

IFBB WORLD WOMEN'S CHAMPIONSHIPS & MEN'S WORLD CUP

16-19 DECEMBER 2024
TOKYO, JAPAN



INSPECTION REPORT



WELCOME

Japan Bodybuilding & Fitness Federation and the organizing committee of 2024 IFBB Women's World Championships and Men's World Cup would like to take this opportunity to welcome all of you from the IFBB family around the world to the IFBB Women's world Championships and Men's World Cup which will be held in Tokyo, Japan, December 16-19, 2024.

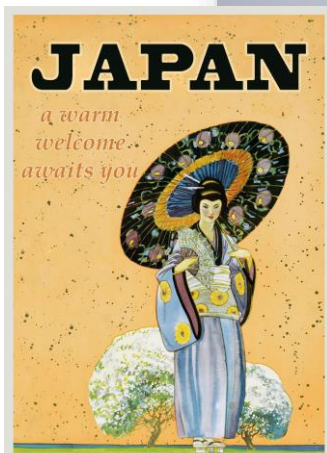


LOCATION



Japan is located in the region called Northeast Asia or East Asia, to the east of the Eurasian continent and surrounded by the Pacific Ocean, the Sea of Okhotsk, the Sea of Japan, and the East China Sea. Japan comprises the four large islands of Hokkaido, Honshu, Shikoku, and Kyushu, and other smaller islands.

Japan is a mountainous country, with two-thirds of its territory covered with forests. Most areas have a temperate climate with four distinct seasons, therefore Japan has great diversity of plant and animal life.





TOKYO



Tokyo Metropolis is located in the southern Kanto region, positioned in approximately the center of the Japanese archipelago and this area is home to around 30% of Japan's total population. The overall population of Tokyo is about 13.49 million (as of October 1, 2015), and the area is about 2,191 square kilometers. The climate is generally mild.





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 :

https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html)

*The period of stay granted at the time of the landing permission will be **15 days** for Indonesia and Thailand, **14 days** for Brunei, **30 days** for United Arab Emirates and Qatar, and **90 days** for other countries and regions.

*Those who need to apply for the visa at 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.

https://www.mofa.go.jp/ca/fna/page4e_001053.html

*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.

INFORMATION

Language : The official language in Japan is Japanese.

English is spoken in many hotels and tourist areas.

Time Zone : JST (UTC/GMT +9)

Currency : Japanese Yen

Electricity : 100V (Plug type: A)

Climate : The average Temperature (December) High: 12°C/Low: 4°C

More Information
Visit here



Visit Japan Web





ACCOMODATION

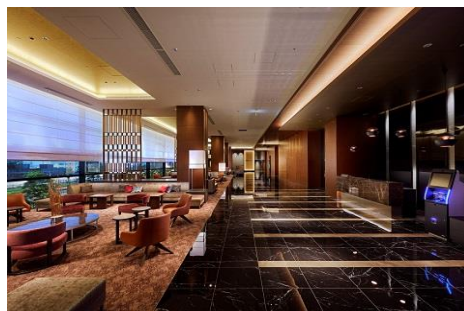
ARRIVAL DAY: 16th of December, 2024 from 10:00
DEPARTURE DAY: 20th of December, 2024 until 11:00
athletes, delegates and officials.



Hotels

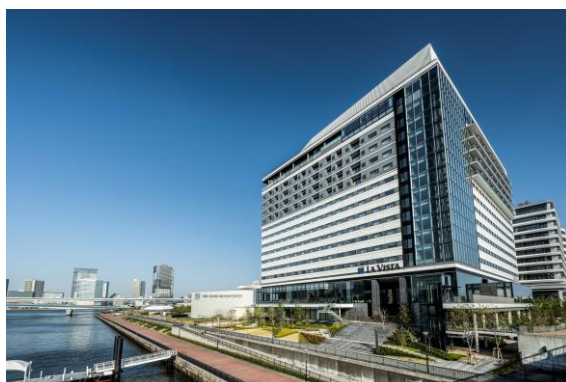
Package Share €600/per person Single €850
Extra night Share €100/per person&night, Single €150/per night
Check-in After 15:00 on Dec 16th – Check-out 11:00 on Dec 20th

National Federations have to provide a list of participants with passport No. for room reservations.



