The 21st Arab Bodybuilding Championship &
Arab Congress

Assuit – Egypt
28th of April till the 2nd of May, 2019

Inspection Report
Welcome Message Form the President of
The Arab Federation of Bodybuilding & Fitness (AFBB)

Dear Sons, Brothers & Friends,

The Arab Bodybuilding Federation, AFBB, is very pleased to announce the organization of the 2019 Arab Bodybuilding Championship for Men that will be held during the period from the 28th of April till the 2nd of May, 2019 in Assuit, Egypt; a city with a rich history and tradition worldwide known; and under the patronage of H.E General Gamal Noureddine Zaki, Governor of Assuit

In Egypt we will all enjoy, in addition to sports, fantastic tourism, Sightseeing tours, gala parties in addition to extra ordinary hospitality.

I would like to take this opportunity to express my deep appreciation & gratitude to our great leader Dr. Rafael Santonja, President of the International Federation of Bodybuilding & Fitness (IFBB) for his great trust & kind approval to sponsor this historical sports event. We are hoping to enjoy with great pleasure his attendance to this event.

The event will be as well a great meeting point, in which all the athletes and officials from all the Arab countries will share brotherhood and solidarity feelings.

We will provide all facilities including accommodation, transportation and meals in accordance with the IFBB constitution.

Egypt is waiting, with its traditional sense of hospitality, its history and additional great organizational capacity to perform this international event, in which our best Arab athletes will participate at the highest level of sport excellence.

Once again welcome to marvelous Assuit; and I hope that your stay in our country will be a memory of joy and pleasure.

God bless all of you,

Dr. Eng. Adel Fahim
ABOUT EGYPT

Egypt is probably the world's oldest civilization having emerged from the Nile Valley around 3,100 BC, historically. Egypt is probably one of the oldest vacation spots. Early Greeks, Romans and others went there just for fun, and to see the wonders of some of mankind's earliest triumphs. But Egypt is much more than Pyramids and monuments. It is also Red Sea scuba diving, hot night spots, luxury hotels and five star restaurants. It is romantic cruises down the Nile on festive river boats, a night at the grand opera and it is a cultural experience like none you have ever experienced. Egypt is a land bustling with life, sound, visual beauty and excitement. More than anything else, we want you to think of Egypt as fun. For thousands of years, it has been the playground of emperors and kings, and we hope you will take the time to find out why.

The regularity and richness of the annual Nile River flood, coupled with semi-isolation provided by deserts to the east and west, allowed for the development of one of the world's great civilizations. A unified kingdom arose circa 3200 B.C. and a series of dynasties ruled in Egypt for the next three millennia. The last native dynasty fell to the Persians in 341 B.C., who in turn were replaced by the Greeks, Romans, and Byzantines. It was the Arabs who introduced Islam and the Arabic language in the 7th century and who ruled for the next six centuries. A local military caste, the Mamluks took control about 1250 and continued to govern after the conquest of Egypt by the Ottoman Turks in 1517. Following the completion of the Suez Canal in 1869, Egypt became an important world transportation hub, but also fell heavily into debt. Ostensibly to protect its investments, Britain seized control of Egypt's government in 1882, but nominal allegiance to the Ottoman Empire continued until 1914. Partially independent from the UK in 1922, Egypt acquired full sovereignty following World War II. The completion of the Aswan High Dam in 1971 and the resultant Lake Nasser have altered the time-honored place of the Nile River in the agriculture and ecology of Egypt.
THE CITY OF ASSUIT

Assiut is the largest town in Upper Egypt and lies about 234 miles south of Cairo.

It is an old city which was first settled in pharaonic times, then the capital of the Thirteenth Nome of Upper Egypt and named Syut. Later, the Greeks renamed it Lycopolis which means 'city of the wolf'. This was due to the importance of the Jackal gods Wepwawet (Opener of Ways) and Anubis. Although the city was of considerable strategic value in its position between Upper and Lower Egypt, it somehow managed to stay clear of national importance as a capital.

Sunset at Assiut Two very important people we know of were born in the Greek city of Lycopolis. Probably the best know saint of Christian Egypt, John of Lycopolis was a carpenter who withdrew to the desert of the nearby mountains. He was a prophet who for example, predicted Theodosius, the Roman emperor's victory over Maximus and Eugenius. He died in 394 AD. Less known is Plotinus, who was a neo-Platonist who studied under the founder of that movement, Ammonius. He was born here in 205 AD. Later he moved to Rome where he taught a doctrine based on the 'union of the soul with God through ecstasy and contemplation'.

