



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



NAME OF THE EVENT: **IFBB Mr. UNIVERSE LEBANON**

CITY / COUNTRY: **BEIRUT / LEBANON**

DATE: **JUNE 27<sup>th</sup> – 29<sup>th</sup>, 2025**

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

IFBB PRO CARD QUALIFIER: YES  NO

IFBB INTERNATIONAL RANKING QUALIFIER - LEVEL 3: YES  NO

DAY OF ARRIVAL: **JUNE 27, 2025** COMPETITION: **JUNE 28, 2025**

DAY OF DEPARTURES: **JUNE 29, 2025**

REGISTRATION DAY: <b>27/06/2025</b>	TIME: <b>09:00 – 20:00</b>	PLACE: <b>HILTON BEIRUT HABTOOR GRAND</b>
-------------------------------------	----------------------------	---

WEIGH-IN DAY: <b>27/06/2025</b>	TIME: <b>09:00 – 20:00</b>	PLACE: <b>HILTON BEIRUT HABTOOR GRAND</b>
---------------------------------	----------------------------	---

- 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 that can be wiped off is not allowed.

**RECOMMENDED AIRPORT: BEIRUT RAFIC AL HARIRI INTERNATIONAL AIRPORT** (Code BEY)

Rafic Hariri International Airport is located in the Southern Suburbs of Beirut, Lebanon, 9 km from the city center, and 8 km from competition venue Hilton – Beirut Habtour Grand.

**Transportation fees** from / to Airport: **USD \$25** per person.

**VISA INFORMATION:** In order to visit Lebanon, most people will have to get a Lebanon Visa. Only Lebanese nationals and citizens of GCC countries are exempt from visa requirements. Fortunately, the Lebanon visa is fairly easy to obtain for a large number of people, as it can be obtained on arrival. Those who are not eligible for a Lebanon visa on arrival will have to get one in advance at the nearest embassy. Detailed information on countries need a visa to enter Lebanon:

<https://www.worldtravelguide.net/guides/middle-east/lebanon/passport-visa/>

- All Covid-19 health restrictions measures to enter Lebanon have been removed on September 28, 2022
- An Official Letter of Invitation will be 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: **HILTON BEIRUT HABTOOR GRAND – EMIRATES HALL** – Charles de Gaulle Str. Beirut, Lebanon

<https://www.hilton.com/en/hotels/beyhghi-hilton-beirut-habtoor-grand/>



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



### HOTEL INFORMATION:

#### RECOMMENDED HOTEL:

- **5 - Stars HILTON BEIRUT HABTOOR GRAND**, Charles De Gaulle St., Horsh Tabet Beirut, 55555, Lebanon

(competition Venue):

- **USD \$120** per day (Single Room – 1 person).

- **USD \$130** per day (Twin Room – 2 persons).

- **4 - Stars PADOVA HOTEL BEIRUT**, Horsh Tabet Beirut, Sin El Fil

- **USD \$70** per day (Single Room – 1 person).

- **USD \$80** per day (Twin Room – 2 persons).

### REGISTRATION FEES:

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

Registration fees 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 additional categories.

**Deadline for online payment : JUNE 17, 2025**

- 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 year** and 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.



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



**14 IFBB PRO CARDS** will be distributed as follows:

**MASTERS MEN'S BODYBUILDING OVERALL: 2 MASTER PRO CARDS**

**MEN'S CLASSIC BODYBUILDING OVERALL: 2 PRO CARDS**

**MEN'S PHYSIQUE OVERALL: 3 PRO CARDS**

**MUSCULAR MEN'S PHYSIQUE OVERALL: 1 PRO CARD**

**WOMEN'S BODYFITNESS OVERALL: 1 PRO CARD**

**WOMEN'S BIKINI OVERALL: 2 PRO CARDS**

**MASTERS WOMEN'S BIKINI OPEN: 1 MASTER PRO CARD**

**WOMEN'S PHYSIQUE OVERALL: 1 PRO CARD**

**WOMEN'S WELLNESS OPEN: 1 PRO CARD**

**ONLINE REGISTRATION DEADLINE:**

**FINAL ENTRY FORM: JUNE 16, 2025**

**CAMERA / VIDEO TAPE EQUIPMENT**

Cameras and/or video tape equipment are 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.

