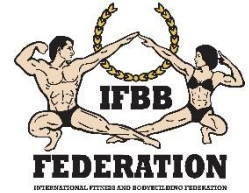


# 2024 IFBB EAST ASIAN CHAMPIONSHIPS



## MAIN INFORMATION

**NAME OF THE EVENT:** 2024 IFBB EAST ASIAN CHAMPIONSHIPS

**CITY / COUNTRY:** JEJU PROVINCE / REPUBLIC OF KOREA

**DATE:** SEPTEMBER 6th – 9th, 2024

**EVENT OPEN FOR:** ALL IFBB-AFFILIATED EAST ASIAN NATIONAL FEDERATIONS

IFBB ELITE PRO CARD QUALIFIER

YES

NO

IFBB INTERNATIONAL RANKING QUALIFIER

YES

NO

**DAY OF ARRIVAL:** SEPTEMBER 6th, 2024

**DAY OF DEPARTURES:** SEPTEMBER 9th, 2024

**REGISTRATION DAY:**  
SEPTEMBER 6th, 2024

**TIME:** 10:00-19:00

**PLACE:** HOTEL AIRCITY JEJU,  
GLOUCESTER HOTEL

**WEIGHT-IN DAY:**  
SEPTEMBER 6th, 2024

**TIME:** 10:00-19:00

**PLACE:** HOTEL AIRCITY JEJU

\* All Athletes must wear their posing attire during the 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:** JEJU INTERNATIONAL AIRPORT (Code: CJU)

### VISA INFORMATION:

\* A valid passport (over 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 requests 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 for carefully controlling the proper, legal use of the visa by his/her athlete. 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:** JEJU TOURISM UNIVERSITY, CONVENTION HALL

## HOTEL INFORMATION

### RECOMMENDED HOTEL:

- **HOTEL AIRCITY JEJU** ([www.hotelairecityjeju.com](http://www.hotelairecityjeju.com)),
- **GLOUCESTER HOTEL** ([www.gloucesterhotel.co.kr](http://www.gloucesterhotel.co.kr))

### REGISTRATION FEE:

Each Athlete and Delegate or Extra Delegate must pay the IFBB registration fee of **330 USD** each.

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 **50 USD**.

### CROSSOVERS: 50 USD

### DEADLINE FOR ONLINE PAYMENT: August 27th, 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 **50 USD** and are mandatory.

\* All posing music must be on a 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:

#### \* SENIOR CATEGORIES:

MEN'S BODYBUILDING UP TO & INCLUDING 60KG  
MEN'S BODYBUILDING UP TO & INCLUDING 65 KG  
MEN'S BODYBUILDING UP TO & INCLUDING 70 KG  
MEN'S BODYBUILDING UP TO & INCLUDING 75 KG  
MEN'S BODYBUILDING UP TO & INCLUDING 80 KG  
MEN'S BODYBUILDING UP TO & INCLUDING 85 KG  
MEN'S BODYBUILDING UP TO & INCLUDING 90 KG  
MEN'S BODYBUILDING OVER 90 KG

#### \* MASTER CATEGORIES:

MASTER MEN'S BODYBUILDING 40-44 YEARS  
MASTER MEN'S BODYBUILDING 45-49 YEARS  
MASTER MEN'S BODYBUILDING 50-59 YEARS  
MASTER MEN'S BODYBUILDING 60 YEARS & OVER

