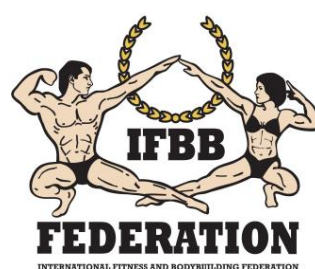


# 2024 IFBB WORLD FITNESS CHAMPIONSHIPS AND MEN'S WORLD CUP



## MAIN INFORMATION

<b>NAME OF EVENT: 2024 IFBB WORLD FITNESS CHAMPIONSHIPS &amp; MEN'S WORLD CUP</b>		
<b>CITY / COUNTRY: TOKYO / JAPAN</b>		
<b>DATES: December 16<sup>th</sup> – 20<sup>th</sup>, 2024</b>		
<b>EVENT OPEN TO : ALL IFBB-AFFILIATED NATIONAL FEDERATIONS WORLDWIDE</b>		
<b>IFBB ELITE PRO CARD QUALIFIER</b>	<b>YES X</b>	<b>NO</b>
<b>IFBB INTERNATIONAL RANKING QUALIFIER</b>	<b>YES</b>	<b>NO X</b>
<b>DATE OF ARRIVAL: 16/10/2024</b>		
<b>DATE OF DEPARTURES: 20/12/2024</b>		
<b>REGISTRATION DAY: 16/12/2024</b>	<b>TIME: 10:00 - 19:00</b>	<b>PLACE: ARIAKE COLISEUM</b>
<b>MEASUREMENT DAY: 16/12/2024</b>	<b>TIME: 10:00 - 19:00</b>	<b>PLACE: ARIAKE COLISEUM</b>
<p>*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.</p>		
<b>RECOMMENDED AIRPORTS:</b> TOKYO INTERNATIONAL AIRPORT HANEDA (HND) / NARITA INTERNATIONAL AIRPORT (NRT). Hotel transfer service: One way: EUR €25 per person • Round trip: EUR €50 per person <b>FOR RESERVATION QUERIES PLEASE CONTACT:</b> <a href="mailto:reservation@ifbb-jbbf.com">reservation@ifbb-jbbf.com</a>		
<b>VISA INFORMATION:</b> Citizens of 71 countries are subject to Visa exemption arrangements. For more details, please refer to the website of Ministry of Foreign Affairs of Japan: <a href="https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html">https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html</a> *The period of stay granted at the time of the landing permission will be <b>15 days</b> for Indonesia and Thailand, <b>14 days</b> for Brunei, <b>30 days</b> for United Arab Emirates and Qatar, and <b>90 days</b> for other countries and regions. *Those who need visas should apply to Embassies/Consulates of Japan in their country of residence. *All travelers and returnees will no longer be required to submit either a certificate of negative result of COVID-19 test conducted within 72 hours prior to departure, or a valid COVID-19 vaccination certificate of three doses or equivalent. <a href="https://www.mofa.go.jp/ca/fna/page4e_001053.html">https://www.mofa.go.jp/ca/fna/page4e_001053.html</a> *An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who requests and receives 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 subject to disciplinary proceedings and measures. The relevant National Federation is responsible for carefully controlling the proper, legal use of the visa by his/her athlete and it will be subject to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.		
<b>VENUE:</b> ARIAKE COLISEUM: Located in Ariake Tennis Park, 2-2-20 Ariake, Koto-ku, Tokyo		
<b>HOTEL INFORMATION</b>		
<b>RECOMMENDED HOTEL:</b> VILLA FONTAINE GRAND TOKYO ARIAKE: 2-1-5 Ariake, Koto-ku, Tokyo		

## REGISTRATION FEE

**PAYMENTS NOT LATER THAN DECEMBER 09<sup>th</sup>, 2024, 23:59 (midnight CET = UTC + 1).**

Each Athlete and Delegate or Extra Delegate paying online **NOT LATER THAN DECEMBER 09<sup>th</sup>, 2024** will pay the IFBB registration fee of **EUR €600**.

