2025 IFBB WORLD MEN'S CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: **2025 IFBB WORLD MEN'S BODYBUILDING CHAMPIONSHIPS**
2025 IFBB WORLD MEN'S & WOMEN'S FITNESS CHALLENGE CHAMPIONSHIPS
2025 IFBB MEN'S FIT-MODEL WORLD CUP

CITY / COUNTRY: **Khobar / Saudi Arabia**

DATE: **November 27th to December 1st of 2025**

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

22 IFBB PRO CARDS QUALIFIERS YES **X** NO ☐

IFBB INTERNATIONAL RANKING QUALIFIER YES NO **X (FITNESS CHALLENGE – YES)**

DAY OF ARRIVAL: **27/11/2025**

DAY OF DEPARTURES: **01/12/2025**

DAY OF THE WORLD CONGRESS: **27/11/2025**	TIME: **19:00**	PLACE: **Grand Hyatt Al Khobar Hotel**
REGISTRATION DAY: **27/11/2025**	TIME: **10:00 - 19:00**	PLACE: **Grand Hyatt Al Khobar Hotel**
WEIGH-IN DAY: **27/11/2025**	TIME: **10:00 - 19:00**	PLACE: **Grand Hyatt Al Khobar Hotel**

*All Athletes must wear their posing attire during weigh-in for inspection.

RECOMMENDED AIRPORT: 1 - King Fahad International Airport in Damman
2 - Bahrein International Airport In Manama

VISA INFORMATION: Citizens of the Gulf Cooperation Council don't need a visa. Passport holders of other 69 countries may obtain visa free at arrival. More info at: https://en.wikipedia.org/wiki/Visa_policy_of_Saudi_Arabia
*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: **Green Hall /Sport Complex Khobar**

HOTEL INFORMATION

OFFICIAL HOTELS: **1. Grand Hyatt Al Khobar Hotel 2. Sheraton Dammam Hotel & Convention Centre 3. Holiday Inn & Suites Al Khobar by IHG 4. Marriott Executive Apartments Al Khobar 5. Aloft Dhahran 6. Hilton Garden Inn Al Khobar**

REGISTRATION FEE:

Each Athlete and Delegate or Extra Delegate must pay the IFBB registration fee of **EUR €600.**

FOR PAYMENTS MADE AT THE REGISTRATION DAY there is penalty of **EUR €50.**
So, the fee for REGISTRATION DAY IS **EUR €650.**
What includes: accommodation (4 nights) in a double room, 3 meals per day (starting with dinner on 27/11/25 and finishing with breakfast on 01/12/25) and transportation: hotel – venue – hotel. **EUR €100** to be added for changing to the single room. HOTEL Deposit: **EUR €100** per person (in cash only).

ONLINE PAYMENT: May be done by credit/debit card or PayPal at http://www.ifbb.com/competition-registration.
CROSSOVERS: **EUR €100** per each of the additional categories.
DEADLINE FOR ONLINE PAYMENT: **November 18th, 2025, 23:59.**

ANTI-DOPING TEST: 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 €50.** This fee is mandatory and may be paid online, together with the Registration Fee (altogether **EUR €650** if paying before the deadline) or **EUR €700** at the registration in Khobar.

EXPRESS CHECKING

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING.
TO AVOID INCONVENIENCES AND DELAYS TO NATIONAL FEDERATIONS THAT PROPERLY FULFILED THE PROTOCOL.
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT THE REQUIRED DOCUMENTS DULLY COMPLETED WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTIL THE MISSING REQUIREMENTIS COMPLETED.

*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 International Cards are EUR €40 / USD $50 per calendar year and are mandatory.

*All posing music must be on an USB drive only. The music posing 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 CLASSIC BODYBUILDING:

1. SUB JUNIOR MEN'S CLASSIC BODYBUILDING 15-20 YEARS **- OPEN**
2. JUNIOR MEN'S CLASSIC BODYBUILDING 21-23 YEARS **– OPEN**
3. MEN'S CLASSIC BODYBUILDING UP TO 164 CM
4. MEN'S CLASSIC BODYBUILDING UP TO 168 CM
5. MEN'S CLASSIC BODYBUILDING UP TO 171 CM
6. MEN'S CLASSIC BODYBUILDING UP TO 175 CM
7. MEN'S CLASSIC BODYBUILDING UP TO 180 CM
8. MEN'S CLASSIC BODYBUILDING OVER 180 CM

MEN'S GAMES CLASSIC BODYBUILDING:

9. SUB JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 15-20 YEARS **- OPEN**
10. JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 21-23 YEARS **- OPEN**
11. MEN'S GAMES CLASSIC BODYBUILDING UP TO 171 CM
12. MEN'S GAMES CLASSIC BODYBUILDING UP TO 180 CM
13. MEN´S GAMES CLASSIC BODYBUILDING OVER 180 CM
14. MASTER MEN'S GAMES CLASSIC BODYBUILDING 40 YEARS & OVER **- OPEN**

