IFBB ASIAN CHAMPIONSHIPS

IFBB ELITE PRO QUALIFIER AND 1ST IFBB FITNESS CHALLENGE ASIAN CUP

33 PRO CARDS

Bishkek | Kyrgyzstan

SEPTEMBER 2ND-5TH 2022

Information about Kyrgyzstan

Kyrgyzstan is a fabulous, spellbinding and alluring Central Asian country. The beauty of the region creates a huge potential for tourism. Kyrgyzstan is a rapidly developing country with rich history, extraordinary culture and interesting traditions. Located at the crossroads of the Great Silk Road Kyrgyzstan keeps the unique ancient monuments which combine with modern architecture. And thus giving all the visitors a lot of unforgettable memories.

LOCATION

Kyrgyzstan is located in the northeast of Central Asia and it can be proudly called Central Asian Switzerland. Like Switzerland, more than half of the territory of Kyrgyzstan is located in the mountains and even the low-lying regions are at least 400 meters above sea level. And just like Switzerland Kyrgyzstan has no sea exit. Kyrgyzstan lies from east to west of Tien Shan and Pamir-Alai mountains. The highest point is Pobeda Peak (7439 m above sea level). Up the mountain everything is filled with untouched and pure nature, one can not find on the lowland. The northern part of Kyrgyzstan has the same latitude as Rome and the southern - as Sicily.

THE SQUARE OF THE COUNTRY

is 19 9900 km2 and its population is more than 6,5 million people. The main ethic group is Kyrgyz, but besides them in Kyrgyzstan live around 80 other ethics (Russians, Uzbeks, Dungans, Uighurs, Tatars and even Germans).

THE CAPITAL

is Bishkek with a population of 1 million people. The constant influx of fresh air from the mountains distinguishes it from similar cities in the region.

THE STATE LANGUAGE

is Kyrgyz, but Russian is the main language for communication. Nevertheless most of the people speak English.

THE LOCAL CURRENCY

is called Som (1 Som = 0.012 US dollar). Banks, ATMs and exchange offices can be found in shopping malls, major grocery stores and hotels.

RELIGION:

75% of population are Islam, 20% are Orthodox and 5% are others.

TIME ZONE:

UTC/GMT +5 hours with no changes to summer/winter time.

ELECTRICITY:

The common voltage is 220V with a current frequency of 50 Hz. Sockets are two-round contacts arranged in parallel, although in some hotels you may find triple.

CLIMATE:
the average day temperature in Bishkek in September is +24C and +19C at night.

Visa: Citizens of Russian Federation, Kazakhstan, Azerbaijan, Armenia, Georgia, Tajikistan, Vietnam, Japan and North Korea can easily stay in the country without a visa. Visa-free entry for a period of 30-60 days is also valid for citizens of 51 countries (Malaysia, Turkey, Uzbekistan, Mongolia, Spain, Republic of korea, State of Kuwait, UAE, Kingdom of Saudi Arabia, Republic of Singapore, State of Qatar, State of Brunei Darussalam, Kingdom of Bahrain, Iran, Pakistan, Indonesia, India etc.).

For simplified visa application please check

https://mfa.gov.kg/en/osnovnoe-menyu/konsulskie-uslugi/konsulskie-vizovye-voprosy/izovye-i-bezvizovye-rezhimy

OFFICIAL AIRPORT OF ARRIVAL:

International Airport “Manas” in Bishkek. The organizers will provide meeting and transportation to assigned hotels and registration place for all athletes confirmed by national federations. National Federations, in return, provide all the necessary information (number of athletes, delegates and judges, arrival and departure flight details).

HOTEL:
Accommodation with all meals: from lunch at arrival day (2nd September) until breakfast at departure day (5th September) included in registration fee for foreign athletes,delegates and judges.

HOTELS:

