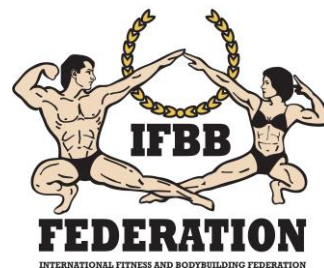


2024 IFBB ASIAN CHAMPIONSHIPS  
UNDER THE  
AUSPICES OF MONGOLIAN PRESIDENT



## MAIN INFORMATION

**NAME OF THE EVENT:** 2024 IFBB ASIAN CHAMPIONSHIPS UNDER THE AUSPICES OF MONGOLIAN PRESIDENT.

**CITY / COUNTRY:** ULAANBAATAR/ MONGOLIA

**DATE:** JULY 5<sup>th</sup> - 8<sup>th</sup>, 2024

**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:** 05/07/2024

**COMPETITION:** July 6<sup>th</sup> and 7<sup>th</sup>, 2024

**DAY OF DEPARTURES:** 08/07/2024

**REGISTRATION DAY/ WEIGH-IN DAY:**  
05/07/2024

**TIME:**  
09:00 to 17:00

**PLACE:**  
AURORA HOTEL - 10th Khoroolol, 5th Khoroo,  
Peace Avenue, Bayangol District, Ulaanbaatar

\*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:** CHINGGIS KHAAN INTERNATIONAL AIRPORT

**VISA INFORMATION:** Detailed information on which countries need a visa to enter Mongolia  
<https://en.consul.mn/visa/c/82>

\* Currently there are no COVID-19 testing or vaccination requirements for travelers entering Mongolia.

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 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:**

Buyant Ukhaa Sport Palace /VQ3M+QQG, Ulaanbaatar 17121

### HOTEL INFORMATION

**RECOMMENDED HOTEL:**

**AURORA HOTEL:** <https://en.aurorahotel.mn/>

**BLUE SKY HOTEL:** <https://hotelbluesky.mn/>

**GRAND HILL HOTEL**

## REGISTRATION FEE:

Each Athlete and Delegate 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 05/07/24 and finishing with breakfast on 08/07/24) and transportation: hotel – venue – hotel.

USD \$50 to be added for changing to the single room.

HOTEL Deposit: USD \$100 per person.

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

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. Payments at arrival shall have an extra charge of **USD \$50**.

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

**ANTI-DOPING TEST FEE:** 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 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 athlete will be required to sign a Drug Testing Consent at the Registration and pay the **Anti-Doping Test Fee of EUR €20 / USD \$25**. This fee is mandatory and may be paid at the IFBB webpage together with the Registration Fee. Otherwise, it should be paid at the registration in Ulaanbaatar.

## DEADLINE FOR ONLINE PAYMENT: 25/06/2024

\*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.

## CATEGORIES:

### MEN'S BODYBUILDING

#### MEN'S BODYBUILDING

- ❖ 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

**JUNIOR MEN'S BODYBUILDING 16-23 YEARS – OPEN**

**MASTER MEN'S BODYBUILDING 40-44 YEARS – OPEN**

**MASTER MEN'S BODYBUILDING 45-49 YEARS – OPEN**

**MASTER MEN'S BODYBUILDING 50 YRS & OVER – OPEN**

## WOMEN'S BIKINI

### WOMEN'S BIKINI

- ❖ Up to & including 160 cm
- ❖ Up to & including 164 cm
- ❖ Up to & including 168 cm
- ❖ Over 168 cm

**JUNIOR WOMEN'S BIKINI 16-23 YEARS - OPEN**

**MASTER WOMEN'S BIKINI >35 YEARS - OPEN**

## MEN'S CLASSIC BODYBUILDING

### MEN'S CLASSIC BODYBUILDING

- ❖ Up to & including 168 cm
- ❖ Up to & including 171 cm
- ❖ Up to & including 175 cm
- ❖ Up to & including 180 cm
- ❖ Over 180 cm

**JUNIOR CLASSIC BODYBUILDING 16-23 YEARS – OPEN**

**MASTER CLASSIC BODYBUILDING >40 YEARS – OPEN**

**MASTER CLASSIC BODYBUILDING >50 YEARS – OPEN**

## MEN'S CLASSIC PHYSIQUE

### MEN'S CLASSIC PHYSIQUE

- ❖ Up to & including 175 cm
- ❖ Over 175 cm

## MEN'S PHYSIQUE

### MEN'S PHYSIQUE

- ❖ Up to & including 170 cm
- ❖ Up to & including 173 cm
- ❖ Up to & including 176 cm
- ❖ Up to & including 179 cm
- ❖ Over 179 cm

