



IFBB MR UNIVERSE IRAN 2023



MAIN INFORMATION

NAME OF THE EVENT: **IFBB MR UNIVERSE IRAN 2023**

CITY / COUNTRY: **RAMSAR / IRAN**

DATE: **February 15th – 19th, 2023**

EVENT OPEN FOR: **All IFBB-Affiliated National Federations**

ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVALS: **February 15th, 2023**

DAY OF DEPARTURES: **February 19th, 2023**

REGISTRATION DAY: **February 15th**

TIME: **09:00 – 20:00**

PLACE: **KOWSAR HOTEL**

WEIGH-IN DAY: **February 15th**

TIME: **09:00 – 20:00**

PLACE: **KOWSAR HOTEL**

*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: **Imam Khomeini International Airport**

VISA INFORMATION: Passport holders of the following countries: Azerbaijan, Bolivia, Turkey, Syria, Lebanon, Georgia, Armenia, Venezuela, Egypt, Kazakhstan, Malaysia and China don't need to apply for the visa. Citizens of other countries must apply online for the visa. More details at: <https://evisa.mfa.ir/en/>

*In case that you have any problem obtaining your visa, please contact us for any help: +98-939 500 8215

All visitors to Iran must hold a passport or travel document valid for 6 months at the time of departure. **Covid-19 restrictions:** All passengers over the age of 12 travelling to Iran should be fully vaccinated, with more than 14 days since the second dose of a two shots vaccine (or the single dose of the Johnson & Johnson/Janssen vaccine). Passengers are also required to provide a negative PCR test taken within 72 hours prior to arrival. Passengers attempting to enter Iran with a vaccination certificate but no PCR test may be deported. Updated info at: <https://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/iran/>

*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.

*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who requests and receives 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 controlling 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: **Chamran Complex, Ramsar City**

HOTEL INFORMATION

RECOMMENDED HOTEL:

For Women:

- Neyestan Hotel (Official Hotel)
- Suites of the National Teams Camp

For Men:

- Shahid Chamran Complex (Official Hotel)
- Kowsar Hotel
- Suites of the Mirza Kouchak Khan

- Athletes, delegates and supporters should be accommodated in these hotels: EUR €50 / day/ person (3 meals included).

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €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.

CROSSOVERS: EUR €100

DEADLINE FOR ONLINE PAYMENT: February 5th, 2023.

*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 €35/45\$ 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

CLASSIC BODYBUILDING:

SUB JUNIOR CATEGORIES (16-20 Yrs):

1. SUB JUNIOR MEN'S CLASSIC BODYBUILDING OPEN

JUNIOR CATEGORIES (20-23 Yrs):

1. JUNIOR MEN'S CLASSIC BODYBUILDING OPEN

SENIOR CATEGORIES:

- 1. MEN'S CLASSIC BODYBUILDING UP TO 168 CM**
- 2. MEN'S CLASSIC BODYBUILDING UP TO 171 CM**
- 3. MEN'S CLASSIC BODYBUILDING UP TO 175 CM**
- 4. MEN'S CLASSIC BODYBUILDING UP TO 180 CM**
- 5. MEN'S CLASSIC BODYBUILDING OVER 180 CM**

MASTER CATEGORIES:

- 1. MASTER MEN'S CLASSIC BODYBUILDING 40-44 YEARS, OPEN**
- 2. MASTER MEN'S CLASSIC BODYBUILDING 45-49 YEARS, OPEN**
- 3. MASTER MEN'S CLASSIC BODYBUILDING 50 YEARS & OVER, OPEN**

CLASSIC PHYSIQUE:

SUB JUNIOR CATEGORIES (16-20 Yrs):

- 1. SUB JUNIOR MEN'S CLASSIC PHYSIQUE OPEN**

JUNIOR CATEGORIES (20-23 Yrs):

- 1. JUNIOR MEN'S CLASSIC PHYSIQUE OPEN**

SENIOR CATEGORIES:

- 1. MEN'S CLASSIC PHYSIQUE UP TO 168 CM**
- 2. MEN'S CLASSIC PHYSIQUE UP TO 171 CM**
- 3. MEN'S CLASSIC PHYSIQUE UP TO 175 CM**
- 4. MEN'S CLASSIC PHYSIQUE UP TO 180 CM**
- 5. MEN'S CLASSIC PHYSIQUE OVER 180 CM**

