



# IFBB WORLD CUP OF BODYBUILDING & FITNESS IFBB WORLD FITNESS CHALLENGE CHAMPIONSHIP



**BISHKEK | KYRGYZSTAN**

**27-30 OCTOBER 2023**





## INFORMATION ABOUT KYRGYZSTAN

Kyrgyzstan is a fabulous, fascinating and alluring Central Asian country with its natural beauties. Its tourism potential is huge! It is a dynamically developing republic with a rich history, unusual culture and many interesting traditions. Located at the intersection of the roads of the Great Silk Road, Kyrgyzstan still preserves unique ancient monuments, which are organically combined with modern buildings, that gives a lot of unforgettable impressions to its guests.

### LOCATION

Located in the northeast of Central Asia, Kyrgyzstan can be confidently called Central Asian Switzerland, because these two countries have a lot in common. Like European Switzerland more than half of Kyrgyzstan territory is located in the mountains, and even its low-lying regions are not below 401 m above the sea level.

Neither one nor the other state has an exit to the sea itself. Kyrgyzstan stretches from east to west along the Tien Shan and Pamir-Alai chains. The highest peak is Victory Peak (7439 m). In the mountains, everything breathes untouched, pristine beauty, which you will not see on the plains. The northern point of Kyrgyzstan is located at the same latitude as Rome, and the southern point is located with the island of Sicily.





## **AREA**

Kyrgyzstan has 199,900 square kilometers.

## **POPULATION**

The population is more than six and a half million people. The ethnic composition is diverse. The Kyrgyz are the main ethnic group, but in addition to them there are more than 80 ethnic groups, including Uzbeks, Russians, Dungans, Uighurs, Tatars and even Germans.

## **THE LANGUAGE**

is Kyrgyz. Russian is the main language of international communication. Most of the population understands English.





## THE MONETARY UNIT

is Som (KGS). On the territory of Kyrgyzstan, all payments are made in Kyrgyzstani Soms.

USD \$1.00 = KGS 87.43

EUR €1.00 = KGS 95.29

Current rates at <https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=KGS>

Banks, vending machines and currency exchange offices can be found in all shopping malls, large grocery stores and hotels.

## RELIGIONS

Religion - The number of Islam population is 75% and Orthodox 20%.

## STANDARD TIME ZONE

Time zone - UTC + 6 hours.

## ELECTRICITY

The electric current network is 220 V, 50 Hz. Plugs / sockets of C and F type (like in continental Europe).

Detailed info at: <https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

## CLIMATE

the average day temperature in Bishkek in October is +16C and +8C at night.



**VISA:** The Government of Kyrgyzstan has done a lot of work to simplify the entry of tourists to the republic. Citizens of Russia, Kazakhstan, Azerbaijan, Armenia, Georgia, Tajikistan, Vietnam, Japan and the DPRK can freely stay in the country without a visa to Kyrgyzstan.

Visa-free entry to Kyrgyzstan for a period of 30-60 days is also valid for citizens of 51 countries. (Malaysia, Turkey, Uzbekistan, Mongolia, Kingdom of Spain, Republic of Korea, State Kuwait, United Arab Emirates, Kingdom of Saudi Arabia Arabia, Republic of Singapore, State of Qatar, State Brunei Darussalam, Kingdom of 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://mfa.gov.kg/en/osnovnoe-menyu/konsulskie-uslugi/konsulskie-vizovye-voprosy/izovye-i-bezvizovye-r-ezhimiy> (in Russian)

<https://visaguide.world/asia/kyrgyzstan-visa/> (in English)

