



# IFBB FITNESS WOMEN'S WORLD CHAMPIONSHIPS



## & IFBB MEN'S WORLD CUP

### MAIN INFORMATION

NAME OF THE EVENT: IFBB FITNESS WOMEN'S CHAMPIONSHIPS AND IFBB MEN'S WORLD CUP

CITY / COUNTRY: **Yeongju, Republic of KOREA**

DATE: **18<sup>TH</sup>-23<sup>RD</sup> OCTOBER, 2022**

EVENT OPEN FOR ALL IFBB NATIONAL FEDERATIONS (except for Russian Federation)

IFBB ELITE PRO CARD QUALIFIER YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER YES  NO

DAY OF ARRIVAL **18<sup>TH</sup> OCTOBER**

DAY OF DEPARTURES: **23<sup>RD</sup> OCTOBER**

REGISTRATION WEIGHTIN DAY:

TIME:

PLACE:

**19TH OCTOBER**

**10:00-20:00**

**Yeongju Sports Centre**

\*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.

**RECOMMENDED AIRPORT: INCHEON INTERNATIONAL AIRPORT**

**Organizing Committee will provide free transport from Incheon International Airport to Yeongju and return to all federations that have completed their final entry form on time.**

**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: Yeongju Sports Centre, 109, Gaheung-ro, Yeongju-si, Gyeongsangbuk-do, Republic of KOREA**

**OFFICIAL HOTELS: 346-84, Gwangwangdanji-ro, Andong-si, Gyeongsangbuk-do, Republic of Korea**

## REGISTRATION FEE:

Each athlete and Official delegate or Extra Delegate must pay the IFBB registration fee of **400 € (EUROS) each**. This fee includes 5 hotel nights' accommodation in a double room plus three meals per day (starting with dinner on 18/10/2022 and finishing with breakfast on 23/10/2022).

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of 100 € (EUROS) per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In case any athlete or Delegate wish to have accommodation in a single room, the rate will be 500 € (EUROS).

Except for each athlete and Official delegate, Extra delegate must pay 20 € (EUROS) each way for transportation to/from airport and hotel.

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 € (EUROS)**.

**CROSSOVERS: 100 €**

### DEADLINE FOR ONLINE PAYMENT:

\*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 EUR €35/45\$ 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.

