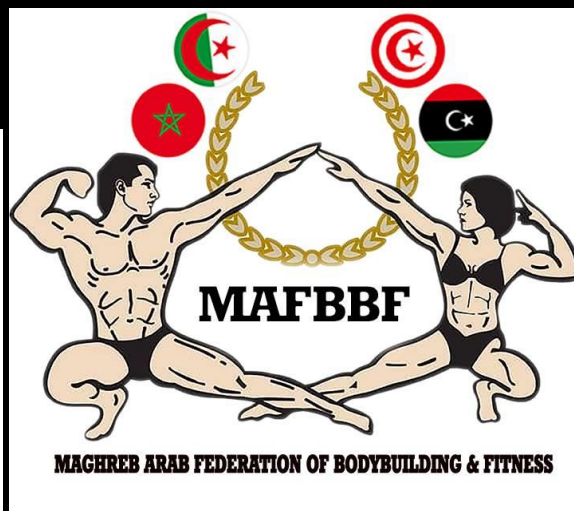


IFBB MAGHREB ARAB CHAMPIONSHIPS 2019



INTERNATIONAL FEDERATION OF BODY BUILDING & FITNESS



December 21st to 22nd, 2019
Tunis, Tunisia

Welcome

The Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB), the Maghreb Arab Federation of Bodybuilding & Fitness, the Tunisian Bodybuilding & Fitness Federation (TFBB) and the Libyan Federation of Bodybuilding (LFBB), take this opportunity to welcome to Arab Maghreb IFBB-affiliated national federations to participate in the IFBB MAGHREB ARAB CHAMPIONSHIPS in Tunis, Tunisia, from Saturday 21st to Sunday 22nd of December 2019.



Tunisian Ministry of Youth and sports



INTERNATIONAL FEDERATION OF BODYBUILDING AND FITNESS



MAGHREB ARAB FEDERATION OF BODYBUILDING & FITNESS



TUNISIAN FEDERATION OF BODYBUILDING AND FITNESS



The Tunisian Federation of Bodybuilding and Fitness in partnership
With the Libyan Federation of Bodybuilding and Fitness II
Organizing
THE MAGHREB ARAB
Championships in its new dress



The 20,21,22 December 2019
TUNISIA



Hotel Laico

Hotel Laico Tunis is located 1.4 km far from Bab Bhar and offers a luggage storage, a designated smoking area and a vending machine. There are 305 rooms. Airport transfer, dry cleaning and cleaning services are also included. The place is established in the old part of Tunis, a few minutes from Medina. Al-Zaytuna Mosque is only 1.8 minutes by car.

Bars and restaurants are located near this hotel in the Central area of Tunis. The property also has individual rooms overlooking the lake, and offers a minibar, pantry and direct-dial telephone. The rooms are equipped with a private bathroom.

Airport

The official arrival airport is Tunis Carthage International Airport (TUN). The organizing committee will pick you up at the airport on Saturday, December 21st, 2019 from your official arrival. It will take you to the official hotel and take you back to the Tunis Carthage on the day of your official departure (Monday) .

It is very important that each National Federation provide the Organizing Committee with complete information about its team, including the number of people and the arrival / departure information in time.

Your cooperation is essential to ensure adequate transportation for your teams.

Early Arrivals & Late Departures: Any National Federation, including any member of its team, who arrives prior to the official arrival date of December 21st and / or who remains after the official departure date of December 23rd, 2019, will be responsible for all his expenses.

Competition Venue

The Official Venue is:

CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6

ADDRESS: Cultural & Sports Center of Youth Menzah 6, 1004, Ariana.



Executive Council Official Hotel

The IFBB Executive Council is:

HÔTEL LAICO TUNIS *****

ADDRESS: Avenue Mohamed V Human Rights Square, Tunis, Tunisia.

<https://laico-1080.besthotelstunis.com/fr/>

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 of his 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 nominate this individual to be an official participant for your federation. Otherwise, these individuals will be responsible for all his expenses. The same rule applies for family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

Participation

The IFBB MAGHREB ARAB CHAMPIONSHIPS are open to the IFBB-Affiliated National Federations of the Maghreb Arab countries (TUNISIA, LIBYA, MOROCCO & ALGERIA). The number of competitors participating in these championships is **unlimited**.

Competitors must be current members of their all IFBB-affiliated National Federations at the time of competition to be eligible.

