



# GEORGIA BODYBUILDING & PHYSIQUE SPORTS FEDERATION

UNDER THE AUSPICES OF  
WORLD BODYBUILDING & PHYSIQUE SPORTS FEDERATION  
EUROPEAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION



# INTERNATIONAL MR & MS GLOBAL MEN'S & WOMEN'S BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIP 2024

07TH SEPTEMBER 2024 @ TBILISI GEORGIA

BODYBUILDING | ATHLETIC PHYSIQUE | WELLNESS PHYSIQUE | SPORT PHYSIQUE | MODEL PHYSIQUE

PRIZE MONEY OF  
**€ 3500**  
FOR THE OPEN BODYBUILDING EVENT

**WELCOME TO GEORGIA ALL WBPF MEMBER COUNTRIES**



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[HTTP://WWW.WBPF.ORG/](http://www.wbpf.org/)

# INSPECTION REPORT

## WELCOME MESSAGES

### GREETINGS FROM THE PRESIDENT OF THE WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



**Datuk Paul Chua**

President of the World Bodybuilding and Physique Sports Federation (WBPF)

I am delighted to extend my warmest congratulations to our new member, Georgia, under the leadership of Ms. Atina Bolobolova, on organizing the inaugural International Mr. & Ms. Global Bodybuilding and Physique Sports event in the beautiful city of Tbilisi, Georgia, scheduled for September 6-7, 2024.

As this marks our first WBPF event in Georgia, I urge all our members to extend their full support to Ms. Bolobolova in her endeavors. Notably, she has generously offered a total prize money of €3500 to be distributed among the discipline winners.

I wish Ms. Atina Bolobolova great success in hosting this international event and look forward to a fruitful collaboration.

### GREETINGS FROM THE PRESIDENT OF THE EUROPEAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



**Mag. Axel Bauer**

President of the European Bodybuilding and Physique Sports Federation (EBPF)  
WBPF Vice-President for Europe

I am congratulating Dr. Atina Bolobolova the president of our new member, WBPF Georgia, to undertake the task to organize the inaugural International Mr. & Ms. Global Bodybuilding and Physique Sports Championships in the magnificent capital city of Tbilisi, Georgia, scheduled for September 6-7, 2024.

As this will be the first WBPF event in Georgia, I encourage all our members to extend their full support to Ms. Bolobolova in her endeavors and delegate a big team of athletes and officials to support this important event. It is worth mentioning that president Dr. Atina Bolobolova is offering a total prize money of € 3.500,00 to be distributed among the discipline winners.

I wish Ms. Atina Bolobolova all the best in hosting this international event and look forward to an amicable and successful collaboration.

### GREETINGS FROM THE PRESIDENT OF WBPF GEORGIA



**Dr Atina Bolobolova**

President of WBPF Georgia

Dear Athletes and Officials,

We are delighted to invite you to participate in the international 1<sup>st</sup> Mr & Ms Global championship, which will take place in Tbilisi, Georgia on 6-7 September, 2024.

This prestigious event is held under the auspices of the World Bodybuilding and Physique Sports Federation (WBPF), sanctioned by the European Bodybuilding and Physique Sports Federation (EPBF) and organized by WBPF Georgia. We are waiting for the athletes of WBPF and EPBF in a high-quality venue, with a great show and total prize money of 10500 GEL. (ca 3500 EUR)

We welcome all competitors from WBPF member countries as well as from countries without WBPF representation.

## HOST CITY



Perched on the banks of the Mtkvari River against a striking mountainous backdrop, Tbilisi is one of the world's oldest settlements: archaeologists have found evidence of human habitation dating back to 4,000 BC.

It is also picturesque, with a beguiling mix of natural beauty and the dishevelled charm of its crumbly Old Town and Art Nouveau buildings. Tbilisi's colourful history as an ancient Silk Road hub has played a role in creating a city that is ethnically diverse and architecturally eclectic. A walk from the Persian-style sulphur baths into the Old Town reveals Georgian and Armenian churches, mosques and synagogues, as well as the ruins of the world's northernmost Zoroastrian fire temple.

