

ARNOLD CLASSIC EUROPE 2024



INSPECTION REPORT



OCTOBER 11-13 • 2024

LAS ROZAS DE MADRID
MADRID, SPAIN

Centro Multiusos Las Rozas
Av. del Polideportivo, 22, 28231 Las Rozas de Madrid, Madrid





Welcome

Ready for the 14th edition of the 2024 Arnold Classic Europe! This year, the event will be held in the city of Las Rozas, Madrid, Spain from Thursday 10th October to Sunday 13th October 2024.

The iconic Arnold Schwarzenegger with IFBB President, Dr. Rafael Santonja, will host this great event with the best IFBB athletes from all over the world in all the categories.

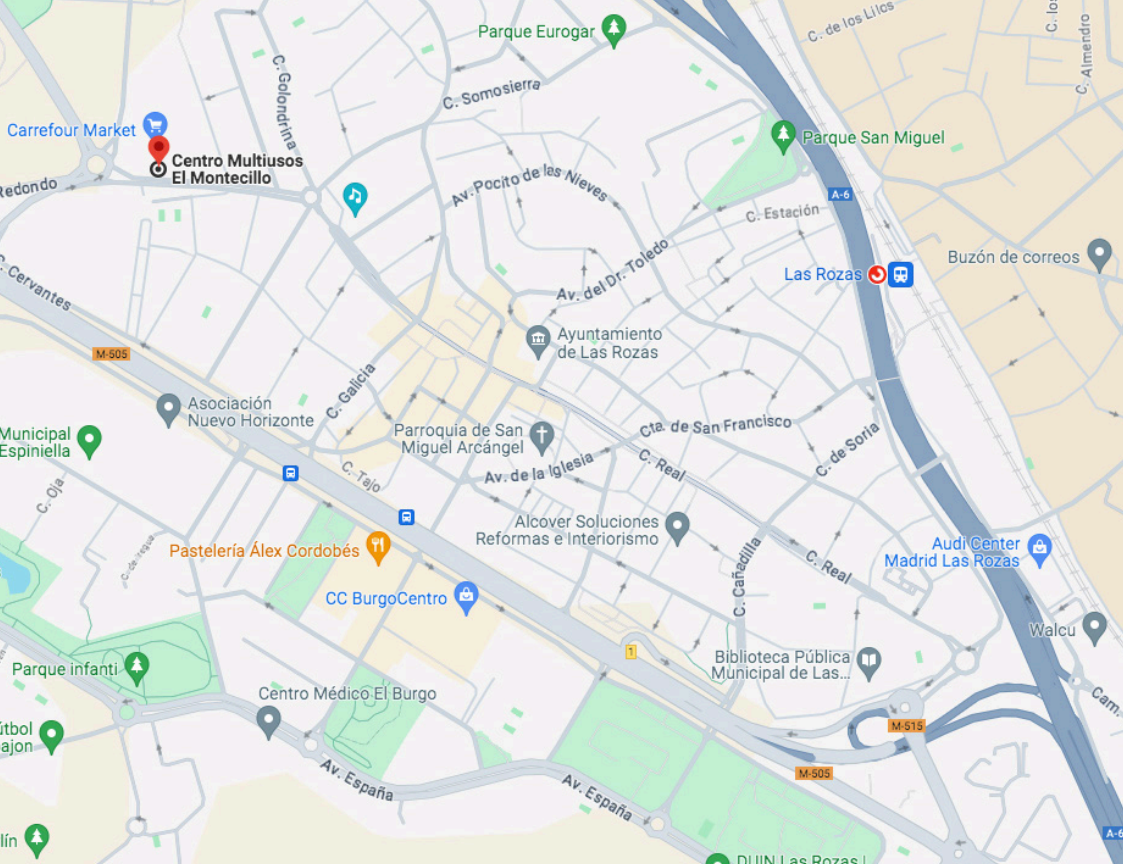
Location

A vibrant city, plenty of fun, history and places to enjoy, Madrid is a modern metropolitan city, cheerful and vibrant at all hours, is famous for being an open city with all kinds of people from anywhere in the world.

