



B BETTER
BODIES
CHALLENGE

BODYBUILDING & FITNESS COMPETITION

21 MARS 2020

STOCKHOLM

SWEDEN

Saturday, March 21



CHALLENGE

BODYBUILDING & FITNESS COMPETITION

2020

Most welcome to the fifth edition of Better Bodies Challenge. The competition is open to Swedish, Nordic and Baltic countries including Russia that are members in a National Federation affiliated to the IFBB.

Date:

Saturday 21 March starting 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 Stockholm Central Station.

Registration:

Will be Friday 20th March, Time 18.00 at the competition venue Folkets hus Stockholm City Conference Center. To enter this event all Swedish athletes must be a licensed athlete of Swedish Bodybuilding & Fitness Federation (SBBF). Foreign athletes must be licensed athletes of their national federation affiliated to the IFBB.

Entry fee:

Entry fee: 1000 SEK up to 28th of February via below instructions. Athletes who compete in more than one category pay an entry fee of 1000 SEK for the first category and 500 SEK for every additional category that the athlete compete in.

Swedish athletes pay via swish 123 325 79 53 or bankgiro 5411-6439
Foreign athletes do payment via bank transfer:
Bank: Handelsbanken. BIC: HANDSESS
IBAN: SE67 6000 0000 0001 5113 4162

After this date, 28th February, the entry fee is 1200 SEK in cash or swish at the registration. For additional categories extra 600SEK per class.

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 8th March.

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

All foreign competitors must sign up through their national federation.

The National Federation will send their entry form to susanne@ifbbsweden.se at Swedish Bodybuilding & Fitness Federation and to the organizer

niclas.stromqvist@betterbodieschallenge.se

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

Posing music:

Posing music:

All posing music must be send to info@betterbodieschallenge.se
Use MP3 versions.

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:

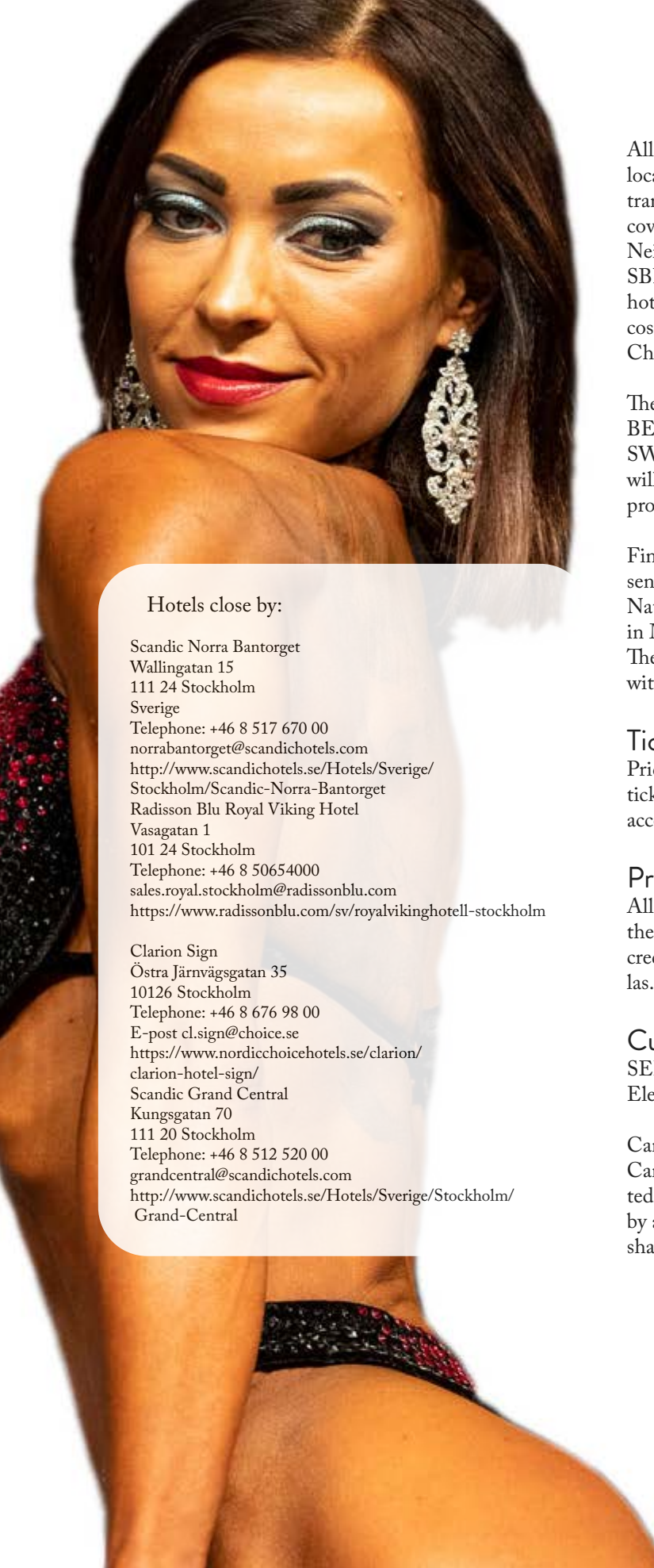
Professional tanning services will be offered and applied only by our collaborator:

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

IMPORTANT INFORMATION



Hotels close by:

Scandic Norra Bantorget
Wallingatan 15
111 24 Stockholm
Sverige
Telephone: +46 8 517 670 00
norrabantorget@scandichotels.com
<http://www.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
<https://www.radissonblu.com/sv/royalvikinghotell-stockholm>

Clarion Sign
Östra Järnvägsgatan 35
10126 Stockholm
Telephone: +46 8 676 98 00
E-post cl.sign@choice.se
<https://www.nordicchoicehotels.se/clarion/clarion-hotel-sign/>
Scandic Grand Central
Kungsgatan 70
111 20 Stockholm
Telephone: +46 8 512 520 00
grandcentral@scandichotels.com
<http://www.scandichotels.se/Hotels/Sverige/Stockholm/Grand-Central>

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 IFBB Head office in Madrid and IFBB Technical commission. The final decision to allow an athlete to compete in this event rests with the IFBB.

Tickets:

Price for admission is 400 SEK 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.stromqvist@betterbodieschallenge.se before March 8th, 2020.

Currency:

SEK (Swedish Krona)
Electric current: 220 V

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.

More information:

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

niclas@betterbodieschallenge.se
phone +46 70 243 02 09
uffe@betterbodieschallenge.se
phone +46 70 698 02 00
per@betterbodieschallenge.se
phone +46 70 722 62 65