Another real highlight is the Leaning Tower of Tbilisi: a big, statement timepiece. Despite this quirky clock, you're guaranteed to lose track of time in the Old Town – there are eye-catching sights around every corner.

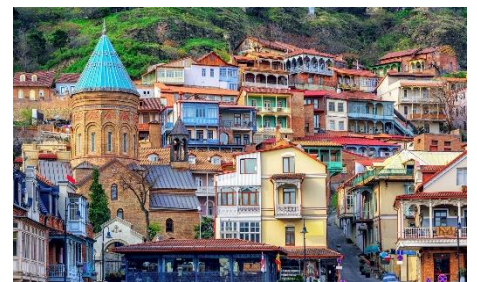
Tbilisi is not the place to go if you're watching your waistline, because every meal is the very definition of a supra (feast).

Take the local cheese bread, for example. Called khachapuri, it is slathered in butter and filled with the local sulguni cheese and an egg yolk. The result is as gooey and delicious as it sounds.

Spicy meat dumplings called khinkhali are popular in Tbilisi, too, while salads dressed with walnuts and bean stews seasoned with coriander will have vegetarians salivating.

Meat lovers should opt for a simple shashlik: tender marinated meat cooked on a kebab skewer. For pudding, try churchkhela: sweet, pressed grape skins rolled into a long sausage and filled with walnuts. After eating, drinking and going deep underground, you might think you've exhausted Tbilisi's city break potential. Far from it. The Georgian capital's many hidden gems include markets and museums just waiting to be discovered.

Dezter Bazaar, one of Tbilisi's biggest and most vibrant markets, is a great place to start. Stall after stall sells fresh fruit, veg and other foodie



delights. If nothing else, have a wander to get a feel for what it's like to live among the locals. Dry Bridge flea market sells antiques, hidden treasures and eclectic tidbits.

Where to begin with museums? There are well over 15 within the city. Start with the classics: The Georgian National Museum, the Georgia Museum of Art and the Tbilisi History Museum will help paint a picture of the city and the country's fascinating past.

If you want to dig deeper, head to the Tbilisi Open Air Museum of Ethnography, home to artefacts important to Georgian folk culture. For arty types, MOMA and the Silk Museum – which are focused on design and textiles – are both worth visiting. Last but not least, explore the niche worlds of puppets and Soviet cars at the Tbilisi Puppet Museum and Tbilisi Auto Museum, respectively.

Whether you're interested in all-night clubbing or a classy glass of red at a bar after a long day of exploring, Tbilisi really comes into its own as the sky turns dark.

Music lovers will find plenty of house, electro and techno clubs best suited for dancing the night away. For a low key summer evening, enjoy a post-adventure tippie in the beer garden of local favourite Bauhaus, where you can soak up the best of local booze and food.



## OFFICIAL HOTEL & EVENT VENUE

### HÔTELS & PRÉFÉRENCE HUALING TBILISI\*\*\*\*\*

Tbilisi Sea New City0152 Tbilisi, Georgia

Located in a new eco-friendly district of Tbilisi Sea, a 5 star Hotels & Preference Hualing Tbilisi offers European style 246 guestrooms, a wide assortment of delicious dishes at its European and Asian restaurants, largest meeting venues for large-scale events and the biggest recreation zone ever offered by any of the hotels in Georgia. The property has 6 meeting rooms and a grand ballroom of 800 square meters, accommodating more than 600 pax. The "Hualing Ballroom" is a perfect venue for celebrating large scale weddings and corporate events. 6 other meetings rooms are perfect venues for smaller business meetings, seminars and other events. The hotel puts at your disposal the necessary amenities that cater to all requirements to serve your every need. The hotel proposes 3500 sq.m. Business Class Recreation Center "Be PURE". The center comprises GYM equipped with newest Italian technology, 3D Golf Simulator, 25 meters long indoor swimming pool, Spa Jacuzzi, Studio room, Sauna, café bar and other facilities.

