



CHALLENGE

BODYBUILDING & FITNESS COMPETITION

2019

STOCKHOLM

SWEDEN

Saturday 23 March



CHALLENGE

BODYBUILDING & FITNESS COMPETITION

Most welcome to the fourth edition of Better Bodies Challenge.

The competition is only open to the IFBB-affiliated National Federations from Nordic and Baltic Countries, including Russia.

Date:

Saturday, March 23rd, starting at 09:00, with running order in blocks.
The venue is Folkets Hus Stockholm City Conference Center and is located at Barnhusgatan 12-14 in Stockholm. Only 5-10 minutes walk from the Stockholm Central Railway Station.

Registration:

Will be run on Friday, March 22nd, from 18:00 to 21:00, at the competition venue Folkets hus Stockholm City Conference Center. To enter this event all Swedish athletes must be a licensed athletes of Swedish Bodybuilding & Fitness Federation (SBFF). Foreign athletes must be licensed athletes of their national federation affiliated to the IFBB, having the IFBB International Card valid for 2019.

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 in 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.

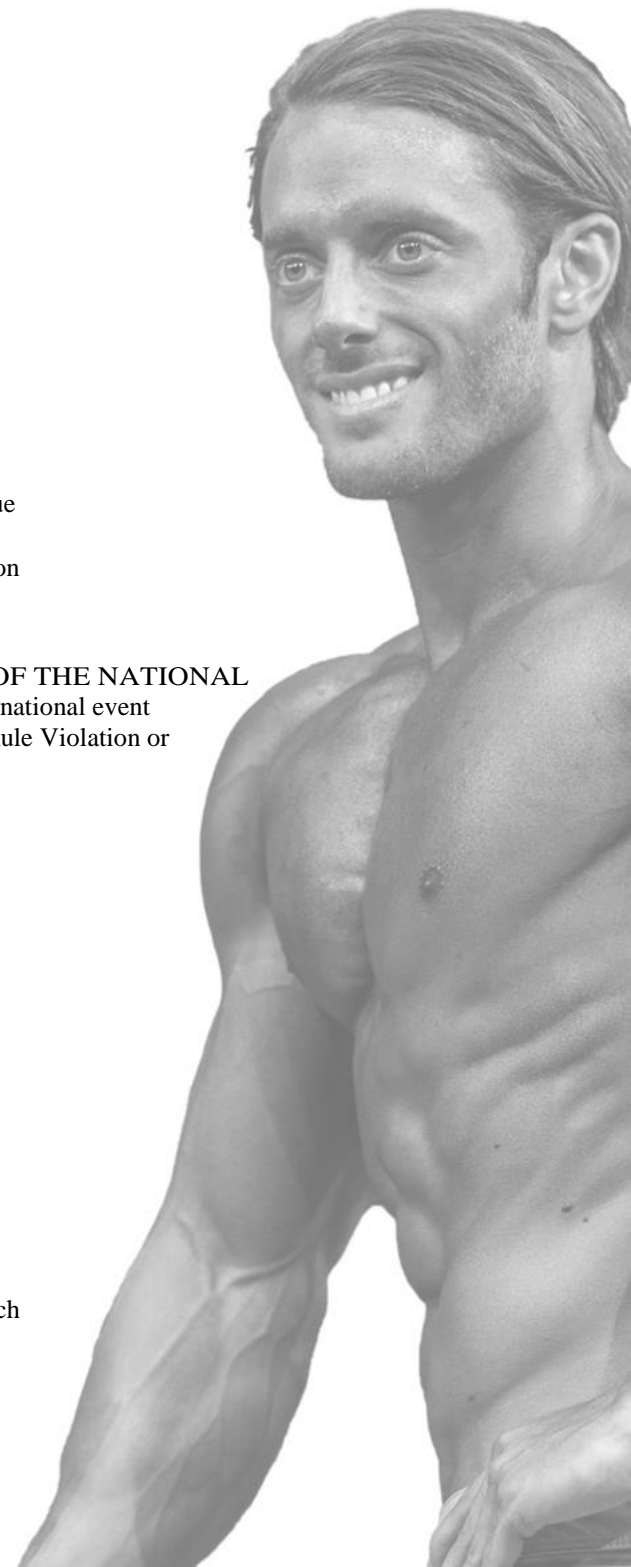
Entry fee:

800 SEK (appr. 78 EUR) up to March 08th, 2019 via below instructions:

Swedish athletes pay via swish 123 562 52 23 or bankgiro 168-3416.
Foreign athletes do payment via bank transfer:
Bank: Handelsbanken. BIC: HANDSESS
IBAN: SE32 6000 0000 0007 2146 5498

After this date, March 08th, the entry fee is 1000 SEK (appr. 97 EUR) in cash or swish at the registration

You must do the weigh in with your posing suit on.
Competitors may show their attire at the registration but are still responsible for showing up for competition in suits and attire according to the IFBB rules.
At the registration you will receive badges for competitors and coaches (one coach for each competitor).



