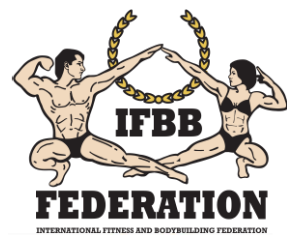




IFBB WORLD BODYBUILDING CHAMPIONSHIPS (MEN JUNIOR, SENIOR AND MASTERS CATEGORIES)
and IFBB WORLD INTERNATIONAL CONGRESS and MEN'S FIT-MODEL & MEN'S FITNESS WORLD CUP



MAIN INFORMATION

NAME OF THE EVENT: IFBB WORLD BODYBUILDING CHAMPIONSHIPS (MEN JUNIOR, SENIOR AND MASTERS CATEGORIES) and IFBB WORLD INTERNATIONAL CONGRESS and MEN'S FIT-MODEL & MEN'S FITNESS WORLD CUP

CITY / COUNTRY: KISH ISLAND / IRAN

DATE: September 23rd – 27th, 2024

EVENT OPEN FOR: All IFBB-Affiliated National Federations

ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVALS: 23/09/2024 (MONDAY)

DAYS OF COMPETITION: 24-25-26/09/2024

DAY OF DEPARTURES: 27/09/2024 (FRIDAY)

IFBB WORLD CONGRESS

23/09/2024 MONDAY 19.00 – International Convention Center

REGISTRATION DAY: 23/09/2024

TIME: 10:00 – 19:00

PLACE: Arya Hotel

WEIGH-IN DAY: 23/09/2024

TIME: 10:00 – 19:00

PLACE: Arya Hotel Banquet hall

*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: (KIH) Kish Island International Airport

VISA INFORMATION: If you fly directly from abroad (Dubai and others) directly to Kish is NOT necessary to get VISA.

IF you don't want to stamp your Passport with the Iranian seal then you need to send the list of your whole team (Athletes, officials, judges, coaches and supporters) to Mohammadreza Ayoubi on WhatsApp: +989395008215, for Visa, please send **a copy of your passport and a face photo** to the mentioned number on WhatsApp. (BEFORE September 8th)

IF you fly through Iran main land (Tehran or others airports) then, YES you need a Visa, excepting below countries. Iranian Federation will transfer you from Iman Khomeini International airport to Domestic Flights Airport for free (even paying hotel if you need it). IF you don't want to stamp your Passport with the Iranian seal then you need to send the list of your whole team (Athletes, officials, judges, coaches and supporters) to Mohammadreza Ayoubi on WhatsApp: +989395008215

Excluded Citizenship: According to internal laws, approvals, and bilateral agreements, certain foreign nationals can stay in the Islamic Republic of Iran without obtaining visas through conventional procedures. Citizens of Azerbaijan, Turkey, Syria, Georgia, Armenia, Egypt, China, Iraq, Oman, and Kazakhstan are subject to visa waiver rules. Nationals of Lebanon, Venezuela, and Malaysia can obtain the necessary permits upon entry at the designated entry points, following established rules and conditions. Ordinary passport holders from the following 28 countries can stay in the Islamic Republic of Iran for tourism purposes for a non-extendable period of 15 days once every six months: United Arab Emirates, Kingdom of Bahrain, Kingdom of Saudi Arabia, State of Qatar, State of Kuwait, Republic of Uzbekistan, Kyrgyz Republic, Republic of Tunisia, Islamic Republic of Mauritania, United Republic of Tanzania, Republic of Zimbabwe, Republic of Mauritius, Republic of Seychelles, Republic of Indonesia, Brunei Darussalam, Japan, Republic of Singapore, Kingdom of Cambodia, Socialist Republic of Vietnam, Federative Republic of Brazil, Republic of Peru, Republic of Cuba, United Mexican States, Bosnia and Herzegovina, Republic of Serbia, Republic of Croatia, Republic of Belarus, Republic of India (Only by Air).

