

INFORMATION

COMPETITION RULES

FCC - INBA / PNBA WORLD PRO/AM 2025



INBA **WORLD CHAMPIONSHIPS** **PNBA**
GLOBAL **2025 PRO-AM**
Natural Bodybuilding & Fitness
13 - 15 JUNE / TAS - Salou, Tarragona, Spain
Natural Olympia Qualifier

WORLD ANTI-DOPING AGENCY
UNIÓN DE FEDERACIONES ESPORTIVES DE CATALUNYA
Generalitat de Catalunya
Ajuntament de Salou
esportcat



All this information is also available at: https://fc-culturisme.cat/mundial-inba-2025_eng/

When does the competition take place?

13, 14 and 15 June 2025. (detailed schedule of the different categories will be published later).

How to pre-register on-line?

The online registration will start on **15 January 2025** and will end on **30 May 2025**. Registration can be done at: https://fc-culturisme.cat/mundial-inba-2025_eng/
In order to compete at the 2025 World Championships all athletes must be in possession of the relevant affiliation:

- First of all, you must be in possession of the national affiliation of your own country. In the case of Catalonia, you can apply directly at: www.fc-culturisme.cat/llicencia
- And then be in possession of the corresponding international affiliation (INBA).
- ✓ Amateur athletes from Europe can apply for membership at:
<https://naturalbodybuilding.eu/elite-tour-membership/>
- ✓ Amateur athletes from the rest of the world can do so at:
<https://naturalbodybuilding.com/product/membership/>
- PRO athletes can apply for membership at:
<https://naturalbodybuilding.com/product/pnba-membership/>

Once the athlete has registered for the competition and all necessary documentation is available, a confirmation e-mail will be sent.

How will the registration be done on-site, at the Championship itself?

The registration process for the World Championship will begin on **13 June 2025** at **11.00 am** and will close at **6.00 pm** on the same day, and will take place at the **Salou Auditorium Theatre (TAS)**, located at **Passeig del 30 d'Octubre, 4. 43840 Salou**

What are the registration fees per athlete?

The fee for amateur athletes is **150 € per category** and must be paid during the online pre-registration process. You will receive an email with payment instructions, and your

registration will be automatically confirmed after payment.

The doping control fee is **€40 per athlete** and must be **paid in cash** at the time of registration

The fee for PRO athletes is **275 € per division** (including doping control) and must be paid during the online pre-registration process. You will receive an email with payment instructions and your registration will be automatically confirmed after payment.

What is the access fee for trainers?

At the time of registration, on 13 June 2025, each athlete will be able to purchase a coach's wristband for **60 € to be paid in cash** at the same time.

The coach's wristband allows access to the backstage (warm-up area). **Please do not remain in this area longer than strictly necessary to attend to the athletes and thus not hinder the normal development of the competition.** This wristband also gives access to the public area for the whole weekend.

No more than 1 coach's wristband per athlete is allowed.

Where can general admission tickets for the public be purchased?

