



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



NAME OF THE EVENT: **2023 IFBB ASIAN CHAMPIONSHIPS**

CITY / COUNTRY: **BEIRUT / LEBANON**

DATE: **August 25<sup>th</sup> - 28<sup>th</sup>, 2023**

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: **25/08/2023** COMPETITION: **August 26<sup>th</sup> and 27<sup>th</sup>, 2023**

DAY OF DEPARTURES: **28/08/2023**

REGISTRATION DAY: **25/08/2023** TIME: **09:00 – 20:00** PLACE: **HILTON BEIRUT HABTOOR GRAND**

WEIGH-IN DAY: **25/08/2023** TIME: **09:00 – 20:00** PLACE: **HILTON BEIRUT HABTOOR GRAND**

- 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/>**

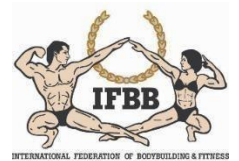
- Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other 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**

**ASIAN CONGRESS: 25<sup>TH</sup> AUGUST AT 6:00 PM AT EMIRATES HALL - GRAND HABTOUR HOTEL**



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



## 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).

## REGISTRATION FEES:

Each athlete must pay the IFBB registration fee of **USD \$350**, what includes accommodation (3 nights) in a double room (4-star hotel), 3 meals per day (starting with dinner on 25.08.23 and finishing with breakfast on 28.08.23) and transport: hotel – venue – hotel.

**USD \$125 per person** to be added for Upgrading to 5-star Hotel (Hotel Hilton – competition venue).

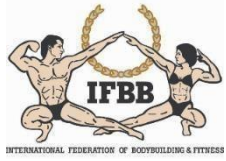
Official delegates, extra delegates and supporters should buy a special package for **USD \$350**, including the same services and 4-star hotel.

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 **USD \$50**.

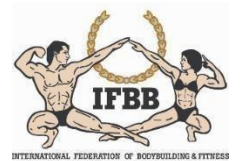
CROSSEOVERS: **USD \$100 per each of additional categories.**

DEADLINE FOR ONLINE PAYMENT: **15/08/2023**

- 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 **USD \$50** 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.



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



**IFBB ELITE PRO CARDS:** Pro Cards winners will qualify to the IFBB Asian Pro Championships on August 27<sup>th</sup>, 2023

**30 SENIOR + 3 MASTERS IFBB ELITE PRO CARDS**

**PRO CARDS DISTRIBUTIONS:**

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

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

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

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

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

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

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

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

**MASTERS CATEGORIES:**

**1 PRO CARD ( Masters Men's Bodybuilding Overall Winner)**

**1 PRO CARD ( Masters Women's Bikini Overall Winner)**

**1 PRO CARD ( Masters Women's Bodyfitness Overall Winner)**

**REGISTRATION DEADLINE:**

**FINAL ENTRY FORM: 14/08/2023**

**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:

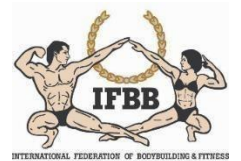
- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: YES  NO  N/A

PRICE: USD \$20 each.



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



## CATEGORIES

### BODYBUILDING

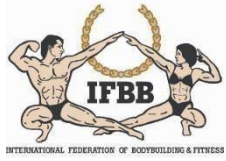
<b>MEN'S BODYBUILDING:</b> * UP TO & INCL. 60 KG * UP TO & INCL. 65 KG * UP TO & INCL. 70 KG * UP TO & INCL. 75 KG * UP TO & INCL. 80 KG * UP TO & INCL. 85 KG * UP TO & INCL. 90 KG * UP TO & INCL. 100 KG * OVER 100 KG	<b>JUNIOR MEN'S BODYBUILDING 16-23 years:</b> * UP TO & INCL. 75 KG * OVER 75 KG
	<b>MASTER MEN'S BODYBUILDING 40 -49 years:</b> * UP TO & INCL. 80 KG * UP TO & INCL. 90 KG * OVER 90 KG
	<b>MASTER MEN'S BODYBUILDING &gt;50 years:</b> * UP TO & INCL. 80 KG * Over 80 KG

### MENS PHYSIQUE

<b>MEN'S PHYSIQUE:</b> * UP TO & INCL. 173 CM * UP TO & INCL. 176 CM * UP TO & INCL. 179 CM * UP TO & INCL. 182 CM * OVER 182 CM	<b>MASTER MEN'S PHYSIQUE 40 -49 years:</b> * ONE OPEN CATEGORY
	<b>MASTER MEN'S PHYSIQUE &gt;50 years:</b> * ONE OPEN CATEGORY
<b>JUNIOR MEN'S PHYSIQUE 16-23 years:</b> * UP TO & INCL. 178 CM * OVER 178 CM	<b>MUSCULAR MEN'S PHYSIQUE:</b> * UP TO & INCL. 178 CM * OVER 178 CM

### MENS CLASSIC PHYSIQUE

<b>MEN'S CLASSIC PHYSIQUE:</b> * UP TO & INCL. 171 CM * UP TO & INCL. 175 CM * UP TO & INCL. 180 CM * OVER 180 CM	<b>JUNIOR MENS CLASSIC PHYSIQUE:</b> * 16-20 YEARS * 21-23 YEARS
	<b>MASTER MENS CLASSIC PHYSIQUE 40 -49 years:</b> * ONE OPEN
	<b>MASTER MENS CLASSIC PHYSIQUE &gt;50 years:</b> * ONE OPEN CATEGORY



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



<b>MENS CLASSIC BODYBUILDING</b>	
<b>MEN'S CLASSIC BODYBUILDING:</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 168 CM</li><li>* UP TO &amp; INCL. 171 CM</li><li>* UP TO &amp; INCL. 175 CM</li><li>* UP TO &amp; INCL. 180 CM</li><li>* OVER 180 CM</li></ul>	<b>JUNIOR MENS CLASSIC BODYBUILDING:</b> <ul style="list-style-type: none"><li>* 16-20 YEARS</li><li>* 21-23 YEARS</li></ul>
	<b>MASTER MENS CLASSIC BODYBUILDING 40 -49 yrs:</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>
	<b>MASTER MENS CLASSIC BODYBUILDING &gt;50 yrs:</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>

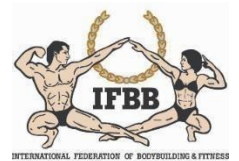
<b>MEN'S FIT- MODEL (OPEN)</b>
<b>FIT- PAIRS (OPEN)</b>
<b>WOMEN'S WELLNESS (OPEN)</b>
<b>WOMEN'S ACROBATIC FITNESS (OPEN)</b>
<b>WOMEN'S ARTISTIC FITNESS (OPEN)</b>
<b>MEN'S FITNESS (OPEN)</b>
<b>MEN'S WHEELCHAIR BODYBUILDING (OPEN)</b>

<b>WOMEN'S BIKINI</b>	
<b>WOMEN'S BIKINI:</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 160 CM</li><li>* UP TO &amp; INCL. 164 CM</li><li>* UP TO &amp; INCL. 169 CM</li><li>* OVER 169 CM</li></ul>	<b>JUNIOR WOMEN'S BIKINI 16-23 years - OPEN</b>
	<b>MASTER WOMEN'S BIKINI &gt;35 years - OPEN</b>

<b>WOMEN'S FIT- MODEL</b>
<b>WOMEN'S FIT-MODEL:</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 163 CM</li><li>* UP TO &amp; INCL. 168 CM</li><li>* OVER 168 CM</li></ul>



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



<b>WOMEN'S BODYFITNESS</b>	
<b>WOMEN'S BODYFITNESS:</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 158 CM</li><li>* UP TO &amp; INCL. 163 CM</li><li>* UP TO &amp; INCL. 168 CM</li><li>* OVER 168 CM</li></ul>	<b>JUNIOR WOMEN'S BODYFITNESS :</b> <ul style="list-style-type: none"><li>* 16 - 20 YEARS</li><li>* 21 - 23 YEARS</li></ul> <b>MASTERS WOMEN'S BODYFITNESS :</b> <ul style="list-style-type: none"><li>* 35 - 39 YEARS</li><li>* 40 - 44 YEARS</li><li>* 45 YEARS &amp; OVER</li></ul>

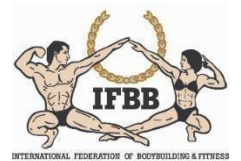
<b>WOMEN'S PHYSIQUE</b>	
<b>WOMEN'S PHYSIQUE:</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 163 CM</li><li>* OVER 163 CM</li></ul>	<b>MASTERS WOMEN'S PHYSIQUE &gt;35 years:</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>

<b>POSSIBLE CROSSOVERS:</b>
CLASSIC PHYSIQUE - CLASSIC BODYBUILDING – BODYBUILDING
<b>WOMEN'S BIKINI – WOMEN'S FIT-MODEL; WOMEN'S WELLNESS – WOMEN'S FIT-MODEL</b>
JUNIORS AND MASTERS IN SENIOR CLASSES
<b>AWARDS:</b>
Top three athletes in each category are awarded with <b>medals</b> .
Top six athletes in each category are awarded with a <b>Certificate of Excellence</b> and <b>trophies</b> .

<b>FITNESS CHALLENGE</b>
<b>MEN'S CATEGORIES</b>
1. Men's Fitness Challenge (24 - 40 years)
2. Junior Men's Fitness Challenge (up to 23 years)
3. Masters Men's Fitness Challenge (over 40 years)



# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



## **FITNESS CHALLENGE**

### **WOMEN'S CATEGORIES**

1. Women's Fitness Challenge (24 - 35 years)
2. Junior Women's Fitness Challenge (up to 23 years)
3. Masters Women's Fitness Challenge (over 35 years)

### **COUPLES & TEAMS**

1. Couples Fitness Challenge (same sex - M/F couples and mixed couples)
2. Team Fitness Challenge (team of 6 athletes of the same sex or mixed)

## **FITNESS CHALLENGE - TECHNICAL REGULATIONS OF THE EXERCISES**

### **GOLD STANDARD**

1. Chin Ups (prone & strict)
2. Jump Squat (up to 20" - 24" box)
3. Dips (feet forward)
4. Walking Lunges (with a barbell)
5. Sit Ups (weighted)
6. Burpees & Devil Press

### **SILVER STANDARD**

1. Pull Ups (lying position)
2. Jefferson Squat
3. Dips on Bench (feet forward)
4. Lunges (non-walking, with dumbbells)
5. Sit Ups (weight on chest)
6. Snatches (with kettlebell)



# 2023 IFBB ASIAN CHAMPIONSHIPS



## 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: **USD \$70**

Contact: [Lebanon\\_bbpf@hotmail.com](mailto:Lebanon_bbpf@hotmail.com)

## CONTACT INFORMATION:

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

E-mail: [Lebanon\\_bbpf@hotmail.com](mailto:Lebanon_bbpf@hotmail.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:

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

Contact details for additional correspondence:

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

E-mail: [Lebanon\\_bbpf@hotmail.com](mailto: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](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 **USD \$50** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.



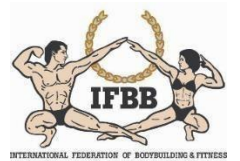
# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON

**Men's Bodybuilding posing trunk must measure at least 5cm high sides, and 3/4 of gluteus Maximus must be covered. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.**





# 2023 IFBB ASIAN CHAMPIONSHIPS LEBANON



**For the female categories, connectors are only allowed in the top part of the bikini. Bikini and Artistic Fitness- 1/3 of gluteus maximus must be covered.**

**All others female categories -1/2 of gluteus maximus must be covered.**