«DAMAS» 107 Jumabek St

«GARDEN SPA» 61 Emilbek Ailchiev St

«GOLDEN DRAGON» 60 Elebaeva St

ARRIVAL DAY:
2nd of September, 2022 from 13:00

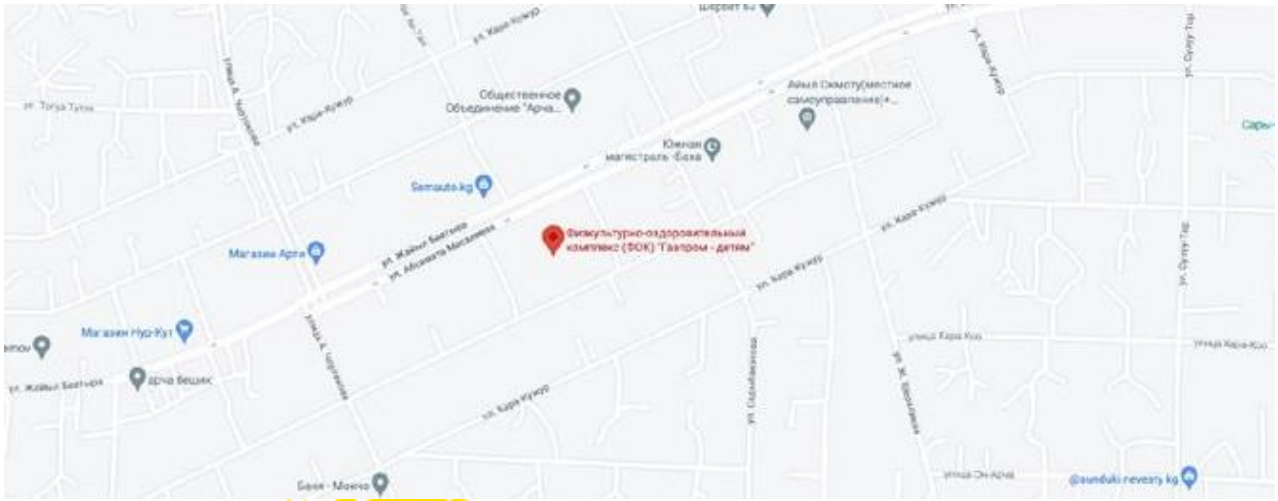
DEPARTURE DAY:
5th of September, 2022 until 11:00

National Federations have to provide a list of participants for room reservations and distribution to hotels.
The hotel voucher will be given at the time of check-in.

In case of early arrival and/or late departure please contact the organizers

FOR RESERVATION QUESTIONS PLEASE CONTACT:
IFBBASIA2022@MAIL.RU
+996555879897 LIUDMILA ELGINA

VENUE:
GAZPROM SPORT COMPLEX, 66 Zhaiil Baatira Street, Bishkek.



EVENT OPEN FOR:

All IFBB-affiliated Asian National Federations.

PRELIMINARY APPLICATION:

The Championship organizer does not accept direct registration form from athletes.

Athletes willing to participate must be assigned by the National Federation by sending the Final Application to the organizers, the IFBB Technical Committee and IFBB Headquarters in Madrid **no later than August 8th, 2022.**

IMPORTANT REGISTRATION NOTICE TO ATHLETES

Once your National Federation application has been received and accepted, an official email will be sent confirming your participation in the 2022 IFBB 55th ASIAN CHAMPIONSHIPS.

We strongly recommend to register in advance and make the appropriate arrangements to participate in the competition.

FINAL APPLICATION

The deadline for submitting the final application form is August 22nd 2022.

National Federations must display the official names of all competitors (category of athletes, delegates and judges).

It should also include information about arrival and departure flights.

CONTACTS

Preliminary and final applications must be duplicated to the following addresses:

ifbbasia2022@mail.ru, info@ifbb.com and amichalak5@gmail.com

Tel. +996555879897 Ludmila Elgina

REGISTRATION

The official day of arrival is 2nd of September 2022.
Weigh-in and registration will begin on Friday, September 2nd
from 10:00 to 17:00 and will be held at the GAZPROM sports complex.
Address: Bishkek, Archa-Beshik w / m st. Jaiyl Baatyr 66
All athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection.

PASSPORT

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) or 45 $ (US DOLLARS) and are mandatory

MUSIC

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.

Each athlete participating in the Championship is given a wristband upon Registration. This will allow him/her to visit the venue daily and cannot be lost.

REGISTRATION

Registration fee for athletes is USD $350 for double room and USD $420 for single room. The **Registration Fee** includes accommodation (from Friday, Sept. 02nd, 13:00 till Monday, Sept. 05th, 11:00) and breakfasts.

CROSSOVERS: **USD $100 per each of the additional categories.**

REGISTRATION FEE FOR DELEGATES & SUPPORTERS:

USD $200 (double room) or USD $270 (single room) including accommodation from Friday, Sept. 02nd, 13:00 till Monday, Sept. 05th, 11:00 and breakfasts.

These fees should be paid in cash at the Registration(check-in).

**There is a discount only for local athletes from Kyrgyzstan.*

All the details will be provided at registration.

