

**IFBB Men's
Fitness
Challenge
World Championships**

Tehran, Iran 7 – 11 December 2022

A photograph of three male bodybuilders on a stage, posing in their respective colors: yellow, purple, and red. They are all shirtless and wearing shorts with their competition numbers. The background features a banner with the word 'OVERALL' and other text. The image is overlaid with a semi-transparent dark blue filter.

World Men Junior Championships

Tehran, Iran 7 – 11 December 2022



World Master Cup

Tehran, Iran 7 – 11 December 2022



Welcome:

- The organizing committee of the Iranian federation of bodybuilding and fitness wishes to take this opportunity to extend a warm welcome to all participants of the IFBB men fitness challenge world championships, world junior championships and IFBB world master cup.





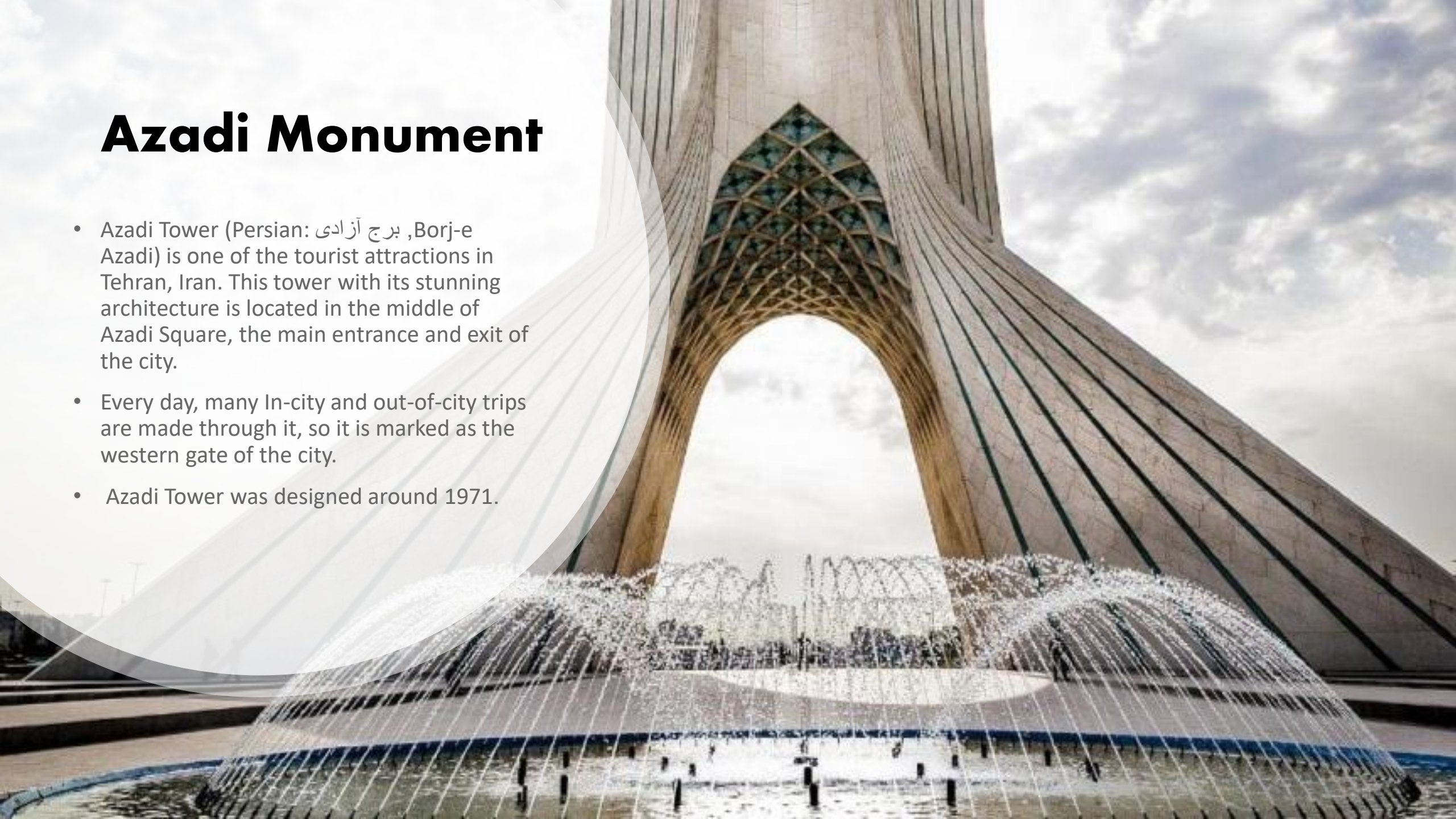
About Tehran

- Tehran is the capital city of Iran. A bustling metropolis of 14 million people, it is situated at the foot of the towering Alborz mountain range. Tehran is a cosmopolitan city, with great museums, parks, restaurants, and warm friendly people.
- Tehran Altitude between 1,200 and 1,700 meters. Mehrabad Airport to the west of city. Railway: European link through Tabriz and Istanbul, internal lines to Mashhad, Yazd and Khoramshahr. Regular coach services in all directions.
- Capital and largest city of Iran and Tehran Province in an area of 600sq. km. since 200 years, is located in the northern part of the country. Tehran is Iran's administrative, economic, and cultural center as well as the major industrial and transportation center of the region. The city sits on the slopes of the Alborz Mountains at an elevation of about 1200 m., on the northwestern fringes of the Dasht-e-Kavir, a desert in central Iran. Most of the growth is channeled along an east-west axis and toward the south, to the north, the city is constrained by the steep Alborz Mountains. Most commercial and government buildings are located in the center of the city. Residential structures predominate elsewhere. The climate has marked seasonal contrasts, with short springs and autumns separating cold winters and hot, dry