**PAYMENTS AFTER DECEMBER 09<sup>th</sup>, 2024**

Each athlete and Delegate or Extra Delegate paying **AFTER DECEMBER 09<sup>th</sup>, 2024** will pay the IFBB registration fee of **EUR €700**.

These fees include **4 hotel nights'** accommodation in a double room plus three meals per day, starting with dinner on **16/12/2024** and finishing with breakfast on **20/12/2024**.

The IFBB registration fee is separate from the hotel security deposit. A hotel security deposit of **EUR €100** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini bar, laundry, etc.). Credit Cards may be used. The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In case any Athlete or Delegate wishes to have accommodation in a **SINGLE ROOM**, the rate will be **EUR €850**, if paying online **BEFORE DECEMBER 09<sup>th</sup>** and **EUR €950**, if paying **AFTER DECEMBER 09<sup>th</sup>**.

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 be subject to an extra charge of **EUR €100**.

**CROSSOVERS: EUR €100 per each of the additional categories.**

Crossovers between the following **men's sports divisions** are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding.
- b) Men's Fitness – Men's Physique.

Crossovers between the following **women's sports divisions** are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
- b) Women's Artistic Fitness – Women's Bikini – Women's Fit-Model.
- c) Women's Wellness – Women's Fit-Model.

Also juniors and masters in senior classes (all divisions).

**CROSSOVER BETWEEN ACROBATIC FITNESS AND ARTISTIC FITNESS IS NOT ALLOWED.**

**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**. This fee is mandatory and may be paid online, together with the Registration Fee (altogether EUR 620 if paying before the deadline) or at the registration in Tokyo.

### **SPECIAL PACKAGE RATES FOR EXTRA SUPPORTERS, MEDIA & OTHERS**

The Organizing Committee has established a full special package rate, which includes 4 nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), and onsite transportation at a special price.

**PAYMENTS NOT LATER THAN DECEMBER 09<sup>th</sup>, 23:59 (midnight CET = UTC + 1).**

- For single room **EUR €850**.
- For double room **EUR €600 (per person)**

**PAYMENTS AFTER DECEMBER 09<sup>th</sup>:**

- For single room **EUR €950**.
- For double room **EUR €700 (per person)**

**DEADLINE FOR ONLINE PAYMENT: 09/12/2024, 23:59 (midnight CET = UTC + 1).**

\*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:

### IFBB WORLD FITNESS CHAMPIONSHIPS

#### WOMEN'S ACROBATIC FITNESS:

##### SENIOR CATEGORIES:

- . WOMEN'S ACROBATIC FITNESS UP TO 163 CM
- . WOMEN'S ACROBATIC FITNESS OVER 163 CM

##### JUNIOR CATEGORIES:

- . JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS, OVER 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS, OVER 163 CM

#### WOMEN'S ARTISTIC FITNESS:

##### SENIOR CATEGORIES:

- . WOMEN'S ARTISTIC FITNESS UP TO 163 CM
- . WOMEN'S ARTISTIC FITNESS UP TO 168 CM
- . WOMEN'S ARTISTIC FITNESS OVER 168 CM

##### JUNIOR CATEGORIES:

- . JUNIOR WOMEN'S ARTISTIC FITNESS 16-20 YEARS - OPEN
- . JUNIOR WOMEN'S ARTISTIC FITNESS 21-23 YEARS - OPEN

#### MEN'S FITNESS:

##### SENIOR CATEGORIES:

- . MEN'S FITNESS - OPEN

##### JUNIOR CATEGORIES:

- . JUNIOR MEN'S FITNESS 16-20 YEARS - OPEN
- . JUNIOR MEN'S FITNESS 21-23 YEARS - OPEN

#### WOMEN'S BIKINI:

##### SENIOR CATEGORIES:

- . WOMEN'S BIKINI UP TO 158 CM
- . WOMEN'S BIKINI UP TO 160 CM
- . WOMEN'S BIKINI UP TO 162 CM
- . WOMEN'S BIKINI UP TO 164 CM
- . WOMEN'S BIKINI UP TO 166 CM
- . WOMEN'S BIKINI UP TO 169 CM
- . WOMEN'S BIKINI UP TO 172 CM
- . WOMEN'S BIKINI OVER 172 CM

##### MASTER CATEGORIES:

- . MASTER WOMEN'S BIKINI 35-39 YEARS, UP TO 164 CM
- . MASTER WOMEN'S BIKINI 35-39 YEARS, OVER 164 CM
- . MASTER WOMEN'S BIKINI 40-44 YEARS - OPEN
- . MASTER WOMEN'S BIKINI 45-49 YEARS - OPEN
- . MASTER WOMEN'S BIKINI 50 YEARS & OVER - OPEN

##### JUNIOR CATEGORIES:

- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 160 CM
- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, UP TO 166 CM
- . JUNIOR WOMEN'S BIKINI 16-20 YEARS, OVER 166 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 160 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, UP TO 166 CM
- . JUNIOR WOMEN'S BIKINI 21-23 YEARS, OVER 166 CM

### IFBB MEN'S WORLD CUP

#### MEN'S GAMES CLASSIC BODYBUILDING:

##### SENIOR CATEGORIES:

- . MEN'S GAMES CLASSIC BODYBUILDING UP TO 175 CM
- . MEN'S GAMES CLASSIC BODYBUILDING OVER 175 CM

##### MASTER CATEGORIES:

- . MASTER MEN'S GAMES CLASSIC BODYBUILDING 40 YEARS & OVER OPEN

##### JUNIOR CATEGORIES:

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

#### MEN'S CLASSIC BODYBUILDING:

##### SENIOR CATEGORIES:

- . MEN'S CLASSIC BODYBUILDING UP TO 171 CM
- . MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- . MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- . MEN'S CLASSIC BODYBUILDING OVER 180 CM

##### MASTER CATEGORIES:

- . MASTER MEN'S CLASSIC BODYBUILDING 40 YEARS & OVER OPEN

##### JUNIOR CATEGORIES:

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

#### MEN'S CLASSIC PHYSIQUE:

##### SENIOR CATEGORIES:

- . MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- . MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- . MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- . MEN'S CLASSIC PHYSIQUE OVER 180 CM

##### MASTER CATEGORIES:

- . MASTER MEN'S CLASSIC PHYSIQUE 40 YEARS & OVER - OPEN

##### JUNIOR CATEGORIES:

- . JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YEARS - OPEN

#### MEN'S BODYBUILDING:

##### SENIOR CATEGORIES:

- . MEN'S BODYBUILDING UP TO 60 KG
- . MEN'S BODYBUILDING UP TO 65 KG
- . MEN'S BODYBUILDING UP TO 70 KG
- . MEN'S BODYBUILDING UP TO 75 KG
- . MEN'S BODYBUILDING UP TO 80 KG
- . MEN'S BODYBUILDING UP TO 85 KG
- . MEN'S BODYBUILDING UP TO 90 KG
- . MEN'S BODYBUILDING OVER 90 KG

##### MASTER CATEGORIES:

- . MASTER MEN'S BODYBUILDING 40-49 YEARS OPEN
- . MASTER MEN'S BODYBUILDING 50-59 YEARS OPEN
- . MASTER MEN'S BODYBUILDING 60 YEARS & OVER OPEN

##### JUNIOR CATEGORIES:

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

### WOMEN'S BODYFITNESS:

#### SENIOR CATEGORIES:

- . WOMEN'S BODYFITNESS UP TO 158 CM
- . WOMEN'S BODYFITNESS UP TO 163 CM
- . WOMEN'S BODYFITNESS UP TO 168 CM
- . WOMEN'S BODYFITNESS OVER 168 CM

#### MASTER CATEGORIES:

- . MASTER WOMEN'S BODYFITNESS 35-39 YEARS - OPEN
- . MASTER WOMEN'S BODYFITNESS 40-44 YEARS - OPEN
- . MASTER WOMEN'S BODYFITNESS 45-49 YEARS - OPEN
- . MASTER WOMEN'S BODYFITNESS 50 YEARS & OVER - OPEN

