



ELITE WORLD RANKING

MR UNIVERSE REPÚBLICA DOMINICANA

Amateur Bodybuilding & Fitness Championships
Elite Pro Qualifier
Elite Amateur World Ranking

March 22-25, 2024

TEATRO LA FIESTA HOTEL JARAGUA
Santo Domingo, República Dominicana

 fdff Rd
 @fdff_rd
 @FDFF_RD
 ifbbdominicana.com

WELCOME!

WELCOME:

The president of the IFBB, Dr. Rafael Santonja, the president of the organizing committee Lic. Franklin De la Mota and the Dominican Federation of Bodybuilding & Fitness (FDFB) warmly welcome all National Federations affiliated with the IFBB that wish to participate at the III IFBB Open Mr Universe 2024, which will be held in Santo Domingo, Dominican Republic. From March 22 to 25, 2024.

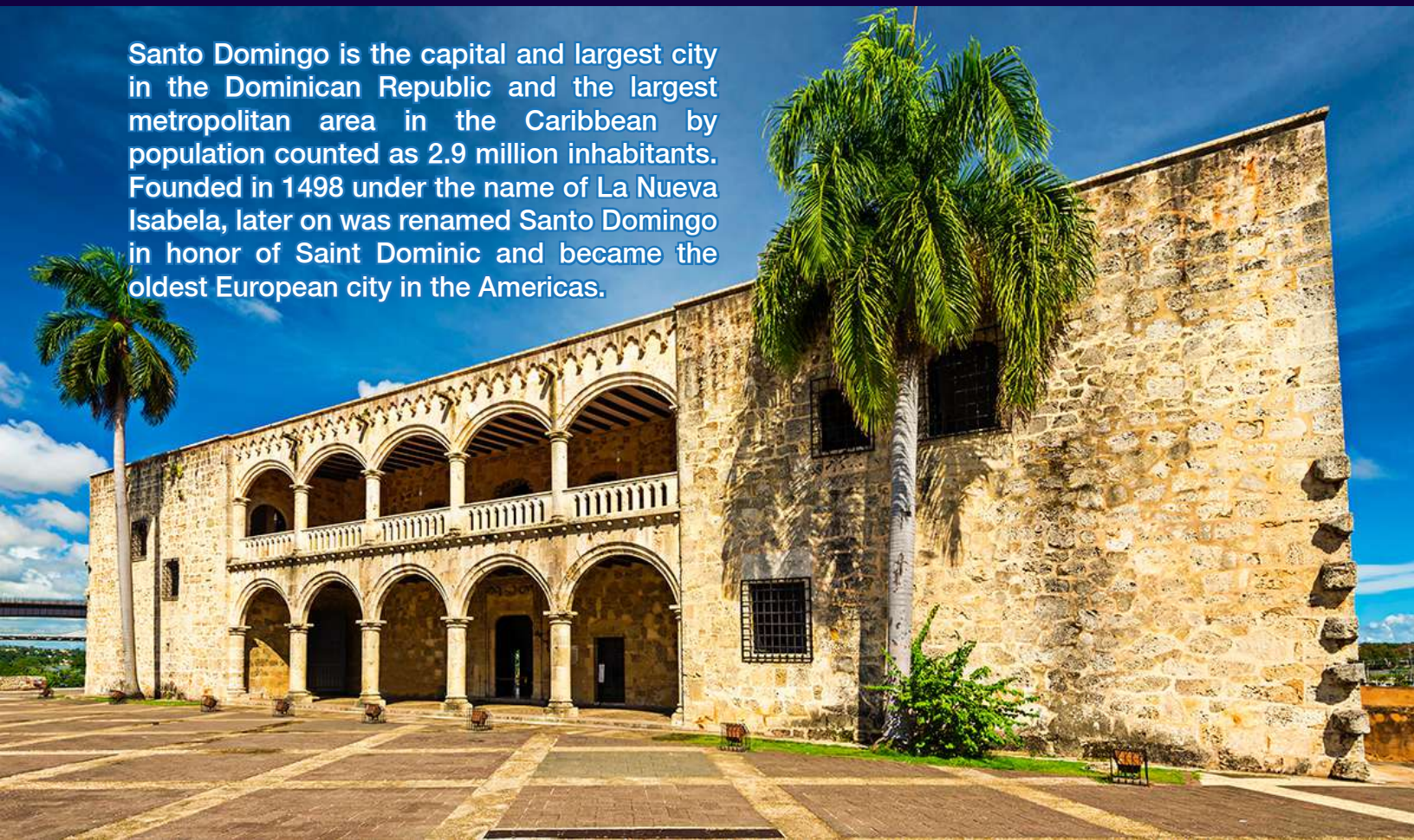
LOCATION:

The Dominican Republic is a state occupying the eastern five-eighths of the island of Hispaniola, in the Greater Antilles archipelago in the Caribbean region. The western three-eighths of the island is occupied by the nation of Haiti. By area and population the Dominican Republic is the second-largest Caribbean nation (after Cuba), with 48,445 square kilometers (18,705 sq mi) and 10.08 million people, of which approximately three million live in the metropolitan area of Santo Domingo, the capital city.

After being discovered by Christopher Columbus on December 5, 1492, the island became the site of the first permanent European settlement in the Americas; and the first seat of the Spanish colonial rule in the New World.

The Dominican Republic people declared independence in February 1844. Then, in 1916, returned briefly to colonial status, being occupied by the United States between 1916 and 1924. The country is also the site of the first cathedral, castle, monastery, and fortress built in all of the Americas, located in Santo Domingo's Colonial Zone, an area declared as a World Heritage Site by UNESCO.

Santo Domingo is the capital and largest city in the Dominican Republic and the largest metropolitan area in the Caribbean by population counted as 2.9 million inhabitants. Founded in 1498 under the name of La Nueva Isabela, later on was renamed Santo Domingo in honor of Saint Dominic and became the oldest European city in the Americas.





Santo Domingo has a subway and upway metro system. The metro consists of two lines. It is the most extensive metro in the Caribbean and Central American region by total length and number of stations. The first line was planned to relieve traffic congestion in the Máximo Gómez and Hermanas Mirabal Avenue. The second line, which opened in April 2013, is meant to relieve the congestion along the Duarte-Kennedy-Centenario Corridor in the city from west to east.

VENUE:

The venue will be held in the Theater "La Fiesta" of the REINAISSANCE SANTO DOMINGO JARAGUA HOTEL AND CASINO.
Ave. George Wshington 367, Santo Domingo, Dominican Republic
Phone number +1-809-221-2222



HOTEL RECOMENDADO:

REINAISSANCE SANTO DOMINGO,
HOTEL JARAGUA Y CASINO.
Apto. Postal 769-2, Santo Domingo
de Guzman
República Dominicana
Teléfono +1 809 221 2222



For reservations:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1702927668984&key=GRP&app=resvlink>

TRANSPORTATION:

UBER is available in the Dominican Republic.
Also many taxi companies services available 24 hour a day.
At the airport you can access to a taxi service "SICHALA"

IMPORTANT ARRIVAL AND CHECK-IN NOTICES:

The weigh-in and registration will be conducted on Saturday, March 23th, 2024.
The IFBB Registration Fee of US \$200 will have to be paid in advance online through credit/debit card or PayPal at <http://www.ifbb.com/registration> for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

**IMPORTANT
REGISTRATIONS PAYMENTS MADE AFTER MARCH 15TH OR AT
THE REGISTRATION DAY WILL BE US \$250.**

PARTICIPATION:

This competition is open to ALL IFBB-AFFILIATED NATIONAL FEDERATIONS. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

All participating delegations must be members in good standing of an IFBB. Such federations must not have any debts with the IFBB, CACBBFF and/or any of its promoters and agents. It is the responsibility of each federation that all dues are current to the IFBB.

Entry Forms should be emailed to the IFBB Technical Committee, with a copy to the IFBB Head Office in Madrid.

OFFICIAL ATHLETE REGISTRATION

Registration and weigh-in will be run on Saturday, March 23th, 2024, from 09:00 to 13:00, at the REINAISSANCE SANTO DOMINGO JARAGUA HOTEL AND CASINO, 367 George Wshington Ave., Santo Domingo, Dominican Republic.

All athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at the registration. IFBB International Cards are US\$50 or EUR 40 per year and are mandatory. All posing music must be on an audio CD only. All presentation music must be on an audio-only USB stick. The posing music should also be at the beginning of the USB stick. Each competitor must place their name in the memory to facilitate identification. The use of profane, vulgar and offensive language is strictly prohibited in posing music.

IMPORTANT NOTICE TO COMPETITORS:

Each athlete participating in the Championship will receive an accreditation card or bracelet at the weigh-in. This ID allows daily admission and must not be removed.

The IFBB amateur event begins on Sunday, March 24 from 9:00 a.m. Athletes should start warming up at 08:00 a.m. on Sunday, March 24, 2024. More information on the running order and other competition details will be sent as soon as possible. Please visit www.ifbb.com for regular updates.

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.

IMPORTANT INFORMATION

All the costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

VISAS:

All travelers will need a passport valid for at least 90 days following your departure date from Dominican Republic. However, it is strongly recommended traveling with 6 months validity on your passport at all times. You need to have at least two free pages in Visas section of your passport. Check with your airline in case you have connecting flights overseas as part of your journey to Dominican Republic. It may be the case that countries you pass through en route to your destination may require a separate transit visa. Citizens of the following 8 countries do not require a visa or tourist card to enter the Dominican Republic up to 90 days: Argentina, Chile, Ecuador, Israel, Japan, Peru. Republic of Korea and Uruguay. Citizens of the next 99 countries and the European Union need to buy a tourist card which can be obtained upon arrival to the Dominican Republic but as there are often queues, it can be worth buying it in advance.. The cost is US \$10 for 30 days. It may also be obtain online or by post from the Dominican Republic embassy or consulate.

Citizens of most of the African, Middle East and South - East Asian countries may need a tourist visa.

Detailed info at: https://en.wikipedia.org/wiki/Visa_policy_of_the_Dominican_Republic
An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship.

All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy (scan) of passport If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing, Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test 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 Santo Domingo.

IMPORTANT NOTICE

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of US\$ 60 (50€) paid for 2024 . This fee may also be paid at the Championships in Dominican Republic.

Test judges must pay the IFBB judge's test fee of US\$ 60 (50€). This fee may also be paid at the Championships in Santo Domingo. All judges and test judges must be present at the Team Managers and Judges Meeting. Any judge absents at this Meeting, will not be allowed to judge at these Championships. If any of the above conditions hasn't been met, judges will be unable to carry out their duties

ENTRY FORM CONTACT DETAILS:

All entry forms and correspondence should be addressed to IFBB Technical Committee, Andrew Michalak amichalak5@gmail.com and IFBB Head Office in Madrid at contact@ifbb.com

The deadline date for submitting the entry forms is March 15th, 2024.

PLEASE FORWARD ALL ENTRY FORMS TO:

Please send Entry Form no later than October 10th, 2021 to:
Andrew Michalak (IFBB Technical Committee)
amichalak5@gmail.com

Please send a copy to:
International Federation of Bodybuilding and Fitness
Phone: +34 91 535 2819 • E-mail: headquarters@ifbb.com

Organizing Committee Office:
Tony Peña R.
FDFP President
E-mail: tonyfdff@hotmail.com

David Luciano
Dominican Bodybuilding and Fitness Federation
Tel. (829)918-5430
Email: davidluciano2099@hotmail.com

MEDIA ACCREDITATION:

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at contact@ifbb.com no later than March 15th, 2024.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS:

Green cards are used to limit access to the backstage area during Prejudging and Finals. They will be distributed at the Team Managers and Judges Meeting as follows:

Five (5) or more competitors - two (2) green cards
Less than five (5) competitors - one (1) green cards
If national federation officials do not attend the Team Managers and Judges Meeting, this federation will not be issued a green card.

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA / VIDEOTAPE EQUIPMENT:

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE:

UTC/GMT – 4 hour.