More details: contact Mohammadreza Ayoubi on WhatsApp: +989395008215, for Visa, please send **a copy of your passport and a face photo** to the mentioned number on WhatsApp.

*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.

*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: Kish City Hall, Kish Island, Iran (Bodybuilding & Fitness) / Olympic Sport Complex, Kish Island, Iran (Fitness Challenge)

HOTEL INFORMATION

HOTEL:

- Arya Hotel (*****)
- International Kish Hotel (*****)

REGISTRATION FEE:

Each athlete or delegate (coach, manager, supporter, press, media, etc.) must pay the fee of:

- EUR €550: Double room (4 days) + 3 meals/day + registration fee
- EUR €650: Single room (4 days) + 3 meals/day + registration fee
- DOPING FEE OF EUR €20 PER ATHLETE

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.

DEADLINE FOR ONLINE PAYMENT: September 16th, 2024

PRELIMINARY ENTRY FORM: 12/08/2024

FINAL ENTRY FORM: 08/09/2024

IFBB BLUE BOOK: EUR €40/ USD \$50

CROSSOVERS: EUR €100 per each of the additional categories.

Crossovers between the following men's sports divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding.
 - b) Men's Fitness – Men's Physique.
 - c) All Men's Categories – All Test New Fitness Modalities
- Also juniors and masters in senior classes (all divisions).

***The Iranian participation as an official team will be limited to two (2) athletes per category (except Men's Fit Model and Men's Fitness categories – here will not be any limitations)**

*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

CLASSIC BODYBUILDING:

SUB JUNIOR CATEGORIES (16-20 Yrs):

1. SUB JUNIOR MEN'S CLASSIC BODYBUILDING OPEN

JUNIOR CATEGORIES (21-23 Yrs):

2. JUNIOR MEN'S CLASSIC BODYBUILDING OPEN

SENIOR CATEGORIES:

3. MEN'S CLASSIC BODYBUILDING UP TO 168 CM
4. MEN'S CLASSIC BODYBUILDING UP TO 171 CM
5. MEN'S CLASSIC BODYBUILDING UP TO 175 CM
6. MEN'S CLASSIC BODYBUILDING UP TO 180 CM
7. MEN'S CLASSIC BODYBUILDING OVER 180 CM

MASTER CATEGORIES:

8. MASTER MEN'S CLASSIC BODYBUILDING 40-44 YEARS, OPEN
9. MASTER MEN'S CLASSIC BODYBUILDING 45-49 YEARS, OPEN
10. MASTER MEN'S CLASSIC BODYBUILDING 50 YEARS & OVER, OPEN

GAMES CLASSIC BODYBUILDING:

SUB JUNIOR CATEGORIES (16-20 Yrs):

11. SUB JUNIOR MEN'S GAMES CLASSIC BODYBUILDING OPEN

JUNIOR CATEGORIES (21-23 Yrs):

12. JUNIOR MEN'S GAMES CLASSIC BODYBUILDING OPEN

SENIOR CATEGORIES:

13. MEN'S GAMES CLASSIC BODYBUILDING UP TO 171 CM
14. MEN'S GAMES CLASSIC BODYBUILDING UP TO 180 CM
15. MEN'S GAMES CLASSIC BODYBUILDING OVER 180 CM

MASTER CATEGORIES:

16. MASTER MEN'S CLASSIC BODYBUILDING 40-44 YEARS, OPEN
17. MASTER MEN'S CLASSIC BODYBUILDING OVER 45 YEARS OPEN

CLASSIC PHYSIQUE:

SUB JUNIOR CATEGORIES (16-20 Yrs):

18. SUB JUNIOR MEN'S CLASSIC PHYSIQUE OPEN

JUNIOR CATEGORIES (21-23 Yrs):

19. JUNIOR MEN'S CLASSIC PHYSIQUE OPEN

SENIOR CATEGORIES:

- 20. MEN'S CLASSIC PHYSIQUE UP TO 168 CM
- 21. MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- 22. MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- 23. MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- 24. MEN'S CLASSIC PHYSIQUE OVER 180 CM