#### JUNIOR CATEGORIES:

- . JUNIOR WOMEN'S BODYFITNESS 16-20 YEARS - OPEN
- . JUNIOR WOMEN'S BODYFITNESS 21-23 YEARS - OPEN

### WOMEN'S PHYSIQUE:

#### SENIOR CATEGORIES:

- . WOMEN'S PHYSIQUE UP TO 163 CM
- . WOMEN'S PHYSIQUE OVER 163 CM

#### MASTER CATEGORIES:

- . MASTER WOMEN'S PHYSIQUE 35 YEARS & OVER - OPEN

### WOMEN'S WELLNESS:

#### SENIOR CATEGORIES:

- . WOMEN'S WELLNESS UP TO 158 CM
- . WOMEN'S WELLNESS UP TO 163 CM
- . WOMEN'S WELLNESS UP TO 168 CM
- . WOMEN'S WELLNESS OVER 168 CM

#### MASTER CATEGORIES:

- . MASTER WOMEN'S WELLNESS 35-39 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 40-44 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 45-49 YEARS - OPEN
- . MASTER WOMEN'S WELLNESS 50 YEARS & OVER - OPEN

#### JUNIOR CATEGORIES:

- . JUNIOR WOMEN'S WELLNESS 16-20 YEARS - OPEN
- . JUNIOR WOMEN'S WELLNESS 21-23 YEARS, UP TO 163 CM
- . JUNIOR WOMEN'S WELLNESS 21-23 YEARS, OVER 163 CM

### FIT-PAIRS:

#### SENIOR CATEGORIES:

- . FIT- PAIRS OPEN

### MIXED-PAIRS:

#### SENIOR CATEGORIES:

- . MIXED- PAIRS OPEN

### MEN'S WHEELCHAIR BODYBUILDING:

#### SENIOR CATEGORIES:

- . MEN'S WHEELCHAIR BODYBUILDING - OPEN

### MEN'S PHYSIQUE:

#### SENIOR CATEGORIES:

- . MEN'S PHYSIQUE UP TO 170 CM
- . MEN'S PHYSIQUE UP TO 173 CM
- . MEN'S PHYSIQUE UP TO 179 CM
- . MEN'S PHYSIQUE OVER 179 CM

#### MASTER CATEGORIES:

- . MASTER MEN'S PHYSIQUE 40-49 YEARS & OVER – OPEN
- . MASTER MEN'S PHYSIQUE 50 YEARS & OVER - OPEN

#### JUNIOR CATEGORIES:

- . JUNIOR MEN'S PHYSIQUE 15-23 YEARS OPEN

#### SENIOR CATEGORIES:

- . MUSCULAR MEN'S PHYSIQUE UP TO 176 CM
- . MUSCULAR MEN'S PHYSIQUE OVER 176 CM

### MEN'S / WOMEN'S FIT- MODEL:

#### SENIOR CATEGORIES:

- . WOMEN'S FIT-MODEL UP TO 160 CM
- . WOMEN'S FIT-MODEL UP TO 168 CM
- . WOMEN'S FIT-MODEL OVER 168 CM

#### SENIOR CATEGORIES:

- . MEN'S FIT-MODEL – OPEN

#### MASTER CATEGORIES:

- . MASTERS WOMEN'S FIT-MODEL 35 YEARS & OVER – OPEN

#### JUNIOR CATEGORIES:

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

### AWARDS:

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

The top six athletes in each category will be awarded with a **Certificate of Excellence** and **trophies**. The overall winner will receive a **trophy**.