Las Rozas de Madrid, is located in Madrid (Spain).

Just 20 km from the center of Madrid, Las Rozas is one of the most emblematic municipalities in the region. A city that captivates with its blend of history, culture, and modernity. Among its streets, you will find unique places, excellent restaurants, parks, and some of Madrid's most famous shopping centers.





To get from the center of Madrid (Puerta del Sol) to Av. del Polideportivo, 22, Las Rozas de Madrid



BY CAR:

- Take the A-6 highway towards A Coruña.
- Take exit 19 towards Las Rozas.
- Continue on the M-505 and take the exit towards Las Rozas de Madrid.
- Follow the signs until you reach Av. del Polideportivo, 22.



METRO AND TRAIN:

- From Príncipe Pío station, take the Cercanías train C-8A towards El Escorial or C-10A towards Villalba.
- Get off at Las Rozas station.
- From Las Rozas station, you can take a bus or a taxi to get to Av. del Polideportivo, 22.



BUS:

- From Moncloa interchange, take bus 625 or 628 towards Las Rozas.
- Get off at the "Av. Polideportivo-Auditorio" stop.



BY TAXI/UBER:

- A taxi from the center of Madrid to Las Rozas will be approximately a 20-25 minute journey.

How to get from Madrid airport to Av. del Polideportivo, 22, Las Rozas de Madrid



BY CAR:

- Take the M-40 northwest direction from the airport.
- Continue on the M-40 and take exit 43 towards Las Rozas.
- Follow the signs towards Las Rozas de Madrid.
- Once in Las Rozas, follow the signs to Av. del Polideportivo, 22.



METRO AND TRAIN:

- Take line 8 (pink) of the Metro from the airport to "Nuevos Ministerios" station.
- Switch to Cercanías lines C7 or C10 and travel towards "Príncipe Pío" or "Ávila".
- Get off at "Las Rozas" station. • From there, you can take a taxi or walk to Av. del Polideportivo, 22. (20 min walking distance and buses 625,626 and 628 available)



BUS:

- You can take a taxi directly from the airport to Av. del Polideportivo, 22. The journey usually takes around 30-40 minutes, depending on traffic.



BY TAXI/UBER:

- You can take a taxi directly from the airport to Av. del Polideportivo, 22. The journey usually takes around 30-40 minutes, depending on traffic.



Address

CENTRO MULTIUSOS
Av. del Polideportivo, 22,
Las Rozas de Madrid
Madrid, Spain

Participation

Participation in the IFBB Arnold Classic Amateur Championships is open for all athletes representing the IFBB- affiliated National Federations from all over the world. Participation is unlimited. The athletes' registration will be only considered if they are nominated by their IFBB- affiliated National Federations.

All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and to the IFBB Office contact@ifbb.com. Those athletes who do not meet the established requirements, those who missed the deadline for registration, or those who registered in a division that has already been closed, will be notified by their National Federation if they are unable to compete. The Arnold Classic Europe Amateur Organizing Committee reserves the right to decline the entry to any athlete who does not meet the requirements.

The submitting deadlines are:

- For the Preliminary Entry Form: September 02nd, 2024
- For the Final Entry Form: September 29th, 2024

We strongly encourage you to register shortly in order to make the proper arrangements to compete at the Arnold Classic Europe 2024.

Time zone

Madrid is in the Central European Time Zone (UTC+2 hour in summer).

Climatology

During the Expo week, it is expected warm weather in the city. The average October temperature is between 20°C – 12°C (68°F – 50°F).

Currency

The official currency in Spain is Euro (€). Price in dollars may vary depending on the currency exchange rate (1€ = 1,10\$)

Electricity

In order to use your personal devices properly, please note that voltage in Spain is 230V, 50Hz, C plug type.



VISA for IFBB athletes

A valid passport is required to enter Spain. EU country citizens, Iceland, Liechtenstein, Norway and Switzerland do not need to obtain a Visa. Also, citizens of other 65 other countries do not need a Visa. Check at:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

If you need a Visa, detailed information can be found at:

<https://www.schengenvisainfo.com/spain-visa/>

It is the National Federations' responsibility to obtain an entry Visa for the country organizing the Championship. All National Federations will be able to ask for an invitation letter either to the ACE Organization or the IFBB Office (contact@ifbb.com). The invitation letter does not mean you are granted

your Visa. Neither IFBB nor ACE Office is responsible for the attendant's visas.