MASTER CATEGORIES:

- 25. MASTER MEN'S CLASSIC PHYSIQUE 40-44 YEARS, OPEN
- 26. MASTER MEN'S CLASSIC PHYSIQUE 45-49 YEARS, OPEN
- 27. MASTER MEN'S CLASSIC PHYSIQUE 50 YEARS & OVER, OPEN

BODYBUILDING:

SUB JUNIOR CATEGORIES (16-20 Yrs):

- 28. SUB JUNIOR MEN'S BODYBUILDING UP TO 75 KG
- 29. SUB JUNIOR MEN'S BODYBUILDING OVER 75 KG

JUNIOR CATEGORIES (21-23 Yrs):

- 30. JUNIOR MEN'S BODYBUILDING UP TO 75 KG
- 31. JUNIOR MEN'S BODYBUILDING OVER 75 KG

SENIOR CATEGORIES:

- 32. MEN'S BODYBUILDING UP TO 60 KG
- 33. MEN'S BODYBUILDING UP TO 65 KG
- 34. MEN'S BODYBUILDING UP TO 70 KG
- 35. MEN'S BODYBUILDING UP TO 75 KG
- 36. MEN'S BODYBUILDING UP TO 80 KG
- 37. MEN'S BODYBUILDING UP TO 85 KG
- 38. MEN'S BODYBUILDING UP TO 90 KG
- 39. MEN'S BODYBUILDING UP TO 95 KG
- 40. MEN'S BODYBUILDING UP TO 100 KG
- 41. MEN'S BODYBUILDING OVER 100 KG

MASTER CATEGORIES:

- 42. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 70 KG
- 43. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 80 KG
- 44. MASTER MEN'S BODYBUILDING 40-44 YEARS, UP TO 90 KG
- 45. MASTER MEN'S BODYBUILDING 40-44 YEARS, OVER 90 KG
- 46. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 70 KG
- 47. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 80 KG
- 48. MASTER MEN'S BODYBUILDING 45-49 YEARS, UP TO 90 KG
- 49. MASTER MEN'S BODYBUILDING 45-49 YEARS, OVER 90 KG
- 50. MASTER MEN'S BODYBUILDING 50-54 YEARS, UP TO 80 KG
- 51. MASTER MEN'S BODYBUILDING 50-54 YEARS, OVER 80 KG
- 52. MASTER MEN'S BODYBUILDING 55-59 YEARS, UP TO 75 KG
- 53. MASTER MEN'S BODYBUILDING 55-59 YEARS, OVER 75 KG
- 54. MASTER MEN'S BODYBUILDING 60-64 YEARS, OPEN
- 55. MASTER MEN'S BODYBUILDING 65 YEARS & OVER, OPEN

MEN'S WHEELCHAIR BODYBUILDING:

SENIOR CATEGORIES:

56. MEN'S WHEELCHAIR BODYBUILDING, OPEN

MEN'S PHYSIQUE:

SUB JUNIOR CATEGORIES (16-20 Yrs):

57. SUB JUNIOR MEN'S PHYSIQUE (15-17 YEARS) OPEN

58. SUB JUNIOR MEN'S PHYSIQUE (18-20 YEARS) OPEN

JUNIOR CATEGORIES (21-23 Yrs):

59. JUNIOR MEN'S PHYSIQUE UP TO 174 CM

60. JUNIOR MEN'S PHYSIQUE UP TO 178 CM

61. JUNIOR MEN'S PHYSIQUE OVER 178 CM

SENIOR CATEGORIES:

62. MEN'S PHYSIQUE UP TO 170 CM

63. MEN'S PHYSIQUE UP TO 173 CM

64. MEN'S PHYSIQUE UP TO 176 CM

65. MEN'S PHYSIQUE UP TO 179 CM

66. MEN'S PHYSIQUE UP TO 182 CM

67. MEN'S PHYSIQUE OVER 182 CM

MASTER CATEGORIES:

68. MASTER MEN'S PHYSIQUE 40-44 YEARS, OPEN

69. MASTER MEN'S PHYSIQUE 45-49 YEARS, OPEN

70. MASTER MEN'S PHYSIQUE 50 YEARS & OVER, OPEN

MUSCULAR MEN'S PHYSIQUE:

71. MUSCULAR MEN'S PHYSIQUE UP TO 179 CM

72. MUSCULAR MEN'S PHYSIQUE OVER 179 CM

MEN'S WORLD CUP

73. JUNIOR MEN'S FITNESS 16-20 OPEN

74. JUNIOR MEN'S FITNESS 21-23 YEARS

75. MEN'S FITNESS OPEN

76. JUNIOR MEN'S FIT-MODEL 16-23 OPEN

77. MEN'S FIT-MODEL UP TO 176 CM

78. MEN'S FIT-MODEL UP TO 183 CM

79. MEN'S FIT-MODEL OVER 183 CM

80. MASTER MEN'S FIT-MODEL (OVER 40) OPEN

TEST NEW FITNESS MODALITIES:

81. JUNIOR MEN'S FITNESS STYLE (16-23) OPEN (TRIAL) (Tentative Wednesday 25th)

82. MEN'S FITNESS STYLE UP TO 175CM (TRIAL)

83. MEN'S FITNESS STYLE UP TO 180CM (TRIAL)

84. MEN'S FITNESS STYLE UP TO 185CM (TRIAL)

85. MEN'S FITNESS STYLE OVER 185CM (TRIAL)

86. MASTER MEN'S FITNESS STYLE (OVER 40) OPEN (TRIAL)

84. JUNIOR MEN'S MUSCLE STYLE (16-23) OPEN (TRIAL) (tentative Thursday 26th)
85. MEN'S MUSCLE STYLE UP TO 175CM (TRIAL)
86. MEN'S MUSCLE STYLE UP TO 180CM (TRIAL)
87. MEN'S MUSCLE STYLE UP TO 185CM (TRIAL)
88. MEN'S MUSCLE STYLE OVER 185CM (TRIAL)
89. MASTER MEN'S MUSCLE STYLE (OVER 40) OPEN (TRIAL)

SPEED-FIT, FITNESS CHALLENGE:

SUB-JUNIOR:

90. SUB-JUNIOR (11-15YRS), MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL)

GOLD STANDARD:

91. JUNIOR (16-23) MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)
92. MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL/COUPLE/TEAM)
93. MASTER (OVER 40 YRS) MEN'S FITNESS CHALLENGE GOLD STANDARD (INDIVIDUAL)

SILVER LEVEL:

94. JUNIOR (16-23 YRS), MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL)
95. MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL/COUPLE/TEAM)
96. MASTER (OVER 40 YRS) MEN'S FITNESS CHALLENGE SILVER LEVEL (INDIVIDUAL)

BRONZE LEVEL:

97. JUNIOR (16-23 YRS), MEN'S FITNESS CHALLENGE BRONZE LEVEL (INDIVIDUAL)
98. MEN'S FITNESS CHALLENGE BRONZE LEVEL (INDIVIDUAL/COUPLE)
99. MASTER (OVER 40 YRS) MEN'S FITNESS CHALLENGE BRONZE LEVEL (INDIVIDUAL)

SPEED-FIT:

100. MEN'S SPEED-FIT (TEAM)

AWARDS & IFBB ELITE PRO CARDS:

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.

TOTAL NUMBER OF IFBB ELITE PRO CARDS: ALL CATEGORIES IN:

- MEN'S BODYBUILDING
- MASTER BODYBUILDING
- MEN'S CLASSIC BODYBUILDING
- MEN'S PHYSIQUE
- MUSCULAR MEN'S PHYSIQUE
- MEN'S CLASSIC PHYSIQUE

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: 12/08/2024

FINAL ENTRY FORM: 08/09/2024

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: EUR €50 each

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

TANNING NEEDS

TANNING PRODUCTS: T.TAN IRAN

TANNING FEE PER PERSON: EUR €100

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:

Contact details for additional correspondence:

Mr. Mohammadreza Ayoubi - Head of the International Affairs Committee

E-mail: int.iranbbf@gmail.com

Please send Your Final Entry Form to

Organizing Committee:

E-mail: int.iranbbf@gmail.com

Mr. Mohammadreza Ayoubi - Head of the International Affairs Committee

Contact: +98-939-500 8215

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. Daria

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.

