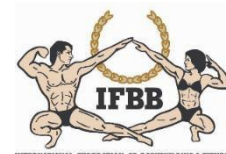


2021 IFBB ASIAN CHAMPIONSHIPS LEBANON



MAIN INFORMATION

NAME OF THE EVENT: **2021 IFBB ASIAN CHAMPIONSHIPS**

CITY / COUNTRY: **BEIRUT / LEBANON**

DATE: **NOVEMBER 11th – 14th, 2021**

EVENT OPEN FOR: **ALL IFBB-AFFILIATED ASIAN NATIONAL FEDERATIONS**

IFBB ELITE PRO CARD QUALIFIER: **YES** **NO**

IFBB INTERNATIONAL RANKING QUALIFIER: **YES** **NO**

DAY OF ARRIVAL: 12/11/2021 **COMPETITION: November 13th, 14th, 2021**

DAY OF DEPARTURES: 15/11/2021

REGISTRATION DAY: 12/11/2021	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT HABTOOR GRAND
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WEIGH-IN DAY: 12/11/2021	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT HABTOOR GRAND
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- 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 that can be wiped off is not allowed.

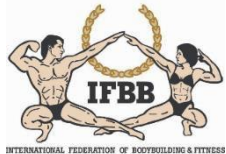
RECOMMENDED AIRPORT: **BEIRUT RAFIC AL HARIRI INTERNATIONAL AIRPORT (Code BEY)**

VISA INFORMATION: Detailed information on which countries need a visa to enter Lebanon:

<https://www.worldtravelguide.net/guides/middle-east/lebanon/passport-visa/>

- 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 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: **HILTON BEIRUT HABTOOR GRAND**



2021 IFBB ASIAN CHAMPIONSHIPS LEBANON



MAIN INFORMATION

HOTEL INFORMATION:

- **RECOMMENDED HOTEL:** 5-star HILTON BEIRUT HABTOOR GRAND, Charles De Gaulle St., Horsh Tabet Beirut, 55555, Lebanon is an official hotel of the Championships. Athletes, delegates and supporters may be accommodated in this hotel or in 4-star hotels (see point REGISTRATION FEE).
- For extra days accommodation (early arrival before November 12th, or late departure after November 15th) contact lebanon_bbp@hotmail.com . Prices:
 - **EUR €50** / day/ person (4-stars hotel, breakfast included).
 - **EUR €75** / day/ person (5-stars Hotel Hilton, breakfast included – competition venue).

REGISTRATION FEES:

Each athlete must pay the IFBB registration fee of **EUR €350**, what includes accommodation (3 nights) in a double room (4-star hotel), 3 meals per day (starting with dinner on 12.11.21 and finishing with breakfast on 15.11.21 and transport: hotel – venue – hotel).

EUR €75 to be added for 5-star Hotel Upgrade (3 nights, double room, Hotel Hilton – competition venue).

Official delegates, extra delegates and supporters should buy a special package for **EUR €350**, including the same services and 4-star hotel.

Registration fee for athletes and special packages 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 **EUR €50** .

CROSSOVERS: **EUR €100 per each of additional categories.**

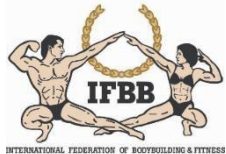
DEADLINE FOR ONLINE PAYMENT: **01/11/2021**

- 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 **€35 (Euros)** and 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:

MEN'S BODYBUILDING:

WOMEN'S BIKINI:

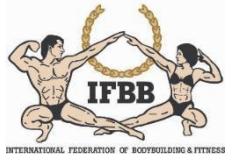


2021 IFBB ASIAN CHAMPIONSHIPS LEBANON



MAIN INFORMATION

<ul style="list-style-type: none"> UP TO & INCL. 65 KG UP TO & INCL. 70 KG UP TO & INCL. 75 KG UP TO & INCL. 80 KG UP TO & INCL. 85 KG UP TO & INCL. 90 KG UP TO & INCL. 100 KG OVER 100 KG <p>JUNIOR MEN'S BODYBUILDING 16-23 years - OPEN</p> <p>MASTER MEN'S BODYBUILDING +40 years:</p> <ul style="list-style-type: none"> UP TO & INCL. 80 KG OVER 80 KG 	<ul style="list-style-type: none"> UP TO & INCL. 160 CM UP TO & INCL. 164 CM UP TO & INCL. 169 CM OVER 169 CM <p>JUNIOR WOMEN'S BIKINI 16-23 years - OPEN</p> <p>MASTERS WOMEN'S BIKINI +35 years - OPEN</p> <p>WOMEN'S BODYFITNESS:</p> <ul style="list-style-type: none"> UP TO & INCL. 163 CM OVER 163 CM
<p>MEN'S PHYSIQUE:</p> <ul style="list-style-type: none"> UP TO & INCL. 173 CM UP TO & INCL. 176 CM UP TO & INCL. 179 CM UP TO & INCL. 182 CM OVER 182 CM <p>JUNIOR MEN'S PHYSIQUE 16-23 years - OPEN</p> <p>MASTER MEN'S PHYSIQUE +40 years – OPEN</p> <p>MUSCULAR MEN'S PHYSIQUE - OPEN</p>	<p>WOMEN'S WELLNESS:</p> <p>OPEN</p> <p>WOMEN'S FIT-MODEL:</p> <ul style="list-style-type: none"> UP TO & INCL. 163 CM UP TO & INCL. 168 CM OVER 168 CM
<p>MEN'S CLASSIC PHYSIQUE:</p> <ul style="list-style-type: none"> UP TO & INCL. 171 CM UP TO & INCL. 175 CM UP TO & INCL. 180 CM OVER 180 CM <p>JUNIOR MEN'S CLASSIC PHYSIQUE: 16-23 years - OPEN</p> <p>MASTER MEN'S CLASSIC PHYSIQUE +40 years – OPEN</p> <p>MEN'S FIT-MODEL - OPEN</p>	<p>FIT-PAIRS - OPEN</p> <p>MEN'S CLASSIC BODYBUILDING:</p> <ul style="list-style-type: none"> UP TO & INCL. 168 CM UP TO & INCL. 171 CM UP TO & INCL. 175 CM UP TO & INCL. 180 CM OVER 180 CM <p>JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 years - OPEN</p> <p>MASTER MEN'S CLASSIC BODYBUILDING +40 years – OPEN</p>
<p>POSSIBLE CROSSOVERS:</p> <p>CLASSIC PHYSIQUE - CLASSIC BODYBUILDING – BODYBUILDING</p> <p>WOMEN'S BIKINI – WOMEN'S FIT-MODEL; WOMEN'S WELLNESS – WOMEN'S FIT-MODEL</p> <p>JUNIOR AND MASTERS IN SENIOR CLASSES</p>	
<p>AWARDS:</p> <p>Top three athletes in each category will be awarded with medals.</p> <p>Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.</p>	



2021 IFBB ASIAN CHAMPIONSHIPS LEBANON



MAIN INFORMATION

IFBB ELITE PRO CARDS:

30 SENIOR + 3 MASTERS IFBB ELITE PRO CARDS

PRO CARDS DISTRIBUTIONS:

MEN'S BODYBUILDING : 8 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

MEN'S PHYSIQUE : 5 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

MUSCULAR MEN'S PHYSIQUE : 1 PRO CARD (1 PRO CARD FOR THE WINNER)

MEN'S CLASSIC PHYSIQUE : 4 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

MEN'S CLASSIC BODYBUILDING : 5 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

WOMEN'S BIKINI: 4 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

WOMEN'S BODYFITNESS : 2 PRO CARDS (1 PRO CARD FOR EACH CATEGORY)

WOMEN'S WELLNESS : 1 PRO CARD (1 PRO CARD FOR THE WINNER)

MASTERS CATEGORIES:

1 PRO CARDS (Masters Men's Bodybuilding)

1 PRO CARDS (Masters Women's Bikini)

1 PRO CARDS (Masters Women's BodyFitness)

REGISTRATION DEADLINE:

FINAL ENTRY FORM: **01/11/2021**

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.

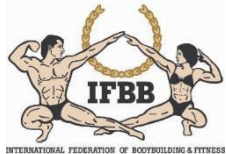
GREEN CARDS:

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**

PRICE: **20 € (Euros)** each.



2021 IFBB ASIAN CHAMPIONSHIPS LEBANON



MAIN INFORMATION

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

PRICE: **60 € (Euros)**

Contact: Lebanon_bbpf@hotmail.com

TENTATIVE SCHEDULE:

FRIDAY, November 12th: Arrivals and Registration (09:00 – 20:00)

SATURDAY, November 13th: Competition

SUNDAY, November 14th: Competition

MONDAY, November 15th: Departures

CONTACT INFORMATION:

Please send Your Entry Form to: **Mr. Hassenen Moukaled**

E-mail: Lebanon_bbpf@hotmail.com

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office: Ms. Alba Sanchez

E-mail: info@ifbb.com

Contact details for additional correspondence:

President of **Lebanese Bodybuilding & Fitness & Powerlifting Federation - LFBB** Mr. Hassenen Moukaled

E-mail: Lebanon_bbpf@hotmail.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

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.