2025 IFBB ASIAN CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: **2025 IFBB ASIAN FITNESS & BODYBUILDING CHAMPIONSHIPS** **2025 IFBB ASIAN FITNESS CHALLENGE CHAMPIONSHIPS**		
CITY / COUNTRY: **AJMAN / UNITED ARAB EMIRATES**		
DATE: **JUNE 14th to 18th, 2025**		
EVENT OPEN FOR: **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS FROM ASIA**		
IFBB PRO CARD QUALIFIER YES **X** NO		
IFBB INTERNATIONAL RANKING QUALIFIER YES ☐ NO **X** **(FITNESS CHALLENGE – YES)**		
DAY OF ARRIVAL: **14/06/2025**		
DAY OF DEPARTURES: **18/06/2025**		
DAY OF THE ASIAN CONGRESS: **14/06/2025**	TIME: **TBD**	PLACE: **Ajman Saray Hotel**
REGISTRATION DAY: **14/06/2025**	TIME: **10:00 - 19:00**	PLACE: **Bahi Ajman Palace Hotel** https://maps.app.goo.gl/CjL9UvkZ4i1yUAaR7
WEIGH-IN DAY: **14/06/2025**	TIME: **10:00 - 19:00**	PLACE: **Bahi Ajman Palace Hotel** https://maps.app.goo.gl/CjL9UvkZ4i1yUAaR7

*All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection.

RECOMMENDED AIRPORTS: 1- **Sharjah International Airport**
2- **Dubai International Airport**

VISA INFORMATION: Citizens of the Gulf Cooperation Council countries do not need a visa to enter the UAE. They can enter the country after presenting their passport issued by one of the GCC countries.
Citizens of a few countries can travel to the UAE and obtain an entry visa upon arrival, and the duration of stay according to this visa is up to 30 days. Citizens of other countries can obtain a visa that allows for a stay of up to 90 days upon arrival. More information at:
https://www.emirates.com/pl/english/before-you-fly/visa-passport-information/uae-visa-information/
*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: **EMIRATES HOSPITALITY CENTER AJMAN** https://maps.app.goo.gl/RDFuq5Zg7SW7wE926

HOTEL INFORMATION

RECOMMENDED HOTEL: TBD (will update information soon)

REGISTRATION FEE:

- Each Athlete and Delegate or Extra Delegate must pay the IFBB registration fee of **USD $600 (in a double room).**
- Each Athlete and Delegate or Extra Delegate must pay the IFBB registration fee of **USD $700 (in a single room).**

What includes: accommodation (4 nights), 3 meals per day (starting with dinner on 14/06/25 and finishing with breakfast on 18/06/25).

CROSSOVERS: USD $100 per each of the additional categories.
Registration Fee should be paid by credit/debit card or PayPal at http://www.ifbb.com/competition-registration.

DEADLINE FOR ONLINE PAYMENT: June 3rd, 2025.
Paying at the Registration on June 14th, 2025, an extra fee of **USD $50** per participant will be charged, so the fee for the REGISTRATION DAY IS **USD $650**.

HOTEL DEPOSIT: USD $100 per person (paid in cash in the hotel) will be refunded after check-out.
HOTEL Check in Time: 14:00 | HOTEL Check out Time : 12:00

TRANSPORTATION: USD $30 per person (one way)

HAIR & MAKE-UP: USD $250 per person

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 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.

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.

CATEGORIES:

MEN'S BODYBUILDING BY HEIGHT:
* Up to & including 170 cm
* Up to & including 178 cm
* Over 178 cm

SENIOR MEN'S PHYSIQUE
a. Class A: Up to & including 170 cm
b. Class B: Up to & including 173 cm
c. Class C: Up to & including 176 cm
d. Class D: Up to & including 179 cm
e. Class E: Up to & including 182 cm
f. Class F: Over 182 cm

MUSCULAR MEN'S PHYSIQUE:
a. Class D: Up to & including 176 cm
b. Class F: Over 176 cm

MEN'S FIT CLASSIC PHYSIQUE
1. Up to & incl. 168 cm
2. Up to & incl. 171 cm
3. Up to & incl. 175 cm
4. Up to & incl. 180 cm
5. Over 180 cm

SENIOR MEN'S CLASSIC BODYBUILDING
a. Class A: Up to & incl. 168 cm
b. Class B: Up to & incl. 171 cm
c. Class C: Up to & incl. 175 cm
d. Class D: Up to & incl. 180 cm
e. Class E: Over 180 cm

MEN'S GAMES CLASSIC BODYBUILDING
a. Up to & including 175 cm
b. Over 175 cm

WOMEN'S BIKINI:
* Up to & including 158 cm
* Up to & including 160 cm
* Up to & including 164 cm
* Up to & including 169 cm
* Over 169 cm