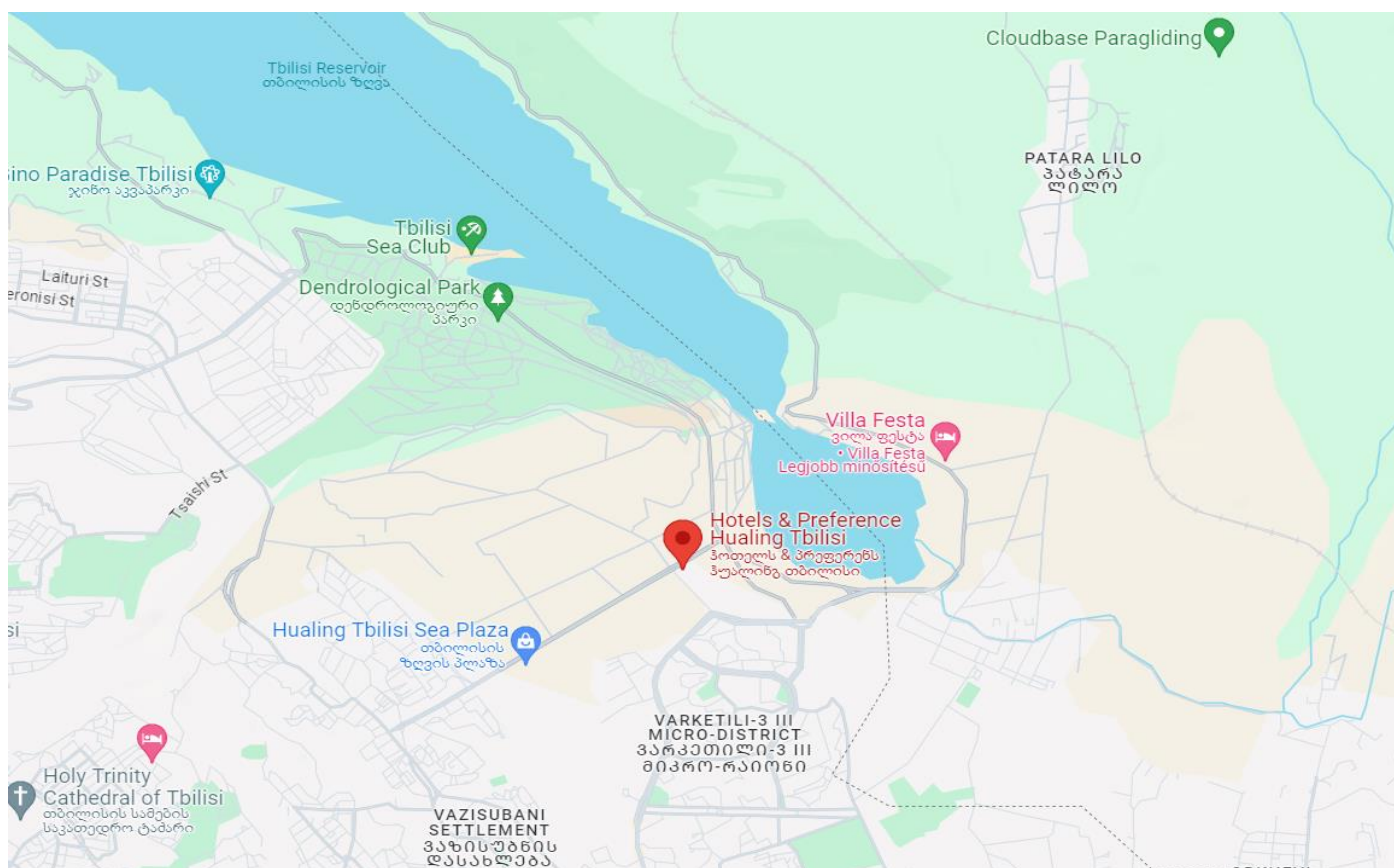


**Booking for the championship from 6-8 September 2024: (Registration deadline: 6 August 2024)**

**Rates:**

- ❖ **Double room with breakfast: 240 USD / 2 nights for 2 persons**
- ❖ **Double room with full board: 300 USD / 2 nights for 2 persons**
  