To receive an invitation letter, the applicant should forward the following information to the IFBB Head Office:

- A copy (scan) of passport.
- Staying place of the attendance (hotel, apartment, etc. address).

If the Visa is not granted, the cancellation policy for the Championship still applies. An athlete, who requested and received a Visa invitation from the IFBB Head Office or the Organizing IFBB Committee and decides to use this Visa unlawful to stay in the host country or in any other country, will be submitted to the disciplinary proceedings and measures.

Registration fee

Registration of athletes will only be considered if they have been previously nominated by their National Federation and the entry form has been emailed to the IFBB Office contact@ifbb.com and to amichalak5@gmail.com. The final decision to allow an athlete to compete is up to the IFBB.

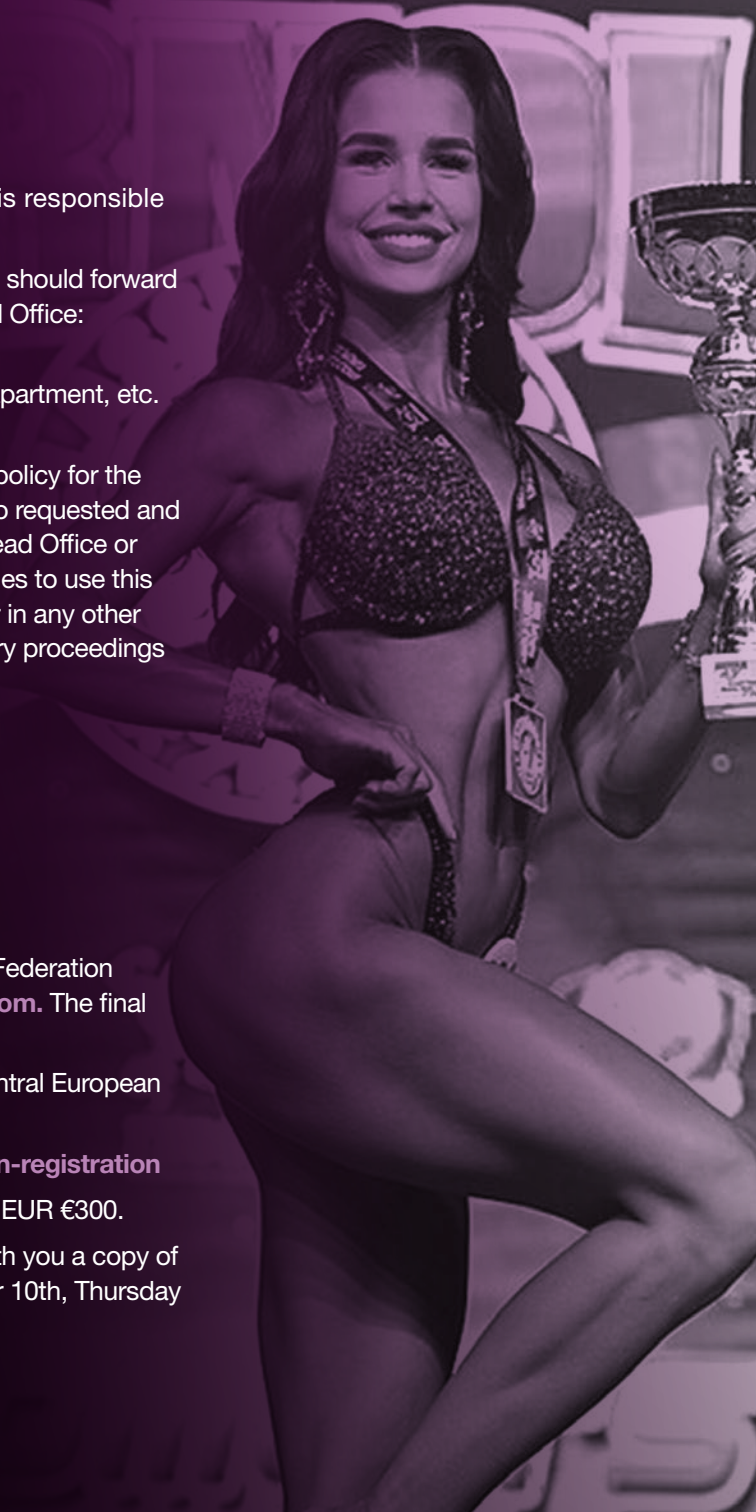
The registration fee for athletes is EUR €250 if payment is made prior to 30th of September at 23:59h (Central European Summer Time, UTC +2).

