



2023 IFBB EAST ASIAN BODYBUILDING AND FITNESS CHAMPIONSHIPS JEJU PROVINCE, REPUBLIC OF KOREA

NAME OF THE EVENT	2023 IFBB EAST ASIAN BODYBUILDING & FITNESS CHAMPIONSHIPS		
CITY / COUNTRY	JEJU PROVINCE / REPUBLIC OF KOREA		
DATE	SEPTEMBER 15th - 17th, 2023		
EVENT OPEN FOR	ALL IFBB-AFFILIATED EAST ASIAN NATIONAL FEDERATIONS		
DAY OF ARRIVAL	15/09/2023		
COMPETITION	SEPTEMBER 16th and 17th, 2023		
DAY OF DEPARTURE	18/09/2023		
REGISTRATION DAY	15/09/2023 10:00-20:00	PLACE	ASTAR HOTEL COSMOS HALL
WEIGH-IN DAY		PLACE	
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>		NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER	YES		NO <input checked="" type="checkbox"/>
<ul style="list-style-type: none"> 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	JEJU INTERNATIONAL AIRPORT (Code CJU)		
VISA INFORMATION			
<ul style="list-style-type: none"> A valid passport (more than 6 months left) is required to enter Korea. In the case of Jeju Province, it is possible to enter the country without a visa for 30 days in accordance with Article '197 of the Special Act for the Establishment of Jeju Special Self-Governing Province and the Creation of a Free International City (Special Cases Regarding Entry and Stay of Foreigners)'. (However, entrants from 23 countries designated by the Ministry of Foreign Affairs must obtain a visa.) 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. 			



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VENUE INFORMATION

- **JEJU STUDENTS CULTURAL CENTER** (489, Yeonsam-ro, Jeju-si, Jeju-do, Republic of Korea)
- The Student Cultural Center located in Jeju City has a size of 1,507 square meters and can accommodate a total of 848 people (540 seats on the 1st floor and 308 seats on the 2nd floor). This institution prioritizes support for cultural and artistic activities of schools and students. Furthermore, it is collaborating with the Jeju Bodybuilding and Fitness Federation to promote bodybuilding to Jeju Island and the world and to provide living experiences to the next generation of bodybuilders.

HOTEL INFORMATION

4-star **ASTAR HOTEL** (129, Seosa-ro, Jeju-si, Jeju-do, Republic of Korea)
 The Organizing Committee provides (3 nights) in a double room, (8 meals) for total (starting with dinner on **15/09/23** and finishing with breakfast on **18/09/23**) → see **REGISTRATION FEE**

- Distance from the AIRPORT: 4 km
 - Shuttle bus service for official flight
 - By bus
 Come out of Gate 2 on the 1st floor of Jeju Airport and look for the bus stop with the No. 3 on the far right.
 Take the blue bus bound for Yongdam City Hall: **No. 331, 332, 315 or 343**
 → Get off at the Namseogwang Village entrance stop and walk for 5 minutes
 - By taxi
 Boarding at the Jeju Airport Taxi Stand / About 10 minutes
- Distance from VENUE : 4 km
 - Shuttle bus service
 - By taxi
 Usually takes about 13 minutes

Others

HOTEL SHALOM JEJU (34, Donggwang-ro, Jeju-si, Jeju-do, Republic of Korea)

- Distance from AIRPORT : 6km
- Distance from VENUE : 2km

AIRPORT to HOTEL



HOTEL to VENUE





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REGISTRATION FEE

Each athlete must pay the IFBB registration fee of **USD \$300**, what includes accommodation (3 nights) in a double room (4-star hotel), total 8 meals (starting with dinner on 15/09/23 and finishing with breakfast on 18/09/23) and transportation: hotel – venue – hotel.

USD \$30 to be added for changing to the single room.

Official delegates, extra delegates and supporters should buy a special package for **USD \$300**, 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**.

CROSSOVERS: **USD \$50** per each of additional categories.

DEADLINE FOR ONLINE PAYMENT: 12/09/2023

- 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.



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IFBB ELITE PRO CARDS:

Pro Cards winners will qualify to the IFBB East Asian Pro Championships on September 17th, 2023

14 SENIOR + 3 MASTERS IFBB ELITE PRO CARDS

PRO CARDS DISTRIBUTION :

MEN'S BODYBUILDING: 6 PRO CARDS FOR THE TOP 6 OVERALL WINNERS

MEN'S PHYSIQUE: 1 PRO CARD FOR THE OVERALL WINNER

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

MEN'S CLASSIC PHYSIQUE: 1 PRO CARD FOR THE OVERALL WINNER

MEN'S CLASSIC BODYBUILDING: 1 PRO CARD FOR THE OVERALL WINNER

WOMEN'S BIKINI: 1 PRO CARD FOR THE OVERALL WINNER

WOMEN'S BODYFITNESS: 1 PRO CARD FOR THE OVERALL WINNER

WOMEN'S WELLNESS: 1 PRO CARD FOR THE OVERALL WINNER

WOMEN'S PHYSIQUE: 1 PRO CARD FOR THE OVERALL 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)

ONLINE REGISTRATION (FEF SENDING) DEADLINE:

11/09/2023

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.

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 Meeting 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.