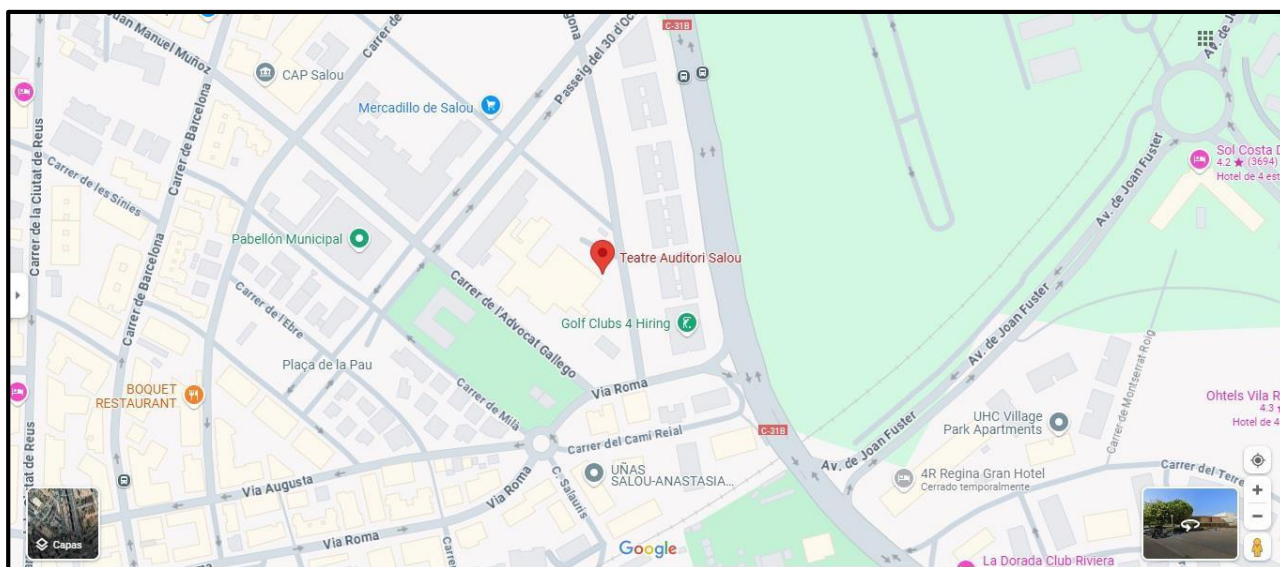
General admission tickets for the visiting public can be purchased at: https://fc-culturisme.cat/mundial-inba-2025_eng/

The price is **45 € for 1 day**, and **75 € for the 2 days** of the competition.

Where does the competition take place?

Salou Auditorium Theatre (TAS), located at **Passeig del 30 d'octubre, 4. 43840 Salou.**

<https://maps.app.goo.gl/QHLarsyMdQfvZUy28>



Who organises the competition?

The INBA/PNBA 2025 World Championships are organised by the Catalan Bodybuilding Federation (INBA Catalonia). www.fc-culturisme.cat.

For any doubt or question related to the championship, please send an e-mail to: inbacatalonia@fc-culturisme.cat.

To stay informed until the date of the Championship, stay tuned to social media:

Important: We will not reply to SMS, Instagram or Facebook chat messages. For any important questions about the World Championship, please use only the e-mail address: [.inbacatalonia@fc-culturisme.cat](mailto:inbacatalonia@fc-culturisme.cat)

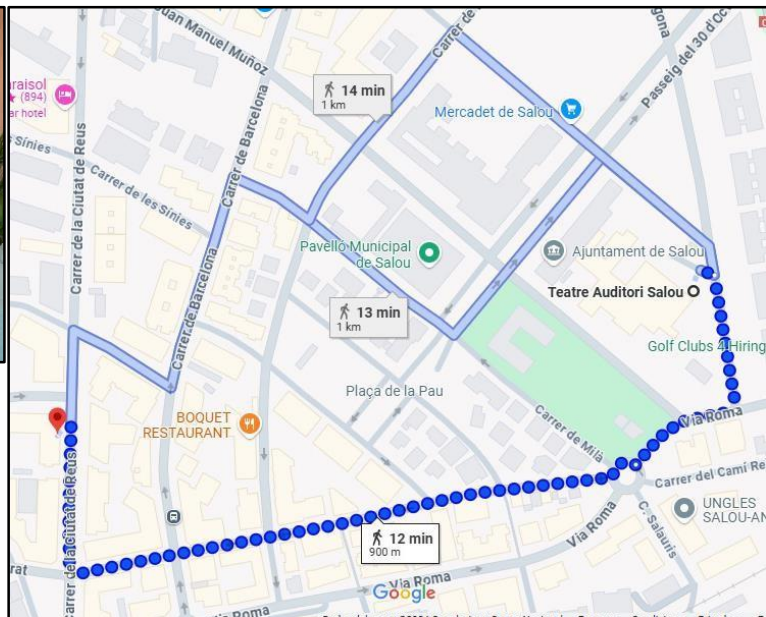
Which is the official hotel of the competition?