- ❖ Extra bed is available on request.
- ❖ **Dietary catering is provided for the athletes!**
- ❖ Extra nights are subject to availability.
- ❖ Transfers must be arranged individually.

**Contact for booking:** (+995) 555 55 6613, (+995) 557 66 6159



**WBPF DISCIPLINES & CATEGORIES (tentative):**

Total twenty-three (23) categories

<b>ONE-PIECE SWIMSUIT</b>	<b>WOMEN</b>	<b>Senior</b>	one open
<b>MODEL PHYSIQUE</b>	<b>WOMEN</b>	<b>Senior</b>	up to and 165 cm
			over 165 cm
<b>WELLNESS PHYSIQUE</b>	<b>WOMEN</b>	<b>Senior</b>	one open
<b>ATHLETIC PHYSIQUE</b>	<b>WOMEN</b>	<b>Senior</b>	up to and 165 cm
			over 165 cm
<b>FITNESS PHYSIQUE</b>	<b>MEN</b>	<b>Senior</b>	one open

<b>SPORT PHYSIQUE</b>	<b>MEN</b>	<b>Senior</b>	up to and 170 cm
			up to and 175 cm
			up to and 180 cm
			over 180 cm

<b>ATHLETIC PHYSIQUE</b>	<b>MEN</b>	<b>Senior</b>	up to and 160 cm (+2 kg)
			up to and 167 cm (+4 kg)
			up to and 175 cm (+6 kg)
			up to and 182 cm (+8 kg)
			over 182 cm (+10 kg)

<b>BODYBUILDING</b>	<b>MEN</b>	<b>Junior</b> (up to 23 yrs)	one open
		<b>Senior</b>	up to and 70 kg
			up to and 80 kg
			up to and 90 kg
			up to and 100 kg
			over 100 kg
		<b>Master</b>	over 40 yrs: one open

## WBPF GEORGIA DISCIPLINES & CATEGORIES:

Total four (4) categories

<b>FIT MOM</b>	<b>WOMEN</b>	<b>Senior</b>	one open
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<b>FASHION MODEL</b>	<b>WOMEN</b>	<b>Senior</b>	one open
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<b>FASHION MODEL</b>	<b>MEN</b>	<b>Senior</b>	one open
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<b>KID FITNESS</b>	<b>KID</b>		one open
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## PRIZE MONEY OVERALL CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING DISCIPLINES:

<b>WOMEN</b>	<b>Model Physique</b> (-165 cm, +165 cm, Fit Mom)	<b>Prize money: 1500 GEL</b>
	<b>Athletic Physique</b> (-165 cm, +165 cm)	<b>Prize money: 1500 GEL</b>
<b>MEN</b>	<b>Sport Physique</b> (-170 cm, -175 cm, -180 cm, +180 cm)	<b>Prize money: 1500 GEL</b>
	<b>Athletic Physique</b> (-160 cm, -167 cm, -175 cm, -182 cm, -182 cm)	<b>Prize money: 2000 GEL</b>
	<b>Bodybuilding</b>	<b>Prize money: 4000 GEL</b>

### IMPORTANT NOTICE

- ❖ If there are less than 4 athletes in the categories, the categories will be merged!
- ❖ If only one category of the discipline is organized due to the merging of the categories, in that case the Overall Championship will not be organized in the given discipline and no prize money will be awarded.
- ❖ Fit Mom athletes must show their birth certificate at registration!

