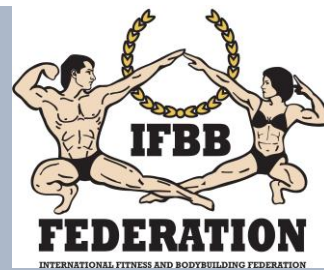


# 2024 MR. UNIVERSE IRAQ



## MAIN INFORMATION

NAME OF THE EVENT: **2024 IFBB MR. UNIVERSE IRAQ**

CITY / COUNTRY: **SULAYMANIYAH / IRAQ**

DATE: **MAY 16<sup>th</sup> - 19<sup>th</sup>, 2024**

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

IFBB ELITE PRO CARD QUALIFIER YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 3 YES  NO

DAY OF ARRIVAL **16/05/2024**

DAY OF DEPARTURES **19/05/2024**

REGISTRATION DAY: **16/05/2024**

TIME: **11:00-18:00**

PLACE: **University of Sulaymaniyah Congress Hall**

WEIGH-IN DAY: **16/05/2024**

TIME: **11:00-18:00**

PLACE: **University of Sulaymaniyah Congress Hall**

\*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.

RECOMMENDED AIRPORT: **SULAYMANIYAH INTERNATIONAL AIRPORT**

[https://en.wikipedia.org/wiki/Sulaimaniyah\\_International\\_Airport](https://en.wikipedia.org/wiki/Sulaimaniyah_International_Airport)

VISA INFORMATION: **For visa issue please send passport copy and personal passport picture to the e mail - [mruniverseiraqvisa@gmail.com](mailto:mruniverseiraqvisa@gmail.com) before 04/05/2024**

\* Currently there are no COVID-19 testing or vaccination requirements for travellers entering Iraq.

\*An Official Letter of Invitation will be made 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: **University of Sulaymaniyah Congress Hall**

### HOTEL INFORMATION

#### RECOMMENDED HOTEL:

01- Grand Millennium Hotel Sulaimani (Bakhtiary Sulaimaniah, Iraq 444 · +964 770 700 0000 · [reservations.gms@millenniumhotels.krd](mailto:reservations.gms@millenniumhotels.krd).)

02- Slemani Rotana ( Salim Street, Sulaymaniyah, Sulaymaniyah Governorate, Iraq·+964 53 305 5555

03- Ramada by Wyndham Sulaymaniyah Salim Street (Sulaymaniyah, 46010 IQ [marketing@ramadasulaymaniyah-salimstreet.com](mailto:marketing@ramadasulaymaniyah-salimstreet.com) +964 770 494 5555; +964 053 320 9515.)

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **USD \$250**.

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 **USD \$50**.

**CROSSOVERS: USD \$100** per each of the additional categories.

**DEADLINE FOR ONLINE PAYMENT: May 13<sup>th</sup>, 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 **USD \$50** per year 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:

### SENIORS MEN'S CATEGORIES

- 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 UP TO 95 KG
- MEN'S BODYBUILDING UP TP 100 KG
- MEN'S BODYBUILDING OVER 100 KG
- MEN'S BODYBUILDING OVERALL

- MEN'S CLASSIC BODYBUILDING UP TO 168 CM
- 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
- MEN'S CLASSIC BODYBUILDING OVERALL

- MEN CLASSIC PHYSIQUE UP TO 168 CM
- MEN CLASSIC PHYSIQUE UP TO 171 CM
- MEN CLASSIC PHYSIQUE UP TO 175 CM
- MEN CLASSIC PHYSIQUE UP TO 180 CM
- MEN CLASSIC PHYSIQUE OVER 180 CM
- MEN'S CLASSIC PHYSIQUE OVERALL

- MEN'S PHYSIQUE UP TO 170 CM
- MEN'S PHYSIQUE UP TO 173 CM
- MEN'S PHYSIQUE UP TO 176 CM
- MEN'S PHYSIQUE UP TO 179 CM
- MEN'S PHYSIQUE UP TO 182 CM
- MEN'S PHYSIQUE OVER 182 CM
- MEN'S PHYSIQUE OVERALL

- MUSCULAR MENS PHYSIQUE UP TO 170 CM
- MUSCULAR MENS PHYSIQUE UP TO 174 CM
- MUSCULAR MENS PHYSIQUE UP TO 178 CM
- MUSCULAR MENS PHYSIQUE OVER 178 CM
- MUSCULAR MENS PHYSIQUE OVERALL

### JUNIOR MEN'S 16-23 YRS CATEGORIES:

- JUNIOR MEN'S PHYSIQUE UP TO 174 CM
- JUNIOR MEN'S PHYSIQUE UP TO 178 CM
- JUNIOR MEN'S PHYSIQUE OVER 178 CM

- JUNIOR MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- JUNIOR MEN'S CLASSIC PHYSIQUE OVER 175 CM

- JUNIOR MEN'S BODYBUILDING UP TO 75 KG
- JUNIOR MEN'S BODYBUILDING OVER 75 KG

- JUNIOR MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- JUNIOR MEN'S CLASSIC BODYBUILDING OVER 175 CM

### MASTERS MEN'S OVER 40 YSR CATEGORIES

- MASTER MEN'S PHYSIQUE 40-44 YRS. OLD
- MASTER MEN'S PHYSIQUE OVER 45 YRS. OLD

- MASTER CLASSIC PHYSIQUE 40-44 YRS. OLD
- MASTER CLASSIC PHYSIQUE OVER 45 YRS. OLD

- MASTER MEN'S BODYBUILDING 40-44 YRS. OLD
- MASTER MEN'S BODYBUILDING OVER 45 YRS. OLD

- MASTER MEN'S CLASSIC BODYBUILDING 40-44 YRS. OLD
- MASTER MEN'S CLASSIC BODYBUILDING OVER 45 YRS. OLD

## TENTATIVE SCHEDULE

**FRIDAY 17/05/2024**

- JUNIOR CLASSIC PHYSIQUE
- MASTER'S CLASSIC PHYSIQUE
- MEN'S CLASSIC PHYSIQUE
- JUNIOR PHYSIQUE
- MASTER'S PHYSIQUE
- MEN'S MUSCULAR PHYSIQUE
- MEN'S PHYSIQUE

## TENTATIVE SCHEDULE

**SATURDAY 18/05/2024**

- JUNIOR CLASSIC BODYBUILDING
- MASTERS CLASSIC BODYBUILDING
- MEN'S CLASSIC BODYBUILDING
- JUNIOR BODYBUILDING
- MASTERS BODYBUILDING
- MEN'S BODYBUILDING

### AWARDS:

Top three athletes in each category will be awarded with [medals](#).

Top six athletes in each category will be awarded with a [Certificate of Excellence](#) and [trophies](#). Overall winner will have a [trophy](#).

### IFBB ELITE PRO CARDS:

#### 16 IFBB ELITE PRO CARDS IN TOTAL

#### DISTRIBUTION:

MEN'S BODYBUILDING - ELITE PRO CARDS FOR THE TOP 3 OVERALL WINNERS

MEN'S MASTERS BODYBUILDING - ELITE PRO CARD FOR THE CATEGORY WINNER

MEN'S CLASSIC BODYBUILDING - ELITE PRO CARDS FOR THE TOP 3 OVERALL WINNERS

MEN'S CLASSIC PHYSIQUE - ELITE PRO CARDS FOR THE TOP 3 OVERALL WINNERS

MEN'S PHYSIQUE - ELITE PRO CARDS FOR THE TOP 3 OVERALL WINNERS

MEN'S MUSCULAR PHYSIQUE - ELITE PRO CARDS FOR THE TOP 3 OVERALL WINNERS

### \*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No**

FINAL ENTRY FORM: **13/05/2024**

### 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 and 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.
- Price USD \$30 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.

[Professional Tanning Service:](#)

Contact: [mr universeiraqvisa@gmail.com](mailto:mr universeiraqvisa@gmail.com)

TANNING FEE: USD \$70

## CONTACT INFORMATION:

Please send your Entry Form to:  
Mr. Muzamil Abdul Hameed  
E-mail: [info@goldeninnovations.ae](mailto:info@goldeninnovations.ae)

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

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

Contact details for additional correspondence:  
Mr. Muzamil Abdul Hameed  
E-mail: [info@goldeninnovations.ae](mailto:info@goldeninnovations.ae)

## 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.



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