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

- Organizing Committee Office at: ifbbtunisia@gmail.com
- IFBB Head Office at: info@ifbb.com
- IFBB Technical Committee at: amichalak5@gmail.com

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 due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

- Anti-Doping Rule Violation or any disciplinary case at national or international

IFBB Registration & Accommodation

Registration will take place in the **CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6**, Saturday, December 21st, 2019 from 10:00 till 20:00.

All athletes will have to produce their Passports and IFBB International Cards at the Registration. All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.

IFBB Registration Fees

Each athlete and Official delegate must pay the IFBB Registration fee of **EUR €200** to be paid in cash at the Registration.

Athletes who have not yet obtained the IFBB International Card or need to renew his card will have to pay **EUR €50**.

PLEASE NOTE

When paying in cash at arrival in the hotel, ONE official delegate per national federation will have to take the responsibility for payment of the IFBB registration fee and the IFBB International Card (Bleu Book) for the entire team.

No individual payments will be taken. Please have the right amount with you.

Team Managers & Judges Meeting

There will be a Team Managers and Judges Meeting on Saturday, December 20th, 2019 at 17:00 hrs. All Judges and Delegates will be obliged to attend this Meeting.

Secretariat

The Organizing Committee will run a Secretariat at the Official **CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6** on Friday, December 20th, 2019 from 08:00 till 13:00. 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

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

Tanning needs

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.

*Pro Tan and its tanning Team will be offering tanning at the **CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6.***

Green Cards

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

- Five (05) or more athletes – Two (02) Green Cards.
- Less than (05) athletes – one (01) Green Card.

Judges

To be taken into consideration during selection of Judges Panels at the Championships. IFBB International Judges (also 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 IFBB International Judges must bring their International Judge's Cards to Tunis, Yesmine Hammamet.

IFBB International Judges must have a valid IFBB Judge's Card with yearly Judges Fee of EUR €50 paid for 2019. This fee may also be paid at the championships in Tunis.

Doping Control

Doping Control will be conducted by the IFBB Anti-Doping Commission pursuant to the IFBB Anti-Doping rules, using an NADA (National Anti-Doping Association) accredited laboratory. In order to compete in the championship, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent and 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 at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalist 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 obligation to ensure that their national team athletes are competing Drug-Free at IFBB international competitions.

Currency

The Official Currency in Tunisia is Dinar (TND). Approx **EUR €1.00 = TND 3.1** (October 2019).

Credit Cards

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

Time difference

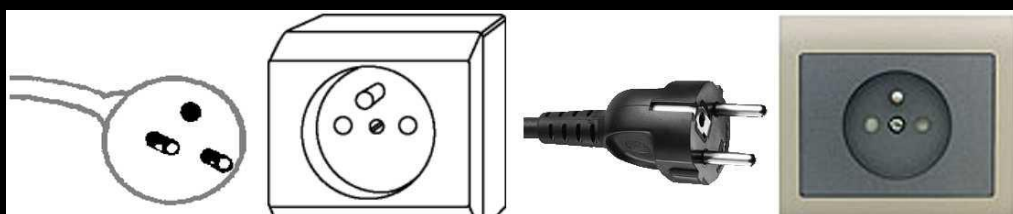
⌚ GMT / UTC +1.

Climate

In December the average daily temperature is 18°C.

Electrical current

220 Volts, 50 Hz, socket/plug of type E. Details info at:
<https://www.trade.gov/mas/ian/ECW/ts.html>



Languge

The Official language in Tunisia is Arabic. French is widely spoken at restaurants, banks, shopping centers and tourist areas and English in hotels as well.

Media accreditation

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

Athlete without Delegates

All athletes competing in the IFBB MAGHREB ARAB 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, and access to the Prejudging, Finals 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 acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Final Entry Form (FEF)

The Deadline for sending the Final Entry Form is December 09th, 2019. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges). You must also provide arrival and departure information. Your co-operation 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 DECEMBER 09th, 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 FORMS SENDING

DETAILS

PLEASE SEND YOUR ENTRY FORM TO:

**Tunisian Bodybuilding & Fitness Federation
Co-Organizing Committee**

Address: Mohamed Ali Street, Ariana, 2080 –Tunisia

Phone: +21671708928

Email: ifbbtunisia@gmail.com

Mr. Guedoura Mohamed Marouene, President

COPY ALL CORRESPONDANCE TO:

IFBB Head Office-Madrid, Spain

Ms. Diana Mozos

Phone: +34915352819

Email: info@ifbb.com

And: IFBB Technical Committee

Eng. Andrew Michalak

amichalak5@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.