Azadi Monument

- Azadi Tower (Persian: برج آزادی, Borj-e Azadi) is one of the tourist attractions in Tehran, Iran. This tower with its stunning architecture is located in the middle of Azadi Square, the main entrance and exit of the city.
- Every day, many In-city and out-of-city trips are made through it, so it is marked as the western gate of the city.
- Azadi Tower was designed around 1971.



Ancient Iran

- The Ancient Iran Museum is the first building in Iran specifically designed and built as a museum. It was designed by the French architect André Godard and constructed by two Iranian masons, Abbas-Ali Me'mar and Morad Tabrizi between 1933 -1936. Its façade and portico were inspired by the famous arch of Taq-e Kasra of Ctesiphon, one of the famous examples of the architecture of the Sassanian period; the building's brickwork exhibits the Persian tradition of brick construction. The permanent exhibition covers a surface area of some 4,800 square meters on two floors and a basement, containing selected artifacts in chronological order, from the Lower Paleolithic period (ca. 1,000,000 years ago) to the end of Sasanian times (651 CE). The first-floor galleries contain prehistoric objects including Paleolithic, Epipaleolithic, Neolithic, and Chalcolithic artifacts. The ground floor galleries contain historic objects including Bronze Age, Elamite, Iron Age, Median, Achaemenid, Seleucid, Parthian, and Sassanian artifacts



LANGUAGE
CURRENCY
ELECTRICITY
TIME ZONE
CLIMATE

- **LANGUAGE**

- The official language of Iran is Persian. However, English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

- **CURRENCY**

- The official currency in Iran is Rial. Approx Rial 285,466 = EUR €1.00 and Rial 285,366 = USD 1.00 (Sep 2022).
- Current rates at:
<https://www.mex.co.ir/>
- foreign debit cards and credit cards are not accepted in Iran
- Exchange offices can be found at airports, and Stores in City.