## AWARDS

- ❖ TOP3 athletes: cups
- ❖ TOP5 athletes: medals
- ❖ Everyone: certificates

## REGISTRATION & FEES

### REGISTRATION & WEIGH-IN

**Date:** 6 September 2024, 12:00-16:00 h  
**Venue:** Hôtels & Préférence Hualing Tbilisi\*\*\*\*\*  
Tbilisi Sea New City0152 Tbilisi, Georgia  
1<sup>st</sup> floor, small event hall (close to the reception)

#### Registration fee(s):

- ❖ 1<sup>st</sup> category: 200 USD (Before 6 August), 300 USD (After 6 August)
- ❖ 2<sup>nd</sup> category: 100 USD (Before 6 August), 100 USD (After 6 August)

#### Payment by bank transfer:

**Name:** Mariam Peroiani  
**Account:** GE53 TB75 8234 5061 1001 08  
**SWIFT:** TBCBGE22

**Only cash in dollars is accepted at the registration desk!**

### IMPORTANT NOTICE

- ❖ It is the responsibility of the athletes to be on time for the Registration and Weigh-In. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified and the fees paid are retained by the organisers and are non-refundable!
- ❖ Each athlete must bring his/her ID/passport to the weigh-in and registration.
- ❖ Fitness / Posing music (Men's Fitness Physique, Men's Athletic Physique, Men's Bodybuilding) must be provided on CD or USB stick during registration. (Please write your name on it!)
- ❖ No G-String bikinis are allowed. Bikinis must be presented during registration. Female athletes must wear sportswear during registration. They are not allowed to show erotic moves on the stage.

## EVENT VENUE & DAILY PROGRAM

Hôtels & Préférence Hualing Tbilisi\*\*\*\*\*  
Tbilisi Sea New City0152 Tbilisi, Georgia  
1<sup>st</sup> floor, big event hall (close to the reception)

### 6 September 2024 (Friday)

12:00-16:00 Registration & Weigh-In (1<sup>st</sup> floor)  
17:00 Free transfer to Dr AtinaGym  
21:00 Birthday party of the President of WBPF Georgia,  
Dr Atina  
Bolobolova (restaurant)

### 7 September 2024 (Saturday)

07:00 Tanning starts  
09:00 Judges Meeting (1<sup>st</sup> floor, small event hall)  
10:00 Greeting and Opening Ceremony with Parade of the Nations (1 delegate with 2 athletes in sportswear on the stage) (1<sup>st</sup> floor, big event hall)  
Competition (Total 27 categories)  
14:00-15:00 Lunch  
15:00 The competition continues



Award ceremony & Prize Distribution: Place 1-3: medals & cups, 4-5 medals, certificates  
Overall Championships

Award ceremony & Prize Distribution:

The Overall Champions of Women's Model Physique, Women's Athletic Physique and Men's Sport Physique receive a cash prize award of 1500 GEL.

The Overall Champion of Men's Athletic Physique receives a cash prize award of 2000 GEL.

The Overall Champions of Men's Bodybuilding receives a cash prize award of 4000 GEL.

The organizers reserve the right to change the program. Please follow us on Facebook: [WBPFGeorgia.official](https://www.facebook.com/WBPFGeorgia.official) and Instagram: [wbpfgeorgia](https://www.instagram.com/wbpfgeorgia)

## APPLICATION DEADLINE

**Application deadline** date for the **1<sup>st</sup> Mr & Ms Global: 6 August 2024.**

Please note: We are unable to accept applications after the indicated deadline.

## TANNING

Book your appointment:

- ❖ [WbpfGeorgia@gmail.com](mailto:WbpfGeorgia@gmail.com)
- ❖ (+995) 555 55 6613, (+995) 557 66 6159

**Prize:** 80 USD

**Application deadline:** **6 August 2024.**

Some useful advices:

DON'T USE deodorant / anti-perspiration sprays and lotion products in the morning of the tanning. The skin will not take in the colour properly.

WATCH OUT for the method of your depilation. Do not bruise your upper skin.