MASTER CATEGORIES:

- 1. MASTER MEN'S CLASSIC PHYSIQUE 40-44 YEARS, OPEN**
- 2. MASTER MEN'S CLASSIC PHYSIQUE 45-49 YEARS, OPEN**
- 3. MASTER MEN'S CLASSIC PHYSIQUE 50 YEARS & OVER, OPEN**

BODYBUILDING:

SUB JUNIOR CATEGORIES (16-20 Yrs):

- 1. SUB JUNIOR MEN'S BODYBUILDING UP TO 75 KG**
- 2. SUB JUNIOR MEN'S BODYBUILDING OVER 75 KG**

JUNIOR CATEGORIES (20-23 Yrs):

- 1. JUNIOR MEN'S BODYBUILDING UP TO 75 KG**
- 2. JUNIOR MEN'S BODYBUILDING OVER 75 KG**

SENIOR CATEGORIES:

1. MEN'S BODYBUILDING UP TO 60 KG
2. MEN'S BODYBUILDING UP TO 65 KG
3. MEN'S BODYBUILDING UP TO 70 KG
4. MEN'S BODYBUILDING UP TO 75 KG
5. MEN'S BODYBUILDING UP TO 80 KG
6. MEN'S BODYBUILDING UP TO 85 KG
7. MEN'S BODYBUILDING UP TO 90 KG
8. MEN'S BODYBUILDING UP TO 95 KG
9. MEN'S BODYBUILDING UP TO 100 KG
10. MEN'S BODYBUILDING OVER 100 KG

MASTER CATEGORIES:

1. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 70 KG
2. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 80 KG
3. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 90 KG
4. MASTER MEN'S BODYBUILDING 40-44 YEARS, OVER 90 KG
5. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 70 KG
6. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 80 KG
7. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 90 KG
8. MASTER MEN'S BODYBUILDING 45-49 YEARS, OVER 90 KG
9. MASTER MEN'S BODYBUILDING 50-54 YEARS, UP TO 80 KG
10. MASTER MEN'S BODYBUILDING 50-54 YEARS, OVER 80 KG
11. MASTER MEN'S BODYBUILDING 55-59 YEARS, UP TO 75 KG
12. MASTER MEN'S BODYBUILDING 55-59 YEARS, OVER 75 KG
13. MASTER MEN'S BODYBUILDING 60 YEARS & OVER, OPEN

PHYSIQUE:

SUB JUNIOR CATEGORIES (16-20 Yrs):

1. SUB JUNIOR MEN'S PHYSIQUE OPEN

JUNIOR CATEGORIES (20-23 Yrs):

1. JUNIOR MEN'S PHYSIQUE UP TO 174 CM
2. JUNIOR MEN'S PHYSIQUE UP TO 178 CM
3. JUNIOR MEN'S PHYSIQUE OVER 178 CM

SENIOR CATEGORIES:

1. MEN'S PHYSIQUE UP TO 170 CM
 2. MEN'S PHYSIQUE UP TO 173 CM
 3. MEN'S PHYSIQUE UP TO 176 CM
 4. MEN'S PHYSIQUE UP TO 179 CM
 5. MEN'S PHYSIQUE UP TO 182 CM
 6. MEN'S PHYSIQUE OVER 182 CM
-
1. MUSCULAR MEN'S PHYSIQUE UP TO 178 CM
 2. MUSCULAR MEN'S PHYSIQUE OVER 178 CM

MASTER CATEGORIES:

1. MASTER MEN'S PHYSIQUE 40-44 YEARS, OPEN
2. MASTER MEN'S PHYSIQUE 45-49 YEARS, OPEN
3. MASTER MEN'S PHYSIQUE 50 YEARS & OVER, OPEN

FITNESS CHALLENGE:

MEN'S & WOMEN'S GOLD STANDARD SPEED:

1. INDIVIDUAL
2. COUPLE
3. TEAM

MEN'S & WOMEN'S SILVER LEVEL SPEED:

1. INDIVIDUAL
2. COUPLE
3. TEAM

MEN'S & WOMEN'S BRONZE SPEED:

1. INDIVIDUAL
2. COUPLE
3. TEAM

MEN'S & WOMEN'S GOLD STANDARD:

