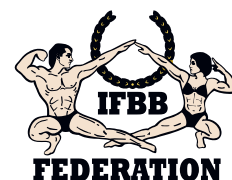


Fitlap Cup



ESTONIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invites to participate in
IFBB INTERNATIONAL CONTEST
“FITLAP CUP 2026”

Tallinn
ESTONIA

September
25–27, 2026

WELCOME

Dear athletes, coaches and delegates from the Nordic and Baltic countries, it is my great pleasure to welcome you to Tallinn and to the Fitlap Cup 2026!

Our goal is to bring together the best athletes from across the Nordic and Baltic region and create a high-level competition filled with great performances, positive emotions and true sporting spirit. We have worked hard to ensure that every athlete, coach and delegation feels welcome and enjoys a professionally organised and memorable event.

I wish all athletes successful final preparations, confidence on stage and the opportunity to show the very best version of themselves. To the coaches and delegates, thank you for your dedication and invaluable support.



See you in Tallinn on 25–27 September!

With respect and best wishes,
Ott Kiivikas
Fitlap Cup Promoter
President EBFF



The Estonian Bodybuilding, Fitness & Bodyfitness Federation together with the Sparta Sports Club extend a warm welcome to IFBB-affiliated National Federations wishing to participate in the **IFBB INTERNATIONAL CONTEST "FITLAP CUP 2026"**.

The bodybuilding and fitness competition is open to the following countries: Finland, Sweden, Denmark, Norway, Iceland, Latvia, Lithuania, and Estonia.



The Fitness Challenge competition, which also counts towards the world ranking, is open to all IFBB European countries.

DATE AND TIME

September 25th, 2026 (Friday)

Registration for all athletes and all contests: 16:00–19:00 at the official hotel, Tallink Spa & Conference Hotel, in the seminar room.

September 26th, 2026 (Saturday)

The Fitness Challenge competition starts at 10:00. Children compete first, followed by adults at approximately 13:00.

The Bodybuilding and Fitness Beginners' Competition starts at 11:00.

September 27th, 2026 (Sunday)

Fitlap Cup International main contest starts at 10:00.

IMPORTANT INFORMATION

All travel and meal expenses are the responsibility of the athletes themselves. The competition promoter will provide each country's delegate or judge with one complimentary twin room for up to three nights.

VENUE

Sparta Sports Club | Pärnu mnt 139c, Tallinn, Estonia.
www.sparta.ee



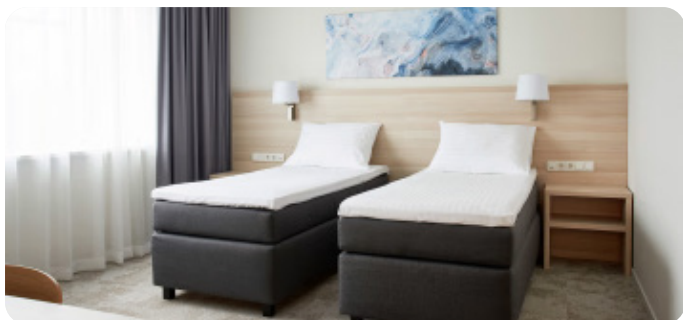


OFFICIAL HOTELS

The official competition hotel is

TALLINK SPA & CONFERENCE HOTEL

Located in the immediate vicinity of Tallinn's Old Town, Tallink Spa & Conference Hotel combines everything you need for a pleasant holiday as well as an active business trip. The hotel's Aqua Spa with various saunas and swimming pools is the ideal place to relax, and a state-of-the-art conference center offers excellent facilities for seminars and meetings.



Address:

Sadama 11,
10111 Tallinn, Estonia

Phone: +372 630 1000

spahotel@tallink.ee

Book accommodation:

Promo code: **FITLAPCUP**

Price: Best available rate –25%

Stay period: 21.–28.09.2026

BOOK HERE

Rates include breakfast buffet, WIFI and VAT. In case of Tallink Spa & Conference Hotel 4*, an unlimited use of Aqua SPA is included.

Booking through web or our Customer Service: +372 630 0808 and tallinkhotels@tallink.ee.

Cancellation of the booking is free of charge until 6pm on a day prior the stay. Cancellations after that will be charged for the amount of first night.

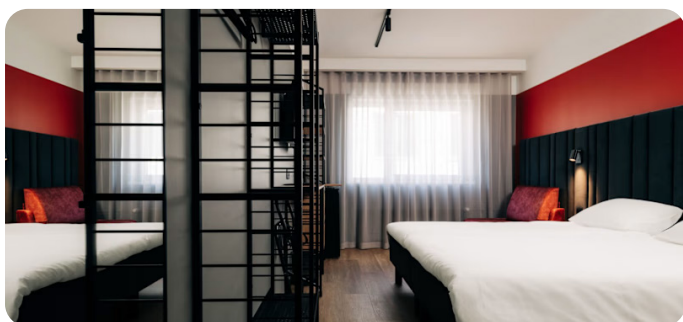
To cancel a reservation, contact Tallink customer service at +372 630 0808 or tallinkhotels@tallink.ee.