### **OFFICIAL ARRIVAL AIRPORT:**

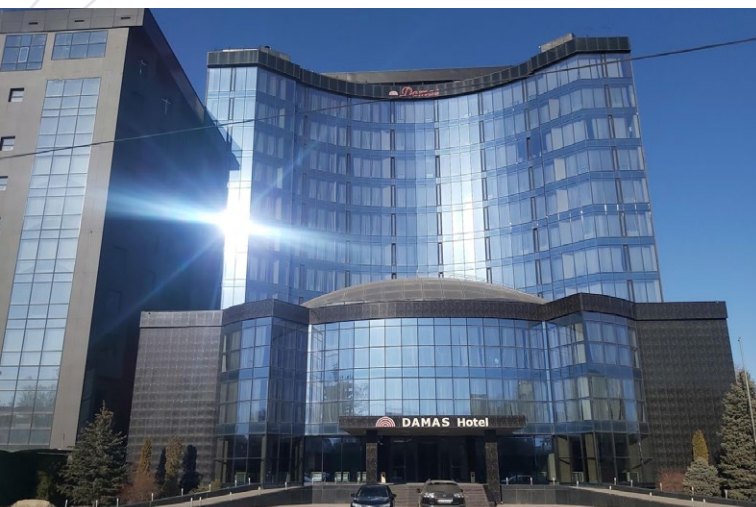
The Manas International Airport is a modern and the largest airport in Central Asia.



## HOTEL:

Accommodation with three meals per day are included in the registration fee for foreign athletes, delegates and judges.

## HOTELS:



📍 «DAMAS» 107 Jumabek St



📍 «GARDEN SPA» 61 Emilbek Ailchiev St

### ARRIVAL DAY:

October 27 from 13:00.

### DEPARTURE DAY:

October 30 up to 12:00.

National Federations have to provide the lists of participants for booking rooms by October 16th, 2023 in the Final Entry Forms.

If there is no advance booking on the dates specified by the organizer, the National Federation of the arriving country bears full and independent responsibility for the accommodation of participants, judges, delegates on its own.

*In case of early arrival to the competition and/or late departure that does not coincide with the official dates of the Championship, the National Federation of the arriving party is responsible for accommodation.*

### FOR QUESTIONS:

MS. POLINA GONCHAROVA:

E-MAIL: [IFBBWORLDUCUP@MAIL.RU](mailto:IFBBWORLDUCUP@MAIL.RU)

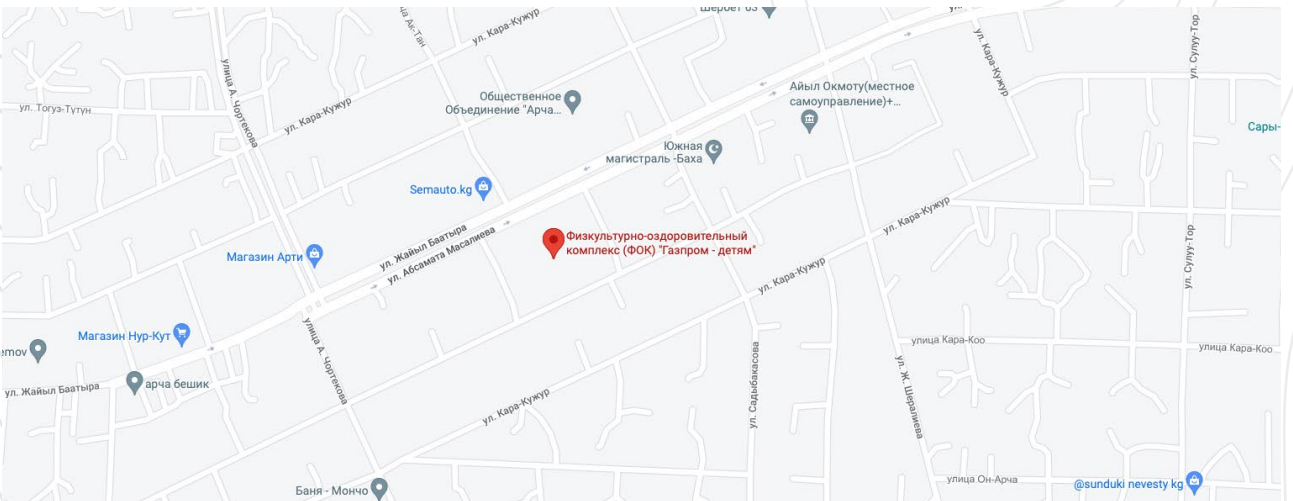
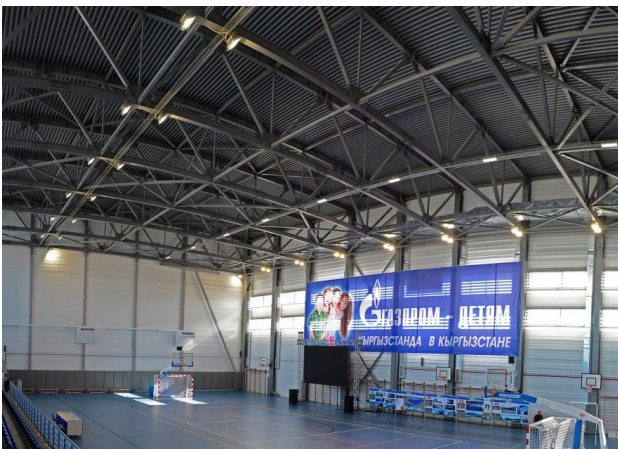
WHATSAPP +996553242017