**BEGINNER MEN'S PHYSIQUE – OPEN**

**JUNIOR MEN'S PHYSIQUE 16-23 YEARS – OPEN**

**MASTER MEN'S PHYSIQUE 40 -49 YEARS OPEN**

### MUSCULAR MEN'S PHYSIQUE

- ❖ Up to & including 175 cm
- ❖ Over 175 cm

**MASTER MEN'S PHYSIQUE >50 YEARS OPEN**

**MEN'S FITNESS – OPEN**

**WOMEN'S ARTISTIC FITNESS – OPEN**

**WOMEN'S PHYSIQUE – OPEN**

**WOMEN'S WELNESS – OPEN**

**MEN'S FIT-MODEL – OPEN**

**FIT-PAIRS – OPEN**

## WOMEN'S BODYFITNESS

### WOMEN'S BODYFITNESS

- ❖ Up to & including 163 cm
- ❖ Over 163 cm

**MASTER WOMEN'S BODYFITNESS >35 YRS – OPEN**

WOMEN'S FIT-MODEL
<p><b>WOMEN'S FIT-MODEL</b></p> <ul style="list-style-type: none"> <li>❖ Up to &amp; including 163 cm</li> <li>❖ Up to &amp; including 168 cm</li> <li>❖ Over 168 cm</li> </ul>
<p>*Categories with weight/height limits The minimum number of competitors to run a category should be 5. In case there would be less than 5 athletes, categories will be combined wherever it possible.</p>

FITNESS CHALLENGE
<b>MEN'S CATEGORIES</b>
<ol style="list-style-type: none"> <li>1. Men's Fitness Challenge (24 - 40 years)</li> <li>2. Junior Men's Fitness Challenge (up to 23 years)</li> <li>3. Masters Men's Fitness Challenge (over 40 years)</li> </ol>
<b>WOMEN'S CATEGORIES</b>
<ol style="list-style-type: none"> <li>1. Women's Fitness Challenge (24 - 35 years)</li> <li>2. Junior Women's Fitness Challenge (up to 23 years)</li> <li>3. Masters Women's Fitness Challenge (over 35 years)</li> </ol>
<b>COUPLE'S CATEGORIES</b>
<ol style="list-style-type: none"> <li>1. Couples Fitness Challenge (same sex - M/F couples and mixed couples)</li> <li>2. Team Fitness Challenge (team of 6 athletes of the same sex or mixed)</li> </ol>

FITNESS CHALLENGE - THE TECHNICAL REGULATIONS OF THE EXERCISES
<p><b>GOLD STANDARD</b></p> <ol style="list-style-type: none"> <li>1. Chin Ups (prone &amp; strict)</li> <li>2. Jump Squat (up to 20" - 24" box)</li> <li>3. Dips (feet forward)</li> <li>4. Walking Lunges (with a barbell)</li> <li>5. Sit Ups (weighted)</li> <li>6. Burpees &amp; Devil Press</li> </ol>
<p><b>SILVER STANDARD</b></p> <ol style="list-style-type: none"> <li>1. Pull Ups (lying position)</li> <li>2. Jefferson Squat</li> <li>3. Dips on Bench (feet forward)</li> <li>4. Lunges (non-walking, with dumbbells)</li> <li>5. Sit Ups (weight on chest)</li> <li>6. Snatches (with kettlebell)</li> </ol>

## POSSIBLE CROSSOVERS:

- ✓ **Classic Bodybuilding – Classic Physique – Bodybuilding.**
- ✓ **Men’s Fitness – Men’s Physique**
  
- ✓ **Women’s Artistic Fitness – Women’s Bikini – Women’s Fit-Model.**
- ✓ **Women’s Wellness – Women’s Fit-Model.**
  
- ✓ **Juniors and masters in senior classes**

## AWARDS

Top three athletes in each category will be awarded with **medals**.

Top six athletes in each category will be awarded with a **Certificate of Excellence** and **trophies**. Overall winner will have a **trophy**.

## IFBB ELITE PRO CARDS

TOTAL NUMBER OF IFBB ELITE PRO CARDS: 12

- **MEN’S BODYBUILDING: 3 PRO CARDS (FOR THE TOP 3 OVERALL WINNERS)**
- **MEN’S PHYSIQUE: 3 PRO CARDS (FOR THE TOP 3 OVERALL WINNERS)**
- **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: 3 PRO CARDS (FOR THE TOP 3 OVERALL WINNERS)**
- **WOMEN’S BODYFITNESS: 1 PRO CARD FOR THE OVERALL WINNER)**

## REGISTRATION DEADLINE

**FINAL ENTRY FORM: 24/06/2024**

## 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 judge’s /team manager’s 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.

PRICE: **USD \$100 (Full service included)**

CONTACT: [mdfbf.2022@gmail.com](mailto:mdfbf.2022@gmail.com)

## OTHER SERVICES

MAKE UP: **USD \$100**

HAIR STYLE: **USD \$100**

## CONTACT INFORMATION

Please send your Entry Form to:  
Ms. Maralgua  
E-mail: [mdfbf.2022@gmail.com](mailto:mdfbf.2022@gmail.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:  
Ms. Daria  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:  
Foreign Relation Manager of the Mongolian Development Federation of Bodybuilding & Fitness  
Ms. Maralgua  
E-mail: [mdfbf.2022@gmail.com](mailto:mdfbf.2022@gmail.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 & 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.