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CATEGORIES

MEN'S BODYBUILDING

MEN'S BODYBUILDING:

- * 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
- * OVER 90 KG

JUNIOR MEN'S BODYBUILDING

16-23 years:

ONE OPEN CATEGORY

MASTERS MEN'S BODYBUILDING

40-49 years:

ONE OPEN CATEGORY

MASTERS MEN'S BODYBUILDING

50-54 years:

ONE OPEN CATEGORY

55-59 years:

ONE OPEN CATEGORY

60 years & over:

ONE OPEN CATEGORY

MEN'S PHYSIQUE

MEN'S PHYSIQUE

- * UP TO & INCL. 173 CM
- * UP TO & INCL. 176 CM
- * UP TO & INCL. 179 CM
- * OVER 179 CM

JUNIOR MEN'S PHYSIQUE

16-23 years:

ONE OPEN CATEGORY

MEN'S CLASSIC PHYSIQUE

MEN'S CLASSIC PHYSIQUE

- * UP TO & INCL. 175 CM
- * OVER 175 CM

MASTERS MEN'S CLASSIC PHYSIQUE

40-49 years:

ONE OPEN CATEGORY

50 years & over:

ONE OPEN CATEGORY

MEN'S CLASSIC BODYBUILDING

MEN'S CLASSIC BODYBUILDING

- * UP TO & INCL. 171 CM
- * UP TO & INCL. 175 CM
- * UP TO & INCL. 180 CM
- * OVER 180 CM

JUNIOR MEN'S CLASSIC

BODYBUILDING 16-23 years :

ONE OPEN CATEGORY

MASTERS MEN'S CLASSIC BODYBUILDING

40-49 years:

ONE OPEN CATEGORY

50 years & over:

ONE OPEN CATEGORY

MUSCULAR MEN'S PHYSIQUE		
MUSCULAR MEN'S PHYSIQUE * UP TO & INCL. 175 CM * OVER 175 CM		
MEN'S GAMES CLASSIC BODYBUILDING (OPEN)		
MEN'S FIT-MODEL (OPEN)		
WOMEN'S BIKINI		
WOMEN'S BIKINI * UP TO & INCL. 162 CM * UP TO & INCL. 166 CM * OVER 166 CM	JUNIOR WOMEN'S BIKINI 16-23 years : ONE OPEN CATEGORY	MASTERS WOMEN'S BIKINI 35-39 years: ONE OPEN CATEGORY 40 years & over : ONE OPEN CATEGORY
WOMEN'S BODYFITNESS		
WOMEN'S BODYFITNESS * UP TO & INCL. 163 CM * OVER 163 CM	JUNIOR WOMEN'S BODYFITNESS 16-23 years: ONE OPEN CATEGORY	MASTERS WOMEN'S BODYFITNESS 35-39 years: ONE OPEN CATEGORY 40 years & over: ONE OPEN CATEGORY
WOMEN'S FIT-MODEL		
WOMEN'S FIT-MODEL * UP TO & INCL. 164 CM * OVER 164 CM	JUNIOR WOMEN'S FIT-MODEL 16-23 years: ONE OPEN CATEGORY	MASTERS WOMEN'S FIT-MODEL 35 years & over: ONE OPEN CATEGORY
WOMEN'S WELLNESS		
WOMEN'S WELLNESS * UP TO & INCL. 163 CM * OVER 163 CM	JUNIOR WOMEN'S WELLNESS 16- 23 years: ONE OPEN CATEGORY	MASTERS WOMEN'S WELLNESS 35-39 years: ONE OPEN CATEGORY 40 years & over: ONE OPEN CATEGORY
WOMEN'S PHYSIQUE		
WOMEN'S PHYSIQUE * UP TO & INCL. 163 CM * OVER 163 CM	MASTERS WOMEN'S PHYSIQUE 35 years & over: ONE OPEN CATEGORY	



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CONTACT INFORMATION

Please send Your Entry Form to: Jeju Bodybuilding & Fitness Federation

E-mail: kbbf1987@naver.com

Please send a copy to IFBB Head Office:

E-mail: contact@ifbb.com

Please send a copy to IFBB Technical Committee:

E-mail: amichalak5@gmail.com

Contact details for additional correspondence: Jeju Bodybuilding & Fitness Federation

E-mail: kbbf1987@naver.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

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.

JEJU ISLAND

Jeju Island is an oval shaped island about 73 km x 31 km, totaling some 1,848 km². At a height of 1,950 meters, Hallasan Mountain towers over the island at its center. Its volcanic origins give Jeju a variety of unique topographic features, making the entire island a "volcano museum." Some 368 volcanic cones, or oreum, dot the island. There are an estimated 160 subterranean lava caves/tubes scattered all through the island.



World Natural Heritage Sites

In June 2007, the World Heritage Committee unanimously named Jeju as one of the Natural Heritage Sites in Korea under the name of Jeju Volcanic Island and Lava Tubes.

This covers some 10 areas including Hallasan National Park, Seongsan-Ilchulbong Peak, and the Geomun-oreum Lava Tube System.

Intangible Cultural Heritage of Humanity

The Culture of Jeju Haenyeo (women divers) of the Republic of Korea was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity in 2016. In Jeju Island, there is a community of women, some aged in their 80s, which goes diving 10m under the sea to gather shellfish, such as abalone or sea urchins for a living without the help of oxygen masks.



With knowledge of the sea and marine life, the Jeju haenyeo harvest for up to seven hours a day, 90 days of the year holding their breath for just one minute for every dive and making a unique verbal sound when resurfacing. Before a dive, prayers are said to the Jamsugut, goddess of the sea, to ask for safety and an abundant catch.