

AUGUST – 27 – 2022 - PRAGUE



EVLS PRAGUE AMATEUR 2022 - IFBB Pro Qualifier Athletes Information Package (Inspection report)



NPC MEMBERSHIP <https://www.npcworldwide-register.com/login>

CONTACT INFORMATION – info@evls.cz

REGISTRATION

<https://new.evls.cz/product/registrace-na-soutez/>

WELCOME

EVLS PRAGUE AMATEUR WILL BE HELD HOTEL HILTON PRAGUE AT THE END OF AUGUST.

ANY athlete from ANY federation is welcome to come and compete at the EVLS PRAGUE Amateur Pro Qualifier in Prague, Czech Republic. YOU HAVE TO BE A MEMBER OF NPC AND PAY NPC MEMBERSHIP!

LOCATION

The EVLS Prague Amateur will be held in Prague, the capital city of the Czech Republic. Prague, with 1.3 million residents, is often referred to as the „historical pearl of the Europe“ and is one of the most beautiful cities in the world with unique and unforgettable atmosphere.

You can find your accommodation for example through: booking.com, trivago.cz, hotelsprague.cz, hotely.cz etc.

WE ARE LOOKING FORWARD TO SEEING YOU IN PRAGUE SOON!

VENUE

HOTEL HILTON PRAGUE - <https://www.hilton.com/en/hotels/prghitw-hilton-prague/>

Pobřežní 311/1, 186 00 Prague 8, Czech Republic

How to get there

- 1) The simplest and fastest way to get to the Hotel Hilton is by using The Prague Metro. To get to the Hotel Hilton use Metro Line B which is the orange line and exit at the station called “Florenc” From this point the arena is only a few minutes walk.
- 2) You can use services like taxi, Uber and Bolt.

IMPORTANT INFORMATION

All the costs for travel, hotel accommodations, local transportation including airport transfers, as well as board (meals) are the responsibilities of the individual athletes.

Time difference:

Prague is in the Central European Time (CET) zone (GMT + 1 hour) **Currency:**

The national currency in Czech Republic is Czech Koruna (CZK). Euro (EUR) mostly accepted All major credit cards are widely accepted at most hotels, department stores, restaurants.

Electric current:

230 V, 50 Hz. Plugs and sockets of type C and E. Better to

check at: <http://www.worldstandards.eu> **VISA:**

Citizens of the EU as well as Iceland, Norway, Lichtenstein, and Switzerland don't need visa to enter the Czech Republic. Passport or ID is required only. Other countries citizens may need a visa. A uniform Schengen (short-stay) visa allows its holder to stay in the Schengen Area for the duration identified in the visa, which can be 90 days at most. It is issued for one entry, two entries or multiple entries and as an airport transit visa. Information available at: https://www.mzv.cz/jnp/en/information_for aliens/general visa information/index.html

An Official Letter of Invitation will be made available if required.

Please send us important information (athletes name, passport number, date of arrival and date of departure, the name of the hotel where you will stay in Prague).

Detailed information at:

https://www.mzv.cz/jnp/en/information_for aliens/short stay visa/list of states whose citizens are exempt/index.html

Tanning/PRO TAN

provided and serviced exclusively by ProTan USA. ProTan team will be available for all participating athletes just like to their pro colleagues. Complete tanning color application always together with posing oil application at time of prejudging, finals and superfinals including touch-up after prejudging will be available.

For reservations & booking please visit: <https://www.protan-europe.com/book-your-tan/383> .

Compulsory backstage fee in MuscCleware: 25 EUR (payment right on the place).

The contest has banned all tans that can be wiped off!

SUPERFINALS AND PRO CARDS

Top 1 from each division:

MEN'S BODYBUILDING

MEN'S PHYSIQUE

MEN'S CLASSIC PHYSIQUE

WOMEN'S BIKINI

WOMEN'S FIGURE

WOMEN'S WELLNESS

WOMEN'S FITNESS

REGISTRATION

Welcoming all Amateur Athletes to compete at and be a part of EVLS PRAGUE!

EVLS Prague Amateur Pro Qualifier is OPEN TO ALL COMPETITORS around the world, regardless of federation affiliation. No qualifications are necessary!

