

# INSPECTION REPORT

9<sup>th</sup> to 11<sup>th</sup> DECEMBER 2021

STUDIO CITY – SOUND STAGE,  
DUBAI UAE



## INTERNATIONAL FITNESS SHOW





IFBB President, Dr. Rafael Santonja, and Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi, President of the Emirates Bodybuilding & Fitness Federation extend a warm welcome to 2021

Gulf Classic Championships taking place at International Fitness Show event in the premises of Studio City – Sound Stage 2 & 3, Dubai in United Arab Emirates(UAE) December 9 to 11, 2021.



# WELCOME TO DUBAI

Dubai is the largest and most populous city in the United Arab Emirates (UAE). It is located on the southeast coast of the Persian Gulf and is one of the seven emirates that make up the country.

The city has become iconic for its skyscrapers and high-rise buildings, in particular the world's tallest building, the Burj Khalifa.

The weather around the time of the Amateur Championship in March will be a warm 24 degree / 74 fahrenheit.

Dubai International Airport (DXB) is a 20 minute taxi or short drive to Dubai Michael Johnson Performance Centre.

**Time Difference: UTC + 4 hours**

## LANGUAGE

Arabic is the official language, although English is widely spoken and most road and shop signs and restaurant menus are in both languages. The further out of town you go, the more Arabic you will find, both written and spoken

# TRAVEL TO DUBAI



GCC nationals are granted entry upon arrival to the UAE with passports or national IDs. Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 90 days:

<b>France</b>	<b>Iceland</b>	<b>Italy</b>	<b>Norway</b>	<b>Holland</b>
<b>Germany</b>	<b>Sweden</b>	<b>Austria</b>	<b>Finland</b>	<b>Liechtenstein</b>
<b>Belgium</b>	<b>Greece</b>	<b>Luxembourg</b>	<b>Poland</b>	<b>Switzerland</b>
<b>Estonia</b>	<b>Portugal</b>	<b>Malta</b>	<b>Spain</b>	<b>Cyprus</b>
<b>Denmark</b>	<b>Croatia</b>	<b>Slovenia</b>	<b>Romania</b>	<b>Slovakia</b>
<b>Bulgaria</b>	<b>Czech Republic</b>	<b>Hungary</b>	<b>Lithuania</b>	<b>Latvia</b>

Indian citizens in possession of a valid US visa (Green Card or student visa) can apply for 14-day visa on arrival at the airport.

Please note:

- Citizens of the countries listed above can obtain a visa upon arrival for 90 days from the date of entry with their normal passports.
- This visa type is not renewable
- Passports should be normal and valid for more than six months.
- The visa holder can use the 90-day visa upon arrival to be consumed within 180 days from first entry

Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 30 days with a 10-day grace period:

<b>Andorra</b>	<b>China</b>	<b>Malaysia</b>	<b>Singapore</b>	<b>Holland</b>
<b>Australia</b>	<b>Hong Kong</b>	<b>Monaco</b>	<b>South Korea</b>	<b>Liechtenstein</b>
<b>Brunei</b>	<b>Ireland</b>	<b>New Zealand</b>	<b>The Vatican</b>	<b>Switzerland</b>
<b>Canada</b>	<b>Japan</b>	<b>San Marino</b>	<b>United States</b>	<b>Cyprus</b>
<b>United Kingdom</b>	<b>Russia</b>	<b>Slovakia</b>		

Please note:

- Citizens of the countries listed above can obtain a visa upon arrival for 30 days from the date of entry with their normal passports.
- The visa is extendable and the total validity, if extended, would be 60 days from the date of entry.
- Passports should be normal and valid for more than six months.
- This visa is considered a multi-entry visa. Any number of days the visa holder stays outside the UAE would be calculated from the 40-day validity of the visa.

# TRAVEL TO DUBAI

Upon arrival in Dubai a tourist must have:

- A passport that is valid upon entry and for the duration of stay in Dubai.
- A valid return- or onward ticket
- An official letter of invitation will be made available if required

It Is the National Federation's responsibility to obtain an entry visa for the country organizing the competition. All National Federations could ask for an invitation letter either to the Competition Organizer or IFBB. This invitation letter does not mean you are granted your visa. IFBB and competition organizer are not responsible for attendants' visas.