Rules:

Better Bodies Challenge is arranged according to the rules set by the IFBB, EBFF and SBFF.

Sign up:

Last day of entry is March 8th, 2019.

All Swedish competitors will use entry form at www.betterbodieschallenge.se

All foreign competitors must sign up through their national federation.

National Federations will send their entry forms to niclas@ifbbsweden.se at Swedish Bodybuilding & Fitness Federation.

Posing music:

All posing music must be send to info@betterbodieschallenge.se Use MP3 or MP4
The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

The posing time will be 60 seconds for Womens Physique and 60 seconds for Bodybuilding and CBB.

Make a note if you want your music to start when you are on stage or if you will walk into the stage with the music already started.

Tanning:

Professional tanning services will be offered and applied only by our collaborator:

Onsite Tan by Jan Tana. The service includes everything needed to get the best possible color and oil.

For more information, prices and online booking, visit: www.onsitetan.com

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.

Categories:

The organizer will add or remove categories depending if the amount of competitors gets too high or too low in each category.

- Bikini Fitness beginners
- Men's Physique beginners
- Bikini Fitness Junior: -163 cm; +163 cm
- Bodyfitness Junior open
- Men's Physique Junior: -178 cm; +178 cm
- Classic Bodybuilding Junior open
- Bodybuilding Junior open
- Wellness Fitness open
- Bikini Fitness: -163 cm; -169 cm; +169 cm
- Men's Physique: -178 cm; -182 cm; +182 cm
- Bodyfitness: -163 cm; -168 cm; +168 cm
- Bodybuilding open (if many athletes, a split -85 kg; +85 kg will be created)
- Classic Bodybuilding: -180 cm; +180 cm
- Women's Physique open

CLASSIC BODYBUILDING WEIGH IN RULES

Up to 168 cm Athlete's height [in cm] minus 100

Up to 171 cm (Athlete's height [in cm] minus 100) + 2

Up to 175 cm (Athlete's height [in cm] minus 100) + 4

Up to 180 cm (Athlete's height [in cm] minus 100) + 7

Up to 190 cm (Athlete's height [in cm] minus 100) + 9

Up to 198 cm (Athlete's height [in cm] minus 100) + 11

Over 198 cm (Athlete's height [in cm] minus 100) + 13



IMPORTANT INFORMATION

All the cost for travel, hotel accommodation and meals, as well as local transportation including transfers from and to the airport must be covered by the National Federations and/or athletes themselves. Neither the promotor, its organizing committee, nor the IFBB/SBFF will be responsible for any reservation or payment for the hotel accommodations, logistical arrangements, meals, or any other cost to be born by the events participants. Check with your National Federation for more information.

The IFBB SWEDEN PROMOTER of the BETTER BODIES CHALLENGE event in STOCKHOLM, SWEDEN, 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 the IFBB Head Office in Madrid and IFBB Technical Committee.

The final decision to allow an athlete to compete in this event rests with the IFBB.

Tickets:

Price for admission is 400 SEK (appr. 39 EUR) and you buy your ticket at www.tickster.com or at the cashier on the venue.

Children up to 12 yrs accompanied with their parents is allowed free of charge.

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 niclas@ifbbsweden.se before March 8th, 2019.

CURRENCY:

SEK (Swedish Krona). 1.0 EUR = 10.33 SEK (Dec. 13th, 2018)

ELECTRIC CURRENT: 220 V, 50 Hz. Plugs of type C and F.

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.

HOTELS CLOSE BY:

Scandic Norra Bantorget
Wallingatan 15
111 24 Stockholm
Sverige
Telephone: +46 8 517 670 00
norrabantorget@scandichotels.com
scandichotels.se/Hotels/Sverige/

Stockholm/Scandic-Norra-Bantorget
Radisson Blu Royal Viking Hotel
Vasagatan 1
101 24 Stockholm
Telephone: +46 8 50654000
sales.royal.stockholm@radissonblu.com
radissonblu.com/sv/royalvikinghotell-stockholm

Clarion Sign
Östra Järnvägsgatan 35
10126 Stockholm
Telephone: +46 8 676 98 00
E-post cl.sign@choice.se
nordicchoicehotels.se/clarion/
clarion-hotel-sign/

Scandic Grand Central
Kungsgatan 70
111 20 Stockholm
Telephone: +46 8 512 520 00
grandcentral@scandichotels.com

More information:

If you have questions about the competition or would like to be an exhibitioner/sponsor please contact

niclas.stromqvist@betterbodieschallenge.se

phone +46 70 243 02 09

ulf.bjornfot@betterbodieschallenge.se

phone +46 70 698 02 00

per.sundstrom@betterbodieschallenge.se

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