## IFBB FITNESS WOMEN'S CHAMPIONSHIPS CATEGORIES:

### FITNESS:

- **JUNIOR CATEGORIES:**

JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS UP TO 163 CM

JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS OVER 163 CM JUNIOR

WOMEN'S ACROBATIC FITNESS 21-23 YEARS UP TO 163 CM JUNIOR

WOMEN'S ACROBATIC FITNESS 21-23 YEARS OVER 163 CM

JUNIOR WOMEN'S ARTISTIC FITNESS 16-20 YEARS OPEN JUNIOR

WOMEN'S ARTISTIC FITNESS 21-23 YEARS OPEN

- **ABSOLUTE / SENIOR CATEGORIES:**

WOMEN'S ACROBATIC FITNESS UP TO 163 CM

WOMEN'S ACROBATIC FITNESS OVER 163 CM

WOMEN'S ARTISTIC FITNESS UP TO 163 CM

WOMEN'S ARTISTIC FITNESS UP TO 168 CM

WOMEN'S ARTISTIC FITNESS OVER 168 CM

MEN'S FITNESS OPEN

## **BIKINI:**

- **JUNIOR CATEGORIES:**

JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 160 CM

JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 166 CM

JUNIOR WOMEN'S BIKINI 16-20 YEARS, OVER 166 CM JUNIOR

WOMEN'S BIKINI 21 - 23 YEARS, UP TO 160 CM JUNIOR

WOMEN'S BIKINI 21 - 23 YEARS, UP TO 166 CM

JUNIOR WOMEN'S BIKINI 21 - 23 YEARS, OVER 166 CM

- **ABSOLUTE / SENIOR CATEGORIES:**

WOMEN'S BIKINI UP TO 158 CM

WOMEN'S BIKINI UP TO 160 CM

WOMEN'S BIKINI UP TO 162 CM

WOMEN'S BIKINI UP TO 164 CM

WOMEN'S BIKINI UP TO 166 CM

WOMEN'S BIKINI UP TO 169 CM

WOMEN'S BIKINI UP TO 172 CM

WOMEN'S BIKINI OVER 172 CM

- **MASTER CATEGORIES:**

MASTER WOMEN'S BIKINI 35-39 YEARS, UP TO 164 CM

MASTER WOMEN'S BIKINI 35-39 YEARS, OVER 164 CM

MASTER WOMEN'S BIKINI 40-44 YEARS, OPEN

MASTER WOMEN'S BIKINI 45 YEARS & OVER, OPEN

## **BODYFITNESS:**

- **JUNIOR CATEGORIES:**

JUNIOR WOMEN'S BODYFITNESS 16 - 20 YEARS, OPEN

JUNIOR WOMEN'S BODYFITNESS 21 - 23 YEARS, OPEN

- **ABSOLUTE / SENIOR CATEGORIES:**

WOMEN'S BODYFITNESS UP TO 158 CM

WOMEN'S BODYFITNESS UP TO 163 CM

WOMEN'S BODYFITNESS UP TO 168 CM

WOMEN'S BODYFITNESS OVER 168 CM

- **MASTER CATEGORIES:**

MASTER WOMEN'S BODYFITNESS 35-39 YEARS, OPEN

MASTER WOMEN'S BODYFITNESS 40-44 YEARS, OPEN

MASTER WOMEN'S BODYFITNESS 45 YEARS & OVER, OPEN

## WOMEN'S PHYSIQUE:

- **ABSOLUTE / SENIOR CATEGORIES:**

WOMEN'S PHYSIQUE UP TO 163 CM

WOMEN'S PHYSIQUE OVER 163 CM

- **MASTER CATEGORIES:**

MASTER WOMEN'S PHYSIQUE 35 YEARS & OVER

## WELLNESS:

- **JUNIOR CATEGORIES:**

JUNIOR WOMEN'S WELLNESS 16-20 YEARS OPEN

JUNIOR WOMEN'S WELLNESS 21-23 YEARS UP TO 163 CM JUNIOR

WOMEN'S WELLNESS 21-23 YEARS OVER 163 CM

- **ABSOLUTE / SENIOR CATEGORIES:**

WOMEN'S WELLNESS FITNESS UP TO 158 CM WOMEN'S

WELLNESS FITNESS UP TO 163 CM WOMEN'S

WELLNESS FITNESS UP TO 168 CM WOMEN'S

WELLNESS FITNESS OVER 168 CM

- **MASTER CATEGORIES:**

MASTER WOMEN'S WELLNESS FITNESS 35-39 YEARS, OPEN

MASTER WOMEN'S WELLNESS FITNESS 40-44 YEARS, OPEN

MASTER WOMEN'S WELLNESS FITNESS 45 YEARS & OVER, OPEN

**FIT PAIRS:**

FIT- PAIRS OPEN

**NOMINATED CATEGORIES : ABSOLUTE /SENIOR**

**IFBB MEN'S WORLD CUP CATEGORIES:**

**GAMES CLASSIC BODYBUILDING:**

MEN'S GAMES CLASSIC BODYBUILDING OPEN

**FITNESS:**

JUNIOR MEN'S FITNESS 16-20 YEARS OPEN

JUNIOR MEN'S FITNESS 21-23 YEARS OPEN

**CLASSIC BODYBUILDING:**

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

**CLASSIC PHYSIQUE:**

MEN'S CLASSIC PHYSIQUE UP TO 168 CM

MEN'S CLASSIC PHYSIQUE UP TO 171 CM

MEN'S CLASSIC PHYSIQUE UP TO 175 CM

MEN'S CLASSIC PHYSIQUE UP TO 180 CM

MEN'S CLASSIC PHYSIQUE OVER 180 CM

## **BODYBUILDING:**

MEN'S BODYBUILDING UP TO 65 KG

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 TO 100 KG

MEN'S BODYBUILDING OVER 100 KG

## **MIXED PAIRS BODYBUILDING:**

MIXED-PAIRS OPEN

## **MEN'S PHYSIQUE:**

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

MUSCULAR MEN'S PHYSIQUE OPEN

## **AWARDS:**

Top six athletes in each category will be awarded with Certificate of Excellence and medals.

Top three athletes in each category will be awarded with **trophies**. Overall winner will have a **trophy**.

## **IFBB ELITE PRO CARDS:**

## DISTRIBUTION

**One pro card per category winner**

### \*REGISTRATION DEADLINE

#### REGISTRATION DEADLINE

The organizing committee will not accept direct registration form from athletes. 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.

PRELIMINARY ENTRY FORM: August 24th

FINAL ENTRY FORM: October 03rd

#### IMPORTANT NOTICE!!!

Countries, which team members need to arrange the South Korean entry visas, should be ready with their Final Entry Forms at the beginning of September to have enough time for the procedure, which may take a couple of weeks! Read carefully the point VISA in this Report, please.

### 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 and 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.

### TANNING NEEDS

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

#### **Elite Tan- Official Tanning**

### CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: Organizing Committee  
E-mail: [kbbf1987@naver.com](mailto:kbbf1987@naver.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.  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:

Mr. Ji Gwan Kwon  
President of Korean Federation of Bodybuilding and Fitness  
E-mail: [bodybuilding@sports.or.kr](mailto:bodybuilding@sports.or.kr)

### 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 Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/60\$ paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting