



**UNITED ARAB EMIRATES
FUJAIRAH**



International Federation of Bodybuilding and Fitness

WORLD

BODYBUILDING CHAMPIONSHIP

FUJAIRAH, UNITED ARAB EMIRATES



GOVERNMENT OF FUJAIRAH

5TH - 10TH NOV 2019

ZAYED SPORTS COMPLEX





2019 IFBB WORLD MEN'S CHAMPIONSHIPS & INTERNATIONAL CONGRESS

Fujairah, United Arab Emirates (UAE) November 5-10, 2019

WELCOME MESSAGE FROM DR. RAFAEL SANTONJA – IFBB PRESIDENT

Dear Friends in Sport,



Personally, and on behalf of IFBB, I am very pleased to extend our warmest welcome to all the athletes, officials and supporters that, with the occasion of the **73rd World Men Bodybuilding Championships & Congress**, will travel to the exotic and beautiful city of Fujairah, United Arab Emirate (UAE), a XXI century leading country, rich in traditions and with great cultural, social and sport life, that will make of this trip a great and unforgettable experience.

The **73rd IFBB World Men Bodybuilding Championships & Congress** in Fujairah will be a great celebration for sport and healthy lifestyle.

On behalf of the 199 countries that form our International Federation, I wish to convey our thanks, recognition and respect to **His Highness Sheikh Hamad bin Mohammed Al Sharqi** (Supreme Council member of the UAE, Ruler of Fujairah) and His Crown Prince **Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi**.

Our warmest thanks and appreciation to **H.H. Sheikh Saleh Bin Mohammed Al Sharqi** (Chairman of The Department of Industry & Economy Government of Fujairah), for his decided support to this magnificent event, as well as to the **sponsors** that are making it possible.

Our special thanks and deep appreciations is extended to the IFBB Vice-President for Asia, and President as well of the Emirates Bodybuilding and Fitness Federation (EBBF), **H.H. Sheikh Abdulla Bin Hamad Al Sharqi**, a young and energetic IFBB key Executive Member and dynamic leader, with great capacities, diplomatic skills, and outstanding background as public and sport administrator; that, together with his Executive Board and Officials are ready to welcome you and your team, to enjoy an outstanding event, in the best environment of hospitality and sport inspiration.

This World Championship in Fujairah will be a great opportunity for athletes and delegates coming from the five continents, to meet in a modern country rich in cultural traditions, famous for its great sense of hospitality; in which solidarity, fair play and respect for sport are integral part of their culture and traditions.

Bodybuilding World Championships will have full **TV coverage** with retransmissions over 100 TV channels worldwide, which will spread to millions of spectators the most challenging images of our championship, framed in the colourful images of Fujairah.

I take this opportunity to wish all the IFBB Athletes, Officials and Supporters a very nice trip, and all the success and enjoyment during these days in Fujairah,

With my very best regards,

Your friend in sport,

Dr. Rafael Santonja
IFBB President





2019 IFBB WORLD MEN'S CHAMPIONSHIPS & CONGRESS

Fujairah, United Arab Emirates (UAE) November 5-10, 2019

WELCOME MESSAGE FROM **SHEIKH ABDULLAH BIN HAMAD AL SHARQI –** **PRESIDENT EMIRATES BODY BUILDING & FITNESS FEDERATION** **IFBB VICE-PRESIDENT**



The journey of every athlete starts from a dream and evolves it with hard work and sweat in years of training coupled with dedication. Everyone who aims to achieve physical strength must always be self-motivated and sustain discipline in respect to maintain a great body.

It has been years that both Fujairah and Emirates Bodybuilding Championship prove its excellence in organizing bodybuilding events with its competitors from different corners of the world. Our goal to heighten the competition to higher level with its continuity of ensuring the implementation of high standards of the International Federation of Bodybuilding and Fitness, we have stepped on the 2019 World Body Building Championships.

To all the bodybuilding enthusiasts, participants from different countries and foreign guests, we welcome you all in this world competition for another milestone in the field of bodybuilding here in the United Arab Emirates. We salute you for the spirit you have put into this sports. Your long-term investment to be physically strong and to have a great body deserve with much respect and pride. You don't only train your body but you build and nurture your mental mindset impeccably.

In this year's advocacy of the United Arab Emirates for "Year of Tolerance", we proudly uphold and promote the five pillars of Sheikh Zayed's legacy and teachings. Deepening the values of tolerance and co-existence among cultures and peoples and solidifying UAE as the global capital of tolerance are the first two pillars that Emiratis believe in. And with this event, we move for the advocacy of reminding everyone that we are living in one world as one family.

We are more than grateful for the support that IFBB has imparted with us with the leadership of Dr. Rafael Santonja, IFBB President. The confidence they have given us in handling this big event marks another success. We will definitely continue to impart camaraderie and achieve the spirit of sportsmanship through bodybuilding competitions.

With pride and great honor, my sincerest congratulations to all those who make this event momentous and worthwhile.

Sheikh Abdullah Bin Hamad Al Sharqi
President Emirates Body Building & Fitness Federation
IFBB Vice-President





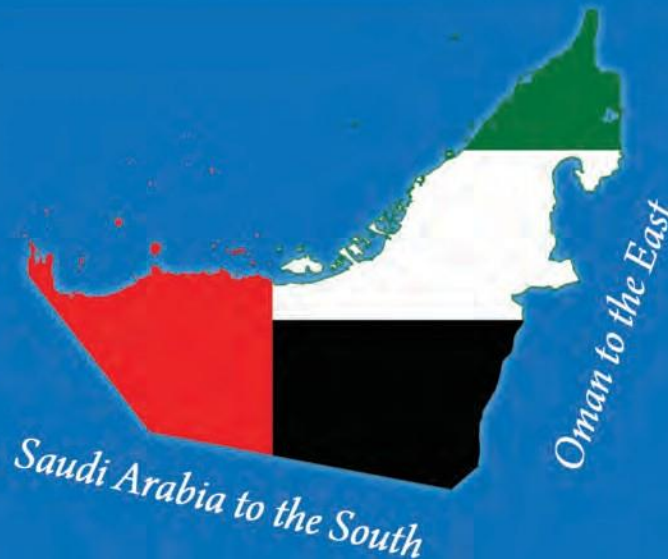
United Arab Emirates

National Day is on December 2, 1971

Located in Western Asia at the southeast end of the Arabian Peninsula on the Arabian Gulf.

7 Emirates:

- Abu Dhabi (capital)
- Dubai
- Sharjah
- Ajman
- Umm Al Quwain
- Ras Al Khaimah
- Fujairah



Population –

9.3 million, 10 % Nationals

Area –

83,600 sq. km

Currency –

UAE Dirham 1 AED=100 Fills

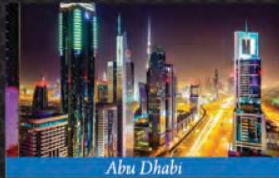
Language –

Arabic

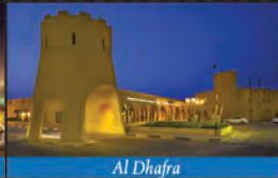
English is widely used.



One Emirate, Three Regions



Abu Dhabi



Al Dhafra



Al Ain

Top 10 Attractions



Ferrari World
Abu Dhabi



Sheikh Zayed
Grand Mosque



Emirates
Palace



Abu Dhabi
Falcon Hospital



Saadiyat
Island



Yas Island



Yas Marina
Circuit



Al Ain City



The Corniche
Beach



Heritage
Village

Marvels in The Pipeline

- Warner Bros. Theme Park
- Midfield terminal
- Louvre
- Guggenheim
- Largest Indoor Snow-Play Park
- Sea World



The Emirates of **دبي**



Burj Khalifa



Burj Al Arab



Dubai Parks
& Resorts



IMG Worlds
Of Adventure



The Dubai
Mall



Dubai Fountain



Ski Dubai



Hot air balloon



Desert Safari



Dubai
Museum





Emirate of Fujairah



The United Arab Emirates was formed in 1971 and is comprised of seven emirates. Fujairah, one of these emirates, is located on the East Coast on the Indian Ocean. It is the only emirate that is situated on the beautiful Indian Ocean and therefore attracts many tourists. To the west of Fujairah are the breathtaking Hajar Mountains. The Hajar Mountains are the highest mountain range in the eastern Arabian Peninsula and run through both the UAE and Oman, peaking at 2,980m high. The entire emirate of Fujairah is 1,488 square kilometres and is made up of 2 main cities (Fujairah and Dibba Al Fujairah) and six main areas (Masafi, Murbeh, Qidfa, Al Bithna, Al Siji, Al Bidyah). Fujairah is the smallest in Emirates, it is the only region that lies on the Indian Ocean. For this reason, it has become a very popular vacation site for many residents and attract a lot of tourist. The beaches in Fujairah stretch on for miles of uninterrupted serenity. With beautiful clam waters and quiet beaches, people from all over flock come there to relax in the sun and sand.

Fujairah is located on the eastern coast of the UAE along the Gulf of Oman. The shores of Fujairah extend along the Gulf of Oman for about 70km. Fujairah is the only emirates of the UAE that is almost completely mountainous than other part of UAE which are deserts. Fujairah are well known for its beaches and the Hajar Mountains, which run through much of the emirate. In the south, the city of Fujairah is home to the massive Sheikh Zayed Mosque, with its towering white minarets. Overlooking the city is Fujairah Fort, a reconstructed 17th-century fortress featuring round and square towers. Consequently, Fujairah are the only area that receive high average of yearly rainfall in the UAE and this allows the farmers in that region to produce crop every year. Fujairah has been called An Arabian Jewel, the Hidden Gem and the quaint getaway of the UAE but Lately, His Highness, Sheikh Mohammed bin Rashid Al Maktoum called Fujairah 'the lungs of the UAE'.





Zayed Sports Complex



The competition venue, Zayed Sports Complex, is located at: Al Hayl, Fujairah, United Arab Emirates

The venue offers Sports and institutions a distinguished room for professional events and business organizations.

Services available for costumers and business.

Capacity: 3000 people with total visibility from anywhere. Optimum capacity for congress organization, banquets, conventions, presentations and enterprise meetings. Parking: 500 car parking, 12 parking and access for buses.

Facilities: Maximum for road traffic to enter in the complex. Security: Emergency plan and fire prevention. Totally adapted fireproof materials.

Air conditioning: Air conditioned cold.





Official Hotels



The hotel for athletes, judges and delegates is:

1) **HOTEL NOVOTEL FUJAIRAH**

Address: Hamad Bin Abdulla Rd -
Fujairah

Phone: +971 9 223 9999



The hotel for athletes, judges and delegates is:

2) **Nour Arjaan by Rotana Hotel**

Address: P.O. Box 8899
Fujairah.

Phone: +971 9 202 5505



The hotel for athletes, judges and delegates is:

3) **CONCORDE HOTEL FUJAIRAH**

Address: Sheikh Hamad Bin Abdullah Street,
Fujairah.

Phone: +971 9 224 9000



The hotel for athletes, judges and delegates is:

4) **CITY TOWER HOTEL FUJAIRAH**

Address: Sheikh Hamad Bin Abdullah Street, Fujairah

Phone: + 971 9 223 6888



The IFBB Executive Council hotel is:

4) **AL DIAR SIJI HOTEL**

(Registration hotel and IFBB welcome office)

Address: Post Office Box- 1199,
Hamad Bin Abdulla - Al Sharqi Street - Fujairah

Phone: +971 9 223 2000



IFBB International Congress

ZAYED SPORTS COMPLEX

Zayed Sports Complex, has the ideal facilities and the appropriate atmosphere for the organization of professional events. Zayed Sports Complex has been chosen to host the IFBB International Congress due to its good reputation since the successful organization of event. Such reputation makes it the perfect place to host the IFBB International Congress.



Airport

The official arrival airport is the Dubai International Airport (Terminal - 3). The Organizing Committee will pick you up at the airport on the Official Arrival Day on Nov. 06th, 2019 (Wednesday) and drive you to the official hotel and back to the Dubai International Airport (Terminal - 3) on the official Departure Day (Sunday) for EUR €40 (USD \$45) two way per person. On November 6th buses will leave from the airport to the hotel every hour from (0:00) till the last flight arrival.

It is very important that every National Federation provides to the Organizing Committee the complete information on its team, including the number of persons and the arrival/departure details in time. Your cooperation is 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 November 6th and/or staying after the official departure date of November 10th, 2019 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals or late departures.

FLIGHT RECONFIRMATION

To reconfirm your flight from Dubai International Airport to your country, please contact the secretariat within 24 hours before your departure.





Official Carrier



Travel on Emirates to Dubai, for the World Body building Championship 2019

We're pleased to inform you that Emirates Airline has proudly been selected as the partner airline for the World Body building Championship 2019. Emirates has excellent connections to all of the six continents via Dubai with more than 161 current destinations worldwide - and we are expanding our route network all the time.

Use your Promotion Code to get special fares on Emirates.

Promotion code : EVE6WB6

Travel Validity : 31 October - 15 November 2019

Book your travel today at <http://www.emirates.com/Worldbodybuildingchampionship2019>

Terms and conditions :

- Outbound and inbound travel must be within the validity period
- Destinations: O'er valid ONLY from and to gateway cities in which Emirates operates direct flights. (Including interline flights to gateway cities).
- Discount applicable: %10 o" on the prevailing lowest online fare on Business Class and on Economy Class return fares (excluding Special Fares). First Class no discount is applicable.
- O'er valid ONLY for return travel to Emirates gateway cities to Dubai and not from Dubai.
- O'er extends to companions travelling with attendees.
- The o"er may not be used in conjunction with any other promotion, discount or special o"er.
- Regular charges applies for any modification and changes as per the fare rule and conditions.
- The promotion code should be displayed on a secured website which is accessed by the delegates
- For UAE Visa application, you may visit at the nearest Emirates Airline O%ce.





Accommodations

The Organizing Committee will provide free-of-charge accommodations for four (4) nights and three (3) meals per day for all official participants (athletes & delegates) from National Federations according to the following IFBB rules:

- Three or more competitors: two delegates permitted.
- Two competitors or less: only one delegate is permitted.

National Federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.

The term "Official Participant" means:

- 1) An Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships.
- 2) A Delegate who is duly authorized by his National Federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB Rules.

Official arrival date is November 6th, 2019 (Wednesday) and the official departure date is November 10th, 2019 (Sunday).

IFBB Executive Council Members: official arrival date is November 5th, 2019 (Tuesday) and the official departure date is November 10th, 2019 (Sunday).

IMPORTANT NOTICE

All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting. Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his/her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a trainer, it is recommended that your Federation nominates this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.



Hotel

A hotel security deposit of USD \$100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, damages of room etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.





Important Notice

You must pay the Hotel Security Deposit and IFBB Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives to FUJAIRAH without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the IFBB Registration Fee **BEFORE** a room can be assigned.

Special Packages Rates For Extra Delegates, Supporters, Media & Others

The Organizing Committee has established a full special package rate, which includes four (4) nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a special prices:.

- For single room US \$690
- For double room US \$460 per person



Participation

The IFBB World Men's Championships are open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible. The number of competitors participating in the Championships is unlimited.

Please be aware that it is **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION** to verify if each one of the athletes to be registered on this international event are **NOT** suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the **FULL OBLIGATION AND RESPONSIBILITY** of a National Federation to **MONITOR ALL THE ATHLETES** affiliated to this National Federation who are actually 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.

OFFICIAL ATHLETE REGISTRATION

Official Athlete Registration will be run on Thursday, November 07th, from 15:00 till 19:00 hrs at the Zayed Sport Complex.

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their Passports and IFBB International Cards at the Registration. IFBB International Cards are EUR €35 per year and are mandatory. Any athlete who has not yet purchased this Card will have to buy one at Registration.

PLEASE NOTE: No crossovers between different sport divisions are allowed i.e. not possible to compete in both Bodybuilding and Classic Bodybuilding or Classic Physique.





IFBB Registration And Accommodation

Hotel check-in and accommodation will take place at the **HOTELNOVOTELFUJAIRA.H**, Hamad Bin Abdulla Rd - Fujairah , Wednesday, November 6th, from 10:00 till 19:00 h.

Official Athlete Registration (weigh-in) will be conducted on Wednesday 6th November at Novotel Hotel from 15:00 till 19:00 and on Thursday, November 7th, from 15:00 till 19:00 at the Zayed Sports Complex . It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their Passports and IFBB International Cards at the Registration.

Crossovers (participation in two categories) will not be possible. Posing music must be on an audio CD and USB Flash Memory only, The posing music must also be at the start of the CD or USB. Each competitor must affix his name on the CD or USB for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Each athlete participating in the event will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the venue and should not be removed.

Registration of international athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

The World Championships Organizing Committee: info.wbbcl9@gmail.com

IFBB Head Office, Ms. Diana Mozos: info@ifbb.com

IFBB Technical Committee, Mr. Andrew Michalak: amichalakS@gmail.com

The deadline for submitting the Final Entry Forms is Monday, October 21st, 2019.

The final decision to allow an athlete to compete in this event rests with the IFBB.



REGISTRATION FEE

Each Official Participant (Athlete and Delegate) must pay the IFBB Registration Fee of EUR €400 per person (in double room) or EUR €600 in single room, which has to be paid in advance by credit/debit card or PayPal at IFBB webpage:

<http://www.ifbb.com/competition-registration>

for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is October 22nd, 2019 (Tuesday). On October 22nd, 24:00 hrs (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off

If paying at the Registration on November 07th, 2019, an extra fee of EUR €50 per participant will be charged.





Categories Open For Competition

2019 IFBB WORLD BODYBUILDING CHAMPIONSHIPS CATEGORIES

Remarks:

Official Athlete Registration (weigh-in) will be conducted on Wednesday 6th November at Novotel Hotel from 15:00 till 19:00 and on Thursday, November 7th, from 15:00 till 19:00 at the Zayed Sports Complex .

The athletes will be allowed to be only once at the weighing whenever the athletes get registered, they will be located in their corresponding categories and the decision shall be final , so the athletes that arrive on Wednesday 6 won't be allowed to attend the weighing on the 7th

MEN BODY BUILDING

MEN BODYBUILDING CATEGORIES

Men Bodybuilding*	Up to & Incl. 60 kg
Men Bodybuilding	Up to & Incl. 65 kg
Men Bodybuilding	Up to & Incl. 70 kg
Men Bodybuilding	Up to & Incl. 75 kg
Men Bodybuilding	Up to & Incl. 80 kg
Men Bodybuilding	Up to & Incl. 85 kg
Men Bodybuilding	Up to & Incl. 90 kg
Men Bodybuilding	Up to & Incl. 95 kg
Men Bodybuilding	Up to & Incl. 100 kg
Men Bodybuilding	Over 100 kg

No weight / height limits

Men Bodybuilding Up to 60kg included as the event celebrated in Asia.

MEN CLASSIC BODYBUILDING

MEN CLASSIC BODYBUILDING CATEGORIES

Men Classic Bodybuilding	Up to & incl. 168 cm
Men Classic Bodybuilding	Up to & incl. 171 cm
Men Classic Bodybuilding	Up to & incl. 175 cm
Men Classic Bodybuilding	Up to & incl. 180 cm
Men Classic Bodybuilding	Over 180 cm

*MEN & CLASSIC BODYBUILDING WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 0 + (100 [kg])
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 2 + (100 [kg])
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 4 + (100 [kg])
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 7 + (100 [kg])
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 9 + (100 [kg])
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 11 + (100 [kg])
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 13 + (100 [kg])

MEN GAMES CLASSIC BODYBUILDING

MEN GAMES CLASSIC BODYBUILDING CATEGORIES

Men Games Classic Bodybuilding	Up to & incl. 175 cm
Men Games Classic Bodybuilding	Over 175 cm

**MEN GAMES CLASSIC BODYBUILDING WEIGHT /HEIGHT LIMITS

Up to 162 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 2 - (100 [kg])
 Up to 165 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 1 - (100 [kg])
 Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 0 + (100 [kg])
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 1 + (100 [kg])
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 2 + (100 [kg])
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 4 + (100 [kg])
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 5 + (100 [kg])
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 6 + (100 [kg])
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 7 + (100 [kg])





Categories Open For Competition

2019 IFBB WORLD BODYBUILDING CHAMPIONSHIPS CATEGORIES

Remarks:

Official Athlete Registration (weigh-in) will be conducted on Wednesday 6th November at Novotel Hotel from 15:00 till 19:00 and on Thursday, November 7th, from 15:00 till 19:00 at the Zayed Sports Complex .