!! REGISTRATION – <https://new.evls.cz/product/registrace-na-soutez/> !!

EVLS Prague Amateur Pro Qualifier will serve as an official pro qualifier for the IFBB Pro League. Overall winners will receive professional status to compete in the IFBB Pro League.

Online registration (Online register and payment):

- Categories awarded with the Pro Cards: 250 EUR per competitor,
- Junior and Master categories: 175 EUR per competitor
- For juniors and masters wishing to compete in the second category the additional fee of 90 EUR will be charged.

Backstage coach fee: 25 EUR per coach.

Backstage coach fee will be sold during on-line registration.

In order to ensure a smooth registration/weigh-in, please bring the following:

1. Government Issued ID (for those competing in Junior, Masters),
2. The copy of your payment confirmation
3. Your posing music (depend on category).

All posing music with 60 seconds for Men's bodybuilding, Women's Physique, Men's Classic Physique and 90 seconds for Women's fitness competitors 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. It is your responsibility to verify your CD is working. If for any reason your CD does not play, the DJ will play music at his discretion.

It is a competitor's responsibility to comply with IFBB PRO Qualifier Rules and Regulations!!!

Please visit the IFBB PRO website for more information:

<https://www.ifbbpro.com/international-regional-and-pro-qualifier-rules/>

CATEGORIES

CATEGORIES	
WOMEN'S CATEGORIES	
DIVISION	CATEGORY
WOMEN'S BIKINI	
Class A	Up to and including 5' 1" (155 cm)
Class B	Over 5' 1" and up to and including 5' 2 ½" (159 cm)
Class C	Over 5' 2 ½" and up to and including 5' 4" (163 cm)
Class D	Over 5' 4" and up to and including 5' 5 ½" (166 cm)
Class E	Over 5' 5 ½" and up to and including 5' 7" (170 cm)
Class F	Over 5' 7" (170 cm)
JUNIOR (16-23 yrs.)*	OPEN CLASS
WOMEN'S FIGURE	
Class A	Up to and including 5' 4" (163 cm)
Class B	Over 5' 4" and up to and including 5' 6" (168 cm)
Class C	Over 5' 6" (168 cm)
WOMEN'S WELLNESS	
Class A	Up to and including 5' 4" (163 cm)
Class B	Over 5' 4" and up to and including 5' 6" (168 cm)
Class C	Over 5' 6" (168 cm)
WOMEN'S FITNESS	
Class A	Up to and including 5' 3" (160 cm)
Class B	Over 5' 3" (160 cm)
MEN'S CATEGORIES	

MEN'S BODYBUILDING	
Bantamweight	Up to and including 143 ¼ lbs (65 kg)
Lightweight	Over 143 ¼ lbs (65 kg) up to and including 154 ¼ lbs (70 kg)
Middleweight	Over 154 ¼ lbs (70 kg) up to and including 176 ¼ lbs (80 kg)
Light-Heavyweight	Over 176 ¼ lbs (80 kg) up to and including 198 ¼ lbs (90 kg)
Heavyweight	Over 198 ¼ lbs (90 kg) up to and including 225 ¼ lbs (102 kg)
Super Heavyweight	Over 225 ¼ lbs (102 kg)
JUNIOR (16-23 yrs.)*	OPEN CLASS
MASTER (over 45 yrs.)*	OPEN CLASS
MASTER (over 55 yrs.)*	OPEN CLASS
MEN'S PHYSIQUE	
Class A	Up to & including 5' 7" (170 cm)
Class B	Over 5' 7" and up to and including 5' 8" (173 cm)
Class C	Over 5' 8" and up to and including 5' 9" (175 cm)
Class D	Over 5' 9" and up to and including 5' 11" (180 cm)
Class E	Over 5' 11" and up to and including 6' (183 cm)
Class F	Over 6' (183 cm)
JUNIOR (16-23 yrs.)*	OPEN CLASS
MEN'S CLASSIC PHYSIQUE	
Class A	up to and including 5' 7/170 cm
Class B	over 5' 7", up to and including 5' 10"/178 cm
Class C	over 5' 10"/178 cm
JUNIOR (16-23 yrs.)*	OPEN CLASS
MASTER (over 45 yrs.)*	OPEN CLASS
MASTER (over 55 yrs.)*	OPEN CLASS

NOTE: Athletes must make weight as indicated below (**Maximum bodyweight limits**)**

IMPORTANT INFORMATION:

*Master/Junior Categories winner will be not eligible to apply for the IFBB Professional League Card. **Note:** if less than 6 athletes in a class, classes will be combined, wherever possible.

