



## IFBB ERBIL Muscle Show



NAME OF THE EVENT: **IFBB Erbil Muscle Show**

CITY / COUNTRY: **ERBIL / IRAQ**

DATE: **November 4–7, 2025**

EVENT OPEN FOR:

**All IFBB-Affiliated National Federations**

IFBB INTERNATIONAL RANKING QUALIFIER YES  NO

DAY OF ARRIVALS: **November 4<sup>th</sup>, 2025**

DAYS OF COMPETITIONS: **November 5<sup>th</sup> - 7<sup>th</sup> 2025**

DAY OF DEPARTURES: **08/11/2025**

REGISTRATION DAY: <b>04/11/2025</b>	TIME: <b>13:00 – 19:00</b>	PLACE: <b>ERBIL INTERNATIONAL FAIRGROUNDS</b>
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WEIGH-IN DAY: <b>04/11/2025</b>	TIME: <b>13:00 – 19:00</b>	PLACE: <b>ERBIL INTERNATIONAL FAIRGROUNDS</b>
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\*All Athletes must wear their posing attire during the weigh-in 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:

**Erbil International Airport**

VISA INFORMATION:

Please send a **Digital Copy of your passport** and a **Face Photo** to the E-mail below at least 20 Days before your arrival [erbilmuscle@gmail.com](mailto:erbilmuscle@gmail.com)

VENUE:

**ERBIL INTERNATIONAL FAIRGROUNDS, Erbil**

### HOTEL INFORMATION

#### Recommended HOTEL

Hotel Van Royal (5star)  
60 Meter Street Shorish Bridge, Erbil, Iraq  
Phone: +964 750 236 0001  
[Sales@vanroyal-hotel.com](mailto:Sales@vanroyal-hotel.com)

## REGISTRATION FEE

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.

**Registration FEE: USD 250\$**

**DEADLINE FOR ONLINE PAYMENT: October 21, 2025**

**FINAL ENTRY FORM: 20/10/2025**

**IFBB BLUE BOOK: USD \$50**

\*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, 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 €40/50\$ and are mandatory.

\*All posing music must be on a 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

### FITNESS CHALLENGE

#### **GOLD STANDARD:**

JUNIOR MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
MASTER (OVER 40 YRS) MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL)  
JUNIOR WOMEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
WOMEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
MASTER (OVER 40 YRS) WOMEN'S FITNESS CHALLENGE GOLD STANDARD

#### (INDIVIDUAL) **SILVER LEVEL:**

JUNIOR, MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL)  
MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL/COUPLE/TEAM)  
MASTER (OVER 40 YRS) MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL)  
JUNIOR WOMEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
WOMEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)  
MASTER (OVER 40 YRS) WOMEN'S FITNESS CHALLENGE GOLD STANDARD

#### (INDIVIDUAL) **SPEED-FIT:**

MEN'S SPEED-FIT (TEAM)  
WOMEN'S SPEED-FIT (TEAM)

## AWARDS

- **Cash Awards:**

**Men's Fitness Challenge Gold Level Individual: 1<sup>st</sup> place: USD \$1000**

**Women's Fitness Challenge Gold Level Individual: 1<sup>st</sup> place: USD \$1000**

## \*REGISTRATION DEADLINE

**FINAL ENTRY FORM: 20/10/2025**

## CAMERA/VIDEOTAPE 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.

Camera and video tape recording fee: €200 per reporter

## GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & amp, 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: USD \$50 each

**NO WOMAN CAN BE IN THE BACKSTAGE AREA**, they will be expelled from the Backstage area

## TANNING NEEDS

TANNING PRODUCTS: T.TAN

The IFBB has banned all tans that can be wiped off. An official will check the tan of all of the athletes in the 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 the Final Entry Form to:

Organizing Committee:

E-mail: [erbilmuscle@gmail.com](mailto:erbilmuscle@gmail.com)

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)

## JUDGES

To be taken into consideration during the 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 Technical 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 Technical Meeting.

Time Table

Tuesday, November 4, 2025

13:00 – 19:00	Registration and Weigh-in, Erbil International Fairgrounds
20:00	Technical & Judges Meeting, Erbil International Fairgrounds

Wednesday, November 5, 2025

09:00 Competition, One Continues Session, Erbil International Fairgrounds

Tuesday, November 6, 2025

09:00 Competition, One Continues Session, Erbil International Fairgrounds

Friday, November 7, 2025

09:00 Competition, One Continues Session, Erbil International Fairgrounds