Hotel Eurosalou&Spa. C/ Ciudad de Reus, 5. Salou. Tel. +34 977 351 050.

reservaseurosalou@thepalmexperiencehotels.com

<https://www.thepalmexperiencehotels.com/hotel-eurosalou/>

<https://maps.app.goo.gl/zQHPQRUVovd2Rjeq7>



This hotel has a magnificent location, 700 metres from the magnificent beaches of Salou, and just a few steps from the centre, the shopping area and nightlife. You will be able to enjoy excellent communication with the whole city, and it is just a ten-minute walk from the Salou Auditorium Theatre, the venue for the competition.

Other accommodation options in Salou?

Ona Jardines Paraisol. C/ Ciudad de Reus, 19. Salou. Tel. +34 877 088 690.

recepcion.jardines@onahotels.com

<https://www.onahotels.com/apart-hotel-jardines-paraisol-salou.html>

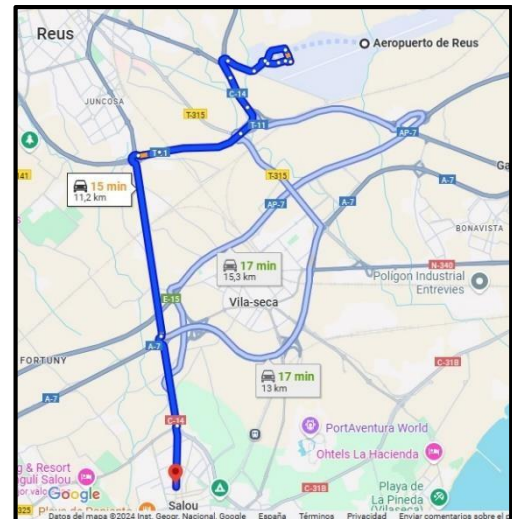
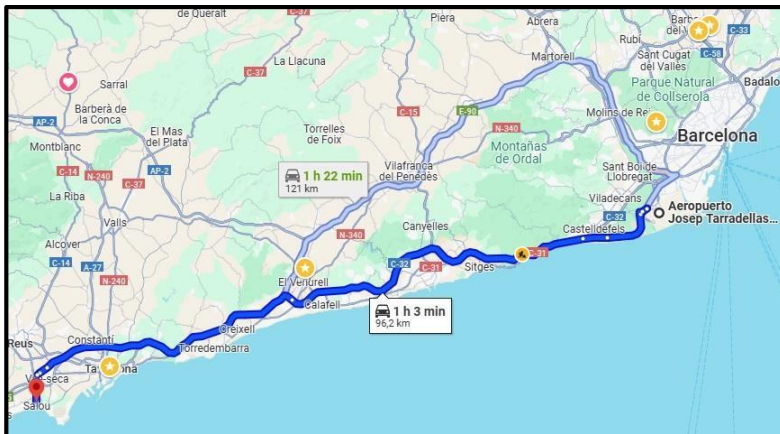
<https://maps.app.goo.gl/jiSHVoDZ5zarDwmz6>

How to get to Salou, Tarragona?

The nearest airport to Salou is Reus airport (REU) at 8.2 km or Barcelona airport at 85 km. Both airports are served by taxis, buses and trains.

https://www.aena.es/es/reus.html?utm_source=Google&utm_medium=GMB_REU

<https://www.aena.es/es/josep-tarradellas-barcelona-el-prat.html>



Is there a spray tanning service for competitors?

On stage, every detail counts. **Jan Tana Spain** offers a professional spray tanning service designed especially for fitness and bodybuilding competitors. Their tan will enhance your muscle lines and provide the perfect tone to make an impact under the stage lights.

Book your **pre-booking-colour** now at

<https://jantana.es/products/13-15th-june-2025-world-championships-pro-am-pre-booking> and secure the perfect shade for this great occasion.

More information at: <https://jantana.es/collections/eventos-competiciones>



Under no circumstances are athletes allowed to use their own dye (see rules).

Are make-up, hair and styling services available?

The effort and dedication you put into your training and preparation deserves to be accompanied by a look that brings out the best in you. **Jan Tana Spain** are specialists in professional styling services for bodybuilding and fitness competitions, taking care of every detail so that you go on stage with total confidence.

