controlled by the IFBB. Any media representatives that wish to obtain press accreditation for this event must register by sending an e-mail to: [pr@ifbb.ru](mailto:pr@ifbb.ru) before October 12, 2018.**



# ENTRY FORM CONTACT DETAILS



**WE STRONGLY ENCOURAGE YOU TO REGISTER EARLY THROUGH YOUR NATIONAL FEDERATIONS**

**All Final Entry Forms should be sent no later than October 12th, 2018 to:**

**IFBB TECHNICAL COMMITTEE:** Andrew Michalak – [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**IFBB HEAD OFFICE:** Ms. Diana Mozos – [info@ifbb.com](mailto:info@ifbb.com)

**RUSSIAN FEDERATION OF BODYBUILDING URAL'S REGION:**  
[pr@ifbb.ru](mailto:pr@ifbb.ru)

**At The International Cup “Grand-prix Russia 2018” only athletes who are approved and registered by their IFBB-affiliated National Federations will be allowed to compete. Entries should be made through National Federations. National Federations from all over the world are allowed to participate in these championships.**





# IMPORTANT NOTES



ALL THE COSTS FOR TRAVEL, HOTEL ACCOMMODATIONS AND MEALS, AS WELL AS LOCAL TRANSPORTATIONS INCLUDING TRANSFERS FROM AND TO THE AIRPORT) MUST BE COVERED BY THE NATIONAL FEDERATIONS AND/OR ATHLETES THEMSELVES. NEITHER THE PROMOTER, ITS ORGANIZING COMMITTEE, NOR THE IFBB WILL BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT FOR THE HOTEL ACCOMMODATIONS, LOGISTICAL ARRANGEMENTS, MEALS, OR ANY OTHER COSTS TO BE BORN BY THE EVENT'S PARTICIPANTS.

The IFBB **RUSSIA** PROMOTER of **The International Cup "Grand-prix Russia 2018"** **Ekaterinburg, Russia**, will not accept any direct registration from athletes, as these must be processed by their respective national IFBB federations.

Final Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Head office in Russia and IFBB Technical commission. The final decision to allow an athlete to compete in this event rests with the IFBB.

**Registration fee for each Category is € 200.** Fees have to be paid in advance by credit/debit card or PayPal at IFBB webpage

<http://www.ifbb.com/competition-registration>

for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration. **If paying at the Registration an extra fee of € 50 per participant will be charged.**

Bring copy of your payment confirmation to the registration.



# INTERNATIONAL CUP GRAND-PRIX RUSSIA 2018 OCTOBER 19-21 EKATERINBURG

**FITEXPO URAL**  
ЕКАТЕРИНБУРГ 2018 ЕЖЕГОДНАЯ ВЫСТАВКА  
ФИЗИЧЕСКИХ ИНДУСТРИЙ

**flexSPORT**  
СПОРТИВНОЕ ПИТАНИЕ  
[www.flex-sport74.ru](http://www.flex-sport74.ru)



**EKATERINBURG  
EXPO** INTERNATIONAL  
EXHIBITION CENTER

## IMPORTANT NOTES



**15 IFBB ELITE  
PRO CARDS**

**PLEASE SEND ENTRY FORM BY  
OCTOBER 12, 2018 (by email) TO:**

IFBB Technical commission

Mr. ANDREW MICHALAK

[amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**PLEASE SEND A COPY TO:** International  
Federation of Bodybuilding and Fitness

MS. DIANA MOZOS

[info@ifbb.com](mailto:info@ifbb.com)

**3 PRO CARD FOR  
OVERALL**

**MEN'S BODYBUILDING**

**3 PRO CARD FOR  
OVERALL**

**MEN'S PHYSIQUE**

**3 PRO CARD FOR  
OVERALL**

**WOMEN'S BIKINI FITNESS**

**3 PRO CARD FOR  
OVERALL**

**WOMEN'S PHYSIQUE**

**3 PRO CARD FOR  
OVERALL**

**WOMEN'S FITNESS**

**PLEASE SEND A COPY WITH PHOTO  
to Vice-president of Russian  
federation of bodybuilding:**

Mr. Anton Girenko-Kotsuba [pr@ifbb.ru](mailto:pr@ifbb.ru)