TENTATIVE SCHEDULE

Monday September 23th

From 10.00 to 19.00 REGISTRATION	ARYA HOTEL
From 10.00 to 19.00 WEIGH IN	ARYA HOTEL BANQUET HALL
Time 19.00 IFBB WORLD CONGRESS	INTERNATIONAL CONVENTION CENTER
22.00 Dinner	At the respective Hotels

Tuesday September 24th

From 10.00 to the end of session:	COMPETITION SESSION of Official Categories	Kish City Hall
From 10.00 to the end of session:	FITNESS CHALLENGUE Individuals.	Olympic Sport Complex

Wednesday September 25th

From 9.00 to the end of session:	COMPETITION SESSION of Official Categories	Kish City Hall
From 10.00 to the end of session:	FITNESS CHALLENGUE Couples and Speed Fit.	Olympic Sport Complex

Thursday September 26th

From 9.00 to the end of session:	COMPETITION SESSION of Official Categories	Kish City Hall
From 10.00 to the end of session:	FITNESS CHALLENGUE Individuals.	Olympic Sport Complex

Friday September 27th

Departure of Delegations
12.00 Check Out from official hotels



IFBB

C/Dublin,39 D

28232, Las Rozas , Madrid (España) G85265361

INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

INVOICE

Country: _____

Delegate's name: _____

Date: ____ / ____ / ____

PAX Q-TY	Description	Unit price	Amount
	REGISTRATION FEE ATHLETES (Doble room)	550,00 €	- €
	REGISTRATION FEE ATHLETES (Single room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Double room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR ATHLETES (Single room)	750,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Doble room)	550,00 €	- €
	REGISTRATION FEE FOR DELEGATES & SUPPORTERS (Single room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Double room)	650,00 €	- €
	LAST-MINUTE REGISTRATION FEE FOR DELEGATES (Single room)	750,00 €	- €
	IFBB INTERNATIONAL CARD ANNUAL FEE (Blue Book)	40,00 €	- €
	REGISTRATION FEE CROSSOVER	100,00 €	- €
	ANTI-DOPING TEST FEE PER COMPETITOR	20,00 €	- €
	2024 IFBB ANNUAL AFFILIATION FEE	800,00 €	- €
	2024 EBFF ANNUAL AFFILIATION FEE	600,00 €	- €
	SENDING THE FINAL/PRELIMINARY ENTRY FORM AFTER THE DEADLINE FEE	250,00 €	- €
	EXTRA NIGHT		- €
	<i>COMPLETE THIS TABLE, PLEASE.</i>	TOTAL:	- €

IMPORTANT TO AVOID WAITING TIMES

EXPRESS CHECKING

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITH THE ATTACHED FORM DULLY FULFILLED AND THE ONLINE REGISTRATION (INCLUDING PAYMENT) DULLY COMPLETED WILL HAVE ACCESS TO THE EXPRESS CHECKING

NATIONAL FEDERATIONS ARRIVING TO THE REGISTRATION AREA WITHOUT ANY OF THE REGISTRATION REQUIREMENTS DULLY COMPLETE WILL NOT HAVE ACCESS TO THE REGISTRATION DESK UNTIL THE MISSING REQUIREMENT IS COMPLETED

DOWNLOAD DOCUMENT

REGARDING THE ATTIRES FOR THE DIFFERENT CATEGORIES

***REMINDING NOTE:** Classic Bodybuilding posing trunk must be as in Classic Physique.

- Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.



Men's Bodybuilding posing trunk must measure at least 5cm high sides, and 3/4 of gluteus Maximus must be covered. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.



