



Welcome to
GRAND PRIX
RUSSIA 3

Bodybuilding and fitness



PRIZE POOL: \$25000* \$ (~1.500.000 ₺)

1) Time and place of the competition:

Competitions will be held on May 22-23, 2020.

Registration of athletes will be on May 22 at the address: Moscow, Izmailovsky sh., 71, building 4G-D. Hotel complex "Izmailovo" ("Delta"). Information about the time of registration will be announced later.

Place of competition will be on May 23: Moscow, st. Highway Enthusiasts, d.5 p.2. MUSIC MEDIA DOME.

2) Competitors

Competitors should be persons over 18 years of age.

An athlete from any country in the world can become a competitor.

The application for participation in the competition is submitted online on the website nbcrus.ru

Athletes at registration must be in a competition suit defined by the NBC Competition Rules for each category.

3) Categories

MEN'S CATEGORIES:

Bodybuilding:

Novice ** - Absolute Category

Juniors (under 23 years old) - absolute category

Masters (over 40 years old) - Absolute Category

Masters (over 50 years old) - Absolute Category

Men - 80, 90, 102, +102 kg

Classic Physique:

Novice** - absolute category *

Juniors (under 23 years old) - absolute category *

Masters (over 40 years old) - absolute category *

Men - 173, 178, +178 cm *

Men's Physique:

Novice ** - Absolute Category

Juniors (under 23 years old) - absolute category

Masters (over 40 years old) - Absolute Category

Men - 174, 179, +179 cm

Posedown - Absolute Category

WOMEN'S CATEGORIES:

Figure:

Novice ** - Absolute Category

Masters (over 35 years old) - absolute category

Women - 163, +163 cm

Bikini:

Novice ** - Absolute Category

Juniors - Absolute Category

Masters (over 35 years old) - absolute category

Women - 164, 170, +170 cm

Fit Model:

Women are the absolute category

Wellness:

Women are the absolute category

4) Conditions for admission of participants

Applications are accepted online through the website <https://nbcpro.ru/events/grand-prix-russia-3/>

It is also possible to apply during the registration of participants on the spot.

Participants should have and bring on registration:

- the passport;
- for the Posedown nomination, a high-quality phonogram located at the beginning of recording on a USB. The name of recording should have name and surname of athlete.
- Competition suit in accordance with the rules of the NBC competition.

A participant can perform in several categories. In this case, it is necessary to register and pay a fee for participation in each selected category.

5) Registrtration fee

The full cost of the participant's contribution is 6900 rubles for one category. It's possible to pay by cash at the day on registration.

Pre-registration and online payment on website with discount are also possible.

6) Tanning

The application of tanning includes: applying two layers of tanning (Jan Tana), oil (if it's necessary), correction during the performance, a one-time set.

The cost of it is 4000 rubles.

7) Coach pass

Each participant receives one ticket for an accompanying person (pass on backstage and into the auditorium) for FREE.

8) Photos

Photographers work at our tournament. Each participant can take a photo from any of them for FREE.

9) Cheat meal

Each participant of our tournament will receive one coupon on meal for FREE.

10) Awarding:

Winners and prize-winners and athletes who takes fourth and fifth places of the GRAND PRIX Russia 3 tournament, are awarded with memorable (specially created awards) and cash prizes from the NBC Federation.

11) According to the rules of our Federation:

The winners of the NOVELTY nominations are awarded with memorable prizes.

12) Posedown - nomination for free programs. In other categories (Bodybuilding, Classic Physique) there are no arbitrary programs. Athletes of any male category can perform in it.

Winners of the Posedown nomination are awarded with memorable and cash prizes from the NBC Federation.

13) NBC Team

Overall champions of Grand Prix Russia 3 will be part of the national team NBC.