JUNIOR WOMEN'S BIKINI 16-23 years – **OPEN**
MASTER WOMEN'S BIKINI >35 years
a. Up to & including 163 cm
b. Over 163 cm

WOMEN'S FIT-MODEL:
* Up to & including 163 cm
* Up to & including 168 cm
* Over 168 cm

WOMEN'S BODYFITNESS:
* Up to & including 158 cm
* Up to & including 163 cm
* Up to & including 168 cm

JUNIOR MEN'S BODYBUILDING 16-23 years:
* Up to & including 75 kg
* Over 75 kg

MASTER MEN'S BODYBUILDING 40 -49 years:
* Up to & including 80 kg
* Up to & including 90 kg
* Over 90 kg

MASTER MEN'S BODYBUILDING 50-59 years:
* Up to & including 80 kg
* Over 80 kg

MASTER MEN'S BODYBUILDING over 60 years - OPEN

JUNIOR MEN'S PHYSIQUE
15 to 20 years - **OPEN**
21 to 23 years:
a. Up to & including 174 cm
c. Over 174 cm

MASTERS MEN'S PHYSIQUE
a. Class A: Age 40-44: one open class
b. Class B: Age 45-49: one open class
c. Class C: Age 50 and over: one open class

JUNIOR MEN'S CLASSIC PHYSIQUE
16 to 20 years - **OPEN**
21 to 23 years - **OPEN**

MASTER MEN'S CLASSIC PHYSIQUE
40 to 44 years - **OPEN**
45 to 49 years - **OPEN**
50 years and over - **OPEN**

JUNIOR MEN'S CLASSIC BODYBUILDING
16 to 20 years - **OPEN**
21 to 23 years - **OPEN**

MASTER MEN'S CLASSIC BODYBUILDING
40 to 44 years - **OPEN**
45 to 49 years - **OPEN**
50 years and over - **OPEN**

MEN'S WHEELCHAIR BODYBUILDING - OPEN
MEN'S PARABODYBUILDING (test category) - OPEN

FIT- PAIRS - OPEN

WOMEN'S ACROBATIC FITNESS - OPEN

WOMEN'S ARTISTIC FITNESS - OPEN

* Over 168 cm

WOMEN'S WELLNESS:
* Up to & including 163 cm
* Over 163 cm

WOMEN'S PHYSIQUE:
* Up to & including 163 cm
* Over 163 cm

POSSIBLE CROSSOVERS:

- FIT CLASSIC PHYSIQUE - CLASSIC BODYBUILDING – FIT BODYBUILDING - GAMES CLASSIC BODYBUILDING
- WOMEN'S ARTISTIC FITNESS – WOMEN'S BIKINI – WOMEN'S FIT-MODEL;
- WOMEN'S WELLNESS – WOMEN'S FIT-MODEL
- WOMEN'S ACROBATIC FITNESS – WOMEN'S BODYFITNESS
- MEN'S FITNESS – MEN'S PHYSIQUE – MEN'S FIT-MODEL
- JUNIORS AND MASTERS IN SENIOR CLASSES

FITNESS CHALLENGE

Individual Categories:
- **GOLD/SILVER MEN INDIVIDUAL (SENIOR — JUNIOR — MASTERS)**
- **GOLD/SILVER WOMEN INDIVIDUAL (SENIOR — JUNIOR — MASTERS)**

Couple (Paired) Categories:
- **GOLD/SILVER MEN COUPLES (JUNIOR — SENIOR — MASTERS)**
- **GOLD/SILVER WOMEN COUPLES (JUNIOR — SENIOR — MASTERS)**
- **GOLD/SILVER MIXED COUPLES (JUNIOR — SENIOR — MASTERS)**

Team Categories:
- **SPEEDFIT TEAM (MEN — WOMEN)**
- **FITNESS CHALLENGE SILVER TEAM (MIXED)**

MEN'S FITNESS – OPEN

MEN'S FIT- MODEL:
Men´s Fit Model 178
Men´s Fit Model 183
Men´s Fit Model + 183
Men´s Master Fit Model
Men´s Junior Fit Model

JUNIOR WOMEN'S WELLNESS 16-23 years - OPEN
MASTER WOMEN'S WELLNESS >35 years - OPEN

JUNIOR WOMEN'S BODYFITNESS
* 16 to 20 years - **OPEN**
* 21 to 23 years - **OPEN**

MASTERS WOMEN'S BODYFITNESS :
* 35 to 39 years - **OPEN**
* 40 to 44 years - **OPEN**
* 45 years & over - **OPEN**

MASTERS WOMEN'S PHYSIQUE >35 years - OPEN

AWARDS:
Top three athletes in each category are awarded with medals.
Top six athletes in each category are awarded with a Certificate of Excellence and trophies.

