



【MUSCLE CONTEST DETAILS】

Date : 13, Jan, 2020 (Mon/National Holiday)

Place : The Grandhall (2-16-4, Kounan, Minatoku, Tokyo, Japan)

Promoter : Muscledcontest Japan Corporation

Category : Bodybuilding (Open/ Novice/ Masters40+/Teen)

Men's Physique (Open/ Novice/ Masters35+/ Masters40+/Teen)

Classic Physique (Open)

Women's Physique (Open)

Bikini (Open/Novice/ Masters35+/ Masters 40+)

Figure (Open/ Masters 35+/ Masters 40+)

※Classes will be determined as on appended table. Weight and height will be measured on the day before the event.

Weigh-in and registration: 12, January, 2020 (Sun)

※Time schedule and the place for weigh-in and registration will be announced on the web when it is ready. [www.muscledcontest.jp]

Entry fee : ¥8,000 (or USD\$75.00)

※There is a discount for crossovers with Muscledcontest Japan on Feb 11. Please check the entry form.

Judging: Judging follows with the rules of IFBB Pro League/ NPC.

<http://www.ifbbpro.com/international-regional-and-pro-qualifier-rules>

Judges: Judges are selected by Musclecontest Japan

How to Entry: Please fill in the entry form of Musclecontest Tokyo. Go from
www.musclecontest.jp

Deadlines: Primary deadline 31 Dec, 2019 (Tues)

Secondary deadline 12 Jan, 2020 (Sun) before the registration starts.

※We recommend athletes to complete the entry by the primary deadline. Your name will appear on the Musclecontest Tokyo brochure.

※Crossover discounts and your name on brochure will be closed by the primary deadline.

【Other things to Remind】

- If you are a member of Japan Bodybuilding Federation and planning to compete at either Men's Physique, Bikini or Figure on Musclecontest Tokyo please withdraw from JBBF by the end of December 2019. After the Musclecontest Tokyo and Musclecontest Japan, you can register for a membership of JBBF again which will be effective from 1 March 2020. Then you can compete at the JBBF contests on 2020.
- Muscle Contest Japan aims to run the tournament based on the anti-doping philosophy. We do not allow any athletes who are aware of the use of drugs that impair sportsmanship and health in competitions or who profess their use. On the day of the tournament, a "urine test" will be conducted for the designated athletes under the supervision of a doctor selected by the tournament executive committee. Athletes who have been appointed to this test but refused the test will be invalidated on the spot.
- This tournament is one of the regional shows (domestic tournaments) designated by the IFBB Pro League. Players who participated in this tournament will be able to participate in the Pro-Qualify class at the Muscle Contest Japan on February.
- Time schedule for the Musclecontest Tokyo will be announced on the web site. Please check it since we won't notify you in advance.
- There will be a paid tanning service for the event. As soon as the details of the acceptance method are confirmed, it will be posted on the official website. * There is no competition for makeup.
- You may be asked to refrain from participating due to the number of participants or administrative reasons after applying. In that case, the entry fee will be refunded.
- As a general rule, there will be no refunds for cancellation after the

application.

- The personal information obtained when applying for this contest will be used for the performance business related to this contest.
- We may provide photos of the event to a various media. Those photos will be taken during the events so the athletes, audience, officials and staffs will be included. Please be forewarned.
- Shooting / recording / covering with external media may be held at this tournament. Photos and videos recorded during the tournament may be used in various media such as print media, TV broadcasts, and internet distribution. Please be forewarned.
- If an accident or trouble occurs during the tournament, the participant himself / herself will be responsible for solving it, and the tournament organizer will not be held responsible.

For questions:

Musclecontest Executive Committee
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