They offer high-impact make-up that highlights your features with techniques designed for



intense lights and cameras. They use long-lasting products to keep you looking flawless throughout the competition, and tailored to your skin tone, face type and personality. They also take care of styling your hair with sleek, sturdy hairstyles that complement your style. Designed to stand out in photographs and live. Customised options for each category.

Trust experts who understand what it means to compete. Their only goal is to make you look as strong as you feel. Book your pre-booking-hair-makeup now at:

<https://jantana.es/products/13-15th-june-2025-world-championships-pro-am-hair-makeup-pre-booking> .

More information at: <https://jantana.es/collections/eventos-competiciones>

Is there a photo and video service at the Championships?



Your dedication, discipline and passion deserve to be immortalised at their best. **Dunavolgyi Media Team** offers a specialised photography and video service for fitness and bodybuilding competitions, designed solely to capture every moment with total professionalism.

Unique moments on stage as well as the excitement of backstage, professionally edited in high quality images ready to share and keep forever.

Highlight your participation in this World Championship with dynamic videos, perfect for social media or to keep as an unforgettable souvenir. **Dunavolgyi Media Team**

understands the effort behind every physique and therefore knows how to give it the prominence it deserves in every snapshot or frame.

Without the pre-reservation it is not possible to guarantee the photography service on the day of the competition. You can pre-book at: zsolt@mediateam.hu

For questions or other issues: https://www.instagram.com/dunavolgyi_media_team/ or <https://www.mediateam.hu/>

How will doping control be carried out?

CELAD (Comisión Española para la Lucha Antidopaje en el Deporte) will be responsible for doping controls. Athletes may be subject to urine and/or blood tests. All prohibited substances on the WADA list will be tested in the doping controls. (<https://www.wada-ama.org/en/prohibited-list>)

Testing will be conducted at random, and by a selection of CELAD. If an athlete refuses to

submit to doping control, he/she will be automatically disqualified.

In case of a positive result, the athlete will be disqualified from the competition, the prizes obtained will be returned to the organisation, and the athlete will be fined €2,000. He/she will be immediately suspended from INBA / PNBA membership, and after investigation by the Anti-Doping Committee, the athlete and the substances used may be published in the Hall of Shame.

WADA protocols shall be followed for the conduct of the tests. By registering for the competition, the athlete automatically accepts his/her voluntary participation in the relevant doping control tests, as well as the general and competition-specific rules.

What are the categories that will take place at the World Championships?

Bikini.

- Bikini Diva's juniors (18-23 years old)
- Bikini Junior Masters (35 to 39 years old)
- Bikini Diva's Masters (+ 40 years old)
- Bikini Diva's Grand Masters (+ 50 years old)
- Bikini Diva's Ultra Masters (+ 60 years old)
- Bikini Diva's Open.

Men's bodybuilding.

- Teens" bodybuilding (from 15 to 17 years old with parental permission)
- Junior Bodybuilding (18 to 23 years old)
- Junior Masters Bodybuilding (35 to 39 years old)
- Bodybuilding Masters (over 40 years old)
- Bodybuilding Grand Masters (over 50 years old)
- Ultra Masters Bodybuilding (over 60 years old)
- Open Bodybuilding.

Classic Physique.

- Classic Physique Juniors (18 to 23 years old)
- Classic Physique Junior Masters (35 to 39 years old)
- Classic Physique Masters (over 40 years old)
- Classic Physique Open

Women's Figure.

- Women's figure Junior (18 to 23 years old).
- Women's figure Junior Masters (35 to 39 years old)
- Women's figure Masters (over 40 years old)
- Women's figure Grand Masters (over 50 years old)
- Women's figure Open

Men's Athletic Open. With a limit on the size/weight ratio. Maximum weight = height in cm minus 103. (For example: 180 cm - 103 = 77 kg as maximum weight).

Physically Challenged Open

Open Pairs (2 athletes competing together).

Wellness Open. Women's Fitness Open.

Women's Bodybuilding Open. Women's Physique Open.

