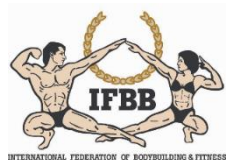




# IFBB INTERNATIONAL FITNESS SHOW & IFBB WORLD FITNESS CUP

## MAIN INFORMATION



NAME OF THE EVENT: <b>INTERNATIONAL FITNESS SHOW &amp; IFBB WORLD FITNESS CUP</b>		
CITY / COUNTRY: <b>Dubai, UAE</b>		
DATE: <b>December 8th- 12th</b>		
EVENT OPEN FOR: <b>All National Federations Affiliated to the IFBB</b>		
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
DAY OF ARRIVAL <b>08/12/2021</b>		
DAYS OF COMPETITIONS: <b>9<sup>th</sup>-10<sup>th</sup>-11<sup>th</sup></b>		
DAY OF DEPARTURES <b>12/12/2021</b>		
REGISTRATION DAY: <b>08/12/2021</b>	TIME: <b>10:00 – 18:00</b>	PLACE: <b>Dubai Studio City – Sound Stage 2 &amp; 3, Dubai, UAE</b>
WEIGHT-IN DAY: <b>08/12/2021</b>	TIME: <b>10:00 – 18:00</b>	PLACE: <b>Dubai Studio City – Sound Stage 2 &amp; 3, Dubai, UAE</b>
<p>*All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.</p>		
RECOMMENDED AIRPORT: <b>Dubai International Airport (DBX)</b>		
VISA INFORMATION:  *Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.  *An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned EVENT for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.		
VENUE: <b>Dubai Studio City – Sound Stage 2 &amp; 3, Dubai, UAE</b>		

## HOTEL INFORMATION

RECOMMENDED HOTEL: **Studio One Hotel, Dubai Studio City - Dubai - UAE**  
**+971 800 788346**  
<https://www.studioonehotel.com/>

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **250 \$ (USD)** each.

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of **50\$ (USD)**.

**CROSSOVERS: 100 \$ (USD)**

**DEADLINE FOR ONLINE PAYMENT: 29/11/2021**

\*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid.

The final decision to allow an athlete to compete in this EVENT rests with the IFBB.

\*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any EVENT either at National or International level, Official or Invitational.

\*All athletes will have to present their Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are **45 \$ (USD)** and are mandatory.

\*All posing music must be on an USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

## CATEGORIES:

### SENIORS MEN'S CATEGORIES

- MEN'S BODYBUILDING UP TO 70 KG
- MEN'S BODYBUILDING UP TO 75 KG
- MEN'S BODYBUILDING UP TO 80 KG
- MEN'S BODYBUILDING UP TO 85 KG
- MEN'S BODYBUILDING UP TO 90 KG
- MEN'S BODYBUILDING UP TO 95 KG
- MEN'S BODYBUILDING UP TP 100 KG
- MEN'S BODYBUILDING OVER 100 KG
- MEN'S BODYBUILDING OVERALL
  
- MEN'S CLASSIC BODYBUILDING UP TO 168 CM
- MEN'S CLASSIC BODYBUILDING UP TO 171 CM
- MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- MEN'S CLASSIC BODYBUILDING OVER 180 CM
- MEN'S CLASSIC BODYBUILDING OVERALL
  
- MEN CLASSIC PHYSIQUE UP TO 168 CM

### SENIORS WOMEN'S CATEGORIES

- |                    |              |
|--------------------|--------------|
| -WOMEN BIKINI      | UP TO 158 CM |
| -WOMEN BIKINI      | UP TO 160 CM |
| -WOMEN BIKINI      | UP TO 162 CM |
| -WOMEN BIKINI      | UP TO 164 CM |
| -WOMEN BIKINI      | UP TO 166 CM |
| -WOMEN BIKINI      | UP TO 169 CM |
| -WOMEN BIKINI      | UP TO 172 CM |
| -WOMEN BIKINI      | OVER 172 CM  |
| -WOMEN BODYFITNESS | UP TO 158 CM |
| -WOMEN BODYFITNESS | UP TO 163 CM |
| -WOMEN BODYFITNESS | UP TO 168 CM |
| -WOMEN BODYFITNESS | OVER 168 CM  |
| -WOMEN WELLNESS    | UP TO 158 CM |
| -WOMEN WELLNESS    | UP TO 163 CM |
| -WOMEN WELLNESS    | UP TO 168 CM |
| -WOMEN WELLNESS    | OVER 168 CM  |

- MEN CLASSIC PHYSIQUE UP TO 171 CM
- MEN CLASSIC PHYSIQUE UP TO 175 CM
- MEN CLASSIC PHYSIQUE UP TO 180 CM
- MEN CLASSIC PHYSIQUE OVER 180 CM

- MEN'S PHYSIQUE UP TO 170 CM
- MEN'S PHYSIQUE UP TO 173 CM
- MEN'S PHYSIQUE UP TO 176 CM
- MEN'S PHYSIQUE UP TO 179 CM
- MEN'S PHYSIQUE UP TO 182 CM
- MEN'S PHYSIQUE OVER 182 CM
- MEN'S PHYSIQUE OVERALL