The athletes will be allowed to be only once at the weighing whenever the athletes get registered, they will be located in their corresponding categories and the decision shall be final , so the athletes that arrive on Wednesday 6 won't be allowed to attend the weighing on the 7th

MEN CLASSIC PHYSIQUE

MEN'S CLASSIC PHYSIQUE CATEGORIES

Men's Classic Physique	Up to & incl. 168 cm
Men's Classic Physique	Up to & incl. 171 cm
Men's Classic Physique	Up to & incl. 175 cm
Men's Classic Physique	Up to & incl. 180 cm
Men's Classic Physique	Over 180 cm

***MEN CLASSIC PHYSIQUE WEIGH / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]

MEN'S PHYSIQUE

MEN'S PHYSIQUE CATEGORIES

Men's Physique	Up to & incl. 170 cm
Men's Physique	Up to & incl. 173 cm
Men's Physique	Up to & incl. 176 cm
Men's Physique	Up to & incl. 179 cm
Men's Physique	Up to & incl. 182 cm
Men's Physique	Over 182 cm

No weight / height limits

MUSCULAR MEN'S PHYSIQUE

One open category

No weight / height limits



Approved Attire

All athletes participant countries must make sure all bodybuilding categories trunks must meet a minimum of lateral and back width.



Awards

- Top three athletes in each category will be awarded with IFBB medals.
- Top six athletes in each category will be awarded with Certificates of Excellence.
- Overall in each division will have a trophy.
- Top 10 in each category will be awarded with points to the 2019 IFBB World Ranking.
- Each Overall category winner will receive additional 5 points to the 2019 IFBB World Ranking
- Each category winner will have a right to apply to turn IFBB Elite Pro (through their National Federations).

Note: All national teams are required to submit softcopy of Flag and National Anthem in CD File or Flash Drive to the Organizing Committee or IFBB Official during the registration for the purpose of flag display and rendering of National Anthem in the screen monitor during the event.





Judges And Delegates Meeting

There will be a Team Managers and Judges Meeting prior to the official athlete registration (weigh-in) on Thursday, November 7th at 14:00 hrs. All Judges must attend the Team Managers & Judges Meeting and Delegates will be obliged to attend this meeting.



Secretariat

The Organizing Committee will manage a Secretariat at the official hotel from Tuesday November 5th, until Sunday, November 10th, from 08:00 till 20:00. You may obtain information and assistance from the Secretariat.



Parade Of Nations

The mandatory dress code for all delegates participating in the Parade of Nations (one delegate per country) will be IFBB attire, black dress shoes, grey dress pants with shirt, IFBB tie and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

Camera / Video Tape 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.

Note : Tanning Available With The Organizing Committee

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage. • Approved Tan available with the Organizing Committee before competition.

Green Cards

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the Team Managers and Judges Meeting as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.





Judges

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges (as well as test-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 judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

Judges have to pay the yearly Judges' License fee of EUR €50 for 2019. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships.

All judges must attend the Judges/Team Managers & Judges Meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.





Doping Control

Doping control will be conducted by the IFBB Anti-Doping Commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form. Doping control may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at IFBB international competitions.



Visa

Please contact the United Arab Emirates Embassy in your country to determine if you need a visa.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy of Passport
- Where the attendant will have his or her accommodation

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.





The official currency of United Arab Emirates is AED.

EUR €1 = US\$ 1.12; EUR €1 = AED 4.12, US\$ 1 = AED 3.67 as for April 2019.

Current rates at: <http://www.xe.com/currencyconverter/>



Credit Cards

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.



Time Difference & Climate

GMT / UTC +4. In November the average daily temperature is 22°C.



Electric Current

220 Volts, 50 Hz, socket/plug of type C, plug with two round prongs. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>



Language

The official language is Arabic and English.



Media Accreditation

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form not later than October 15th, 2019. You may contact the IFBB Press Commission to obtain this form: amichalak5@gmail.com





Attendance at the IFBB International Congress

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the championships must also attend the Congress, including National Federations with athletes and no delegates. In this case the athlete must attend and represent his country at the Congress. The Congress will be held at: ZAYED SPORTS COMPLEX on Thursday, Nov 7th, 2019 at 08:30 hrs.



Athletes Without Delegates

All athletes competing at the IFBB World Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.



Misrepresentation

Misrepresentation is a serious breach of the IFBB CODE OF ETHICS and occurs when an "official" of a National Federation deliberately misrepresents the number of athletes and delegates so as to obtain free of charge accommodations, meals, onsite transportation, access to the prejudging, finals, and farewell banquet, and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an athlete only to have that so-called athlete fail to officially register as a competitor at the weigh-in or, once having officially registered, fail to compete. Any National Federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined an amount equal to the Special Package Rate for each person involved.



Medical Withdrawal

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.



Preliminary Entry Form (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is September 7th, 2019. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (athletes and delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.





Final Entry Form (FEF)

The deadline for the Final Entry Form is Monday, October 21st, 2019. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

IF THE FINAL ENTRY FORM RETURNS TO THE ORGANIZING COMMITTEE AFTER OCTOBER 21st, 2019 THEN THIS NATIONAL FEDERATION WILL HAVE TO PAY THE FULL PACKAGE IN A DOUBLE ROOM OR IN A SINGLE ROOM FOR EACH MEMBER OF ITS NATIONAL TEAM (ATHLETES AND DELEGATES).

CORRESPONDENCE AND ENTRY FOR MSSENDING DETAILS

PLEASE SEND YOUR ENTRY FORM TO,
Emirates Body Building & Fitness Federation
World Bodybuilding Championships Organizing Committee,
United Arab Emirates, Dubai
Tel +971 42393535
Email Address
info.wbbc19@gmail.com

COPY ALL CORRESPONDENCE TO:
IFBB Head Office - Madrid, Spain
Ms. Diana Mozos Phone: +34 91 535 2819 E-mail: info@ifbb.com
IFBB Technical Committee, Mr. Andrew Michalak: amichalak@gmail.com

It is the responsibility of the President or general secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.



Tuesday, November 5 th , 2019		
09:00- 17:00	Arrivals of IFBB Executive Council Members	Al Diar Siji Hotel
13:00	Lunch	Al Diar Siji Hotel
20:30	Welcome dinner for the IFBB Executive Council Members	Al Diar Siji Hotel
Wednesday, November 6 th , 2019		
09:00 - 19:00	Arrivals of IFBB National Delegations, CHECK-IN	Novotel Hotel
	Official Athlete Registration and Weigh-in	
13:30 - 15:30	Lunch	At the corresponding host hotel
15:00 - 19:00		Novotel Hotel
16:00 - 20:00	IFBB Executive Council Meeting. (Only Executive Members)	Al Diar Siji Hotel
19:00 - 22:00	Dinner	At the corresponding host hotel
Thursday, November 7 th , 2019		
07:30 - 10:30	Breakfast	At the corresponding host hotel
08:30 - 12:30	IFBB International Congress Please notice that the IFBB Congress will take Place on Thursday Morning	Zayed Sports Complex
12:30 - 14:00	Official Athlete Registration and Weigh-in	At the corresponding host hotel
14:00 - 15:00	Team Managers and Judges Meeting	Zayed Sports Complex
15:00 - 19:00	Each competitor must provide his PASSPORT, IFBB INTERNATIONAL CARD and MUSIC at Registration.	Zayed Sports Complex
19:00 - 20:00	Grand Opening	Zayed Sports Complex
20:00 - 22:00	Dinner	At the corresponding host hotel
Friday, November 8 th , 2019		
09:00 hrs - Zayed Sports Complex		
Information in the Running Order		
Saturday, November 9 th , 2019		
09:00 hrs - Zayed Sports Complex		
Information in the Running Order		
20:00 - 22:00	Gala Dinner	Zayed Sports Complex
Sunday, November 10 th , 2019		
07:30 - 10:30	Breakfast	At the corresponding host hotel

DEPARTURES