1. INDIVIDUAL
2. COUPLE
3. TEAM

MEN'S & WOMEN'S SILVER LEVEL:

1. INDIVIDUAL
2. COUPLE
3. TEAM

MEN'S & WOMEN'S BRONZE:

1. INDIVIDUAL
2. COUPLE
3. TEAM

FITNESS:

1. MEN'S FITNESS STYLE UP TO 175CM(TRIAL)
2. MEN'S FITNESS STYLE UP TO 185CM(TRIAL)
3. MEN'S FITNESS STYLE OVER 185CM(TRIAL)
4. MEN'S MUSCLE STYLE UP TO 175CM(TRIAL)
5. MEN'S MUSCLE STYLE UP TO 185CM(TRIAL)
6. MEN'S MUSCLE STYLE OVER 185CM(TRIAL)

7. JUNIOR MEN'S FITNESS (UP TO 23 Yrs)
8. MEN'S FITNESS UP TO 175CM
9. MEN'S FITNESS OVER 175CM

MEN'S WHEELCHAIR BODYBUILDING:

SENIOR CATEGORIES:

1. MEN'S WHEELCHAIR BODYBUILDING OPEN

BEGINNER:

1. MEN'S BODYBUILDING OPEN
2. MEN'S PHYSIQUE OPEN

*Beginners should not have participated in any IFBB events before.

AWARDS:

The top three athletes in each category will be awarded with [medals](#).

The top six athletes in each category will be awarded a [Certificate of Excellence](#) and [trophies](#). The overall winner will be awarded a [trophy](#).

MEN'S CLASSIC BODYBUILDING Overall Winners:

- First Place: 1000\$
- Second Place: 500\$

MEN'S CLASSIC PHYSIQUE Overall Winners:

- First Place: 1000\$
- Second Place: 500\$

MEN'S BODYBUILDING Overall Winners:

- First Place: 1000\$
- Second Place: 700\$
- Third Place: 500\$

MEN'S PHYSIQUE Overall Winners:

- First Place: 1000\$
- Second Place: 700\$
- Third Place: 500\$

MUSCULAR MEN'S PHYSIQUE Overall Winners:

- First Place: 500\$

MASTER MEN'S BODYBUILDING Overall Winners:

- First Place: 700\$

- Second Place: 500\$

MEN'S FITNESS CHALLENGE INDIVIDUAL GOLD STANDARD:

- First Place: 1000\$
- Second Place: 700\$
- Third Place: 300\$

WOMEN'S FITNESS CHALLENGE INDIVIDUAL GOLD STANDARD:

- First Place: 1000\$
- Second Place: 700\$
- Third Place: 300\$

IFBB ELITE PRO CARDS:

DISTRIBUTION

MEN'S CLASSIC BODYBUILDING Overall Winners:

- First Place
- Second Place
- Third Place

MEN'S CLASSIC PHYSIQUE Overall Winners:

- First Place
- Second Place
- Third Place

MEN'S BODYBUILDNG Overall Winners:

- First Place
- Second Place
- Third Place

MEN'S PHYSIQUE Overall Winners:

- First Place
- Second Place
- Third Place

MUSCULAR MEN'S PHYSIQUE Overall Winners:

- First Place

MASTER MEN'S BODYBUILDNG Overall Winners:

- First Place
- Second Place
- Third Place

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: February 5th, 2023.

FINAL ENTRY FORM: February 7th, 2023.

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.

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.

TANNING NEEDS

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 Your Final Entry Form to

Organizing Committee:

E-mail: international@iranbbf.ir

Mr. Mohammadreza Ayoubi - Head of the International Affairs Committee

Contact: +98-939-500 8215

Ms. Sevda Hamedei - Secretary of the International Affairs Committee

Contact: +98-937-189 5091

*** Due to sanctions imposed on our domain, we may not receive your email in our official email address; to make sure that we receive your message if you don't get your answer within 48 hours, please follow this matter by contacting us on the given WhatsApp numbers.**

Contact details for additional correspondence:

Mr. Abdolmehdi Nasirzadeh - President of the Iranian Fitness and Bodybuilding Federation

E-mail: international@iranbbf.ir

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Maria Sanson

E-mail: 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

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.