In more recent times, it was the end of the road for camel caravans that traveled up the 40 Day Road from Darfur in the Sudan, and as late as the 1850's it had the largest slave market in Egypt.

Today Assiut is the capital of the Said (Upper Egypt) governorate, has a large Christian community and is the region's most important agricultural center, dealing in cotton and grain. It also has some carpet manufacturing industry. It is also the home of the third largest university in Egypt.
Besides the ancient attractions near Assiut, there is also Banana Island, which is a nice place to relax. On the north edge of the City you will find the 19th century English barrage, which was built to control the Nile by regulating the flow of water into the Ibrahimiyya Canal. This Canal is an important source of irrigation water though out the region.

Also notable is the Lillian Trasher Orphanage. The founder of the Orphanage was born in Jacksonville, Florida but came to Egypt in 1910 and died there in 1961. The orphanage is a source of pride to the large, local Coptic population.

Of ancient interest is the Necropolis of Assiut. Here, tombs of many regional leaders may be found which document the area's historical significance.

**AIRPORT**

The official arrival Airport is Assuit International Airport.

All participating countries should plan their flights to Assuit International Airport & the Arab Federation of Bodybuilding and Fitness will arrange for buses to pick you up at Assuit International Airport on arrival and transport you to the Official Hotel.

It is very important that every federation provide the organizing committee with the complete arrival details of its team, including the number of people in their delegation.

Your cooperation is very essential to ensure adequate transportation for your team.
EARLY ARRIVALS & LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the official arrival date of April 28, 2019, and/or will be staying after the official departure date of May 2, 2019, will be responsible of their own transportation, and full accommodation.

The Official Arrival Date for all participants is Sunday April 28, 2019.
The Official departure Date for all Participants (delegates, Athletes, and others) is Thursday, May 2, 2019.

ACCOMMODATIONS

Delegates and Athletes will be accommodated for four (4) nights five (5) days in double-bedded rooms.
The Organizing Committee will provide full accommodations and three (3) meals per day for all Official Participants (Athletes and Delegates) from the National Federations according to the following IFBB Rules:

- Three (3) or more competitors: up to two (2) delegates.
- One (1) or two (2) competitors: up to one (1) delegate.
- National Federations with no Athletes may send one (1) delegate who will be responsible for all of his or her own expenses.

Any judges, coaches or trainers who are not Official Participants (Athletes or Delegates) will be responsible for all of their own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your National Federation select this individual to be an Official Delegate for your National Federation, otherwise this individual will be responsible for all of her own expenses. This ruling also applies to family members.

PARTCIPATION

The contest is open for National Arab Federations from all Arab countries; the number of competitors participating in these championships is unlimited.
REGISTRATION

Official Athlete Registration will take place in the official Hotel, on Monday, April 29th, 2019, from 10:00 AM till 06.00 PM.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Arab Federation President. The final decision to allow an athlete to compete in this event rests with the AFBB.

All Athletes must wear their posing attire during weigh-in for inspection. Posing attire and tanning must be in accordance to IFBB rules. Any tanning which can be wiped off is not allowed.

*The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor’s body.*

All athletes will have to produce 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 and are mandatory.

You will receive your tags for athletes and coaches at the registration.

REGISTERATION FEES

All Official Participants (Athletes, Delegates, Extra Delegates, supporters & Media including delegates without athletes) will be required to pay the registration Fees package upon check-in as follows:

USD 400 - Single (one person per room)
USD 350 - Double (two persons per room)

The package includes:

- 4 night’s accommodations.
- 3 meals per day.
- Tickets to the Prejudging and Finals.
- Sightseeing tours
- Tickets to the Farewell Banquet.
- Transportation.

The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

VENUE
Venue for the 2019 Arab bodybuilding championship will be “The Great Nile Hall, Assiut University”, which is one of the largest halls in Assuit, allowing maximum flexibility for any desired set up. It is also fully equipped with theater lighting & sound system.
OFFICIAL HOTEL

The official Championships accommodations will be in a four (4) stars Hotels as follows:

- Assuit University Hotel located at the heart of Assuit & only 30 minutes away from Assiut Airport.

- El Watania Palace Hotel, located at Al Gomhoreya St, down town & only 25 minutes away from Assiut Airport
VISAS

Please consult the nearest Egyptian Embassy in your country for visa requirements. Please consider the attached letter from the Dr. Eng. Adel Fahim; the President of the Arab Federation of Bodybuilding as an Official Letter of Invitation from the Arab Federation of Bodybuilding to assist in acquiring visas.

BODYWEIGHT CATEGORIES

- **Bodybuilding:**
  - 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 95 kg.
  - Up to & incl 100 kg.
  - Over 100 kg.

- **Classic Bodybuilding:**
  - Up to & incl. 168 cm
    - Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
  - Up to & incl. 171 cm
    - Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
  - Up to & incl. 175 cm
    - Max Weight [kg] = (Height [cm] -100) + 5 [kg]
  - Up to & incl. 180 cm
    - Max Weight [kg] = (Height [cm] -100) + 7 [kg]
  - Over 180 cm:
    - Over 180 cm up to & incl. 190 cm:
      - Max Weight [kg] = (Height [cm] -100) + 9 [kg]
    - Over 190 cm up to & incl. 198 cm:
      - Max Weight [kg] = (Height [cm] – 100) + 11 [kg]
    - Over 198 cm:
      - Max Weight [kg] = (Height [cm] – 100) + 13 [kg]

- **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.
PASSPORTS/ MUSIC

All Competitors must provide their PASSPORT and MUSIC at weigh-in, failing which the competitor will not be registered. All posing music must be on an audio CD only. The posing music must be the only music on the CD. Each competitor must affix his name on the CD for easy identification.

NATIONAL ANTHEM & NATIONAL FLAG

All National Federation must bring with them to Ghana their national Anthems [shortened version only] on a compact disc [CD]. This must be on a separate CD from those which contain the posing music of the athletes. All National Federation must bring with them their respective National Flags. The flags must be manufactured of dense silk and measure no more than 2.5 meters x 1.5 meters.

PARADE OF NATIONS

The dress code for all delegate and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is a posing is a posing truck and the contest T-shirt. One [1] delegate and one [1] competitor per country must take part in the Parade of nations.

GENERAL INFORMATION

TIME DIFFERENCE

Greenwich Mean Time (GMT) + 2

WEATHER

The temperature in Assuit, Egypt in April is averages 24 degrees Centigrade.

CURRENCY

The currency is Egypt is the Egyptian Pound which is approximately:

Us $ 1.00 = 17.40 Egyptian Pound
Euro 1.00 = 19.65 Egyptian Pound

BACKSTAGE ACCESS/ DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/ or dressing room area is strictly limited to essential personnel only.
TRAINING FACILITY

The organizing committee will provide a training facility for training.

AFFILIATION FEE

Each participant country should pay the annual affiliation fees to the Arab Federation of Bodybuilding [AFBB] which is 450 USD a year.

FINAL ENTRY FORM

The FINAL ENTRY FORM must be returned to the Organizing Committee no later than March 25, 2019.

FAILURE TO HONOUR FINAL ENTRY FORM-DEADLINE

Deadline is set to assist the organizer in arranging accommodations, meals, onsite transportation and other championship activities. A failure to respect these deadlines is a breach of IFBB Rules.

If a National Federation fails to respect the deadline written on the Final Form, each ‘Official participant’ from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation and access to the Prejudging, Finals, and Farewell Banquet.

ATTENDANCE AT THE AFBB CONGRESS

It is the duty and responsibility of each National Federation to ensure that it is represented at the AFBB congress meeting. National Federation must be represented by it President and another or a representative, including Federation with athlete and no delegates. In this case, the athlete must attend and represent his country at the congress.
CORRESPONDANCE

All entry forms and correspondence should be addressed to:

- AFBB President, Dr. Eng. Adel Fahim, ifbbcairo@gmail.com
- IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com
- IFBB head office in Madrid, Ms. Diana Mozos, info@ifbb.com

The deadline date for submitting the Final Entry Forms is March 20th, 2019.

Arab Federation of Bodybuilding
Telefax: 0020223502190 / 0020223502928
Email: ifbbcairo@gmail.com
Mobile: 0020201222467022 / 0020201111130305 / 002020111130306