Registration can be paid by credit/debit card or PayPal at the IFBB website: www.ifbb.com/competition-registration

On October 01st at 00:01 (Central European Summer Time, UTC + 2), the amount will be increased up to EUR €300.

In order to get everything correct and clear, please write your name on your online payment and bring with you a copy of your payment confirmation to the registration. If you decide to pay directly at the Registration on October 10th, Thursday ; the registration fee will be €300.

The price of the IFBB International Card (Blue Book) is EUR €40 / USD \$50.





Championships schedule

REGISTRATION & WEIGH-IN:

- Thursday, October 10th from 10:00 to 20:00 hours

CHAMPIONSHIPS:

- Friday, October 11th from 09:00 to 20:00.
- Saturday, October. 12th from 09:00 to 18:00.
- Sunday, October. 13th from 09:00 to 17:00.

The venue will be running on the official stage at the Centro Multiusos de las Rozas de Madrid.

Crossovers

According to the IFBB judgement, crossovers (additional categories) will have a fee of €100 per category. Athletes competing in Junior or Master categories can compete in the senior height or weight class.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding
- b) Men's Fit Model – Men's Physique.

Crossovers between the following women's sports divisions are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
- b) Women's Artistic Fitness – Women's Bikini – Women's Fit Model
- c) Women's Wellness – Women's Fit Model



Important notice to competitors

Athletes participating in this Championship will be given a goodie bag and a wristband at the Official Athlete Registration on Thursday October 10th. This wristband must be worn during the whole event. It will allow you to go in and out of the Expo and should not be removed till it is over.

If we have a large number of athletes in a specific category, IFBB may implement the rule where the final results shall be decided directly through the semifinals without the need of doing a final round.

Official athletes' registration

The official arrival day is October 10th. The weigh-in and registration will start on Thursday, Oct. 10th from 10:00 to 20:00 and will be held in the Centro Multiusos Las Rozas, Av. del Polideportivo, 22, 28231 Las Rozas de Madrid, Madrid.

All athletes must bring their passports and IFBB International Cards to the Registration. Any athlete who has not purchased or renewed yet his/her IFBB International Card will have to do so when registering. IFBB international cards cost EUR 40 per calendar year and are mandatory.

Each athlete participating in the Championships will be provided with a wristband at the Registration. This identification will allow him/her daily admission during the 3 days to the venue, and it must not be lost.



**DON'T MISS THE IFBB
ELITE PRO WORLD
CHAMPIONSHIPS
SATURDAY 12TH
AT 20:30**

If you are already registered to compete at the ACE 2024 and you wish to attend the IFBB Elite Pro Show on Saturday, you can purchase the tickets from 40€





Judges

To be taken into consideration during the selection of judges' panels at the competition, IFBB International Judges and test-judges shall be included in the Final Entry form sent by National Federations, according to the IFBB rules.