To receive invitation letter, the application should forward the following information to the IFBB or Competition Organizer:

- A copy (scan) of passport

If the visa is not granted, the Cancellation Policies for the competition 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 unlawfully stay in the host country or any other country, will be subject to the disciplinary proceedings and measures.

## IMPORTANT INFORMATION

All costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National federation for more information.

## GETTING AROUND

### TAXI

Dubai's taxis are available to hail nearly everywhere at just about any time, day or night. If you prefer to schedule a ride, you can call for a Dubai taxi pickup at +971 4 208 0808. While taxis are reasonably priced in Dubai, the price per kilometre does change depending on a few factors, like tolls or the time of day.

If you prefer to use an app to book a ride, Uber or Careem are available. Feeling extravagant? Book an Uber chopper for a bird's-eye commute.

### DUBAI METRO

Most of the metro rides above ground providing a great view while you

travel to landmarks like the Dubai Mall, Dubai Marina, the Gold Souk and Dubai's Financial District.

Dubai Metro tickets must be purchased in the form of a Nol card – which can also be used to pay for bus, tram and taxi fare – and rides can cost as little as AED3.0

### RENT A CAR

To hire a car, you need an international driver's license, passport, credit card and third-party insurance.

### MONEY

The currency in Dubai is Dirhams (AED).

Current rates available at:

<http://aed.fxexchangerate.com/>

# VENUE

## DUBAI STUDIO CITY – SOUND



Dubai Studio City – Sound Stage 2 & 3 UAE,  
world-class facility for athletes,  
sports enthusiasts and anyone who wants to lead a healthy lifestyle.  
With combined knowledge and experience with the latest and  
most innovative scientific techniques to produce the best results

### Address

**Studio City, Sound Stage 2 & 3 –  
Tecom Dubai**



# DUBAI STUDIO CITY

 +971 4 391 1111

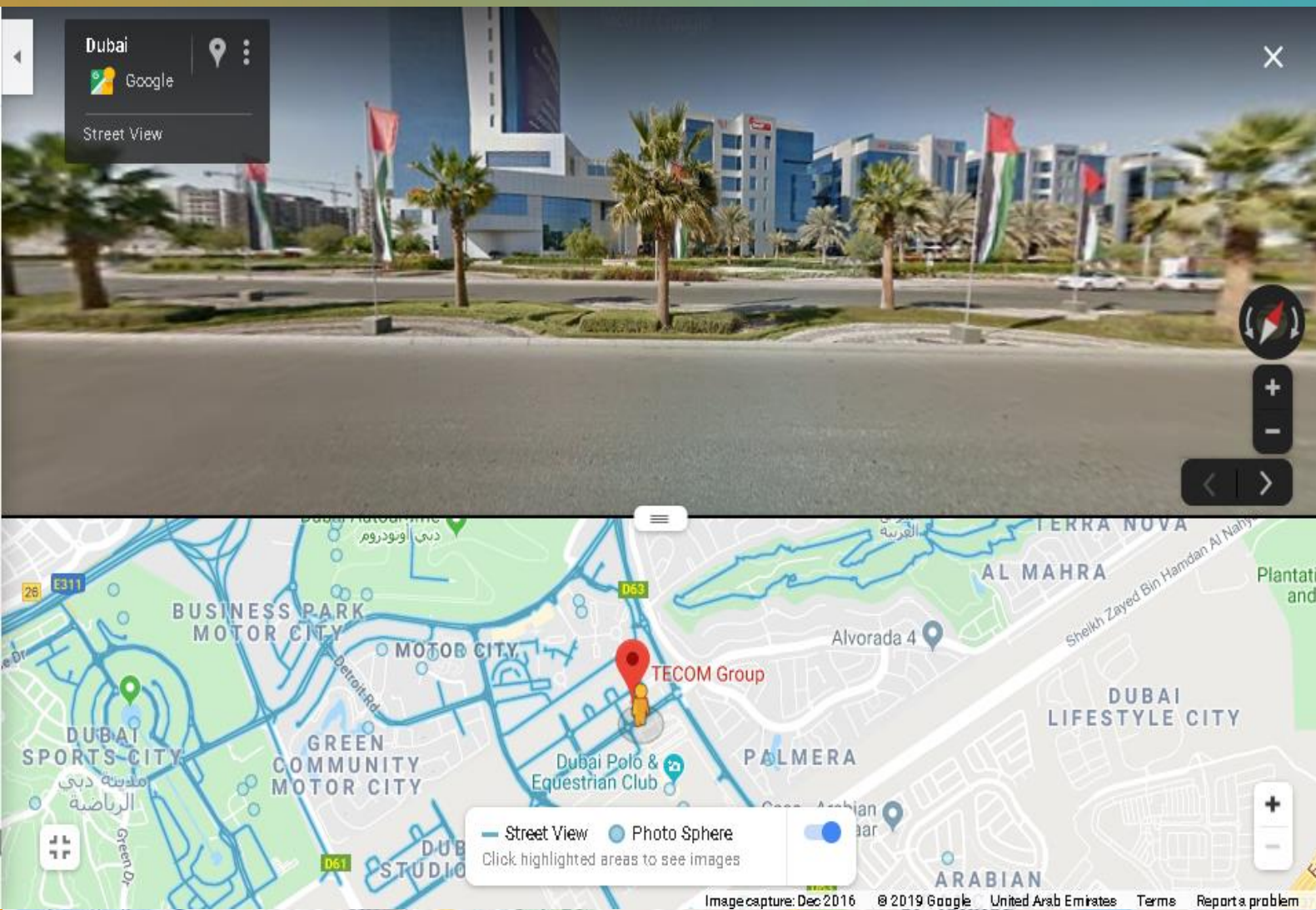
 [customercare@tecomgroup.ae](mailto:customercare@tecomgroup.ae)