	DISCIPLINES	CATEGORIES
1	Men's Bodybuilding	Up to & incl. 65 kg
2	Men's Bodybuilding	Up to & incl. 70 kg
3	Men's Bodybuilding	Up to & incl. 75 kg
4	Men's Bodybuilding	Up to & incl. 80 kg
5	Men's Bodybuilding	Up to & incl. 85 kg
6	Men's Bodybuilding	Up to & incl. 90 kg
7	Men's Bodybuilding	Up to & incl. 95 kg
8	Men's Bodybuilding	Up to & incl. 100 kg
9	Men's Bodybuilding	Over 100 kg
10	Men's Classic Bodybuilding *	Up to & incl. 168 cm
11	Men's Classic Bodybuilding *	Up to & incl. 171 cm
12	Men's Classic Bodybuilding *	Up to & incl. 175 cm
13	Men's Classic Bodybuilding *	Up to & incl. 180 cm
14	Men's Classic Bodybuilding *	Over 180 cm
15	Men's Classic Physique**	Up to & incl. 168 cm
16	Men's Classic Physique**	Up to & incl. 171 cm
17	Men's Classic Physique**	Up to & incl. 175 cm
18	Men's Classic Physique**	Up to & incl. 180 cm
19	Men's Classic Physique**	Over 180 cm
20	Men's Physique	Up to & incl. 170 cm
21	Men's Physique	Up to & incl. 173 cm
22	Men's Physique	Up to & incl. 176 cm
23	Men's Physique	Up to & incl. 179 cm
24	Men's Physique	Up to & incl. 182 cm
25	Men's Physique	Over 182 cm

* NEW HEIGHT / WEIGHT LIMITS FOR MEN'S CLASSIC BODYBUILDING

HEIGHT	BODYWEIGHT LIMITS (kg)
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) + 4 [kg]
Up to & incl. 180 cm	Max Weight [kg] = (Height [cm] – 100) + 7 [kg]
Up to & incl. 188 cm	Max Weight [kg] = (Height [cm] – 100) + 9 [kg]
Up to & incl. 196 cm	Max Weight [kg] = (Height [cm] – 100) + 11 [kg]

** NEW HEIGHT / WEIGHT LIMITS FOR MEN'S CLASSIC PHYSIQUE

HEIGHT	BODYWEIGHT LIMITS (kg)
Up to & incl. 168 cm	Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
Up to & incl. 171 cm	Max Weight [kg] = (Height [cm] – 100) + 6 [kg]
Up to & incl. 175 cm	Max Weight [kg] = (Height [cm] – 100) + 8 [kg]
Up to & incl. 180 cm	Max Weight [kg] = (Height [cm] – 100) + 11 [kg]

Up to & incl. 188 cm	Max Weight [kg] = (Height [cm] – 100) + 13 [kg]
Up to & incl. 196 cm	Max Weight [kg] = (Height [cm] – 100) + 15 [kg]
Over 196 cm	Max Weight [kg] = (Height [cm] – 100) + 17 [kg]

AWARDS

- Top 3 athletes in each category will be awarded with medals and trophies.
- Top 6 athletes in each category will be awarded with the Certificates of Excellence.

Overall winner in each discipline will have a special IFBB medal.

IFBB Elite Pro Cards for overall category winners in **Men's Physique, Classic Bodybuilding, Classic Physique and Bodybuilding.**

TENTATIVE SCHEDULE

FRIDAY, DECEMBER 20 th , 2019		
15:00	Team Managers and Judges Meeting	CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6
SATURDAY, DECEMBER 21 th , 2019		
10:00 – 20:00	Official Athlete Registration & Weigh-in Each competitor must provide his PASSPORT, IFBB International CARD AND Music at Registration	CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6
SUNDAY, DECEMBER 22 th , 2019		
9:00 hrs - CULTURAL & SPORTS CENTER OF YOUTH MENZAH 6		
Men's Bodybuilding		
Men's Classic Bodybuilding		
Men's Classic Physique		
Men's Physique		
Eliminations – Semifinals – Finals		
MONDAY, DECEMBER 23 th , 2019		
7:00 – 9:00	DEPARTURES	