CURRENCY :

The national currency in the Dominican Republic is the Dominican peso (DOP or RD\$)

1 EUR = 64.15 DOP (as of January 17, 2024)

1 USD = 58.88 DOP (as of January 17, 2024)

Current rates may be checked at: <http://www.xe.com/currency/dop-dominican-peso>

All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE:

Santo Domingo has a tropical monsoon climate. The average temperature in Santo Domingo varies little, because the tropical trade winds help mitigate the heat and humidity throughout the year. December through March are the coolest months with hot days with less humidity and fresh nights. The daily mean temperature for December is 24.90C (76.80F), with average high 29.60C (85.30F) and average low 20.20C (68.40F). Average rainy days: 6.3, average relative humidity 79.3%.

ELECTRICAL CURRENT:

General electrical service is delivered at 110 V alternating at 60 Hz. Electrically powered items from the United States work with no modifications. Plugs/sockets of type A, B and C. Coming from other countries, you may need a plug adapter and, possibly, a power converter (laptop computers handle well a range of 100 to 240 V and a frequency of 50 to 60 Hz but you must check on the manufacturer plate of your powersupply). Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE:

The official language in Dominican Republic, is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

ATHLETES WITHOUT DELEGATES:

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

AWARDS:

Top three places in each category will awarded with trophies and certificate. Overall winners in each division will receive a trophy and Pro-Elite card.

OPEN CATEGORIES FOR THIS COMPETITION

MEN'S BODYBUILDING

UP TO & INCLUDING 70 kg
UP TO & INCLUDING 75 kg
UP TO & INCLUDING 80 kg
UP TO & INCLUDING 90 kg
OVER 90 kg

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

- MASTER MEN BODYBUILDING (+40 YEARS) - OPEN

MEN'S CLASSIC BODYBUILDING

(*Height/weight limits)

UP TO & INCLUDING 172CM
UP TO & INCLUDING 175CM
OVER 175CM

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

MEN'S PHYSIQUE

UP TO & INCLUDING 170 cm
UP TO & INCLUDING 174 cm
UP TO & INCLUDING 178 cm
OVER 178 cm

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

- JUNIOR MEN PHYSIQUE (16-23 YEARS) - OPEN

- MASTER MEN PHYSIQUE (+40 YEARS) - OPEN

MUSCULAR MEN PHYSIQUE

UP TO & INCLUDING 170 cm
UP TO & INCLUDING 175 cm
OVER 175 cm

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

CLASSIC PHYSIQUE

UP TO & INCLUDING 172 CM
OVER 172 CM

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

WOMEN'S FIT MODELS - OPEN
WOMEN'S BODYFITNESS - OPEN

WOMEN'S BIKINI - FITNESS

UP TO & INCLUDING 160 cm
UP TO & INCLUDING 163 cm
UP TO & INCLUDING 166 cm
OVER 166 cm

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

- JUNIOR BIKINI - FITNESS (16-23 YEARS) - OPEN

- MASTER BIKINI - FITNESS (+35 YEARS) - OPEN

WOMEN'S WELLNESS FITNESS

Up to & including 158 cm
Up to & including 160 cm
Over 160 cm

Overall winner will be eligible to apply for the IFBB Elite Pro Qualifier

- JUNIOR WELLNESS (16-23 YEARS) - OPEN

- MASTER WELLNESS (+35 YEARS) - OPEN

TENTATIVE SCHEDULE OF ACTIVITIES

The following calendar of activities is provisional and therefore subject to change. Please check regularly for updates:

Friday March 22, 2024

Arrival of the Members of the Executive Council of the CACBBFF / IFBB, Delegates. Athletes. Coaches and Judges.

Saturday March 23, 2024

09:00 – 13:00

Registration and Weighing

14: 00

Meeting of Team Leaders, Coaches and Judges

Sunday March 24, 2024

08:30

Delivery of numbers and warm-up

10:00

Men's Physique Elite ProSemifinal and Final
(Including absolutes)

16:00

Semifinal and final all categories

Monday March 25, 2024

Departure of the Members of the Executive Council of the CACBBFF / IFBB, Delegates, Athletes, Coaches and Judges.