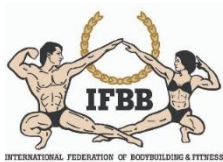


# THE 55th IFBB ASIAN CHAMPIONSHIPS



## MAIN INFORMATION

NAME OF THE EVENT: **THE 55th IFBB ASIAN BODYBUILDING and FITNESS CHAMPIONSHIPS**

CITY / COUNTRY: **BISHKEK/KYRGYZSTAN**

DATE: **SEPTEMBER 2nd-5th, 2022**

EVENT OPEN FOR: All IFBB-affiliated Asian National Federations.

IFBB ELITE PRO CARD QUALIFIER YES

IFBB INTERNATIONAL RANKING QUALIFIER (LEVEL 3) YES

DAY OF ARRIVAL **02/09/2022**

DAY OF DEPARTURES **05/09/2022**

REGISTRATION DAY:  
**02/09/2022**

TIME: **10:00 TO 17:00**

PLACE: **GAZPROM SPORT COMPLEX**

WEIGH-IN DAY\*:  
**02/09/2022**

TIME: **10:00 TO 17:00**

PLACE: **GAZPROM SPORT COMPLEX**

CONTEST DAYS:  
**03-04/09/2022**

\*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: INTERNATIONAL AIRPORT «**MANAS**», BISHKEK

VISA INFORMATION: National passport holders from 60 countries like Kazakhstan, Russia, Azerbaijan, Armenia, Georgia, Vietnam, Japan, South-Korea, Turkey, Malaysia, Uzbekistan, Mongolia, Spain, Kuwait, United-Arab-Emirates, Saudi-Arabia, Singapore, Qatar, Brunei, Bahrain, Iran, Pakistan, Indonesia, India etc. do not need to arrange the entry visa to KYRGYZSTAN. Detailed list and permitted periods of stay available here: <https://mfa.gov.kg/en/osnovnoe-menyu/konsulskie-uslugi/konsulskie-vizovye-voprosy/izovye-i-bezvizovye-rezhimy>

\*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: **GAZPROM** SPORT COMPLEX, 66 Zhail Baatira Street, Bishkek.

## HOTEL INFORMATION

### RECOMMENDED HOTELS:

«**DAMAS**» 107 Jumabek Str,  
«**GARDEN SPA**» 61 Emilbek Ailchiev Str,  
«**GOLDEN DRAGON**» 60 Elebaeva Str.

## REGISTRATION FEE:

**Registration fee for athletes is** USD \$350 for double room and USD \$420 for single room. The cost of accommodation **for athletes is included in the Registration Fee** (from Friday, Sept. 02<sup>nd</sup>, 13:00 till Monday, Sept. 05<sup>th</sup>, 11:00).

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

**REGISTRATION FEE FOR DELEGATES & SUPPORTERS:**  
USD \$200 (double room) or USD \$270 (single room)

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

\*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) or 45 \$ (US DOLLARS)** 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.

### **Possible crossovers:**

Classic Bodybuilding – Classic Physique – Bodybuilding;  
Men’s Fitness – Men’s Physique;  
Women’s Acrobatic Fitness – Women’s Bodyfitness;  
Women’s Artistic Fitness – Women’s Bikini – Women’s Fit-Model;  
Women’s Wellness – Women’s Fit-Model.

Also, junior and masters in senior classes.

## 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

MEN'S BODYBUILDING:

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

MEN'S CLASSIC BODYBUILDING:

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 cm

Over 175 cm

### **MEN'S PHYSIQUE**

BEGINNER MEN'S PHYSIQUE - OPEN

JUNIOR MEN'S PHYSIQUE 16-23 YEARS - OPEN

MASTER MEN'S PHYSIQUE 40 YEARS & OVER - OPEN

MEN'S PHYSIQUE:

Up to & including 169 cm

Up to & including 172 cm

Up to & including 175 cm

Up to & including 178 cm

Over 178 cm

### **MUSCULAR MEN'S PHYSIQUE**

Up to & including 175 cm

Over 175 cm

### **MEN'S FITNESS - OPEN**

### **MEN'S FIT-MODEL - OPEN**

### **WOMEN'S ARTISTIC FITNESS – OPEN**

### **WOMEN'S ACROBATIC FITNESS – OPEN**

### **WOMEN'S BODYFITNESS:**

MASTER BODYFITNESS >35 YRS - OPEN

WOMEN'S BODYFITNESS:

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

WOMEN'S BIKINI:

Up to & including 160 cm

Up to & including 163 cm

Up to & including 166 cm

Up to & including 169 cm

Up to & including 172 cm

Over 172 cm

### **WOMEN'S WELNESS**

Up to & including 163 cm

Over 163 cm

### **WOMEN'S PHYSIQUE - OPEN**

### **WOMEN'S FIT-MODEL**

Up to & including 163 cm

Over 163 cm

### **FIT-PAIRS – OPEN**

**\*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 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 ELITE PRO CARDS:

### **TOTAL NUMBER: 33**

#### DISTRIBUTION:

- *MEN'S BODYBUILDING - 10 PRO CARDS FOR THE CATEGORY WINNERS*
- *MEN'S CLASSIC BODYBUILDING - 4 PRO CARDS FOR THE CATEGORY WINNERS*
- *MEN'S CLASSIC PHYSIC - 2 PRO CARDS FOR THE CATEGORY WINNERS*
- *MEN'S PHYSIC - 5 PRO CARDS FOR THE CATEGORY WINNERS*
- *MUSCULAR MEN'S PHYSIQUE - 2 PRO CARDS FOR THE CATEGORY WINNERS*
- *WOMEN'S BODYFITNESS - 2 PRO CARDS FOR THE CATEGORY WINNERS*
- *WOMEN'S BIKINI - 6 PRO CARDS FOR THE CATEGORY WINNERS*
- *WOMEN'S WELLNESS - 2 PRO CARDS FOR THE CATEGORY WINNERS*

## \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **08/08/2022**

FINAL ENTRY FORM: **22/08/2022**

## 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.

## 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: [ifbbasia2022@mail.ru](mailto:ifbbasia2022@mail.ru)

## CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: Ms. Anastasia Bazhenova  
E-mail: [ifbbasia2022@mail.ru](mailto:ifbbasia2022@mail.ru)

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. Maria Sanson  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:

President of the  
Kyrgyz Bodybuilding & Fitness Federation  
Ms. Liudmila Elgina  
E-mail: [an\\_chigle@mail.ru](mailto:an_chigle@mail.ru)  
+996555879897

## 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.

## IFBB AFFILIATION FEE

*Note, please, that each National Federation wishing to participate in these Championships must have paid the IFBB affiliation fee for 2022 (EUR €500). Otherwise, this Federation will not be allowed to participate. According to the IFBB Constitution, Art. 17, this fees should be paid in January of each year.*