FITNESS CHALLENGE - THECHNICAL REGULATIONS OF THE

EXERCISES

GOLD STANDARD
1. Chin Ups (prone & strict)
2. Jump Squat (up to 20" - 24" box)
3. Dips (feet forward)
4. Walking Lunges (with a barbell)
5. Sit Ups (weighted)
6. Burpees & Devil Press

SILVER STANDARD
1. Pull Ups (lying position)
2. Jefferson Squat
3. Dips on Bench (feet forward)
4. Lunges (non-walking, 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 ALL SENIOR CATEGORIES WILL WIN A PRO CARD AS PER IFBB REGULATIONS

- MEN'S CLASSIC BODYBUILDING
- MEN'S PHYSIQUE
- MUSCULAR MEN'S PHYSIQUE
- WOMEN´S BIKINI
- WOMEN´S WELLNESS
- WOMEN´S BODYFITNESS
- WOMEN´S PHYSIQUE

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **01/05/2025**
FINAL ENTRY FORM: **02/06/2025**

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 meeting 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: T.TAN- UAE
TANNING FEE PER PERSON: **USD $110** OR **AED 400** **CONTACT: info@goldeninnovations.ae Mr.Muzamel rahman**

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 the Organizing Committee:
Mr. TARIK KHALIL
E-mail: **info@asia2025ifbb.ae**

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**

Contact details for additional correspondence:
Mr. Tarik Khalil
E-mail: **info@asia2025ifbb.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 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 Cards 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

2025 IFBB ASIAN FITNESS AND BODYBUILDING CHAMPIONSHIPS & ASIAN CONGRESS
2025 ASIAN SPEED-FIT (FITNESS CHALLENGE) CHAMPIONSHIPS
Ajman (United Arab Emirates), June 14th to 18th, 2025

SATURDAY	**Saturday, June 14th, 2025**
10:00 - 18:00	Arrival of official delegations (athletes and delegates) **HOTEL Check in Time: 14:00**
10:00 - 19:00	Official Athletes Registration (Bahi Ajman Palace Hotel)
10:00 – 19:00	Official Weigh-in (Bahi Ajman Palace Hotel)
17:30 – 18:30	Team Managers & Judges Meeting (place-TBD)
TBD	Asian Federation Annual Congress (Ajman Saray Hotel)
	Dinner

SUNDAY	**Sunday, June 15th, 2025**
07:00 - 10:00	Breakfast (At your corresponding hotel)
10:00	Prejudging and Finals - part 1 (one continuous session) AJMAN HOSPITALITY CENTER
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)

MONDAY	**Monday, June 16th, 2025**
07:00 -10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 2 (one continuous session) AJMAN HOSPITALITY CENTER
10:00	**SPEED FIT (FITNESS CHALLENGE) COMPETITION (INDIVIDUAL CATEGORIES) TBD**
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

TUESDAY	**Tuesday, June 17th, 2025**
07:00 -10:00	Breakfast (At your corresponding hotel)
09:00	Prejudging and Finals - part 3 (one continuous session) AJMAN HOSPITALITY CENTER
10:00	**SPEED-FIT (FITNESS CHALLENGE) COMPETITION (COUPLES)** TBD
13:00 - 14:30	Lunch (At your corresponding hotel)
19:00 - 22:00	Dinner (At your corresponding hotel)

WEDNESDAY	Breakfast (At your corresponding hotel) Departures of delegations **HOTEL Check out Time : 12:00**

INVOICE

IFBB
C/Dublin,39 D
28232, Las Rozas , Madrid (España)
G85265361

Country: _____

Delegate's name: _____

Date:_____/_____/_____

PAX Q-TY	Description	Unit price	Amount
	REGISTRATION FEE ATHLETES (Double 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)	50,00 $	- €
	REGISTRATION FEE CROSSOVER	100,00 $	- €
	2025 IFBB ANNUAL AFFILIATION FEE	800,00 €	- €
	2025 AFBF ANNUAL AFFILIATION FEE	300,00 $	- €
	EXTRA NIGHT PER PERSON (DOUBLE ROOM)	135,00 $	- €
	TOTAL:	- $	
	EXTRA NIGTH DOUBLE ROOM		

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, Classic Physique, Men's Fitness and Men's Fit-Model (Round 1 & 3)** - posing trunks must be as follows:

- Competitors will wear a one-colour, any colour, 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. The trunks, 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 and Bikini