Athletes who wish to obtain their competition / Posing photos, must book with the organizer :

**FEE: USD\$40**

**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  NO  N/A

PRICE: **USD\$20 each.**



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



### CATEGORIES

MEN'S BODYBUILDING	
<p><b>JUNIOR MEN'S BODYBUILDING 16-20 yrs:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul> <p><b>JUNIOR MEN'S BODYBUILDING 21-23 yrs:</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 75 KG</li> <li>* OVER 75 KG</li> </ul> <p><b>MASTER MEN'S BODYBUILDING 40-45 yrs:</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 70 KG</li> <li>* UP TO &amp; INCL. 80 KG</li> <li>* UP TO &amp; INCL. 90 KG</li> <li>* OVER 90 KG</li> </ul>	<p><b>MASTER MEN'S BODYBUILDING 45-49 yrs:</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 70 KG</li> <li>* UP TO &amp; INCL. 80 KG</li> <li>* UP TO &amp; INCL. 90 KG</li> <li>* OVER 90 KG</li> </ul> <p><b>MASTER MEN'S BODYBUILDING Over 50 yrs:</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 80 KG</li> <li>* Over 80 KG</li> </ul>

MEN'S PHYSIQUE	
<p style="text-align: center;"><b>SENIOR</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 170 CM</li> <li>* UP TO &amp; INCL. 173 CM</li> <li>* UP TO &amp; INCL. 176 CM</li> <li>* UP TO &amp; INCL. 179 CM</li> <li>* UP TO &amp; INCL. 182 CM</li> <li>* OVER 182 CM</li> </ul>	<p><b>MASTER MEN'S PHYSIQUE 40-45 years:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul> <p><b>MASTER MEN'S PHYSIQUE 45-49 years:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul> <p><b>MASTER MEN'S PHYSIQUE Over 50 years:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul>
<p><b>JUNIOR MEN'S PHYSIQUE 15-17 years:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul>	<p><b>JUNIOR MEN'S PHYSIQUE 21-23 years:</b></p> <ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 174 CM</li> <li>* UP TO &amp; INCL. 178 CM</li> <li>* OVER 178 CM</li> </ul>
<p><b>JUNIOR MEN'S PHYSIQUE 18-20 years:</b></p> <ul style="list-style-type: none"> <li>* ONE OPEN CATEGORY</li> </ul>	
MUSCULAR MEN'S PHYSIQUE	
<ul style="list-style-type: none"> <li>* UP TO &amp; INCL. 178 CM</li> <li>* OVER 178 CM</li> </ul>	



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



MEN'S CLASSIC PHYSIQUE	
<b>JUNIOR MEN'S CLASSIC PHYSIQUE</b> <ul style="list-style-type: none"><li>* 16-20 YEARS (OPEN)</li><li>* 21-23 YEARS (OPEN)</li></ul>	<b>MASTER MEN'S CLASSIC PHYSIQUE 40-45 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>
	<b>MASTER MEN'S CLASSIC PHYSIQUE 45-49 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>
	<b>MASTER MEN'S CLASSIC PHYSIQUE + 50 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>

MEN'S CLASSIC BODYBUILDING	
<b>SENIOR</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 168 CM</li><li>* UP TO &amp; INCL. 171 CM</li><li>* UP TO &amp; INCL. 175 CM</li><li>* UP TO &amp; INCL. 180 CM</li><li>* OVER 180 CM</li></ul>	<b>MASTER MEN'S CLASSIC BODYBUILDING 40-45 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>
	<b>MASTER MEN'S CLASSIC BODYBUILDING 45-49 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>
<b>JUNIOR MEN'S CLASSIC BODYBUILDING</b> <ul style="list-style-type: none"><li>* 16-20 YEARS (OPEN)</li><li>* 21-23 YEARS (OPEN)</li></ul>	<b>MASTER MEN'S CLASSIC BODYBUILDING &gt;50 yrs</b> <ul style="list-style-type: none"><li>* ONE OPEN CATEGORY</li></ul>

<b>MEN'S FIT- MODEL – OPEN</b>
<b>FIT- PAIRS – OPEN</b>
<b>WOMEN'S WELLNESS – OPEN</b>

WOMEN'S BIKINI	
<b>SENIOR</b> <ul style="list-style-type: none"><li>* UP TO &amp; INCL. 160 CM</li><li>* UP TO &amp; INCL. 164 CM</li><li>* UP TO &amp; INCL. 169 CM</li><li>* OVER 169 CM</li></ul>	<b>JUNIOR WOMEN'S BIKINI 16-23 years - OPEN</b>
	<b>MASTER WOMEN'S BIKINI &gt;35 years - OPEN</b>