For further information, please contact:

contact@ifbb.com

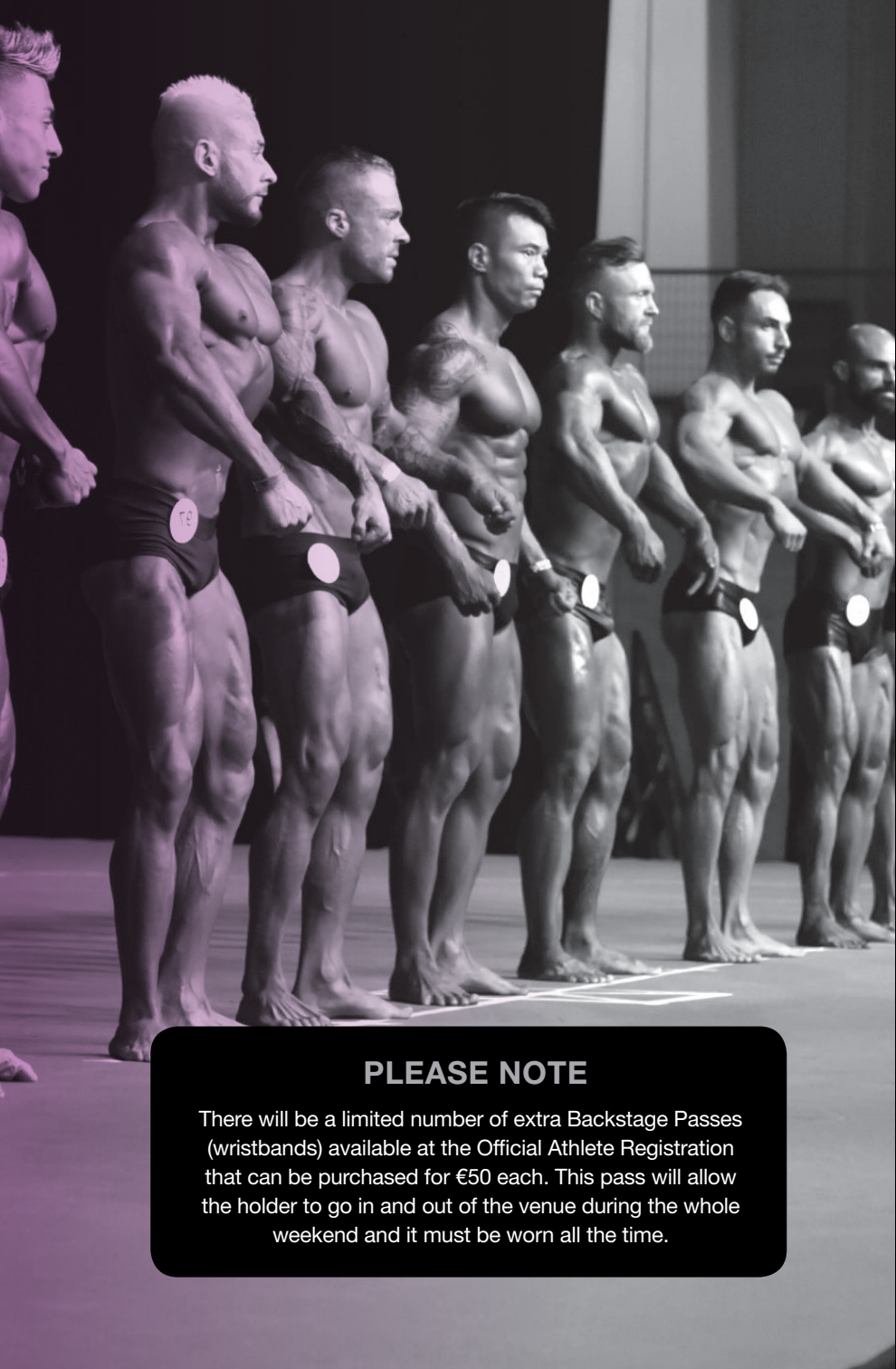
All international judges must bring their International Judge's Card to Madrid. IFBB international judges must have a valid IFBB Judge's Card, having previously paid the annual judges fee of €50. All judges must be present at the Team Managers and Judges' Meeting. Any judge who is absent at this meeting, will not be allowed to judge at these Championships.

The Judges' Meeting will take place on Thursday 10th October at 5pm. (Place to be determined).

Tanning

The application of spray tanning is not allowed in the backstage. T-Tan will be offering spray tanning, hair and make-up service at the venue. In order to schedule in advance, you may send an email to Mr. Guillermo Reginfo: t.tan.tanning.spain@gmail.com and enjoy a discount for early bookings.