[www.tecomgroup.com](http://www.tecomgroup.com)

# VENUE MAP

## Dubai Studio City – Sound Stage 2 & 3 , Tecom



### Address

**Studio City, Sound  
Stage – Dubai**

 +971 4 391 1111

 [customer@tecomgroup.ae](mailto:customer@tecomgroup.ae)



[www.tecomgroup.com](http://www.tecomgroup.com)

# GENERAL SCHEDULE



## TEAM MANAGERS AND JUDGES MEETING

**Wednesday, 8<sup>th</sup> December 2021**

20:00 hrs. onwards

## OFFICIAL ATHLETE REGISTRATION

**Tuesday & Wednesday, 7<sup>th</sup> & 8<sup>th</sup> December 2021**

10:00 - 18:00 hrs

## EVENT SCHEDULE

**Thursday, 9<sup>th</sup> December 2021**

10:00 hrs onwards

Women's Fitness Cup

Fit Pairs

Fitness Challenge

**Friday, 10<sup>th</sup> December 2021**

10:00 hrs onwards

Bodybuilding

Classic Bodybuilding

Classic physique

Games Classic Bodybuilding

Fit Model

**Saturday, 11<sup>th</sup> December 2021**

10:00 hrs onwards

Men's Physique

Muscular Physique

**Saturday, 11<sup>th</sup> December 2021**

CHECK OUT

# CATEGORIES OPEN FOR THIS COMPETITION



## MEN'S PHYSIQUE

UP TO 170 CM  
UP TO 173 CM  
UP TO 176 CM  
UP TO 179 CM  
UP TO 182 CM  
OVER 182 CM

JUNIOR  
UP TO 174 CM  
UP TO 178 CM  
OVER 178 CM

MASTER  
40-44 YRS. OLD  
45-49 YRS OLD  
50 YRS. OLD & OVER

## BODYBUILDING

UP TO 70 KG  
UP TO 75 KG  
UP TO 80 KG  
UP TO 85 KG  
UP TO 90 KG  
UP TO 95 KG  
UP TO 100 KG  
OVER 100 KG

JUNIOR  
UP TO 75 KG  
OVER 75 KG

MASTER  
40-49 YRS. OLD  
50 YRS. OLD & OVER

## MUSCULAR MEN'S PHYSIQUE

ONE OPEN CLASS

## GAMES CLASSIC BODYBUILDING

## FIT MODELS

Note: Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.