**- MUSCULAR MEN'S PHYSIQUE - OPEN CATEGORY**

**JUNIOR MEN'S CATEGORIES**

- JUNIOR MEN'S PHYSIQUE UP TO 174 CM
- JUNIOR MEN'S PHYSIQUE UP TO 178 CM
- JUNIOR MEN'S PHYSIQUE OVER 178 CM

**JUNIOR MEN'S CLASSIC PHYSIQUE - OPEN**

- JUNIOR MEN'S BODYBUILDING UP TO 75KG
- JUNIOR MEN'S BODYBUILDING OVER 75KG

**MATERS MEN'S CATEGORIES**

- MASTER MEN'S PHYSIQUE 40-44 YRS. OLD
- MASTER MEN'S PHYSIQUE 45-49 YRS. OLD
- MASTER MEN'S PHYSIQUE >50 YRS. OLD

**MASTER CLASSIC PHYSIQUE- OPEN CATEGORY**

- MASTER MEN'S BODYBUILDING 40- 49 YRS. OLD
- MASTER MEN'S BODYBUILDING 50 YRS. OLD

**MASTER WOMEN CATEGORIES**

- MASTER WOMEN BIKINI 35-39 YRS. UP TO 164 CM
- MASTER WOMEN BIKINI 35-39 YRS. OVER 164 CM
- MASTER WOMEN BIKINI 40-44 YRS. OPEN
- MASTER WOMEN BIKINI >45 OPEN

- MASTER WOMEN BODYFITNESS 35-39 YRS. OPEN
- MASTER WOMEN BODYFITNESS 40-44 YRS. OPEN
- MASTER WOMEN BODYFITNESS >45 OPEN

- MASTER WOMEN WELLNESS 35-39 YRS. OPEN
- MASTER WOMEN WELLNESS 40-44 YRS. OPEN
- MASTER WOMEN WELLNESS >45 OPEN

- WOMEN ACROBATIC FITNESS UP TO & INCL. 163 CM
- WOMEN ACROBATIC FITNESS OVER 163 CM

- WOMEN ARTISTIC FITNESS UP TO & INCL. 163 CM
- WOMEN ARTISTIC FITNESS UP TO & INCL. 168 CM
- WOMEN ARTISTIC FITNESS OVER 168 CM

- WOMEN'S FIT-MODEL: UP TO AND INCL. 160 CM
- WOMEN'S FIT-MODEL: UP TO AND INCL. 164 CM
- WOMEN'S FIT-MODEL: UP TO AND INCL. 168 CM
- WOMEN'S FIT-MODEL: UP TO AND INCL. 172 CM
- WOMEN'S FIT-MODEL: OVER 172 CM
- WOMEN'S FIT-MODEL: OVERALL
- MASTER WOMEN'S FIT-MODEL >35 YEARS OLD: OPEN

**- FIT PAIRS- OPEN CATEGORY**

**JUNIOR WOMEN'S CATEGORIES**

**JUNIORS 16-20 YEARS OLD CATEGORIES:**

- JUNIOR WOMEN BIKINI UP TO 160 CM
- JUNIOR WOMEN BIKINI UP TO 166 CM
- JUNIOR WOMEN BIKINI OVER 166 CM

- JUNIOR WOMEN BODYFITNESS – OPEN CATEGORY
- JUNIOR WOMEN WELLNESS – OPEN CATEGORY
- JUNIOR WOMEN ARTISTIC – OPEN CATEGORY

- JUNIOR WOMEN ACROBATIC UP TO & INCL. 163CM
- JUNIOR WOMEN ACROBATIC OVER 163 CM

**JUNIORS 21-23 YEARS OLD CATEGORIES:**

- JUNIOR WOMEN BIKINI UP TO 160 CM
- JUNIOR WOMEN BIKINI UP TO 166 CM
- JUNIOR WOMEN BIKINI OVER 166 CM

- JUNIOR WOMEN BODYFITNESS – OPEN CATEGORY
- JUNIOR WOMEN WELLNESS – OPEN CATEGORY
- JUNIOR WOMEN ARTISTIC – OPEN CATEGORY

- JUNIOR WOMEN ACROBATIC UP TO & INCL. 163CM
- JUNIOR WOMEN ACROBATIC OVER 163 CM

**AWARDS:**

Top three athletes in each category will be awarded with [medals](#).  
 Top six athletes in each category will be awarded with a [Certificate of Excellence](#) and [trophies](#).  
 Overall winner will have a [trophy](#).

## IFBB ELITE PRO CARDS:

### 19 IFBB ELITE PRO CARDS

#### DISTRIBUTION

**MEN'S BODYBUILDING (3 IFBB ELITE PRO CARDS)**

**MEN'S CLASSIC BODYBUILDING (3 IFBB ELITE PRO CARDS)**

**MEN'S CLASSIC PHYSIQUE (3 IFBB ELITE PRO CARDS)**

**MEN'S PHYSIQUE (3 IFBB ELITE PRO CARDS)**

**MUSCULAR MEN'S PHYSIQUE (1 IFBB ELITE PRO CARDS)**

**WOMEN'S BIKINI FITNESS (3 IFBB ELITE PRO CARDS)**

**WOMEN'S WELLNESS (3 IFBB ELITE PRO CARDS)**

## \*REGISTRATION DEADLINE

FINAL ENTRY FORM: **29/11/2021**

## CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any EVENT, these devices shall be strictly prohibited in the dressing room area.

## GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: **YES**  **NO**  **N/A**

## TANNING NEEDS

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

PROFESSIONAL TANNING SERVICE: **YES**  **NO**

Contact: [www.universalmusclefitness.com](http://www.universalmusclefitness.com)

## CONTACT INFORMATION:

Please send Your Entry Form to:

Contact: Ms. Gretchen

E-mail: [marketing@universalmuscleandfitness.com](mailto:marketing@universalmuscleandfitness.com)

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to IFBB Head Office:

Ms. Alba Sanchez

E-mail: [info@ifbb.com](mailto:info@ifbb.com)

## JUDGES

To be taken into consideration during selection of judges' panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to the Team Managers and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **50 € (EUROS)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.