OFFICIAL HOTELS

TALLINK EXPRESS HOTELL***

Tallink Express Hotel is conveniently located between the Tallinn Passenger Port and the Old Town. This bold, contemporary three-star hotel is very reasonably priced and equipped with all the amenities today's traveler expects. Guests also enjoy easy access to the water and wellness center as well as the conference facilities of the neighboring Tallink Spa & Conference Hotel.



Address:

Sadama 9,
10111 Tallinn, Estonia

Phone: +372 667 8700

expresshotel@tallink.ee

Book accommodation:

Promo code: **FITLAPCUP**

Price: Best available rate –25%

Stay period: 21.–28.09.2026

BOOK HERE

Rates include breakfast buffet, WIFI and VAT.

Booking through web or our Customer Service: +372 630 0808 and tallinkhotels@tallink.ee.

Cancellation of the booking is free of charge until 6pm on a day prior the stay.
Cancellations after that will be charged for the amount of first night.

To cancel a reservation, contact Tallink customer service at +372 630 0808 or tallinkhotels@tallink.ee.



FERRY TICKETS OFFER:

Dear competitors, delegates, judges, coaches, and fans travelling from Finland and Sweden!

We have a great offer for you on discounted ferry tickets! Use the promo code below and book your trip today!

Promo code: **FITLAPCUP**

Price: Best available rate –25%

The code is valid on all Tallink ships on the Helsinki and Stockholm routes.

Travel period: 21.–28.09.2026

BOOK HERE

Booking through our Customer Service: +372 630 0808 and tallinkhotels@tallink.ee.

Terms and conditions >>

To cancel a reservation, contact Tallink customer service

The discount applies to the ferry tickets alone. Discount does not apply to the CO₂ and emission fees.

CATEGORIES OPEN FOR COMPETITIONS

(The same competition categories are scheduled on both competition days. Both in the beginner's competition and advanced competition.)

Attention! A competitor is considered a beginner if they are competing in their first competition season or have previously participated in no more than two competitions.

The competition is held according to the rules of the IFBB and will include the categories:

Junior Open Categories 15–23 years

- Junior Men's Fit-Bodybuilding open
- Junior Men's Classic Bodybuilding open
- Junior Men's Physique open
- Junior Women's Artistic Fitness open
- Junior Women's Bikini open (15-20 Years, 21-23 Years)
- Junior Women's Wellness open
- Junior Women's Bodyfitness open
- Junior Women's Fit-Model open

Senior categories

- Women's Artistic Fitness: open
- Women's Bodyfitness: up to 163 cm; up to 168 cm; over 168 cm
- Women's Wellness: up to 163 cm; over 163 cm
- Women's Bikini: up to 158 cm; 162 cm; 166 cm; 169 cm; 172 cm; over 172 cm
- Women's Fit-Model: up to 163 cm; up to 169 cm; over 169 cm
- Women's Fit & Beauty: up to 169 cm, over 169 cm
- Fit-Pairs: open category
- Men's Fit-Classic Bodybuilding: open
- Men's Fit-Classic Physique open
- Men's Physique: up to 178 cm; over 178 cm
- Men's Fit-Bodybuilding: open
- Posing Art

Master Categories

- Master Men's Classic Bodybuilding 40+ years: open
- Master Women's Bodyfitness 35-44 years: open
- Master Women's Bodyfitness 45+ years: open
- Master Women's Wellness 35+ years: open
- Master Women's Bikini 35+ years: open
- Master Women's Fit-Model 35+ years: open

Fitness Challenge categories

- Women's Fitness Challenge: gold level
- Women's Fitness Challenge: silver level
- Women's Fitness Challenge: bronze level
- Women's Fitness Challenge: bronze level 1+1-minute format
- Men's Fitness Challenge: gold level
- Men's Fitness Challenge: silver level
- Men's Fitness Challenge: bronze level
- Men's Fitness Challenge: bronze level 1+1-minute format
- Fitness Challenge couples: gold level
- Fitness Challenge couples: silver level
- Fitness Challenge couples: bronze level
- Speedfit Silver level (20 repetitions in each station) individual contest (men and women compete together).

FITNESS CHALLENGE PARTICIPATION FEE

The participation fee is **€75** per athlete. The fee for each additional category is **€35**. The participation fee must be paid in cash on-site during registration.

Note! The pair competition will be included in the competition program if there are at least 3 pairs per category! Pairs can consist of male/male, female/female, or male/female combinations. In other words, in the pairs competition, each participant can choose a partner freely.



REGISTRATION FEE

Registration fee for athletes is €150.
Crossovers (extra categories): €80.

The registration fee must be paid in cash during on-site registration.

Two delegates (one official and one judge) per country are invited to the venue site without entrance tickets.

The entrance fee for supporters and other team members is €35.

Backstage tickets for coaches and supporters are €80 (including the entrance ticket). They can be purchased during on-site registration and are valid for both competition days.

Possible crossovers

Classic Bodybuilding – Classic Physique – Fit-Bodybuilding – Posing Art

Men's Physique – Fit-Pairs

Women's Artistic Fitness – Bikini – Fit-Model – Fit-Pairs

Women's Wellness – Fit-Model

Please note! In Fit & Beauty, crossovers with other IFBB categories are not permitted!