MEN'S WHEELCHAIR BODYBUILDING:

15. MEN'S WHEELCHAIR BODYBUILDING **- OPEN**

MEN'S PHYSIQUE:

16. SUB JUNIOR MEN'S PHYSIQUE 15-17 YEARS **- OPEN**
17. SUB JUNIOR MEN'S PHYSIQUE 18-20 YEARS **- OPEN**
18. JUNIOR MEN'S PHYSIQUE 21-23 YEARS UP TO 174 CM
19. JUNIOR MEN'S PHYSIQUE 21-23 YEARS UP TO 178 CM
20. JUNIOR MEN'S PHYSIQUE 21-23 YEARS OVER 178 CM
21. MEN'S PHYSIQUE UP TO 170 CM
22. MEN'S PHYSIQUE UP TO 173 CM
23. MEN'S PHYSIQUE UP TO 176 CM
24. MEN'S PHYSIQUE UP TO 179 CM
25. MEN'S PHYSIQUE UP TO 182 CM
26. MEN'S PHYSIQUE OVER 182 CM
27. MUSCULAR FIT MEN´S PHYSIQUE **- OPEN**

MEN´S FIT BODYBUILDING:

28. SUB JUNIOR MEN'S BODYBUILDING 15-20 YEARS UP TO 75 KG
29. SUB JUNIOR MEN'S BODYBUILDING 15-20 YEARS OVER 75 KG
30. JUNIOR MEN'S BODYBUILDING 21-23 YEARS UP TO 75 KG
31. JUNIOR MEN'S BODYBUILDING 21-23 YEARS OVER 75 KG
32. MEN'S FIT BODYBUILDING UP TO & INCL. 170 CM
33. MEN'S FIT BODYBUILDING UP TO & INCL. 178 CM
34. MEN'S FIT BODYBUILDING OVER 178 CM
35. MASTER MEN´S FIT BODYBUILDING 40-49 YEARS - **OPEN**
36. MASTER MEN´S FIT BODYBUILDING 50 YEARS & OVER - **OPEN**

MEN´S FIT CLASSIC PHYSIQUE

37. MEN'S FIT CLASSIC PHYSIQUE UP TO & INCL. 168 cm
38. MEN'S FIT CLASSIC PHYSIQUE UP TO & INCL. 171 cm
39. MEN'S FIT CLASSIC PHYSIQUE UP TO & INCL. 175 cm

45. MEN'S FIT CLASSIC PHYSIQUE UP TO & INCL. 180 cm
46. MEN'S FIT CLASSIC PHYSIQUE OVER 180 cm
47. MASTER MEN'S FIT CLASSIC PHYSIQUE 40-49 YEARS - **OPEN**
48. MASTER MEN'S FIT CLASSIC PHYSIQUE 50 YEARS & OVER - **OPEN**

POSSIBLE CROSSOVERS:
GAMES CLASSIC BODYBUILDING - CLASSIC BODYBUILDING – FIT CLASSIC PHYSIQUE – FIT BODYBUILDING
MEN'S PHYSIQUE – MEN'S FIT-MODEL

JUNIORS AND MASTERS IN SENIOR CLASSES

2025 WORLD MEN'S FIT-MODEL CUP
49. JUNIOR MEN'S FIT-MODEL 15-23 YEARS **- OPEN**
50. MEN'S FIT-MODEL UP TO 176 CM
51. MEN'S FIT-MODEL UP TO 183 CM
52. MEN'S FIT-MODEL OVER 183 CM
53. MASTER MEN'S FIT-MODEL 40 YEARS & OVER **- OPEN**

SPEED-FIT, FITNESS CHALLENGE

Gold Level
54. Junior (16–23 yrs) – Women's Fitness Challenge (Individual)
55. Junior (16–23 yrs) – Men's Fitness Challenge (Individual)
56. Men's Fitness Challenge (Individual / Men's & Mixed Couples)
57. Women's Fitness Challenge (Individual / Women's & Mixed Couples)
58. Master (Over 35 yrs) – Women's Fitness Challenge (Individual)
59. Master (Over 40 yrs) – Men's Fitness Challenge (Individual)

Silver Level
60. Junior (16–23 yrs) – Women's Fitness Challenge (Individual)
61. Junior (16–23 yrs) – Men's Fitness Challenge (Individual)
62. Men's Fitness Challenge (Individual / Men's & Mixed Couples)
63. Women's Fitness Challenge (Individual / Women's & Mixed Couples)
64. Master (Over 35 yrs) – Women's Fitness Challenge (Individual)
65. Master (Over 40 yrs) – Men's Fitness Challenge (Individual)

Bronze Level
66. Women's Fitness Challenge (Individual)
67. Men's Fitness Challenge (Individual)

TEAMS:
68. Speed-Fit Team Men
69. Speed-Fit Team Women
70. Team Fitness Challenge Mixed (4 athletes) - Silver level