- **ELECTRICITY**

- The common voltage is 220 V with a current frequency of 60 Hz. Sockets are two-round contacts arranged in parallel (type C and F).
- Detailed info at <https://www.worldstandards.eu/electricity/plugs-and-sockets/f/>

- **TIME ZONE**

- Tehran, Tehran Province (GMT+3:30)

- **CLIMATE**

- The average high temperature in Tehran in October is 10°C, while the average low temperature is 2°C.

OFFICIAL AIRPORT

- Tehran Imam Khomeini International Airport (Persian: فرودگاه بین‌المللی امام خمینی, also known as Tehran-IKIA)
- IKIA, is the main international airport of Iran, located 30 kilometers (19 mi) southwest of the city of Tehran.
- E-mail: ikia@airport.ir
- Phone number: +9821 51001- 5100118

• NOTICE

- **Transportation:** There will be free of charge transportation airport-hotel- airport for athletes, officials, and delegates.
- Extra delegates must pay EUR €20 each way for transportation to/from the airport and hotel.
- **Early arrivals & late departures:** any National Federation, including any of its individual team members, arriving before the official arrival date of December 6th and/or staying after the official departure date of December 11, 2022, will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. The National Federation must notify the Organizing Committee of any early arrivals and/or late departures.

Accommodations

- Official HOTEL:
 - Olympic Hotel, Tehran, is the official hotel of the Championships. Athletes, delegates, and supporters may be accommodated in this hotel.
 - EUR €50 / day/ person (4-stars hotel, 3 meals included).
- Espinas palace hotel
 - - EUR €70 / day/ person (5-star hotel, breakfast included).



REGISTRATION

PLACE: Azadi Complex

- Each athlete must pay the IFBB registration fee of EUR €200.
- 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.
- 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, 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.
- "All athletes will have to produce 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 the registration. IFBB Cards cost EUR €35/ DOLLARS \$40 per year and are mandatory."

VENUE



Azadi Sport Complex

Kilometer 5, Tehran-Karaj highway



World Men's Fitness Challenge championships

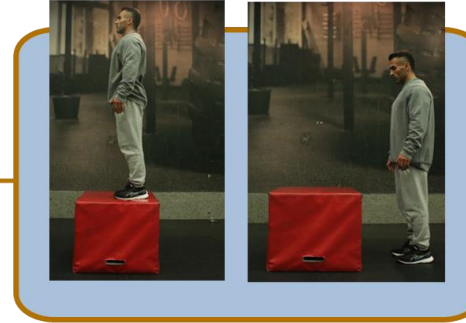
- GOLD MEN'S INDIVIDUAL
- SILVER MEN'S INDIVIDUAL
- GOLD MEN'S COUPLES
- SILVER MEN'S COUPLES
- GOLD MEN'S TEAMS
- SILVER MEN'S TEAMS
- Master Gold Men individual (over 40 yrs)
- Junior Gold Men individual (16-23 yrs)
- FC children 11-16 years

Fitness Challenge Gold Level

pullup



box jump



dips



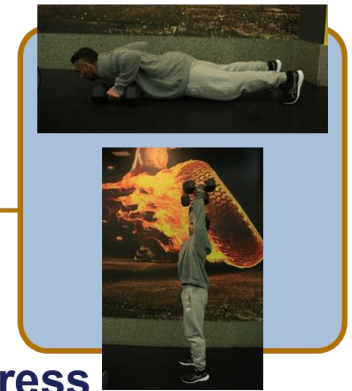
walking lunges



situps



Devil press



Round 1: 1. Pull up 2.Box Jump 3.Sit Ups 4. Devil press

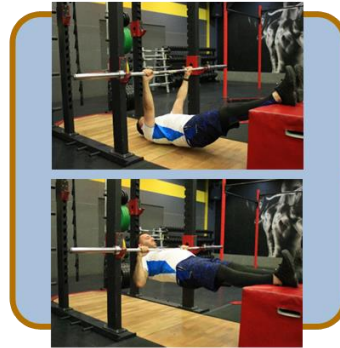
**Final: 1.Pull up 2.box jump 3.dips 4.Walking lunges 5.Sit ups
6.Devil press**

More details about rules:

<https://ifbb.com/rules-ifbb-fitness-challenge/>

Fitness
Challenge
Silver Level

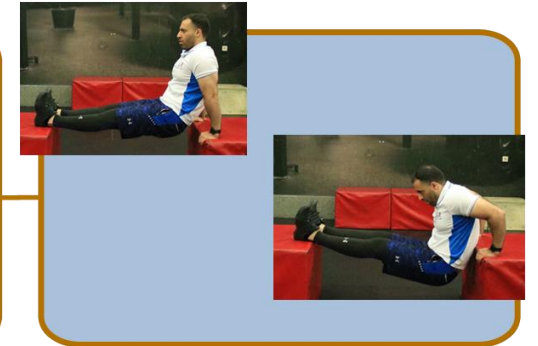
lying pullup



squat jefferson



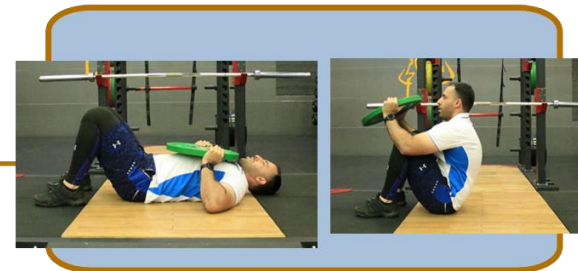
bench dips



dumbbell lunges



situps



KB snatch

- More details about rules:
- <https://ifbb.com/rules-ifbb-fitness-challenge/>

World Junior Championships

Juniors 16-20 years
old categories

Bodybuilding

- Junior Men Bodybuilding Up to 75 kg
- Junior Men Bodybuilding Over 75 kg

Classic
Bodybuilding

- Junior Games Classic Bodybuilding Open
- Junior Men Classic Bodybuilding Open

Classic Physique

- Junior Men Classic Physique Open

Fitness

- Junior Men Fitness

Physique

- open category

World Junior Championships

Juniors 21-23 years
old categories

Bodybuilding

- Junior Men Bodybuilding Up to 75 kg
- Junior Men Bodybuilding Over 75 kg

Classic
Bodybuilding

- Junior Games Classic Bodybuilding Open
- Junior Men Classic Bodybuilding Open

Classic Physique

- Junior Men Classic Physique Open

Fitness

- Junior Men Fitness

Physique

- a. Class A: Up to and incl. 174 cm
- b. Class B: Up to and incl. 178 cm
- c. Class C: Over 178 cm

Junior bodyweight limitations:

Classic Bodybuilding	
168 cm	(Height [cm] - 100) + 0 [kg]
171 cm	(Height [cm] - 100) + 1 [kg]
175 cm	(Height [cm] - 100) + 2 [kg]
180 cm	(Height [cm] - 100) + 4 [kg]
188 cm	(Height [cm] - 100) + 5 [kg]
196 cm	(Height [cm] - 100) + 6 [kg]
+196 cm	(Height [cm] - 100) + 7 [kg]

Games Classic Bodybuilding	
162 cm	(Height [cm] - 100) - 3 [kg]
165 cm	(Height [cm] - 100) - 2 [kg]
168 cm	(Height [cm] - 100) - 1 [kg]
171 cm	(Height [cm] - 100) + 0 [kg]
175 cm	(Height [cm] - 100) + 1 [kg]
180 cm	(Height [cm] - 100) + 3 [kg]
188 cm	(Height [cm] - 100) + 4 [kg]
196 cm	(Height [cm] - 100) + 5 [kg]
+196 cm	(Height [cm] - 100) + 6 [kg]

Classic physique	
168 cm	(Height [cm] - 100) + 2 [kg]
171 cm	(Height [cm] - 100) + 3 [kg]
175 cm	(Height [cm] - 100) + 4 [kg]
180 cm	(Height [cm] - 100) + 6 [kg]
188 cm	(Height [cm] - 100) + 7 [kg]
196 cm	(Height [cm] - 100) + 8 [kg]
+196 cm	(Height [cm] - 100) + 9 [kg]

X cm = Up to & incl. X cm

Master World Cup

Physique

- Master Men's Physique 40-44 up to 178cm
- Master Men's Physique 40-44 over 178cm
- Master Men's Physique 45-49 Open
- Master Men's Physique >50 Open

Bodybuilding

- Master Men Bodybuilding 40-44 Up to 70 kg
- Master Men Bodybuilding 40-44 Up to 80 kg
- Master Men Bodybuilding 40-44 Up to 90 kg
- Master Men Bodybuilding 40-44 Over 90 kg
- Master Men Bodybuilding 45-49 Up to 70 kg
- Master Men Bodybuilding 45-49 Up to 80 kg
- Master Men Bodybuilding 45-49 Up to 90 kg
- Master Men Bodybuilding 45-49 Over 90 kg
- Master Men Bodybuilding 50-54 up to 80 kg
- Master Men Bodybuilding 50-54 Over 80 kg
- Master Men Bodybuilding 55-59 up to 75 kg
- Master Men Bodybuilding 55-59 Over 75 kg
- Master Men Bodybuilding Over 60 years Open

Classic Bodybuilding

- Master Men Classic Bodybuilding 40-44 Open
- Master Men Classic Bodybuilding 45-49 Open
- Master Men Classic Bodybuilding >50 Open
- Master Games Classic Bodybuilding over 40 Open

Classic Physique

- Master Men Classic Physique 40-44 Open
- Master Men Classic Physique over 45 Open



AWARDS:

- The top three athletes in each category will be awarded medals.
- Top Junior national team awarded by CUP.
- The top six athletes in each category will be awarded a Certificate of Excellence and trophies. The overall winner will have a trophy.
- **IFBB ELITE PRO CARDS: only Masters Bodybuilding Categories**



*REGISTRATION DEADLINE

- PRELIMINARY ENTRY FORM: 30 October
- FINAL ENTRY FORM: 15 November
- Please send Your Entry Form to Sadegh Hashemi
 - Contact: 98(21) 88830803
 - E-mail: international@iranbbf.ir
- 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. Patricia Petschen info@ifbb.com
- Contact details for additional correspondence:
 - Mr. Abdolmehdi Nasirzade
 - President of Iranbbf
 - E-mail: international@iranbbf.ir

CAMERA / VIDEOTAPE 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.

TANNING NEEDS and GREEN CARDS

- 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.
- 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.

JUDGES

- To be taken into consideration during the 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 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

SCHEDULE

Wednesday, December 7th	
OFFICIAL ARRIVAL DAY	
Wednesday, December 7th	
10:00 – 20:00	REGISTRATION & WEIGH-IN
17:00 – 18:00	TEAM MANAGERS & JUDGES MEETING
THURSDAY, December 9th	
8:00 – 12:00	Fitness Challenge Gold and Silver 1st Round
12:00 – 17:00	Junior and Master SEMIFINALS AND FINALS - PART 1
17:00 – 21:00	Fitness Challenge Gold and Silver Final Round
FRIDAY, December 9th	
8:00 – 11:00	Fitness Challenge Gold Couple
11:00 – 16:00	Junior and Master SEMIFINALS AND FINALS - PART 2
16:00 – 20:00	Fitness Challenge Silver Couple
SATURDAY, December 10th	
8:00 – 11:00	Fitness Challenge Gold Team
11:00 – 16:00	Junior and Master SEMIFINALS AND FINALS - PART 3
16:00 – 20:00	Fitness Challenge Silver Team
SUNDAY, December 11th	
OFFICIAL DEPARTURE DAY	