Mens Physique

- Men's Physique Junior (18 to 23 years old)
- Men's Physique Junior Masters (35 to 39 years old)
- Men's Physique Masters (over 40 years old)
- Men's Physique Grand Masters (over 50 years old)
- Men's Physique Open

Women's Sport Model

- Women's Sportsmodel Junior (18-23 years old)
- Women's Sportsmodel Masters (over 40 years old)
- Women's Sportsmodel Open.

Men's Sport Model

- Men's Sportsmodel Junior (18 to 23 years old)
- Men's Sportsmodel Masters (over 40 years old)
- Men's Sportsmodel Grand Masters (over 50 years old)
- Men's Sportsmodel Open

Categories PNBA (PRO)

- Men's bodybuilding.
- Classic Physique.
- Athletic Physique.
- Mens Physique.
- Diva's Bikini.
- Wellness.
- Women's bodybuilding.
- Women's Physique.
- Women's Figure.
- Men's Sportmodel.
- Women's Sportmodel.

If there is an athlete who competes or wishes to compete in a category that is not on this list, he/she can send an e-mail to: inbacatalonia@fc-culturisme.cat requesting to include a certain

category, and it will be taken into consideration as long as there are enough requests from other athletes to include it.

If the OPEN categories turn out to be very large, they will be subdivided into different groups according to the height of the competitors.

All amateur winners of the OPEN categories will receive the PRO card and the status of PNBA Professional. If they wish to compete in one of the professional divisions at the same World Championships, they will first need to apply for professional affiliation and can do so at: <https://naturalbodybuilding.com/product/pnba-membership/>

What prize money is offered to athletes in the PRO division?

All professional athletes get metal awards if they finish among the first three classified in a category, as long as there is a minimum number of participants in each of them:

- With a minimum of **3 athletes**: the first classified will receive a prize of **300 €**.
- With a minimum of **5 athletes**: the first classified gets **500 €**, the second classified **300 €**, and the third classified **100 €**.
- With a minimum of **7 athletes**: the first classified will receive a prize of **1000 €**, the second classified **500 €**, and the third classified **300 €**.

What will be the competition format for the World Championships?

The format to be applied will be continuous in each and every one of the categories, that is to say, it starts with the pre-competition where the competitors perform a first round with the profile poses (4 quarter turns) and a second round of compulsory poses with the mandatory comparisons of the judges (the specific development of these first rounds in each of the categories can be consulted at www.naturalbodybuilding.com).

After the comparisons and subsequent deliberation by the judges, the final phase of the category will take place with the top 5 ranked athletes who will again go through another comparative round with four quarter turns, compulsory poses and routine (t-walk or free pose routine). After the routines, the awards ceremony will start with the announcement of the rankings.

If competing in a division with several categories, the award ceremony will be held after all the categories have been judged. And once the winners of each category have been chosen, a competition will be held between all of them to decide the overall winner of the division, who will be eligible for the PRO/PNBA card.

What are the internal rules to be followed by all athletes?

- The backstage area will only be open to athletes, coaches and organisation staff who must be properly identified.

- Only one coach per athlete is allowed backstage access. Once the athlete has finished their competition, they must leave the backstage immediately, leaving the area clean and free of personal belongings. In this way the athletes who still have to compete will have enough space in the backstage.
- It is recommended that all valuables or money be left with friends and/or coaches. The organisers cannot be held responsible for loss or damage to personal belongings.
- It is extremely important to keep the backstage as tidy as possible and not to stain the walls, chairs, inside or outside the venue with tanning products. In the event of any damage, the person responsible will be fined €100 and will be personally liable for the cost of the damage caused.
- It is only permitted to use the spray tanning service offered by **Jan Tana Spain**. It is strictly forbidden to finish the tanning process with any other tanning product that may stain by contact. Ignoring these rules may result in disqualification of the athlete.
- The athlete responsibly declares that he/she is in good health to participate in this competition. If an athlete suffers from any symptomatology associated with an illness, he/she will have to obtain medical consent to participate in this competition. The Organization, INBA Catalonia, is not responsible for any possible damage to the health of the athletes, or the consequences derived from their participation in the competition and/or preparation for the competition.

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