DO USE skin peeling product (Get Buffed) starting with the last 2-3 days to get rid of the „dead skin“. So you can avoid dotty and dirty-looking skin after tanning.



**THE USE OF DREAM TAN TANNING IS STRICTLY PROHIBITED!**

## EXTRA SERVICES

- ❖ Official competition photos: 20 USD
- ❖ Official competition video: 100 USD

Camera and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the WBPF authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

## ENTRY TICKETS

- ❖ VIP ticket: 50 USD
- ❖ Standard ticket: 20 USD
- ❖ Media ticket: 100 USD
- ❖ Backstage ticket for coaches: 20 USD

All participants must have a ticket to participate in the event.





## WBPF GEORGIA DISCIPLINES & CATEGORIES

### FIT MOM:

The physique, bikini and poses are identical to those of the Model Physique athletes. This category is open to women who are competing after having at least one child. Birth certificates of children must be presented at registration.

### WOMEN'S FASHION MODEL:



The category consists of 2 rounds.

In one round, competitors will wear evening dress and they demonstrate the quarter turns.

The second round is the One-Piece Swimsuit discipline.

Promotional poster for MS &amp; MR GLOBAL TBILISI GEORGIA. It features a man in a brown suit and a woman in a black swimsuit. The text includes "WBPF GEORGIA", "Category", "Man model", "5-8 Sep", and "Open modeling category".

### MEN'S FASHION MODEL:

The category consists of 2 rounds.

In one round, competitors will wear short black shorts, just like in the Men's Fitness Physique discipline.

In the second round, they wear suit pants and jacket and shoes.

### KID FITNESS:



## APPLICATION DEADLINE

**Application deadline** date for the 1<sup>ST</sup> MR & MS GLOBAL: **6 August 2024.**

Please note: We are unable to accept applications after the indicated deadline.

## BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage and/or dressing room is areas shall be strictly limited. Only the organisers and coaches are allowed to be with the athletes. The coaches must be of the same sex as the competitors.

## ATHLETES WITHOUT DELEGATES

All athletes competing at 1ST MR & MS GLOBAL must be members in good standing of their National Federations. Any athlete who arrives without a WBPF delegate must carry an Official Letter of Authorization of Participation from his/her National Federation, failing which the athletes will not be eligible to participate.

## MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by WBPF. All persons wishing to obtain media accreditation for this event must register with the WBPF by completing and signing the WBPF Media Accreditation Form. The form must be submitted to WBPF Georgia by e-mail at [WbpfGeorgia@gmail.com](mailto:WbpfGeorgia@gmail.com).

## VISA

If you need help for visa administration, please send the scanned copy of your passport to WBPF Georgia and please ensure that it is more than 3-6 months valid. Upon a request an official invitation letter shall be issued and signed by WBPF Georgia. Please note, that the visa administration process can take several weeks. Under the international treaties and other legal acts of Georgia, citizens of certain countries can enter Georgia without a visa.

Please check the following link with the list of the countries whose citizens have the right to enter and stay in Georgia without visa, for 1 full year: [https://migration.commission.ge/index.php?article\\_id=160&clang=1](https://migration.commission.ge/index.php?article_id=160&clang=1)

**Last minute request will not be accepted by the organising committee!**

## USEFUL INFORMATION

**Local currency:** Georgian lari (GEL) 1 USD ~ 2,8 GEL, 1 EUR ~ 3 GEL. You can change at the airport, banks and at money exchange offices.

**Taxi:** It is recommended to download the YANDEX app.

## CONTACT TO THE ORGANIZING COMMITTEE

President: Dr Atina Bolobolova

Vice-Presidents: Mr Konstantin Matsaberidze, Ms Atosa Bolobolova

WBPF Georgia

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

Phone number / WhatsApp: +995 555 55 6613, +995 557 66 159

## ATTACHMENTS

Official Invitation Letter

Entry Form

Media Accreditation Form

1<sup>st</sup> MR & MS GLOBAL poster