The use of tans and bronzers that can be wiped off are not allowed. If the tan comes off by simply wiping, the athlete will not be able to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if they be applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are forbidden whether applied as part of tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.



PLEASE NOTE

There will be a limited number of extra Backstage Passes (wristbands) available at the Official Athlete Registration that can be purchased for €50 each. This pass will allow the holder to go in and out of the venue during the whole weekend and it must be worn all the time.

Backstage access

The access to the backstage and/ or dressing room areas shall be strictly limited. Only delegates or trainers with the corresponding Backstage Pass (wristband) will be allowed to enter this zone.

Media accreditation

All the media professionals who wish to have access to the event must be in possession of the official accreditation.

To register, it is necessary to send the request to: info@ifbb.com or media@arnoldclassiceurope.es no later than 1st October 2024.

All the requests must be approved by the IFBB, who reserves the right to accept or refuse the petition.

Be aware that is not allowed to take pictures and record video inside the backstage. Only photos from the stage are allowed.



Scan to go to the Media
Credentials Form

ONLINE STREAMING AVAILABLE!



Entry Form and Contact Details

All the entry forms must be addressed to the IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and to the IFBB Office contact@ifbb.com. The submitting deadline for the Final Entry Form is on September 29th.

Awards

- Top 6 athletes in each category will be awarded with medals.
- The winner in each category will be awarded with a trophy.
- Top 6 athletes in Men's and Women's Senior categories will be awarded with points to their 2024 IFBB World Ranking according to the IFBB World Ranking Rules. Overall winners will receive 2 points extra.
- IFBB Elite Pro Cards for the top 3 overall winners in these divisions: Men's Physique, Classic Bodybuilding, Classic Physique, Bodybuilding, Bodyfitness, Bikini and Wellness. Overall winner Master Bodybuilding, Master Bodyfitness, Master Bikini, Muscular Men's Physique and Women's Physique.



List of categories

* categories with weight/height limits

Men's Bodybuilding

- Up to & incl. 70 kg
- Up to & incl. 75 kg
- Up to & incl. 80 kg
- Up to & incl. 85 kg
- Up to & incl. 90 kg
- Up to & incl. 95 kg
- Up to & incl. 100 kg
- Over 100 kg

Women's Physique

- Up to & incl. 163 cm
- Over 163 cm

Men's Fit-Model

- Open Class

Junior Men's Physique

- 15-23 yrs Open Class

Master Women's Wellness

- Age >35 yrs: Open Class

Master Men's Classic Physique

- Age >40 yrs: Open Class

Women's Bikini

- Up to & incl. 158 cm
- Up to & incl. 160 cm
- Up to & incl. 162 cm
- Up to & incl. 164 cm
- Up to & incl. 166 cm
- Up to & incl. 169 cm
- Up to & incl. 172 cm
- Over 172 cm

Men's Physique

- Up to & incl. 170 cm
- Up to & incl. 173 cm
- Up to & incl. 176 cm
- Up to & incl. 179 cm
- Up to & incl. 182 cm
- Over 182 cm

Women's Acrobatic Fitness

- Open Class

Junior Women's Bikini 16-23 years

- Up to 164 cm
- Over 164 cm

Master Women's Physique

- Age >35 yrs: Open Class

Fit-Pairs

- Open Class

Men's Classic Bodybuilding

- Up to & incl. 168 cm
- Up to & incl. 171 cm
- Up to & incl. 175 cm
- Up to & incl. 180 cm
- Over 180 cm

Men's Classic Physique*

- Up to & incl. 168 cm
- Up to & incl. 171 cm
- Up to & incl. 175 cm
- Up to & incl. 180 cm
- Over 180 cm

Muscular Men's Physique

- Open Class

Master Women's Bikini

- Age 35-44 yrs
- up to 164 cm
- over 164 cm
- Age > 45 yrs
- Open Class

Master Men's Physique

- Age 40-44 yrs: Open Class
- Age 45-49 yrs: Open Class
- Age >50 yrs: Open Class