-Villa Fontaine Grand Tokyo Ariake 2-1-5 Ariake, Koto-ku, Tokyo

La Vista Tokyo Bay-
6-4-40 Toyosu, Koto-Ku ,Tokyo



-Sotetsu Grand Fresa Tokyo-Bay Ariake
3-6-6 Ariake, Koto-Ku ,Tokyo

Tokyo Bay Ariake Washington Hotel-
3-7-11 Ariake, Koto-Ku ,Tokyo



In case of early arrival and/or late departure please contact the organizers



FOR EXTRA NIGHTS RESERVATION QUERIES
PLEASE CONTACT : reservation@ifbb-jbbf.com

OFFICIAL AIRPORTS

OFFICIAL AIRPORT OF ARRIVAL:

International Airport Haneda (HND) or Narita (NRT) in Tokyo.

Transportation service   

On the 15th (Haneda or Narita Airport to Hotel), 16th (Haneda or Narita Airport to Ariake Coliseum) and 20th (Hotel to Haneda or Narita Airport)

One way: **€25**/per person • Round trip: **€50**/per person

Please book by email (address below) with the following information:

Number of athletes, delegates and judges, arrival and departure flight details.



FOR Transportation RESERVATION QUERIES

PLEASE CONTACT: reservation@ifbb-jbbf.com



Haneda Airport
Tokyo International Airport

   12 km

50 mins by Train, Monorail or Public Bus

20 mins by Car



Narita International Airport

   66 km

90 mins by Bus



VENUE



Ariake Coliseum :2-2-2 Ariake, Koto-ku, Tokyo



PARTICIPATION

All athletes recommended by IFBB affiliated national federations are eligible to participate in the 2024 IFBB Women's World Championships and IFBB Men's World Cup.

Registration through IFBB website with recommendation from national federations is the only way to join the competition, and direct communication from athletes is not acceptable.

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.



RESERVATION




The official day of arrival is **16th of December 2024**.

Weigh-in and registration will begin on Monday, December 16th, from 10:00 to 19:00 and will be held at the Ariake Coliseum.

Address: 2-2-20 Ariake, Koto-ku, Tokyo

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.

Each athlete participating in the Championships is given a wristband  upon Registration. This will allow him/her daily access to the venue and must not be lost.



PASSPORT

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.



REGISTRATION

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

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

PAYMENTS AFTER DECEMBER 09th, 2024

Each athlete and Delegate or Extra Delegate paying **AFTER DECEMBER 09th, 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 09th** and **EUR €950**, if paying **AFTER DECEMBER 09th**.

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 09th, 23:59 (midnight CET = UTC + 1).

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

PAYMENTS AFTER DECEMBER 09th:

- 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)



MUSIC

All posing music must be on a USB drive only. The posing music in the MP3 format must also be the only file on the 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

WORLD FITNESS CHAMPIONSHIPS Women Acrobatic Fitness Up to & incl. 163 cm Over 163 cm Junior Women Acrobatic Fitness 16-20 years: up to & incl. 163 cm 16-20 years: over 163 cm 21-23 years: up to & incl. 163 cm 21-23 years: over 163 cm Men Fitness One Open Class Junior Men' Fitness 16-20 years: open 21-23 years: open Women Artistic Fitness Up to & incl. 163 cm Up to & incl. 168 cm Over 168 cm Junior Women Artistic Fitness 16-20 years: open 21-23 years: open Women Bodyfitness Up to & incl. 158 cm Up to & incl. 163 cm Up to & incl. 168 cm Over 168 cm Junior Women Bodyfitness 16-20 years open 21-23 years open Master Women Bodyfitness Age 35-39: open Age 40-44: open Age 45-49: open Age ≥50: open Women Bikini Up to & incl. 158 cm Up to & incl. 160 cm Up to & incl. 162 cm Up to & incl. 164 cm Up to & incl. 166 cm Up to & incl. 169 cm Up to & incl. 172 cm Over 172 cm Junior Women Bikini 16-20 years: up to & incl. 160 cm 16-20 years: up to & incl. 166 cm 16-20 years: over 166 cm 21-23 years: up to & incl. 160 cm 21-23 years: up to & incl. 166 cm 21-23 years: over 166 cm Master Women Bikini Age 35-39: up to 164 cm Age 35-39: over 164 cm Age 40-44: open Age 45-49: open Age ≥50: open	Women's Physique Up to & incl. 163 cm Over 163 cm Master Women's Physique Age ≥35: open Women Wellness Up to & incl. 158 cm Up to & incl. 163 cm Up to & incl. 168 cm Over 168 cm Junior Women Wellness 16-20 years: open 21-23 years: up to & incl. 163 cm 21-23 years: over 163 cm Master Women Wellness Age 35-39: open Age 40-44: open Age 45-49: open Age ≥50: open Fit-Pairs One open class Mixed-Pairs One open class WORLD MEN'S CUP Men Games Classic Bodybuilding* Up to & incl. 175 cm Over 175 cm Junior Games Classic Bodybuilding* 16-23 years: open Master Games Classic Bodybuilding* Age 40-44: open Age ≥45: open Men Classic Bodybuilding* Up to & incl. 168 cm Up to & incl. 171 cm Up to & incl. 175 cm Up to & incl. 180 cm Over 180 cm Junior Men Classic Bodybuilding* 16-23 years: open Master Men Classic Bodybuilding* Age 40-44: open Age 45-49: open Age ≥50: open Men Classic Physique* Up to & incl. 168 cm Up to & incl. 171 cm Up to & incl. 175 cm Up to & incl. 180 cm Over 180 cm Junior Men Classic Physique* 16-23 years: open Men Wheelchair Bodybuilding One open class	Master Men Classic Physique* Age 40-44: open Age 45-49: open Age ≥50: open Men 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 Up to & incl. 95 kg Up to & incl. 100 kg Over 100 kg Junior Men Bodybuilding 16-23 yrs: up to & incl. 75 kg 16-23 yrs: over 75 kg Master Men Bodybuilding 40-49 yrs Up to & incl. 60 kg Up to & incl. 70 kg Up to & incl. 80 kg Up to & incl. 90 kg Over 90 kg Master Men Bodybuilding 50-59 yrs Up to & incl. 80 kg Over 80 kg Master Men Bodybuilding 60-64 yrs One Open Class Master Men Bodybuilding ≥65 yrs One Open Class Men's Physique Up to & incl. 170 cm Up to & incl. 173 cm Up to & incl. 176 cm Up to & incl. 179 cm Up to & incl. 182 cm Over 182 cm Junior Men's Physique 15-23 years: up to & incl. 176 cm 15-23 years: over 176 cm Master Men's Physique Age 40-49: open Age ≥50: open Muscular Men's Physique Up to 176 cm Over 176 cm Fit-Model Women Fit-Model Up to & incl. 160 cm Women Fit-Model Up to & incl. 164 cm Women Fit-Model Up to & incl. 168 cm Women Fit-Model Up to & incl. 172 cm Women Fit-Model Over 172 cm Men Fit-Model open Junior Women Fit-Model 16-23 yrs. open Master Women Fit-Model ≥35 yrs: open
---	---	---

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 Body Fitness.
- 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.



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**



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 and/or medals.
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)



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, at: 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 judge's 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.



TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official representative will check the tan of all athletes backstage and if the tan comes off by simply wiping off, the athlete will be told to remove the tan before going on stage.

T-Tan IFBB Official Tanning

TANNING SERVICE:

Contact: reservation@ifbb-jbbf.com

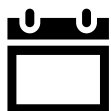


CAMERA AND/OR VIDEO TAPE EQUIPMENT

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.



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



TENTATIVE SCHEDULE

IFBB 2024 WORLD WOMEN'S 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)

Hotel Check-in (rooms): 15:00 -

10:00 - 19:00 Official Athletes Registration / Weigh-in (Ariake Coliseum)

18:00 - 19:00 Team Managers' Technical & Judges' Meeting (Ariake Coliseum)

19:00 - 22:00 Dinner (at Ariake Coliseum)

TUESDAY December 17th, 2024

07:00 - 10:00 Breakfast (at Ariake Coliseum)

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 Ariake Coliseum)

10:00 - 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 Ariake Coliseum)

10:00 - 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 11:00 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. @IFBBWORLDCHAMPIONSHIPS.



REGISTRATION DEADLINE

EVENT OPEN FOR: All IFBB-affiliated National Federations.

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 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.



CONTACTS

Please send Your **Preliminary** and **Final Entry Forms** to:

Mrs. Miyako Kinoshita

E-mail: info@ifbb-jbbf.com

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Daria

E-mail: contact@ifbb.com

皆様に東京でお会いすることを心よりお待ちしております。