**MEN'S CLASSIC PHYSIQUE – Maximum bodyweight limits	
Class "A", (up to and including 5' 7/170 cm) - must make weight as indicated below:	
Up to and including 5' 4" (163 cm)	Up to and including 160 lbs (73 kg)
Over 5'4", up to and incl 5' 5" (165 cm)	Up to and including 165 lbs (75 kg)
Over 5'5", up to and incl 5' 6" (168 cm)	Up to and including 170 lbs (77 kg)
Over 5'6", up to and incl 5' 7" (170 cm)	Up to and including 175 lbs (79 kg)
Class "B" (over 5' 7", up to and including 5' 10"/178 cm) - must make weight as indicated below:	
Over 5'7", up to and incl 5' 8" (173 cm)	Up to and including 182 lbs (83 kg)
Over 5'8", up to and incl 5' 9" (175 cm)	Up to and including 190 lbs (86 kg)
Over 5'9", up to and incl 5' 10" (178 cm)	Up to and including 197 lbs (89 kg)
Class "C" (over 5' 10"/178 cm) - must make weight as indicated below:	
Over 5'10", up to and incl 5'11" (180 cm)	Up to and including 205 lbs (93 kg)
Over 5'11", up to and incl 6'0" (183 cm)	Up to and including 212 lbs (96 kg)

Over 6' 0", up to and incl 6' 1" (185 cm)	Up to and including 220 lbs (100 kg)
Over 6' 1", up to and incl 6' 2" (188 cm)	Up to and including 230 lbs (104 kg)
Over 6' 2", up to and incl 6' 3" (191 cm)	Up to and including 237 lbs (108 kg)
Over 6' 3", up to and incl 6' 4" (193 cm)	Up to and including 245 lbs (111 kg)
Over 6' 4", up to and incl 6' 5" (196 cm)	Up to and including 252 lbs (114 kg)
Over 6' 5", up to and incl 6' 6" (198 cm)	Up to and including 260 lbs (118 kg)
Over 6' 6", up to and incl 6' 7" (201 cm)	Up to and including 267 lbs (121 kg)
Over 6' 7" (201 cm)	Up to and including 275 lbs (125 kg)

SCHEDULE

FRIDAY, AUG. 26 HOTEL HILTON PRAGUE

4:00 pm – 10:00 pm **Registration and weight in of competitors**

SATURDAY, AUG. 27, HOTEL HILTON PRAGUE

9:00 am **Prejudging and Finals**

1. Women's Bikini - up to 155 cm, up to 159 cm, up to 163 cm, up to 166 cm, up to 170 cm, over 170 cm, Women's Bikini Junior and Master
2. Women's Figure – up to 163 cm, up to 168 cm, over 168 cm, Women's Figure Master
3. Women's Wellness – up to 163 cm, up to 168 cm, over 168 cm
4. Women's Fitness – up to 160 cm, over 160 cm
5. Men's Bodybuilding – up to 65 kg, up to 70 kg, up to 80 kg, up to 90 kg, up to 102 kg, over 102 kg, Men's Bodybuilding Junior and Master
6. Men's Physique – up to 170 cm, up to 173 cm, up to 175 cm, up to 180 cm, up to 183 cm, over 183 cm Men's Physique Junior
7. Men's Classic Physique – up to 170 cm, up to 178 cm, over 178 cm, Men's Classic Physique Juniors and Masters

5:00 pm **Superfinals**

(Women's Bikini, Women's Figure, Women's Wellness , Women's Fitness, Men's Bodybuilding, Men's Physique, Men's Classic Physique)

Program change reserved.