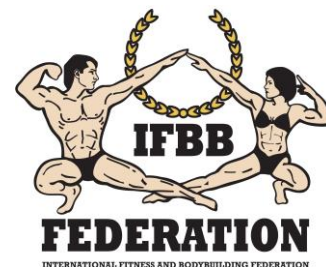


2026 IFBB ASIAN CUP TASHKENT



MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB ASIAN CUP**

CITY / COUNTRY: **TASHKENT/UZBEKISTAN**

DATE: **NOVEMBER 7th - 8th, 2026**

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

IFBB PRO CARD QUALIFIER YES **X**

IFBB INTERNATIONAL RANKING QUALIFIER NO **X**

DAY OF ARRIVAL: **NOVEMBER 7th, 2026**

DAY OF DEPARTURES: **NOVEMBER 8th, 2026**

REGISTRATION DAY: **7/11/2026**

TIME: **14:00-19:00**

PLACE: **"HIGH TOWN MALL"**
67 YANGISHAHAR STREET, TASHKENT

WEIGH-IN DAY: **7/11/2026**

TIME: **14:00-19:00**

PLACE: **"HIGH TOWN MALL"**
67 YANGISHAHAR STREET, 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**
<https://tashkent-airport.uz/>

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>

*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 SPORTS COMPLEX. 3 BERUNIY AVENUE, TASHKENT



HOTEL INFORMATION

RECOMMENDED HOTEL: **HOTEL UZBEKISTAN**, 45 MAKHTUMKULI STREET, TASHKENT
<http://hotel-uz.com/>



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: October 27th, 2026

*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 €50/USD \$60** 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:

JUNIOR MEN'S BODYBUILDING:

15-20 YRS - **OPEN**

21-23 YRS - **OPEN**

OVERALL

MEN'S BODYBUILDING:

- UP TO & INCLUDING 60 KG

- 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

MASTER BODYBUILDING 40 YRS & OVER - OPEN

MEN'S FIT CLASSIC PHYSIQUE:

- UP TO & INCLUDING 171 CM

- UP TO & INCLUDING 175 CM

- UP TO & INCLUDING 180 CM

- OVER 180 CM

OVERALL

MEN'S CLASSIC BODYBUILDING:

- UP TO & INCLUDING 171 CM

- UP TO & INCLUDING 175 CM

- UP TO & INCLUDING 180 CM

- OVER 180 CM

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

JUNIOR WOMEN'S BIKINI 15-23 YRS – OPEN

WOMEN'S WELLNESS:

- UP TO & INCLUDING 168 CM

- OVER 168 CM

OVERALL

WOMEN'S FIT-MODEL:

- UP TO & INCLUDING 158 CM

- UP TO & INCLUDING 162 CM

- UP TO & INCLUDING 166 CM

- UP TO & INCLUDING 169 CM

- UP TO & INCLUDING 172 CM

- OVER 172 CM

OVERALL

JUNIOR WOMEN'S FIT-MODEL 15-23 YRS - OPEN

WOMEN'S BODYFITNESS - OPEN

WOMEN'S ARTISTIC FITNESS - OPEN

OVERALL MEN'S PHYSIQUE: - UP TO & INCLUDING 179 CM - OVER 179 CM OVERALL	MEN'S PHYSIQUE: - UP TO & INCLUDING 170 CM - UP TO & INCLUDING 173 CM - UP TO & INCLUDING 176 CM - UP TO & INCLUDING 179 CM - UP TO & INCLUDING 182 CM - OVER 182 CM OVERALL JUNIOR MEN'S PHYSIQUE - 15-20 YRS – OPEN - 21-23 YRS – OPEN OVERALL
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: 7 PRO CARDS IN TOTAL. DISTRIBUTION : - MEN'S BODYBUILDING - IFBB PRO CARD FOR THE OVERALL WINNER - MEN'S CLASSIC PHYSIQUE - IFBB PRO CARD FOR THE OVERALL WINNER - MEN'S CLASSIC BODYBUILDING - IFBB PRO CARD FOR THE OVERALL WINNER - MEN'S PHISIQUE - IFBB PRO CARD FOR THE OVERALL WINNER - MUSCULAR MEN'S PHYSIQUE - IFBB PRO CARD FOR THE OVERALL WINNER - WOMEN'S BIKINI - IFBB PRO CARD FOR THE OVERALL WINNER - WOMEN'S WELLNESS - IFBB PRO CARD FOR THE OVERALL WINNER	
*REGISTRATION DEADLINE PRELIMINAR ENTRY FORM: No. FINAL ENTRY FORM: MONDAY, OCTOBER 26th, 2026	
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 & 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.	
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.	

CONTACT INFORMATION:

Please send your Entry Form to:

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 the IFBB Head Office:

Ms. Daria

E-mail: contact@ifbb.com



code to see the rules for attires of Men's Physique and Bikini