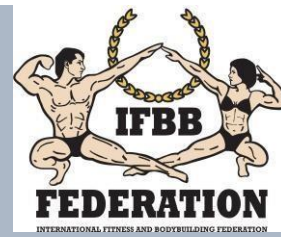


# FITNESS CHALLENGE WORLDS



## MAIN INFORMATION

NAME OF THE EVENT: **2023 IFBB WORLD FITNESS CHALLENGE CHAMPIONSHIPS and 2023 IFBB WORLD BODYBUILDING & FITNESS CUP**

CITY / COUNTRY: **BISHKEK / KYRGYZSTAN**

DATE: **October 27<sup>th</sup> – 30<sup>th</sup>, 2023**

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

IFBB ELITE PRO CARD QUALIFIER YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES  NO

DAY OF ARRIVAL: **27/10/2023**

DAY OF DEPARTURES: **30/10/2023**

REGISTRATION DAY: **27/10/2023**

TIME: 10:00-15:00

PLACE: **GAZPROM SPORT COMPLEX**

WEIGH-IN DAY: **27/10/2023**

TIME: 10:00-15:00

PLACE: **GAZPROM SPORT COMPLEX**

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

### VISA INFORMATION:

Visa-free entry to Kyrgyzstan for a period of 30-60 days is also valid for citizens of 51 countries. (Malaysia, Turkey, Uzbekistan, Mongolia, Spain, Republic of Korea, Kuwait, United Arab Emirates, Saudi Arabia, Singapore, Qatar, Brunei Darussalam, Bahrain, Iran, Pakistan, Indonesia, India, etc.).

In addition, citizens of a dozens of countries can obtain a visa on arrival **at Manas International Airport.**

Read more here <https://visaguide.world/asia/kyrgyzstan-visa/>

\*Kyrgyz Republic has removed all COVID-19 entry requirements. You're no longer required to present COVID-19 vaccination or PCR testing certificates to enter the country. Travel health insurance is recommended.

\*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 HOTEL:

«**DAMAS**» 107 Jumabek St.

«**GARDEN SPA**» 61 Emilbek Ailchiev St.

## REGISTRATION FEE:

The registration fee for international athletes, delegates & supporters is **USD \$350** for double room or **USD \$420** for single room.

The registration fee includes accommodation (from Friday, October 27<sup>th</sup>, 13:00 till Monday, October 30<sup>th</sup>, 11:00) and a full board (breakfast, lunch, dinner) at the hotel.

The participation fee for international athletes without accommodation and meals is **USD \$200**.

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

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

Each athlete participating in the Fitness Challenge World Championships will be required pay the Anti-Doping Test Fee of **USD \$25**. This fee is mandatory and should be paid at the registration in Bishkek.

\*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 €40/USD \$50** 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:

Men's Classic Bodybuilding – Men's Classic Physique – Men's 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 juniors and masters are in the senior categories.

## 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 & OVER - OPEN

### WOMEN'S BODYFITNESS:

MASTERS 35 YEARS & OVER - OPEN

UP TO & INCLUDING 163 CM

OVER 163 CM

### WOMEN'S WELLNESS:

UP TO & INCLUDING 163 CM

OVER 163 CM

### WOMEN'S PHYSIQUE - OPEN

### WOMEN'S FIT-MODEL:

UP TO & INCLUDING 164 CM

UP TO & INCLUDING 168 CM

OVER 168 CM

### WOMEN'S BIKINI:

BEGINNER BIKINI - 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 CM  
UP TO & INCLUDING 180 CM  
OVER 180 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  
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**

**MEN'S WHEELCHAIR – OPEN (free of charge)**

JUNIOR BIKINI 16-23 YEARS - OPEN  
MASTER BIKINI 35 YEARS & OVER - OPEN  
UP TO & INCLUDING 158 CM  
UP TO & INCLUDING 162 CM  
UP TO & INCLUDING 166 CM  
UP TO & INCLUDING 169 CM  
UP TO & INCLUDING 172 CM  
OVER 172 CM

**WOMEN'S ARTISTIC FITNESS – OPEN**

**WOMEN'S ACROBATIC FITNESS – OPEN**

**FIT-PAIRS – OPEN**

**MIXED-PAIRS – OPEN**

**FEMALE CHILDREN FITNESS**

GIRLS 10-11 YEARS  
GIRLS 12-13 YEARS  
GIRLS 14-15 YEARS

**ARTISTIC MODEL (TEST)**

\*For all bodybuilding / fitness categories, the minimum number of participants per category should be 3. If there are less than 3 athletes, the categories will be combined, wherever possible.

**FITNESS CHALLENGE WORLD CHAMPIONSHIPS**

**Men's FITNESS CHALLENGE** (athletes aged 24 to 40 years)  
**Women's FITNESS CHALLENGE** (athletes aged 24 to 35 years)  
**Masters Men FITNESS CHALLENGE** (athletes over 40 years old)  
**Masters Women FITNESS CHALLENGE** (athletes over 35 years old)

CATEGORIES OF PAIRS AND TEAMS:

**FITNESS CHALLENGE couples** (same-sex - man with man, woman with woman; mixed couples - man with woman)  
**FITNESS CHALLENGE teams** (a team of 6 athletes of the same gender or mixed)

Categories by performance and performance levels:

**Gold Standard**  
**Silver level**

In individual, pair and team competitions, competitions can be held on GOLD and SILVER circles, depending on the proposal of the Organizer.  
The number of trails offered by the Organizer will depend on the level of the competition.

**AWARDS:**

Top six athletes in each category will be awarded with medals or cups, as well as a Certificates of Excellence.  
In the overall categories of each division: a cup, a medal and a certificate will be awarded.  
Top 5 in each seniors category will receive points to the **2023 IFBB World Ranking**, according to the Ranking Rules Level 2.

**IFBB ELITE PRO CARDS:**

**TOTAL NUMBER: 24**

DISTRIBUTION:

- MEN'S BODYBUILDING - PRO CARDS FOR THE TOP 3 OVERALL WINNERS

- MEN'S CLASSIC BODYBUILDING - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- MEN'S CLASSIC PHYSIQUE - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- MEN'S PHYSIQUE - PRO CARDS FOR THE TOP 3 OVERALL WINNERS
- MUSCULAR MEN'S PHYSIQUE - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- WOMEN'S BODYFITNESS - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- WOMEN'S BIKINI - PRO CARDS FOR THE TOP 3 OVERALL WINNERS
- WOMEN'S WELLNESS - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- WOMEN'S PHYSIQUE - PRO CARD FOR THE CATEGORY WINNER
- MASTER MEN'S BODYBUILDING - PRO CARDS FOR THE TOP 2 OVERALL WINNERS
- MASTER WOMEN'S BODYFITNESS - PRO CARD FOR THE CATEGORY WINNER
- MASTER WOMEN'S BIKINI - PRO CARD FOR THE CATEGORY WINNER

#### \*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **22/09/2023**

FINAL ENTRY FORM: **16/10/2023**

#### 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.

#### 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 X**    NO

PRICE: **USD \$75**

CONTACT: [ifbbworldcup@mail.ru](mailto:ifbbworldcup@mail.ru)

#### CONTACT INFORMATION:

Please send your Entry Form to:

Contact: Ms. Polina Goncharova

E-mail: [ifbbworldcup@mail.ru](mailto:ifbbworldcup@mail.ru)

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to the IFBB Head Office:

Ms. Daria

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

Contact details for additional correspondence:

Mrs. LIUDMILA KOZHUKHOVA

President of the KYRGYZ BODYBUILDING & FITNESS FEDERATION

E-mail: [an\\_chigle@mail.ru](mailto:an_chigle@mail.ru)

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