## CLASSIC PHYSIQUE

CM	KG
160	64
161	65
162	66
163	67
164	68
165	69
166	70
167	71
168	72
169	75
170	76
171	77
172	80
173	81
174	82
175	83
176	87
177	88
178	89
179	90
180	91
181	94
182	95
183	96
184	97
185	98
186	99
187	100
188	101
189	102
190	103
191	106
192	107
193	108
194	109
195	110
196	111
197	112
198	113
199	116

\*HEIGHT & WEIGHT REQUIREMENTS

UP TO 168 CM  
UP TO 171 CM  
UP TO 175 CM

UP TO 180 CM  
OVER 180 CM

JUNIOR  
ONE OPEN CATEGORY

MASTER  
ONE OPEN CATEGORY

## CLASSIC BODY BUILDING

CM	KG
160	60
161	61
162	62
163	63
164	64
165	65
166	66
167	67
168	68
169	71
170	72
171	73
172	76
173	77
174	78
175	79
176	83
177	84
178	85
179	86
180	87
181	90
182	91
183	92
184	93
185	94
186	95
187	96
188	97
189	98
190	99
191	102
192	103
193	104
194	105
195	106
196	107
197	108
198	109
199	112

\*HEIGHT & WEIGHT LIMITS

UP TO 168 CM

UP TO 171 CM

UP TO 175 CM

UP TO 180 CM

OVER 180 CM

## IFBB ELITE PRO CARDS





# IFBB MEN'S AMATEUR CHAMPIONSHIP - PRIZES



9 TO 11

GULF CLASSIC CHAMPIONSHIP



9 TO 11 DECEMBER 2021

GULF CLASSIC CHAMPIONSHIP

CASH PRIZE

9 TO 11 DECEMBER 2021

AMATEUR CHAMPIONSHIP

CASH PRIZE



## Prizes in **AED** for overall winners as below:

Bodybuilding - Classic Bodybuilding - Men's Physique - Classic Physique

### Bodybuilding Overall Winners

- 1<sup>st</sup> Overall: (5,000 AED) + Medal + Elite Pro-Card
- 2<sup>nd</sup> Overall : Medal + Elite Pro-Card
- 3<sup>rd</sup> Overall : Medal + Elite Pro-Card

### Men's Physique Overall Winner

- 1<sup>st</sup> Overall: (5,000 AED) + Medal + Elite Pro-Card
- 2<sup>nd</sup> Overall : Medal + Elite Pro-Card
- 3<sup>rd</sup> Overall : Medal + Elite Pro-Card

### Muscular Men's Physique Overall winners

- 1<sup>st</sup> Overall: + Medal + Elite Pro-Card
- 2<sup>nd</sup> Overall : Medal
- 3<sup>rd</sup> Overall : Medal

### Classic Bodybuilding Overall Winner

- 1<sup>st</sup> Overall: (5,000 AED) + Medal + Elite Pro-Card
- 2<sup>nd</sup> Overall : Medal + Elite Pro-Card
- 3<sup>rd</sup> Overall : Medal + Elite Pro-Card

### Classic Physique Overall Winner

- 1<sup>st</sup> Overall: (5,000 AED) + Medal + Elite Pro-Card
- 2<sup>nd</sup> Overall : Medal + Elite Pro-Card
- 3<sup>rd</sup> Overall : Medal + Elite Pro-Card

# CATEGORIES OPEN FOR THIS COMPETITION



## WOMEN'S WORLD FITNESS CUP CATEGORIES



### SENIOR WOMEN BIKINI FITNESS

- A. Up to and incl. 158 cm
- B. Up to and incl. 160 cm
- C. Up to and incl. 162 cm
- D. Up to and incl. 164 cm
- E. Up to and incl. 166 cm
- F. Up to and incl. 169 cm
- G. Up to and incl. 172 cm
- H. Over 172 cm

### JUNIOR WOMEN BIKINI

- 16 to 20 years of age inclusive:

- Class A: Up to and incl. 160 cm
- Class B: Up to and incl. 166 cm
- Class C: Over 166 cm

- 21 to 23 years of age inclusive:

- Class A: Up to and incl. 160 cm
- Class B: Up to and incl. 166 cm
- Class C: Over 166 cm

### MASTER WOMEN BIKINI

- 35 to 39 years of age inclusive:

- Class A: Up to and incl. 164 cm
- Class B: Over 164 cm

- 40 to 44 years

One open category

- 45 years and over

One open category

### SENIOR WOMEN BODY FITNESS

- a. Up to and incl. 158 cm
- b. Up to and incl. 163 cm
- c. Up to and incl. 168 cm
- d. Over 168 cm

### JUNIOR WOMEN BODY FITNESS

- 16 to 20 years
- 21 to 23 years
- One Open Category
- One Open Category

### MASTER WOMEN BODY FITNESS

- 35 to 39 years
- 40 to 44 years
- One Open Category
- One Open Category
- 45 years and over
- One Open Category

### FIT PAIRS

THERE IS ONE OPEN CATEGORY IN FIT-PAIRS WORLD LEVEL COMPETITIONS. A FIT PAIR MAYBE COMPOSED OF MEN'S PHYSIQUE AND WOMEN'S BIKINI ATHLETE.



### SENIOR WOMEN WELLNESS

- A. Up to and incl. 158 cm
- B. Up to and incl. 163 cm
- C. Up to and incl. 168 cm
- D. Over 168 cm

### JUNIOR WOMEN WELLNESS

- A. JUNIOR (16-20)
- B. JUNIOR (21-23)
- One open category
- One open category

### MASTER WOMEN WELLNESS

- A. 35 to 39 YRS. OLD - 1 open category
- B. 40 to 44 YRS OLD - 1 open category
- C. 45 YRS. OLD & OVER - 1 open category

### SENIOR WOMEN ACROBATIC

- Class A: Up to and incl. 163 cm
- Class B: Over 163 cm

### JUNIOR WOMEN ACROBATIC

- 16 to 20 years of age inclusive:
- Class A: Up to and incl. 163 cm
- Class C: Over 163 cm

- 21 to 23 years of age inclusive:
- Class A: Up to and incl. 163 cm
- Class C: Over 163 cm

### SENIOR WOMEN ARTISTIC

- Class A: Up to and incl. 163 cm
- Class C: Up to and incl. 168 cm
- Class E: Over 168 cm

### JUNIOR WOMEN ARTISTIC

- A. JUNIOR (16-20)
- B. JUNIOR (21-23)
- One open category
- One open category

**NOTE:** MINIMUM NUMBER OF COMPETITORS TO RUN A CATEGORY SHOULD BE 5. IF LESS THAN 5 ATHLETES CATEGORIES WILL BE COMBINED, WHEREEVER POSSIBLE.

## IFBB ELITE PRO CARD



# IFBB WORLD FITNESS CUP PRIZES

9 TO 11 DECEMBER 2021  
WOMEN'S WORLD CUP



## Prizes in **AED** for overall winners as below:

Women's Wellness- Women's Artistic Fitness - Women's Acrobatic Fitness- Women's Bikini - Fit Pairs