MRS. LIUDMILA KOZHUKHOVA: +996555879897



## COMPETITION VENUE:

GAZPROM SPORT COMPLEX, 66 Zhail Baatira Street, Bishkek.



# IFBB WORLD CUP 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**

**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**



# IFBB WORLD CUP CATEGORIES:

## 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 ARTISTIC  
FITNESS - OPEN**

**WOMEN'S ACROBATIC  
FITNESS - OPEN**

## WOMEN'S BIKINI

**BEGINNER BIKINI - OPEN**

**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**

**FIT-PAIRS - OPEN**

**MIX-PAIRS - OPEN**

## FEMALE CHILDREN FITNESS

**GIRLS 10-11 YEARS**

**GIRLS 12-13 YEARS**

**GIRLS 14-15 YEARS**

*\*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.*



### **PLEASE PAY ATTENTION:**

Crossovers between different divisions are prohibited. For example: it is impossible to compete simultaneously in Men's Bodybuilding and Men's Muscular Men's Physique, as well as in Women's Bikinis and Women's Bodyfitness.

### **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.

## **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.

## **ANTI-DOPING TEST:**

The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB Championships. Doping control at the Fitness Challenge World Championships will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, each Fitness Challenge athlete (except masters) will be required to sign a Drug Testing Consent at the Registration and pay the Anti-Doping Test Fee of USD \$25. This fee is mandatory and may be paid online, together with the Registration Fee or at the registration in Bishkek.



## PARTICIPATION

# All IFBB-affiliated National Federations are eligible to participate.

### PRELIMINARY ENTRY FORMS

Preliminary Entry Forms should be submitted by National Federations to the Organizers, the IFBB Technical Committee and to the IFBB Head Office in Madrid no later than Friday, September 22nd, 2023.

### IMPORTANT REGISTRATION NOTICE

As soon as the application from the National Federation is received and accepted, an official email will be sent confirming your participation. We strongly recommend that you register in advance and take appropriate measures to participate in the competition.

## FINAL ENTRY FORM

The event organizer does not accept any direct registration from athletes. National Federations must provide the official names of all participants (names and categories of athletes, delegates and judges). It should also include information about arrival and departure flights. The deadline for submitting the Final Entry Form is OCTOBER 16th, 2023. The final decision to allow an athlete to compete in this Championships rests with the IFBB.