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



WOMEN'S FIT- MODEL	
<b>SENIOR</b> * UP TO & INCL. 162 CM * UP TO & INCL. 169 CM * OVER 169 CM	<b>JUNIOR</b> 16 - 23 yrs (OPEN)
	<b>MASTERS</b> Over 35 yrs (OPEN)

WOMEN'S BODYFITNESS	
<b>WOMEN'S BODYFITNESS:</b> * UP TO & INCL. 158 CM * UP TO & INCL. 163 CM * UP TO & INCL. 168 CM * OVER 168 CM	<b>JUNIOR WOMEN'S BODYFITNESS :</b> * 16 - 20 YEARS (OPEN) * 21 - 23 YEARS (OPEN) <b>MASTERS WOMEN'S BODYFITNESS :</b> * 35 - 39 YEARS (OPEN) * 40 - 44 YEARS (OPEN) * Over 45 YEARS (OPEN)

WOMEN'S PHYSIQUE	
<b>SENIOR</b> * UP TO & INCL. 163 CM * OVER 163 CM	<b>MASTERS WOMEN'S PHYSIQUE – Over 35 years:</b> * ONE OPEN CATEGORY

UNIVERSITY CATEGORY
<b>REQUIREMENTS:</b> Approval letter from the National University Sports Federation. Participants age must be under 25 years old. <b>CATEGORIES:</b> UNIVERSITY MEN'S PHYSIQUE – OPEN UNIVERSITY MEN'S FITNESS – OPEN UNIVERSITY MEN'S & WOMEN'S FITNESS CHALLENGE : - GOLD LEVEL (INDIVIDUAL / COUPLES / TEAM) - SILVER LEVEL (INDIVIDUAL / COUPLES / TEAM)

POSSIBLE CROSSOVERS:
CLASSIC PHYSIQUE - CLASSIC BODYBUILDING – BODYBUILDING WOMEN'S BIKINI – WOMEN'S FIT-MODEL; WOMEN'S WELLNESS – WOMEN'S FIT-MODEL



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



### JUNIOR AND MASTERS IN SENIOR CLASSES

#### FITNESS CHALLENGE

##### MEN'S CATEGORIES

1. Men's Fitness Challenge (24 - 40 years)
2. Junior Men's Fitness Challenge (up to 23 years)
3. Masters Men's Fitness Challenge (over 40 years)

#### FITNESS CHALLENGE

##### WOMEN'S CATEGORIES

1. Women's Fitness Challenge (24 - 35 years)
2. Junior Women's Fitness Challenge (under 23 years)
3. Masters Women's Fitness Challenge (over 35 years)

#### FITNESS CHALLENGE

##### COUPLES & TEAMS

1. Couples Fitness Challenge (same sex - M/F couples and mixed couples)
2. Team Fitness Challenge (team of 6 athletes of the same sex or mixed)

### FITNESS CHALLENGE - TECHNICAL REGULATIONS OF THE EXERCISES

#### GOLD STANDARD

- |                              |                                    |
|------------------------------|------------------------------------|
| 1. Chin Ups (prone & strict) | 4. Walking Lunges (with a barbell) |
| 2. KB Squat + upright row    | 5. Toes to bar                     |
| 3. Dips (feet forward)       | 6. Burpees & Devil Press           |

#### SILVER STANDARD

- |                                 |   |
|---------------------------------|---|
| 1. Pull Ups (lying position)    | 4. Lunges (non-walking, with dumbbells) |
| 2. Jefferson Squat              | 5. Toes to bar                          |
| 3. Dips on Bench (feet forward) | 6. Snatches (with kettlebell)           |

### AWARDS – MEDALS & TROPHIES:

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**.

Overall winner will have a **trophy**.



# 2025 IFBB Mr. UNIVERSE LEBANON

## MAIN INFORMATION



### 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.

It is MANDATORY to book for Tanning thru the Lebanese Federation.  
No personal Tanning allowed.

PROFESSIONAL TANNING SERVICE: YES  NO

PRICE: **USD \$70**

Contact: **Lebanon\_bbpf@hotmail.com**

### CONTACT INFORMATION:

Please send Your Entry Form to: **Mr. HASSENEN MOUKALED**

E-mail: **lebanon\_bbpf@hotmail.com**

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:

E-mail: **contact@ifbb.com**

Contact details for additional correspondence:

**Mr. HASSENEN MOUKALED**

President of Lebanese Bodybuilding and Powerlifting Federation

E-mail: **lebanon\_bbpf@hotmail.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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to the Team Managers and 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 and Judges Meeting.