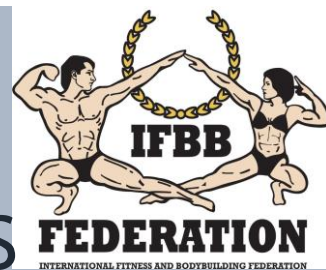


BALKAN CHAMPIONSHIPS



MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB BALKAN CHAMPIONSHIPS**

CITY / COUNTRY: **ISTANBUL / TURKEY**

DATE: **MARCH 28-30, 2026**

EVENT OPEN FOR: **NATIONAL FEDERATIONS AFFILIATED WITH THE IFBB BALKAN FEDERATION**

IFBB PRO CARD QUALIFIER YES ☒ NO ☐

IFBB INTERNATIONAL RANKING QUALIFIER NO ☒ YES ☒ **(FITNESS CHALLENGE - ONLY)**

DAY OF ARRIVAL: **28/03/2026**

DAY OF DEPARTURES: **30/03/2026**

REGISTRATION DAY: **28/03/2026**

TIME: **12:00 - 15:00**

PLACE: **WOW HOTEL**

Yeşilköy Mah, Atatürk Havalimanı Yolu No: 19,
34149 Bakırköy/Istanbul

WEIGH-IN DAY: **28/03/2026**

TIME: **12:00 - 15:00**

PLACE: **WOW HOTEL**

Yeşilköy Mah, Atatürk Havalimanı Yolu No: 19,
34149 Bakırköy/Istanbul

*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 rules. Any tanning which can be wiped off is not allowed.

RECOMMENDED AIRPORT: **ISTANBUL AIRPORT (IST)**

VISA INFORMATION: Foreigners traveling to Turkey for tourism or commerce may obtain an e-Visa online at www.evisa.gov.tr, valid for up to 90 days within a 180-day period. Passports must be valid for at least 6 months beyond the arrival date. Applications should be made at least one month in advance. More details at: <https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive 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 his/her 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.

VENUE: **WOW HOTEL**, <https://www.wowistanbulhotel.com/en>; <https://www.wowistanbulhotel.com/en/gallery>

HOTEL INFORMATION

OFFICIAL HOTEL: **WOW HOTEL**, Yeşilköy Mah, Atatürk Havalimanı Yolu No: 19, 34149 Bakırköy/Istanbul
<https://www.wowistanbulhotel.com/en>

REGISTRATION FEE:

Each **Athlete and Delegate or Extra Delegate** must pay the IFBB registration fee of **EUR€350** (Including 2 nights of accommodation with breakfast and dinner).

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.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**.

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

DEADLINE FOR ONLINE PAYMENT: **Tuesday, March 17th, 2026**.

ANTI-DOPING TEST: The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB Championships. Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, each athlete will be required to sign a Drug Testing Consent at the Registration and pay the Anti-Doping Test Fee of **EUR €50**. This fee is mandatory and may be paid online, together with the Registration Fee (altogether EUR €400 if paying before the deadline) or EUR €450 at the registration in Istanbul.

*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this EVENT rests with the IFBB.

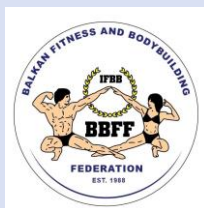
*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR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

*All athletes will have to present their Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR €40/50\$ and are mandatory.

*All posing music must be on a 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.

CATEGORIES:

BALKAN BODYBUILDING AND FITNESS FEDERATION



35th BALKAN AMATEUR BODYBUILDING AND FITNESS CHAMPIONSHIPS

ISTANBUL – TURKEY, MARCH 28-30, 2026

CATEGORIES OPEN FOR COMPETITION

NO.	DISCIPLINE	CATEGORY	TEAM
	JUNIORS (15 – 20 YEARS OLD)		
1	JUNIOR MEN'S BODYBUILDING	OPEN	UNLIMITED
2	JUNIOR MEN'S PHYSIQUE	OPEN	UNLIMITED
3	JUNIOR WOMEN'S ARTISTIC FITNESS	OPEN	UNLIMITED
4	JUNIOR WOMEN'S ACROBATIC FITNESS	OPEN	UNLIMITED
5	JUNIOR WOMEN'S BIKINI	OPEN	UNLIMITED
	JUNIORS (21 – 23 YEARS OLD)		
6	JUNIOR MEN'S BODYBUILDING	OPEN	UNLIMITED
7	JUNIOR MEN'S CLASSIC BODYBUILDING *	OPEN	UNLIMITED
8	JUNIOR MEN'S FITNESS	OPEN	UNLIMITED
9	JUNIOR MEN'S PHYSIQUE	OPEN	UNLIMITED
10	JUNIOR WOMEN'S ACROBATIC FITNESS	OPEN	UNLIMITED
11	JUNIOR WOMEN'S ARTISTIC FITNESS	OPEN	UNLIMITED
12	JUNIOR WOMEN'S BODYFITNESS	OPEN	UNLIMITED
13	JUNIOR WOMEN'S BIKINI	OPEN	UNLIMITED
14	JUNIOR WOMEN'S WELLNESS	OPEN	UNLIMITED
	SENIORS (MEN)		
1	MEN'S CLASSIC BODYBUILDING **	OPEN	UNLIMITED
7	MEN'S FITNESS	OPEN	UNLIMITED
8	MEN'S PHYSIQUE	UP TO & INCL. 173 CM	UNLIMITED
9	MEN'S PHYSIQUE	UP TO & INCL. 179 CM	UNLIMITED
10	MEN'S PHYSIQUE	OVER 179 CM	UNLIMITED
11	MEN'S PHYSIQUE	OVERALL	
12	MEN'S FIT-MODEL	OPEN	UNLIMITED
13	MIXED-PAIRS	OPEN	UNLIMITED
	SENIORS (WOMEN)		
14	WOMEN'S BODYFITNESS	OPEN	UNLIMITED
15	WOMEN'S ACROBATIC FITNESS	OPEN	UNLIMITED
16	WOMEN'S ARTISTIC FITNESS	OPEN	UNLIMITED
17	WOMEN'S BIKINI	UP TO & INCL. 164 CM	UNLIMITED
18	WOMEN'S BIKINI	UP TO & INCL. 169 CM	UNLIMITED
19	WOMEN'S BIKINI	OVER 169 CM	UNLIMITED
20	WOMEN'S BIKINI	OVERALL	
21	WOMEN'S WELLNESS	OPEN	UNLIMITED
22	WOMEN'S FIT-MODEL	OPEN	UNLIMITED
23	FIT-PAIRS	OPEN	UNLIMITED
1	FITNESS CHALLENGE	SILVER - MEN INDIVIDUAL - SENIOR SILVER- MEN INDIVIDUAL - MASTER SILVER- WOMEN INDIVIDUAL - SENIOR SILVER - WOMEN INDIVIDUAL - MASTER SILVER - MIXED-COUPLES	

A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

Please check carefully below the Bodyweight Limits (according to IFBB Rules):

* Junior Classic Bodybuilding bodyweight limits:
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + 1 [kg]
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
Up to & incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + 5 [kg]
Up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 6 [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 7 [kg]

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 15th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.
- An athlete, male or female, may compete at JUNIOR competitor in the category 15-20 years from January 1st of the year in which the athlete reaches his/her 15th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.
- An athlete male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21st birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may compete in the men's or women's open category.

**** Men's Classic Bodybuilding bodyweight limits:**

Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + 0 [kg]

Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + 2 [kg]

Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + 4 [kg]

Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + 7 [kg]

Over 180 cm:

Over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + 9 [kg]

Over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 11 [kg]

Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 13 [kg]

**** Men's Classic Physique bodyweight limits:**

Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + 4 [kg]

Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + 6 [kg]

Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] -100) + 8 [kg]

Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] -100) + 11 [kg]

Over 180 cm:

Over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) + 13 [kg]

Over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 15 [kg]

Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 17 [kg]

Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.

Overall winner will have a trophy.

IFBB PRO CARDS:

9 Pro Cards in total

DISTRIBUTION :

MEN'S PHYSIQUE - IFBB Pro Cards for the top 2 Overall winners

MEN'S CLASSIC BODYBUILDING - IFBB Pro Cards for the top 2 open category winners

WOMEN'S BIKINI - IFBB Pro Cards for the top 2 Overall winners

WOMEN'S BODYFITNESS - IFBB Pro Card for the open category winner

WOMEN'S WELLNESS - IFBB Pro Cards for the top 2 open category winners

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM:

FINAL ENTRY FORM: **Monday, March 16th, 2026.**

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 authorized media person and, in any EVENT, these devices shall be strictly prohibited in the dressing room area.

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

TANNING NEEDS

The IFBB 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 Entry Form to:
Contact: Ali Dahlameroglu
E-mail:
ali.dahlameroglu@yahoo.com.tr

Please send a copy to the IFBB Technical Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:
Ms. Daria
E-mail: contact@ifbb.com

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. Ovidiu Mezdrea, Chairman of the Balkan Judges Committee, under address:

ovidiumezdreaifbb@gmail.com

All international judges must bring their International Judge's Cards to the Team Managers & Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/USD \$60 paid for the current year. This fee may also be paid at the EVENT at the Team Managers & Judges Meeting.

Scan this code to see the rules for attires of Men's Physique and Bikini