### IFBB ELITE PRO CARDS:

#### **29 + 12 = 41 ELITE PRO CARDS IN TOTAL**

#### **DISTRIBUTION:**

- WORLD CHAMPIONSHIPS: WOMEN'S BODYFITNESS ALL CATEGORY WINNERS (SENIORS + MASTERS)
- WORLD CHAMPIONSHIPS: WOMEN'S PHYSIQUE ALL CATEGORY WINNERS (SENIORS)
- WORLD CHAMPIONSHIPS: WOMEN'S BIKINI ALL CATEGORY WINNERS (SENIORS & MASTERS)
- WORLD CHAMPIONSHIPS: WOMEN'S WELLNESS ALL CATEGORY WINNERS (SENIORS)
- WORLD CHAMPIONSHIPS: WOMEN'S ACROBATIC FITNESS ALL CATEGORY WINNERS (SENIORS)
- WORLD CUP: MEN'S BODYBUILDING TOP 2 OVERALL WINNERS (SENIORS & MASTERS)
- WORLD CUP: MEN'S CLASSIC BODYBUILDING TOP 2 OVERALL WINNERS (SENIORS)
- WORLD CUP: MEN'S CLASSIC PHYSIQUE TOP 2 OVERALL WINNERS (SENIORS)
- WORLD CUP: MEN'S PHYSIQUE and MUSCULAR MEN'S PHYSIQUE TOP 2 OVERALL WINNERS (SENIORS)
-

## \*REGISTRATION DEADLINE

### PRELIMINARY ENTRY FORM: **31/10/2024**

Please note that to send the PEF is MANDATORY. To help the organizer to arrange everything at the top level, National Federations should send the PEF and FEF before the deadlines. If not, the National Federation will be charged with an additional **EUR €250** fee. Please notice the PEF may provide an estimated information, not the exact numbers.

### FINAL ENTRY FORM: **09/12/2024**

Please note that to send the FEF is MANDATORY. Any National Federation attending the event without having previously sent the FEF before the deadline will be charged with an additional **EUR €250** fee.

## 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.
- EXTRA GREEN CARDS: YES, PRICE: **EUR €50** each

## 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.

### TANNING SERVICE:

Contact: [reservation@ifbb-jbbf.com](mailto:reservation@ifbb-jbbf.com)

## CONTACT INFORMATION:

Please send your Entry Form to:

Mrs. Miyako Kinoshita

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

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:

Mr. Masanori Aota

President of the Japanese Bodybuilding and Fitness Federation

E-mail: [info@ifbb-jbbf.com](mailto:info@ifbb-jbbf.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.

**TENTATIVE SCHEDULE**  
**2024 IFBB WORLD FITNESS CHAMPIONSHIPS & MEN'S WORLD CUP**  
**Tokyo (Japan), December 16th to 20th, 2024**

**MONDAY December 16th, 2024**

10:00 - 18:30 Arrival of official delegations (Athletes and Delegates)  
10:00 - 19:00 Official Athletes Registration / Weigh-in (Ariake Coliseum)  
18:00 - 19:00 Team Managers & Judges Meeting (Ariake Coliseum)  
19:00 - 22:00 Dinner (at Ariake Coliseum)

**TUESDAY December 17th, 2024**

07:00 - 10:00 Breakfast (at your hotel)  
10:00 - 22:00 Prejudging and Finals - part 1 (one continuous session) Ariake Coliseum  
13:00 - 14:30 Lunch (at Ariake Coliseum)  
19:00 - 22:00 Dinner (at Ariake Coliseum)

**WEDNESDAY December 18th, 2024**

07:00 - 10:00 Breakfast (at your hotel)  
09:00 - 22:00 Prejudging and Finals - part 2 (one continuous session) Ariake Coliseum  
13:00 - 14:30 Lunch (at Ariake Coliseum)  
19:00 - 22:00 Dinner (at Ariake Coliseum)

**THURSDAY December 19th, 2024**

07:00 - 10:00 Breakfast (at your hotel)  
09:00 - 18:00 Prejudging and Finals - part 3 (one continuous session) Ariake Coliseum  
13:00 - 14:30 Lunch (at Ariake Coliseum)  
18:00 - 21:00 Dinner (TBD)

**FRIDAY December 20th, 2024**

07:00 - 10:00 Breakfast (at your hotel)  
Till 12:00 Departures of delegations



Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships. Check the Running Order on Telegram. @IFBBWORLDCHAMPIONS.



Scan this code to see the rules for attire of Men's Physique and Bikini





