BETTER BODIES

CHALLENGE

BODYBUILDING & FITNESS SHOW

SHOW GUIDE

DATE
Saturday October 29th

WHERE
Södertälje Stadsscen, Sweden

VENUE
Södertälje Stadsscen
Nyköpingsvägen 26, 151 32 Södertälje
A great venue designed for theater, concerts,
film and other performances located in the city center of Södertälje.

MEMBERSHIP
The show is open to all amateur athletes with a 2022 valid NPC WORLDWIDE membership.
You have to register online on the NPC Worldwide Website:
https://www.npcworldwide-register.com/login
The NPC Membership is an annual membership.

REGISTRATION FEE
Registration fee for one class is €110 and €100 for every extra class.
Please note: 2 weeks prior to the show, the registration fee increases to €125.

For late entries at the official athlete registration, the registration fee is € 180 per class.

REGISTRATION
The official athlete registration will be held on Friday October 28th at 5pm-9pm (17.00 – 21.00) at Södertälje Stadsscen, *Nyköpingsvägen 26, Södertälje.*

All athletes need to bring their Passport or ID together with their NPC Worldwide membership license.

Each athlete will receive one Free Backstage Coach Pass for their coach.
This backstage coach pass is solely for the coach and cannot be used by any other individual than the athletes registered coach.

NPC Better Bodies Challenge is arranged according to the rules set by the NPC National Physique Committee.
https://www.ifbbpro.com/international-regional-and-pro-qualifier-rules/

BETTER BODIES CHALLENGE

BODYBUILDING & FITNESS SHOW

SHOW GUIDE

CATEGORIES

- Men's Bodybuilding
- Men's Classic Physique
- Men's Physique
- Women's Physique
- Women's Bikini
- Women's Figure
- Women's Wellness
- Women's Bodybuilding

CLASS DEFINITIONS

Novice - Has never placed first in any class
Junior - Is 23 years old or under at the time of competing.
Masters +35 - Is 35 years or older at the time of competing.
Masters +40 - Is 40 years or older at the time of competing.
Masters +45 - Is 45 years or older at the time of competing.
Masters +50 - Is 50 years or older at the time of competing.

PRESS ACCREDITATION

Our official photographer is GYM621.

If you want to reserve a VIP seat by the stage, please contact npc@betterbodies.com

POSING MUSIC

All posing music must be uploaded in the Muscleware platform before the athete registration on October 28th.
Each competitor must affix his name and file name for easy identification.
The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Pro Tan®
EUROPE Since 1987

TANNING NEEDS

Professional tanning services will be offered and applied only by our collaborator:
Pro Tan Europe
For more information, prices and online booking, visit:
www.protan-europe.com/book-your-tan/391?l=

HAIR AND MAKE UP

Jenny Gadell
(@marlynstudios on Instagram)
has a lot of experience
in doing hair and make-up for fitness competitors
and will make sure that your Make-Up and hair look its best on stage.
Limited number of spots, so make sure to book your time as soon as possible.

Contact Jenny for booking your spot to an exclusive offer
by texting her on +46725209702 (she is also on Whats-App)
or send her a DM on Instagram @marlynstudios

TICKETS

Tickets is 35EUR and can be bought online on npcsweden.com or at the venue.
Kids under 2 years do not need their own ticket
if they can sit on the lap and not occupy their own chair.

BETTER BODIES

CHALLENGE

BODYBUILDING & FITNESS SHOW

SHOW GUIDE

AIRPORTS

Arlanda Airport

Stockholm Arlanda Airport (IATA: ARN, ICAO: ESSA), is an international airport located 37 km north of Stockholm city centre and 70 km from Södertälje. This is Swedens biggest airport.

Skavsta Airport

Stockholm Skavsta Airport (IATA: NYO, ICAO: ESKN), is an international airport located 70 km south of Södertälje. This airport is trafficked by mainly low fare flight companies.

TRANSPORTATION

From Arlanda Airport you can take the train to Södertälje Centrum Station. Tickets to the train can be purchased on https://www.sj.se/ or at the airport.

From Stockholm City Station you can take the commuter train to Södertälje Centrum Station. Tickets to the commuter train can be purchased at the station or on https://sl.se/

From Skavsta and Bromma airport there are shuttle buses every 20 minutes to Stockholm City Station. From there you take the commuter train to Södertälje Centrum Station.

Taxi from Arlanda Airport, Skavsta Airport or Bromma Airport directly to Södertälje Centrum is approximately 90-110EUR.

From Södertälje Centrum Station there is approximately 800m to hotel Scandic Skögshöjd and 150m to the venue, Södertälje Stadsscen.

HOTELS

For best choice of accommodation:

Scandic Skogshöjd

Täppgatan 15, 151 21 Södertälje
Phone: +46 8 517 391 00
http://www.scandichotels.se

We're collaborating with Scandic Skogshöjd.
Use booking code PRO10SE for 10% off.

OTHER HOTELS

Quality Hotel Park

Saltsjötorget, 151 71 Södertälje
Phone: +46 8 550 265 00
Quality Hotel Park is located about 5 minutes walk from the venue.

Scandic Södertälje

Verkstadsvägen 7, 151 38 Södertälje
Phone: +46 8 517 356 00
http://www.scandichotels.se
Scandic Södertälje is located about 2,5 km from the venue or 5 min drive by car.

Scandic Talk

Mässvägen 2
Stockholm, Älvsjö
http://www.scandichotels.se
Scandic Talk is located near the commuter train. You take the commuter train from Älvsjö Station to Södertälje Centrum Station. The train takes approximately 36 minutes.

BETTER BODIES

CHALLENGE

BODYBUILDING & FITNESS SHOW

SHOW CHECKLIST

BEFORE SHOW

1. Familiarize yourself with NPC Worldwide and the show rules, especially the ones for your division(s)
2. Register as an NPC Worldwide Athlete. Click here
3. Register for all classes you plan to participate in.
4. Order posing suit/shorts/trunks/shoes and make sure they follow the rules for the division you're competing in.
5. Book travel and hotel as needed and arrange for transportation to/from the venue if needed.
6. Organize tickets for family and friends.
7. Schedule hair/make-up/tanning appointments.
8. Read all competition information.

FAQ

We understand that you may have various questions about this event. Before you reach out, check out the FAQs below as you may find the answer you're seeking here!

REGISTRATION

Q: Can I register for more than one class?

A: Yes, you can register for as many classes as you want to compete in.

Q: Do I get a discount if I register for more than one class?

A: Yes, additional class is 100EUR per class

Q: I registered, but won't be able to compete, can I get a refund?

A: Reach out to us at npc@betterbodies.com and we will help you.

Q: How much does it cost to compete at the 2022 Better Bodies Challenge?

A: The registration fee per class is 110EUR.
Two weeks prior to the show the fee increases to 125EUR.

Q: When does registration close?

A: The online registration closes Midnight CET on October 27th

Q: Where is the venue?

A: The venue is located at Södertälje Stadsscen
Nyköpingsvägen 26, 151 32 Södertälje

TICKETS

Q: When will I be able to purchase tickets for the show?

A: Ticket sales are open on npcsweden.com

ON SHOW DAY

Q: Will I be able to bring my coach backstage?

A: You are allowed to bring one coach backstage for free.
Coach passes will be given at the registration.

Q: Will my coach be able to see the show for free?

A: Yes, your coach can see the show with their coach pass.