CATEGORIES:

MEN'S BODYBUILDING

BEGINNER BODYBUILDING - OPEN

JUNIOR BODYBUILDING 16-23 YEARS - OPEN

MASTER BODYBUILDING 40-49 YEARS - OPEN

MASTER BODYBUILDING 50 YEARS & OVER - OPEN

UP TO & INCLUDING 60 KG

UP TO & INCLUDING 65 KG

UP TO & INCLUDING 70 KG

UP TO & INCLUDING 75 KG

UP TO & INCLUDING 80 KG

UP TO & INCLUDING 85 KG

UP TO & INCLUDING 90 KG

UP TO & INCLUDING 95 KG

UP TO & INCLUDING 100 KG

OVER 100 KG

MEN'S CLASSIC BODYBUILDING*

JUNIOR CLASSIC BODYBUILDING 16-23 YEARS - OPEN

MASTER CLASSIC BODYBUILDING > 40 YEARS - OPEN

UP TO & INCLUDING 171 CM

UP TO & INCLUDING 175 CM

UP TO & INCLUDING 180 CM

OVER 180 CM

MEN'S CLASSIC PHYSIQUE*

UP TO & INCLUDING 175 CMS

UP TO & INCLUDING 180 CMS

OVER 180 CMS

MEN'S PHYSIQUE

BEGINNER MEN'S PHYSIQUE - OPEN

JUNIOR MEN'S PHYSIQUE 16-23 YEARS - OPEN

MASTER MEN'S PHYSIQUE 40 YEARS & OVER - OPEN

UP TO & INCLUDING 170 CM

UP TO & INCLUDING 173 CM

UP TO & INCLUDING 176 CM

UP TO & INCLUDING 179 CM

OVER 179 CM

MUSCULAR MEN'S PHYSIQUE

UP TO & INCLUDING 175 CM

OVER 175 CM

MEN'S FITNESS - OPEN

MEN'S FIT-MODEL - OPEN

CATEGORIES:

WOMEN'S BODYFITNESS:

MASTER BODYFITNESS >
35 YRS - OPEN
UP TO & INCLUDING 163 CM
OVER 163 CM

WOMEN'S BIKINI:

BEGINNER BIKINI-OPEN
JUNIOR BIKINI
16-23 YEARS-OPEN
MASTER BIKINI>
35 YEARS-OPEN
UPT TO & INCLUDING 158 CMS
UP TO & INCLUDING 162
UP TO & INCLUDING 165
UPT TO & INCLUDING 168
UPT TO & INCLUDING 172 CMS
OVER 172 CMS

WOMEN'S WELLNESS:

UP TO & INCLUDING 163 CM
OVER 163 CM

WOMEN'S PHYSIQUE - OPEN

WOMEN'S FIT-MODEL:

UP TO & INCLUDING 169 CMS
UP TO 169
OVER 169

FIT-PAIRS – OPEN

WOMEN'S ARTISTIC
FITNESS – OPEN

WOMEN'S ACROBATIC
FITNESS – OPEN

FITNESS CHALLENGE:

GOLD MEN INDIVIDUAL
GOLD WOMEN INDIVIDUAL
GOLD MIXED COUPLES
GOLD MIXED TEAMS
SILVER MEN INDIVIDUAL S
SILVER WOMEN INDIVIDUAL
SILVER MIXED COUPLES
SILVER MIXED TEAMS

Categories with weight/height limits

The minimum number of competitors to run a category should be 5. In case there would be less than 5 athletes, categories will be combined wherever It is possible.

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 or/and medals.

Overall winner will have a trophy.

Top 6 athletes in senior categories will be awarded points to the 2022 IFBB World Ranking, according to the Ranking Rules

IFBB ELLITE PRO CARDS will be distributed among athletes

TANNING NEEDS:

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

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.

All judges must attend the Team Managers and Judges Meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

The meeting is held on Thursday, 2nd September, at 18:00.

CAMERA AND/OR VIDEO TAPE EQUIPMENT

Media accreditation will be controlled by the IFBB. To obtain accreditation, all media representatives must send an official request from the editorial office to ifbbasia2022@mail.ru and info@ifbb.com no later than **August 19th, 2022.**

The competition organizers reserve the right to request additional documents from the media for accreditation.

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.

BACKSTAGE

Backstage and/or dressing rooms access is strictly limited. Only delegates or instructors with an appropriate backstage pass (bracelet) are allowed into this area.

SCHEDULE

FRIDAY, SEPTEMBER 2

OFFICIAL ARRIVAL DAY

10:00 - 17:00 Registration & Weigh in

18:00 - 19:00 Team Managers & Judges Meeting

19:30-21:30 AFBF CONGRESS

SATURDAY, SEPTEMBER 3

10:00 – 22:00 Semi-finals and finals - Part 1

SUNDAY, SEPTEMBER 4

10:00 - 22:00 Semi-finals and finals - Part 2

MONDAY, SEPTEMBER 5

DEPARTURE DAY