### CONTACTS

Preliminary and Final Entry Forms should be sent to the following addresses:

- IFBB Head Office: [contact@ifbb.com](mailto:contact@ifbb.com)
- IFBB Technical Committee: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)
- Organizing Committee: Ms. Polina Goncharova, [ifbbworldcup@mail.ru](mailto:ifbbworldcup@mail.ru)

Tel. +996 553 242017

### REGISTRATION

**The official arrival day is Friday, October 27th, 2023.**

**Weigh-in and Registration will be run on Friday, October 27th, from 10:00 to 19:00 and will take place at the GAZPROM Conference Hall.**

**Address: 66 Zhail Baatira Street, Bishkek.**

All athletes must wear their posing attire during weight-in for inspection. Female competitors must also bring their shoes for inspection.

All athletes will be required to present their valid PASSPORTS and IFBB International Cards at registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy it at the registration. IFBB Cards are EUR €40 or USD \$50 and are mandatory.

**The registration fee** for international athletes is USD \$350 (double room) and USD \$420 (single room).

**The registration fee** includes accommodation (from Friday, October 27th, 13:00 till Monday, October 30th, 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.**

*Note: There is a discount only for local athletes from Kyrgyzstan: the cost of participation without accommodation and without meals is USD \$70.*

**CROSSOVERS: USD \$100 for each additional category.**

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.

**SPECIAL PACKAGE FOR DELEGATES AND ACCOMPANYING PERSONS**

is USD \$350 (per person in a double room) or USD \$420 (per person in a single room) from Friday, October 27th, 13:00 to Monday, October 30th, 11:00 with full board (breakfast, lunch, dinner) at the hotel.

These fees must be paid by cash upon registration.

**TANNING NEEDS**

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

**MUSIC**

All music for posing routines should be delivered on an audio CD or USB drive and should be at the beginning of the CD. Each participant must provide his/her name on a CD or USB stick for easy identification. The flash drive must be packed in an envelope.

The use of profanity, vulgar or offensive expressions in posing music is strictly prohibited.

Each athlete participating in the Championship is given a wristband upon registration. This will allow him/her to enter the venue on a daily basis, and it should not be lost.

**JUDGES**

IFBB international judges and test-judges, which will be taken into account when selecting the judging panels at the competitions, must be included in the Final Entry Form sent out by the National Federations, in accordance with the IFBB rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, here: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com).

All international judges must bring their international judge's card.

IFBB international judges must have a valid IFBB judge's card, having previously paid an annual judge's fee of EUR €50 / USD \$60 for 2023.

All judges must attend the Team Managers and Judges Meeting. Any judge absent from this

meeting will not be allowed to judge at these championships.

**The meeting will be held on Friday, October 27th, at 20:00.**



## **PRESS**

Media accreditation will be supervised by the IFBB. To obtain accreditation, all media representatives must send an official request from the editorial office to [ifbbworldcup@mail.ru](mailto:ifbbworldcup@mail.ru) and [info@ifbb.com](mailto:info@ifbb.com) no later than October 06th, 2023.

The Organizers of the competition have the right to request additional documents from the media for accreditation.

The use of video recording devices in the athletes' warming-up area, in locker rooms and in the make-up area is strictly prohibited!

## **BACKSTAGE**

Access to the backstage and/or dressing rooms is strictly limited. Only delegates or official trainers with an appropriate backstage pass (wristband) are allowed in this area.

## **AWARDING**

The 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





# SCHEDULE

FRIDAY, October 27, 2023

## OFFICIAL ARRIVAL DAY

**11:00 - 19:00** Registration and weigh-in

**20:00** Team Managers and Judges Meeting

SATURDAY, October 28, 2023

**10:00 - 22:00** Semifinals and Finals - Part 1

SUNDAY, October 29, 2023

**10:00 - 22:00** Semifinals and Finals - Part 2

## FITNESS CHALLENGE SCHEDULE

SATURDAY, October 28, 2023

**11:00 - 19:00** INDIVIDUAL (Male and Female)

COUPLE (Male, Female, Mixed)

SUNDAY, October 29, 2023

**10:00 - 15:00** TEAMS (Male, Female, Mixed)

MONDAY, October 30th, 2023 - DEPARTURES





**IFBB**

**FEDERATION**

INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION