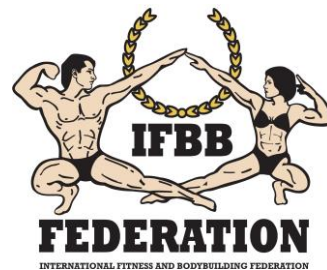


2024 IFBB ASIAN CUP



MAIN INFORMATION

NAME OF THE EVENT: **2024 IFBB ASIAN CUP**

CITY / COUNTRY: **TASHKENT/UZBEKISTAN**

DATE: **JUNE 15th - 17th, 2024**

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

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES NO

DAY OF ARRIVALS: **JUNE 15th, 2024** ; CONTEST DAY: **JUNE 16th, 2024**

DAY OF DEPARTURES: **JUNE 17th, 2024**

REGISTRATION DAY: **JUNE 15th, 2024**

TIME: **15:00-19:00**

PLACE: **"JAR" SPORT COMPLEX**

3 Beruniy Ave, Shaikhontohur district , Tashkent

WEIGHTIN DAY: **JUNE 15th, 2024**

TIME: **15:00-19:00**

PLACE: **"JAR" SPORT COMPLEX**

3 Beruniy Ave, Shaykhontohur district, Tashkent

*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: **ISLAM KARIMOV TASHKENT INTERNATIONAL AIRPORT**

VISA INFORMATION:

Passport holders of nearly 90 countries don't need a visa to enter Uzbekistan for 10-60 days. Detailed info here:

https://en.wikipedia.org/wiki/Visa_policy_of_Uzbekistan . Citizens of other countries may apply for e-visa:

<https://e-visa.gov.uz/main>

*As of today, COVID vaccination passports or certificates or PCR Tests are not mandatory to enter Uzbekistan.

*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: **"JAR" SPORT COMPLEX**, 3 Beruniy Avenue, Shaikhontohur district, Tashkent

HOTEL INFORMATION

RECOMMENDED HOTEL: **UZBEKISTAN HOTEL** - <https://hotel-uz.com/en/about/>

Website page for booking: <https://hotel-uz.com/booking/> . Enter the promo code to receive the discount: **promo5**

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **USD \$200**.

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: JUNE 04th, 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 **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:

MEN'S BODYBUILDING:

UP TO & INCLUDING 65 KG
UP TO & INCLUDING 70 KG
UP TO & INCLUDING 75 KG
UP TO & INCLUDING 80 KG
UP TO & INCLUDING 85 KG
UP TO & INCLUDING 90 KG
UP TO & INCLUDING 95 KG
UP TO & INCLUDING 100 KG
UP TO & INCLUDING +100 KG
OVERALL

JUNIORS MEN'S BODYBUILDING 16-23 YRS - OPEN

MASTER MEN BODYBUILDING:

40-49 YEARS - **OPEN**
>50 YEARS - **OPEN**
OVERALL

MEN'S CLASSIC BODYBUILDING:

UP TO & INCLUDING 171 CM
UP TO & INCLUDING 175 CM
UP TO & INCLUDING 180 CM
OVER 180 CM
OVERALL

MEN'S CLASSIC PHYSIQUE:

UP TO & INCLUDING 175 CM
UP TO & INCLUDING 180 CM
OVER 180 CM
OVERALL

WOMEN'S BODYFITNESS:

UP TO & INCLUDING 158 CM
UP TO & INCLUDING 163 CM
UP TO & INCLUDING 168 CM
OVER 168 CM
OVERALL

WOMEN'S BIKINI:

UP TO & INCLUDING 158 CM
UP TO & INCLUDING 160 CM
UP TO & INCLUDING 162 CM
UP TO & INCLUDING 164 CM
UP TO & INCLUDING 166 CM
UP TO & INCLUDING 169 CM
UP TO & INCLUDING 172 CM
OVER 172 CM
OVERALL

WOMEN'S WELLNESS:

UP TO & INCLUDING 163 CM
UP TO & INCLUDING 168 CM
OVER 168 CM
OVERALL

WOMEN'S PHYSIQUE:

UP TO & INCLUDING 163 CM
OVER 163 CM
OVERALL

WOMEN'S FIT- MODEL - OPEN

FIT- PAIRS - OPEN

MEN'S PHYSIQUE:

UP TO & INCLUDING 173 CM
UP TO & INCLUDING 176 CM
UP TO & INCLUDING 179 CM
UP TO & INCLUDING 182 CM
OVER 182 CM

OVERALL

MUSCULAR MEN'S PHYSIQUE - OPEN

MEN'S FIT- MODEL - OPEN

FITNESS CHALLENGE:

MEN'S & WOMEN'S GOLD LEVEL INDIVIDUAL + COUPLES
MEN'S & WOMEN'S SILVER LEVEL INDIVIDUAL + COUPLES

SPEED-FIT:

MEN'S TEAM
WOMEN'S TEAM

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:**15 PRO CARDS IN TOTAL**

DISTRIBUTION :

- MEN'S BODYBUILDING - TOP 3 OVERALL WINNERS
- MEN'S CLASSIC BODYBUILDING - OVERALL WINNER
- MASTER MEN'S BODYBUILDING - OVERALL WINNER
- MEN'S CLASSIC PHYSIQUE - OVERALL WINNER
- MEN'S PHYSIQUE – TOP 3 OVERALL WINNERS
- WOMEN'S BODYFITNESS - OVERALL WINNER
- WOMEN'S BIKINI – TOP 3 OVERALL WINNERS
- WOMEN'S WELLNESS OVERALL WINNER
- WOMEN'S PHYSIQUE OVERALL WINNER

***REGISTRATION DEADLINE**

PRELIMINAR ENTRY FORM: NO

FINAL ENTRY FORM: **JUNE 03rd, 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.

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.

CONTACT INFORMATION:

Please send your Entry Form to:
Uzbek Bodybuilding and Fitness
Federation Vice-President
Ms. Olga Akhperjanyants
E-mail: ifbb.uzb@gmail.com

Please send a copy to the 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

Contact details for additional correspondence:
Mr. Khabibulla Nizamov
President of the Uzbek Bodybuilding and Fitness Federation
E-mail: ifbb.uzb@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 & 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.