FITNESS CHALLENGE - THECHNICAL REGULATIONS OF THE EXERCISES

GOLD STANDARD
1. Pullup
2. KB pull and squat
3. Parallel Dips
4. Walking lunges
5. Toes to bar
6. Devil press

SILVER STANDARD
1. Pull Ups (lying position)
2. Hexa-Bar Squat/Dead Lift
3. Dips on Bench (feet forward)
4. Lunges (with dumbbells)
5. Sit Ups (weight on chest)
6. Snatches (with kettlebell)

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 PRO CARDS:

DISTRIBUTION:

THE WINNERS OF THE SENIOR CATEGORIES IN THE FOLLOWING DIVISIONS:

- MEN'S CLASSIC BODYBUILDING
- MEN'S PHYSIQUE

WILL BE GRANTED THE IFBB PRO CARDS ACCORDING TO THE IFBB RULES.

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **01/10/2025**
FINAL ENTRY FORM: **27/10/2025**

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.

EXTRA GREEN CARDS: YES, PRICE: EUR €50 each.

TANNING NEEDS

TANNING PRODUCTS TBD
TANNING FEE PER PERSON: EUR €120 OR SAR 500.

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:
Mr. FARIS ALDOKHEEL
E-mail: info@sbbf.sa

Please send a copy to the IFBB Technical Committee:
Eng. ANDREW MICHALAK
E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:
Ms. DARIA
E-mail: contact@ifbb.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.

TENTATIVE SCHEDULE

IFBB MEN´S WORLD CHAMPIONSHIPS & WORLD CONGRESS
WORLD SPEED FIT (FITNESS CHALLENGE) CHAMPIONSHIPS

Khobar (Saudi Arabia), November 27th to December 1st, 2025

THURSDAY	**Thursday, November 27th, 2025**
10:00 - 18:00	Arrival of official delegations (athletes and delegates)
10:00 - 19:00	Official Athletes Registration — Grand Hyatt Al Khobar Hotel
10:00 - 19:00	Official Weigh-in — Grand Hyatt Al Khobar Hotel
17:30 - 18:30	Team Managers & Judges Meeting — Grand Hyatt Al Khobar Hotel
19:00	IFBB Annual Congress — Grand Hyatt Al Khobar Hotel

FRIDAY	**Friday, November 28th, 2025**
07:00 - 10:00	Breakfast (At your corresponding hotel)
10:00	Prejudging and Finals - part 1 (one continuous session) GREEN HALL/SPORT COMPLEX KHOBAR
TBD	**TECHNICAL MEETING FOR JUDGES AND ATHLETES - SPEED FIT (FITNESS CHALLENGE)**
12:30 - 14:00	Lunch (At your corresponding hotel)
19:00 - 21:00	Dinner (At your corresponding hotel)

SATURDAY	**Saturday, November 29th, 2025**
07:00 -10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 2 (one continuous session) GREEN HALL/SPORT COMPLEX KHOBAR
10:00 - ?¿?¿?	**SPEED FIT (FITNESS CHALLENGE) COMPETITION TBD**
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

SUNDAY	**Sunday, November 30th, 2025**
07:00 -10:00	Breakfast (At your corresponding hotel)
10:00	Cultural Visits
12:00	Technical Meeting
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

MONDAY	**Monday, December 1st, 2025**
	Breakfast (at your corresponding hotel)

INVOICE

IFBB
C/Dublin,39 D
28232, Las Rozas , Madrid (España)
V83519447

Country: _____

Delegate's name: _____

Date:_____/_____/_____

PAX Q-TY	Description	Unit price	Amount
	REGISTRATION FEE ATHLETES (Doble room)	600,00 €	- €
	REGISTRATION FEE ATHLETES (Single room)	700,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Double room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Single room)	750,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Doble room)	600,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Single room)	700,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Double room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Single room)	750,00 €	- €
	IFBB INTERNATIONAL CARD ANNUAL FEE (Blue Book)	40,00 €	- €
	REGISTRATION FEE CROSSOVER	100,00 €	- €
	2025 IFBB ANNUAL AFFILIATION FEE	800,00 €	- €
	DOPING CONTROL FEE	50 €	- €
	EXTRA NIGHT SINGLE ROOM/DOUBLE ROOM	TBD	- €
	TOTAL:		

IMPORTANT TO AVOID WAITING TIMES

EXPRESS CHECKING
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING
NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT ANY OF THE REGISTRATION REQUIREMENTS DULLY COMPLETE WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTILTHE MISSING REQUIREMENT IS COMPLETED

REGARDING THE ATTIRES FOR THE DIFFERENT CATEGORIES

*REMINDING NOTE: **Games Classic Bodybuilding, Classic Bodybuilding, Bodybuilding by heights, Fit Classic Physique and Men's Fit- Model (Round 1 & 3)** - posing trunks must be as follows:

- Competitors will wear a one-color, any color, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

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