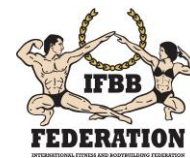




2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



NAME OF THE EVENT: **2024 IFBB PRESIDENT SANTONJA WORLD CUP LEBANON**

CITY / COUNTRY: **BEIRUT / LEBANON**

DATE: **NOVEMBER 22nd – 23rd, 2024**

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

IFBB ELITE PRO CARD QUALIFIER: YES NO

IFBB INTERNATIONAL RANKING QUALIFIER - LEVEL 3: YES NO

DAY OF ARRIVAL: **November 22nd, 2024** COMPETITION: **NOVEMBER 23rd, 2024**

DAY OF DEPARTURES: **November 24th, 2024**

REGISTRATION DAY: 22/11/2024	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT METROPOLITAN
-------------------------------------	----------------------------	--

WEIGH-IN DAY: 23/11/2024	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT METROPOLITAN
---------------------------------	----------------------------	--

- 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 – Hilton Beirut Metropolitan.

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 METROPOLITAN – DUBAI HALL** – Charles de Gaulle Str, Beirut, Lebanon

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



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



HOTEL INFORMATION:

RECOMMENDED HOTEL:

- **5 - Stars HILTON BEIRUT HABTOOR GRAND**, Charles De Gaulle St., Horsh Tabet Beirut, 55555, Lebanon
(competition Venue):
 - **USD \$110** per day (Single Room – 1 person).
 - **USD \$120** per day (Twin Room – 2 persons).
 - **USD \$145** per day (Triple Room – 3 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: **EUR €100** per each of additional categories.

Deadline for online payment : NOVEMBER 12th, 2024

- 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.



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



19 IFBB ELITE PRO CARDS will be distributed as follows:

MEN'S BODYBUILDING OVERALL: 3 PRO CARDS

MASTERS MEN'S BODYBUILDING OVERALL: 2 MASTER PRO CARDS

MEN'S CLASSIC BODYBUILDING OVERALL: 2 PRO CARDS

MEN'S CLASSIC PHYSIQUE 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 OVERALL: 1 MASTER PRO CARD

WOMEN'S PHYSIQUE OVERALL: 1 PRO CARD

WOMEN'S WELLNESS OPEN: 1 PRO CARD

ONLINE REGISTRATION DEADLINE:

FINAL ENTRY FORM: NOVEMBER 11th, 2024

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 :

FEES: 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.



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



CATEGORIES

MEN'S BODYBUILDING	
SENIOR MEN'S BODYBUILDING	
* UP TO & INCL. 60 KG * UP TO & INCL. 65 KG * UP TO & INCL. 70 KG * UP TO & INCL. 75 KG	* UP TO & INCL. 80 KG * UP TO & INCL. 85 KG * UP TO & INCL. 90 KG * UP TO & INCL. 100 KG * OVER 100 KG
JUNIOR MEN'S BODYBUILDING	
16 - 20 yrs. * ONE OPEN CATEGORY	21 - 23 yrs. * UP TO & INCL. 75 KG * OVER 75 KG
MASTERS MEN'S BODYBUILDING	
40-49 yrs. * UP TO & INCL. 80 KG * UP TO & INCL. 90 KG * OVER 90 KG	Over 50 yrs. * UP TO & INCL. 80 KG * OVER 80 KG

MEN'S PHYSIQUE	
SENIOR MEN'S PHYSIQUE	
* UP TO & INCL. 170 CM * UP TO & INCL. 173 CM * UP TO & INCL. 176 CM	* UP TO & INCL. 179 CM * UP TO & INCL. 182 CM * OVER 182 CM
JUNIOR MEN'S PHYSIQUE	
15 - 20 yrs. * ONE OPEN CATEGORY	21 - 23 yrs. * UP TO & INCL. 174 CM * UP TO & INCL. 178 CM * OVER 178 CM
MASTERS MEN'S PHYSIQUE 40-49 yrs (OPEN CATEGORY)	
MASTERS MEN'S PHYSIQUE Over 50 yrs (OPEN CATEGORY)	
MUSCULAR MEN'S PHYSIQUE	
* UP TO & INCL. 178 CM * OVER 178 CM	



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



MEN'S CLASSIC PHYSIQUE	
SENIOR MEN'S CLASSIC PHYSIQUE	
* UP TO & INCL. 171 CM * UP TO & INCL. 175 CM	* UP TO & INCL. 180 CM * OVER 180 CM
JUNIOR MEN'S CLASSIC PHYSIQUE	
16 - 20 yrs.	21 - 23 yrs.
* ONE OPEN CATEGORY	* ONE OPEN CATEGORY
MASTERS MEN'S CLASSIC PHYSIQUE	
40-49 yrs. * ONE OPEN CATEGORY	Over 50 yrs. * ONE OPEN CATEGORY

MEN'S CLASSIC BODYBUILDING	
SENIOR MEN'S CLASSIC BODYBUILDING	
* UP TO & INCL. 168 CM * UP TO & INCL. 171 CM	* UP TO & INCL. 175 CM * UP TO & INCL. 180 CM * OVER 180 CM
JUNIOR MEN'S CLASSIC BODYBUILDING	
16 - 20 yrs.	21 - 23 yrs.
* ONE OPEN CATEGORY	* ONE OPEN CATEGORY
MASTERS MEN'S CLASSIC BODYBUILDING	
40-49 yrs. * ONE OPEN CATEGORY	Over 50 yrs. * ONE OPEN CATEGORY

MEN'S FIT-MODEL (OPEN CATEGORY)
FIT-PAIRS (OPEN CATEGORY)
WOMEN'S WELLNESS (OPEN CATEGORY)

WOMEN'S BIKINI	
SENIOR WOMEN'S BIKINI	
* UP TO & INCL. 160 CM * UP TO & INCL. 164 CM	* UP TO & INCL. 169 CM * OVER 169 CM
JUNIOR WOMEN'S BIKINI 16 - 23 yrs. (OPEN CATEGORY)	
MASTERS WOMEN'S BIKINI Over 35 yrs. (OPEN CATEGORY)	



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



WOMEN'S FIT- MODEL	
SENIOR	JUNIOR
* UP TO & INCL. 164 CM	16 - 23 yrs (OPEN)
* UP TO & INCL. 168 CM	MASTERS
* OVER 168 CM	Over 35 yrs (OPEN)

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

WOMEN'S PHYSIQUE	
SENIOR WOMEN'S PHYSIQUE	
* UP TO & INCL. 163 CM	* Over 163 CM
MASTERS WOMEN'S PHYSIQUE Over 35 yrs. (OPEN CATEGORY)	

UNIVERSITY CATEGORY
REQUIREMENTS:
Approval letter from the National University Sports Federation.
Participants age must be under 25 years old.
CATEGORIES:
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
MEN'S PHYSIQUE – MEN'S FIT-MODEL; JUNIOR AND MASTERS IN SENIOR CLASSES



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



FITNESS CHALLENGE

MEN'S CATEGORIES (GOLD & SILVER)

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 (GOLD & SILVER)

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](#).



2024 IFBB PRESIDENT SANTONJA WORLD CUP BEIRUT, LEBANON



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 through 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 the 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

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.