



2024 IFBB EAST ASIAN BODYBUILDING AND FITNESS CHAMPIONSHIPS JEJU PROVINCE, REPUBLIC OF KOREA

NAME OF THE EVENT	2024 IFBB EAST ASIAN BODYBUILDING & FITNESS CHAMPIONSHIPS		
CITY / COUNTRY	JEJU PROVINCE / REPUBLIC OF KOREA		
DATE	SEPTEMBER 6th - 9th, 2024		
EVENT OPEN FOR	ALL IFBB-AFFILIATED EAST ASIAN & SOUTH EAST ASIAN NATIONAL FEDERATIONS		
DAY OF ARRIVAL	SEPTEMBER 6th, 2024		
COMPETITION	SEPTEMBER 7th and 8th, 2024		
DAY OF DEPARTURE	SEPTEMBER 9th, 2024		
REGISTRATION DAY	06/09/2024 10:00-20:00	PLACE	HOTEL AIRCITY JEJU
WEIGH-IN DAT		PLACE	
IFBB ELITE PRO CARD QUALIFIER		YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER		YES <input type="checkbox"/>	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. 			

VENUE INFORMATION

• JEJU TOURISM UNIVERSITY CONVENTION HALL

(2715, Gwangryeong 2(i)-ri, Aewol-eup, Jeju-si, Jeju-do, Republic of Korea)

- Jeju Tourism University is a leading university in international tourism education and opened a convention hall to put Jeju's vision of a global tourism and cultural industry into practice. The convention hall can be used as a multi-purpose space where various concerts, performances, meetings, etc. can be held with a total of 492 seats and the latest sound system and lighting. In addition, the dressing room and practice room provide added convenience for users. The convention hall, which will become the cradle of future tourism leaders, will play a pivotal role in the development of Jeju's tourism industry by establishing itself as a central space for international tourism education and event performance culture.

HOTEL INFORMATION

(Hotel 1) 4-STAR. HOTEL AIRCITY JEJU (56, Sammu-ro, Jeju-si, Jeju-do, Republic of Korea)

'HOTEL AIRCITY JEJU' is a Korean Wave in tourism and This hotel is located in Yeondong, Jeju, the center of lodging, shopping, and culture.

Main facilities include a large banquet hall on the 2nd basement floor, a convenience store located on the 1st floor above ground, and There is a restaurant and seminar room located on the 2nd floor, and a small banquet hall is also located on the 18th floor.

In addition, the guest rooms located from the 3rd floor to the 18th floor include Korean-style rooms, superior rooms, deluxe rooms, and suites.

It consists of various room types.

(Hotel 2) 4-STAR GLOUCESTER HOTEL (57, Sammu-ro, Jeju-si, Jeju-do, Republic of Korea)

It is a 5-minute drive from Jeju Airport and is located in the new Jeju Special Tourist Zone.

Nearby, major tourist attractions such as Aewol Cafe Street and IHO Beach can be reached by car within 15 to 25 minutes.

In addition, around Yeondong, Dream Tower Casino, Shilla Duty Free Shop, and Nuwemaru Special Street are close to various restaurants and entertainment areas, and since it is located in a dense hotel area, it is well-equipped with infrastructure.

• **Distance from the Airport: 2.4km**

- **Shuttle bus service for official flight**

- **By Bus**

Take the bus at the Jeju International Airport Bus Stop

Main line: **No. 325, 326, 332 or 370** (Bound for New Jeju)

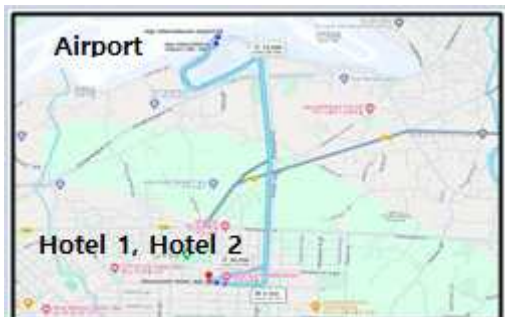
☞ takes about 13 minutes (+ 2 minutes walk)

☞ Get off at the Sammu Park stop and walk for 2 minutes to the hotel

- **By taxi**

Boarding at Jeju Airport Taxi Stand / About 5~7 minutes

AIRPORT to HOTEL



HOTEL to VENUE



REGISTRATION FEE

Each athlete must pay the IFBB registration fee of **USD \$330**, what includes accommodation (3 nights) in a double room (4-star hotel), total 8 meals (starting with dinner on 06/09/24 and finishing with breakfast on 09/09/24) and transportation: Hotel – Venue – Hotel.

USD \$35 to be added for Changing for the single room.

Official delegates, extra delegates and supporters should buy a special package for **USD \$330**, 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**.

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

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 Antioping 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.

PRO CARDS DISTRIBUTION :

11 SENIORS + 3 MASTERS IFBB ELITE PRO CARDS

* 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 :

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 :

Greencards 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 GREENCARDS : YES NO N/A

PRICE: USD \$20 each

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	MASTER MEN'S BODYBUILDING 40-44 years ONE OPEN CATEGORY 45-49 years ONE OPEN CATEGORY 50-59 years ONE OPEN CATEGORY 60 years & over ONE OPEN CATEGORY
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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	MASTER MEN'S CLASSIC BODYBUILDING 40-49 years ONE OPEN CATEGORY 50 years & over ONE OPEN CATEGORY
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MEN'S GAME'S CLASSIC BODYBUILDING (OPEN)

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
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MUSCULAR MEN'S PHYSIQUE (OPEN)

MEN'S CLASSIC PHYSIQUE

MEN'S CLASSIC PHYSIQUE * UP TO & INCL. 175 CM * UP TO & INCL. 180 CM * OVER 180 CM	MASTER MEN'S CLASSIC PHYSIQUE 45-49 years ONE OPEN CATEGORY 50 years & over ONE OPEN CATEGORY
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MEN'S FIT-MODEL (OPEN)

WOMEN'S BODYFITNESS		
WOMEN'S BODYFITNESS * UP TO & INCL. 163 CM * OVER 163 CM	JUNIOR WOMEN'S BODYFITNESS 16-23 years ONE OPEN CATEGORY	MASTER WOMEN'S BODYFITNESS 35-39 years ONE OPEN CATEGORY 40 years & over ONE OPEN CATEGORY
WOMEN'S BIKINI		
WOMEN'S BIKINI * UP TO & INCL. 160 CM * UP TO & INCL. 164 CM * UP TO & INCL. 168 CM * OVER 168 CM	JUNIOR WOMEN'S BIKINI 16-23 years ONE OPEN CATEGORY	MASTER WOMEN'S BIKINI 35-39 years ONE OPEN CATEGORY 40 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	MASTER WOMEN'S WELLNESS 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	MASTER WOMEN'S FIT-MODEL 35 years & over ONE OPEN CATEGORY
WOMEN'S PHYSIQUE		
WOMEN'S PHYSIQUE * UP TO & INCL. 163 CM * OVER 163 CM	MASTER WOMEN'S PHYSIQUE 35 years & over ONE OPEN CATEGORY	

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

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 73km x 31km, totaling some 1,848km². 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.