Mixed-Pairs

- Open Class

Women's Wellness Fitness

- Up to & incl. 158 cm
- Up to & incl. 163 cm
- Up to & incl. 168 cm
- Over 168 cm

Games Classic Bodybuilding*

- Open Class

Women's Artistic Fitness

- Open Class

Master Women's Bodyfitness

- Age >35 yrs: Open Class

Master Men's Classic Bodybuilding

- Age 40-44 yrs: Open Class
- Age >45 yrs: Open Class

Beginners

- Men's Bodybuilding: Open Class
- Men's Physique: Open Class
- Women's Bikini: Open Class

Women's Bodyfitness

- Up to & incl. 158 cm
- Up to & incl. 163 cm
- Up to & incl. 168 cm
- Over 168 cm

Women's Fit-Model

- Up to 164 cm
- Up to 168 cm
- Up to 172 cm
- Over 172 cm
- Masters Fit Model Open Class

Junior Men's Bodybuilding

- 16-23 yrs Open Class

Master Men's Bodybuilding

- Age 40-44 yrs - Up to & incl. 70 kg
- Age 40-44 yrs - Up to & incl. 80 kg
- Age 40-44 yrs - Up to & incl. 90 kg
- Age 40-44 yrs - Over 90 kg
- Age 45-49 yrs - Up to & incl. 70 kg
- Age 45-49 yrs - Up to & incl. 80 kg
- Age 45-49 yrs - Up to & incl. 90 kg
- Age 45-49 yrs - Over 90 kg
- Age 50-54 yrs: Open Class
- Age 55-59 yrs: Open Class
- Age 60-64 yrs: Open Class
- Age >65 yrs: Open Class



IFBB Fitness Challenge - Speed Fit Arnold Classic Europe & Fitness Sports Games

October 11th to 13th
Las Rozas, Madrid Spain 2024

Fitness Challenge, the new superb fitness competition is designed to test the resistance, endurance and strength of the athletes, in an intense rotary circuit of exercises, composed by:

Each athlete will have 2 minutes per exercise to perform as many repetitions as he/she can, with a 2 minutes pause between exercises to have a breath.

Register directly

- ATHLETES, individually or by couples, may be directly registered.
- CLUBS may directly register as many teams as they wish.

Athletes may compete

- individually
- by couples (mixed)
- by teams (6 athletes per team)

Categories

GOLD Men Individual
GOLD Women Individual
GOLD Mixed Couples
GOLD Mixed Teams

SILVER Men Individual
SILVER Women Individual
SILVER Mixed Couples
SILVER Mixed Teams

REGISTER NOW
to be part of this great WORLD
FITNESS HAPPENING.

50€

Registration fee for
Fitness Challenge



SCHEDULE

THURSDAY, OCTOBER 10th 2024

OFFICIAL ARRIVAL DAY	
10:00 - 20:00	Registration & Weigh-in
17:00	Team Managers & Judges Meeting

FRIDAY, OCTOBER 11th 2024

09:00 - 20:00	Semifinals and Finals – Part 1*
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SATURDAY, OCTOBER 12th 2024

09:00 - 18:00	Semifinals and Finals – Part 2*
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SUNDAY, OCTOBER 13th 2024

9:00 - 17:00	Semifinals and Finals – Part 3*
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FITNESS CHALLENGE - SPEED FIT

THURSDAY, OCTOBER 10th 2024

OFFICIAL ARRIVAL DAY	
10:00 - 20:00	Registration & Weigh-in

FRIDAY, OCTOBER 11th 2024 - Individual (Male and Female)

10:00	Gold division
14:00	Silver division

SATURDAY, OCTOBER 12th 2024 - Couple (Male, Female, Mixed)

10:00	Gold division
14:00	Silver division

SUNDAY, OCTOBER 13th 2024 - Team (Male, Female, Mixed)

09:00	Gold division
12:00	Silver division

Telegram APP Important



Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.

Check the Running Order on Telegram.



@iIFBBWORLDCHAMPIONSHIPS.





f Arnold Sports Festival Europe
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i @arnoldsportsfestivaleurope
<https://www.instagram.com/arnoldsportsfestivaleurope/>

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FEDERATION

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