Fitness Challenge – Gold level – Silver level – Bronze level – Speedfit - Gold/Silver/ Bronze couples (In the Fitness Challenges, an athlete may compete in a maximum of two individual events and two team (pair) events – for example: Gold and Speedfit series individually, plus Silver and Gold series in pairs.)

IMPORTANT INFORMATION

The Head Judge may add a category when there are more than six competitors.
Also, the Head Judge can combine height categories with fewer than three competitors.

TANNING REQUIREMENTS

The IFBB has banned all tans that can be wiped off. An official will check all athletes' tans backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

StageArt Tanning Team

Professional competition tanning focused on outstanding stage presentation, athlete well-being, and reliable support throughout the entire competition day.

Since 2020, StageArt Tanning Team has been providing professional competition tanning services for bodybuilding and fitness athletes. Over the years, we have worked with hundreds of competitors across Estonia and internationally, becoming a trusted partner for both athletes and event organizers.

Competition tanning is about far more than simply applying color. Our color is carefully calibrated for stage lighting to enhance muscle definition, complement your physique, and present your best possible look to the judges.

We value every athlete's privacy, dignity, and well-being. From your first coat of color until the final stage appearance and photo sessions, our team is there to ensure your tan remains flawless throughout the day.

If you need assistance or have any questions regarding your competition tan, our team is always happy to help.

The service includes:

- Professional Spray Tan
- Glaze
- Unlimited Touch-ups throughout the competition day

Additional service:

- Tattoo Cover (additional charge applies; price depends on tattoo size).
- We use only JAN TANA professional products.

Service full price

- 1 Competition Day – €90
- 2 Competition Days – €135

Booking

The booking fee is **€30**. Please pay the booking fee by bank transfer:

Account holder: STAGEART PRO OÜ

Bank: Swedbank

IBAN: EE172200221092345879

Payment reference: Competitor's name + competition name.

PLEASE NOTE: When making your booking, pay only the €30 booking fee. The remaining balance (€60 or €105) can be paid in cash at the competition venue before your tanning appointment.

The booking fee is non-refundable. However, if you are unable to attend the competition, your booking fee can be transferred to a future StageArt Tanning Team competition.

If you have any questions, please contact us at
stageart.tanningteam@gmail.com
 or via Instagram [@stageart.tanningteam](https://www.instagram.com/stageart.tanningteam)

Complete the form:

HERE

DOPING CONTROL

According to IFBB regulations, doping control will be carried out at the competition.

The doping control will be conducted by the Estonian Anti-Doping Agency (SA Anti-doping). Athletes selected for doping control will be determined either randomly (by drawing lots) or through targeted selection - or both methods may be used.

Anti-Doping test fee: Each athlete must pay a doping fee of €20, regardless of the number of competitions or categories they participate in. This fee contributes to the doping test fund and helps enable a higher number of tests. The fee must be paid in cash on site during registration.

QUALITY STAGE PHOTOS

If you want to get high-quality stage pictures, order a photo service. The official photography partner of the competition is FotoDone, a professional photography service provider with many years of experience! (You can place a photo order during registration) or [HERE](#)

AWARDS

Total prize money in the main event is €20,000. Prize money will be divided among the winners of categories with six or more athletes at the main contest on September 27, 2026. In addition, €10,000 worth of sponsor prizes will be awarded, including gift cards from Sportland, Euronics, and other sponsors.

Trophies will be presented to the top six finalists, and medals to the top three. Overall winners will receive additional trophies.

Each athlete will receive a goodie bag at registration.

PASSPORT / ID / MUSIC

Please note! There will no longer be individual posing routines in the men's categories. Those who wish to perform their own individual routine can enter the new Posing Art category.

Competitors must present their PASSPORTS or ID CARDS during registration. Posing music must be submitted before the competition to: heikomerikan@gmail.com.

JUDGES

All IFBB International Amateur Judges must be in possession of a valid Judge's Card.



FINAL ENTRY FORM

Please send the Final Entry Form no later than **September 11, 2026** to ottkiivikas@gmail.com

Please send a copy to:
amichalak5@gmail.com and
contact@ifbb.com

National Federations must submit the actual names of all official participants (athletes by category, extra categories, and delegates, including Judges).

TICKETS

Tickets can be purchased in advance at a discounted price or on-site at the competition venue before the event starts. Advance tickets can be purchased through FIENTA.

BUY TICKETS

FINAL ENTRY FORMS SENDING DETAILS

Mr. Ott Kiivikas

Promoter
Estonian Bodybuilding and Fitness Federation

Tel: +372 5048898

E-mail: ottkiivikas@gmail.com

Web: www.fitlapcup.com

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

IFBB Head Office
E-mail: contact@ifbb.com

 **TALLINK Hotels**

 **365**
HEALTHY. FIT. STRONG.

 **Fitlap**

 **SPORTLAND**



V Motors



Sinukeha.ee

Sokisahtel

MARMARA
STERLING

MACTA
BEAUTY

Tallegg

Perfect Protein