#### \* JUNIOR CATEGORIES:

JUNIOR MEN'S BODYBUILDING 16-23 YEARS - OPEN

### MEN'S CLASSIC BODYBUILDING:

#### \* SENIOR CATEGORIES:

MEN'S CLASSIC BODYBUILDING UP TO & INCLUDING 171 CM

MEN'S CLASSIC BODYBUILDING UP TO & INCLUDING 175 CM

MEN'S CLASSIC BODYBUILDING UP TO & INCLUDING 180 CM

MEN'S CLASSIC BODYBUILDING OVER 180 CM

**\* MASTER CATEGORIES:**

MASTER MEN'S CLASSIC BODYBUILDING 40-49 YEARS - OPEN

MASTER MEN'S CLASSIC BODYBUILDING 50 YEARS & OVER - OPEN

**\* JUNIOR CATEGORIES:**

JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YEARS - OPEN

**GAME'S CLASSIC BODYBUILDING:**

**\* SENIOR CATEGORIES:**

GAME'S CLASSIC BODYBUILDING -OPEN

**MEN'S PHYSIQUE:**

**\* SENIOR CATEGORIES:**

MEN'S PHYSIQUE UP TO & INCLUDING 173 CM

MEN'S PHYSIQUE UP TO & INCLUDING 176 CM

MEN'S PHYSIQUES UP TO & INCLUDING 179 CM

MEN'S PHYSIQUE OVER 179 CM

**\* JUNIOR CATEGORIES:**

JUNIOR MEN'S PHYSIQUE 16-23 YEARS - OPEN

**MUSCULAR MEN'S PHYSIQUE:**

**\* SENIOR CATEGORIES:**

MUSCULAR MEN'S PHYSIQUE -OPEN

**MEN'S CLASSIC PHYSIQUE:**

**\* SENIOR CATEGORIES:**

MEN'S CLASSIC PHYSIQUE UP TO & INCLUDING 175 CM

MEN'S CLASSIC PHYSIQUE UP TO & INCLUDING 180 CM

MEN'S CLASSIC PHYSIQUE OVER 180 CM

**\* MASTER CATEGORIES:**

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

MASTER MEN'S CLASSIC PHYSIQUE 50 YEARS & OVER - OPEN

**MEN'S FIT-MODEL:**

**\* SENIOR CATEGORIES:**

MEN'S FIT-MODEL – OPEN

**WOMEN'S BODYFITNESS:**

**\* SENIOR CATEGORIES:**

WOMEN'S BODYFITNESS UP TO & INCLUDING 163CM

WOMEN'S BODYFITNESS OVER 163CM

**\* MASTER CATEGORIES:**

MASTER WOMEN'S BODYFITNESS 35-39 YEARS - OPEN

MASTER WOMEN'S BODYFITNESS 40 YEARS & OVER - OPEN

**\* JUNIOR CATEGORIES:**

JUNIOR WOMEN'S BODYFITNESS 16-23 YEARS - OPEN

**WOMEN'S BIKINI:**

**\* SENIOR CATEGORIES:**

WOMEN'S BIKINI UP TO 160CM

WOMEN'S BIKINI UP TO 164CM

WOMEN'S BIKINI UP TO 169CM

WOMEN'S BIKINI OVER 169CM

**\* MASTER CATEGORIES:**

MASTER WOMEN'S BIKINI 35-39 YEARS - OPEN

MASTER WOMEN'S BIKINI 40 YEARS & OVER - OPEN

**\* JUNIOR CATEGORIES:**

JUNIOR WOMEN'S BIKINI 16-23 YEARS - OPEN

**WOMEN'S WELLNESS:**

**\* SENIOR CATEGORIES:**

WOMEN'S WELLNESS UP TO & INCLUDING 163CM

WOMEN'S WELLNESS OVER 163CM

**\* MASTER CATEGORIES:**

MASTER WOMEN'S WELLNESS - OPEN

**\* JUNIOR CATEGORIES:**

JUNIOR WOMEN'S WELLNESS 16-23 YEARS - OPEN

**WOMEN'S FIT-MODEL:**

**\* SENIOR CATEGORIES:**

WOMEN'S FIT-MODEL UP TO & INCLUDING 164CM

WOMEN'S FIT-MODEL OVER 164CM

**\* MASTER CATEGORIES:**

MASTER WOMEN'S FIT-MODEL 35 YEARS & OVER - OPEN

**\* JUNIOR CATEGORIES:**

JUNIOR WOMEN'S FIT-MODEL 16-23 YEARS - OPEN

**WOMEN'S PHYSIQUE:**

**\* SENIOR CATEGORIES:**

WOMEN'S PHYSIQUE UP TO & INCLUDING 163CM

WOMEN'S PHYSIQUE OVER 163CM

**\* MASTER CATEGORIES:**

MASTER WOMEN'S PHYSIQUE 35 YEARS & OVER - OPEN

**AWARDS:**

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

\* Top six athletes in each category will be awarded with a **Certificate of Excellence** and **Medals**. The overall winner will have a **Trophies**.

**IFBB ELITE PRO CARDS:**

13 Pro Cards

**DISTRIBUTION**

**\* SENIOR CATEGORIES:**

1. **Men's Bodybuilding:** 3 Pro Cards for the Top 3 Overall Winners
2. **Men's Physique:** 2 Pro Cards for the Top 2 Overall Winner
3. **Men's Classic Physique:** 1 Pro Card for the Overall Winner
4. **Women's Bodyfitness:** 1 Pro Card for the Overall Winner
5. **Women's Bikini:** 2 Pro Cards for the Top 2 Overall Winner
6. **Women's Wellness:** 1 Pro Card for the Overall Winner
7. **Women's Physique:** 1 Pro Card for the Overall Winner

**\* MASTER CATEGORIES:**

1. Master Men's Bodybuilding: 1 Pro Card for the Overall Winner
2. Master Women's Bodyfitness: 1 Pro Card for the Overall Winner
3. Master Women's Bikini: 1 Pro Card for the Overall Winner

**\*REGISTRATION DEADLINE**

PRELIMINARY ENTRY FORM: **No**

FINAL ENTRY FORM: **August 26th, 2024**

**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 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.

**CONTACT INFORMATION:**

\* Please send **Your Entry Form**  
to Jeju Bodybuilding & Fitness Federation  
E-mail: [kbbf1987@naver.com](mailto:kbbf1987@naver.com)

\* Please send **a copy** to IFBB Head Office  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

\* Please send **a copy** to IFBB Technical Committee:  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

\* Contact details for **additional correspondence**: Jeju Bodybuilding & Fitness Federation  
E-mail: [kbbf1987@naver.com](mailto: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](mailto:pawelfilleborn@gmail.com)

\* All international judges must bring their International Judge's Cards to the Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **60 USD** paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting.

**OTHERS**

\* Scan this code to see the rules for attires of Men's Physique and Bikini.