### Women's Wellness

1<sup>st</sup> Overall: (3,000 AED) + Medal + Elite Pro-Card

2<sup>nd</sup> Overall : Medal + Elite Pro-Card

3<sup>rd</sup> Overall : Medal + Elite Pro-Card

### Women's Bodyfitness

1<sup>st</sup> Overall: (3,000 AED) + Medal

2<sup>nd</sup> Overall : Medal

3<sup>rd</sup> Overall : Medal

### Women's Acrobatic Fitness

1<sup>st</sup> Overall: Medal

2<sup>nd</sup> Overall : Medal

3<sup>rd</sup> Overall : Medal

### Women's Bikini

1<sup>st</sup> Overall: (3,000 AED) + Medal + Elite Pro-Card

2<sup>nd</sup> Overall : Medal + Elite Pro-Card

3<sup>rd</sup> Overall : Medal + Elite Pro-Card

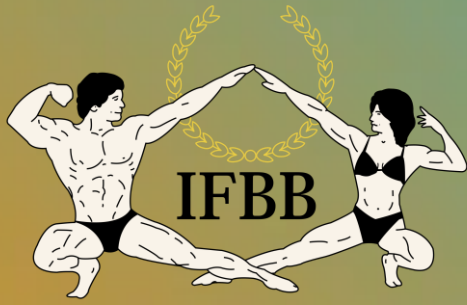
### Women's Artistic Fitness

1<sup>st</sup> Overall: Medal

2<sup>nd</sup> Overall : Medal

3<sup>rd</sup> Overall : Medal

# CATEGORIES OPEN FOR THIS COMPETITION



## FITNESS CHALLENGE



### CATEGORIES INDIVIDUAL

#### SENIOR WOMEN'S FITNESS CHALLENGE

- ATLETES AGE BETWEEN THE AGE OF 24 & 35

#### JUNIOR WOMEN'S FITNESS CHALLENGE

- ATLETES AGE UNDER THE AGE OF 23

#### MASTER WOMEN'S FITNESS CHALLENGE

- ATLETES AGE OVER THE AGE OF 35

#### SENIOR MEN'S FITNESS CHALLENGE

- ATLETES AGE BETWEEN THE AGE OF 24 & 40

#### JUNIOR MEN'S FITNESS CHALLENGE

- ATLETES AGE UNDER THE AGE OF 23

#### MASTER MEN'S FITNESS CHALLENGE

- ATLETES AGE OVER THE AGE OF 40

### CATEGORIES COUPLES/TEAMS

#### 1. COUPLE FITNESS CHALLENGE

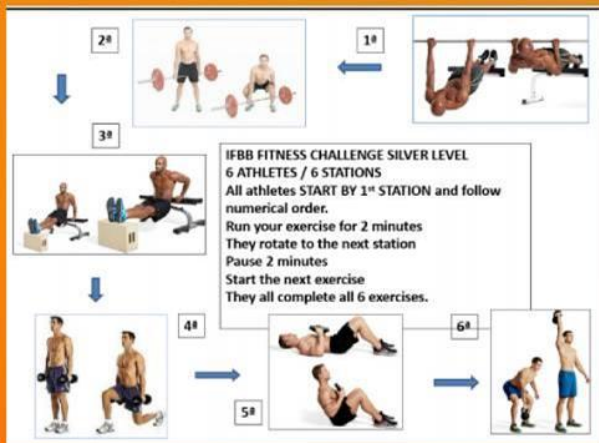
- SAME SEX F/M COUPLES
- MIXED COUPLES

#### 2. TEAM FITNESS CHALLENGE

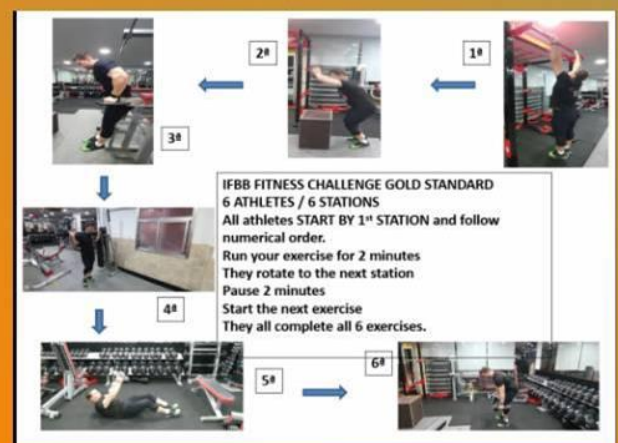
- TEAM OF 6 ATHLETES OF THE SAME SEX
- TEAM OF 6 ATHLETES MIXED

### CATEGORIES BY EXECUTION/PERFORMANCE LEVEL

#### SILVER LEVEL



#### GOLD STANDARD



# PARTICIPATION & REGISTRATION



This competition is open to **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS** from all over the world. Registration of athletes will only be considered if their affiliated National Organizers, IFBB Head Office in Madrid and IFBB Technical Committee (addresses Federation nominates them by sending the Final Entry Form with their names to the below). Such Federations must not have any debts with the IFBB and/or any of its promoters and agents. It is the responsibility of each National Federation that all dues are current to the IFBB.

Please be aware that it is the **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION** to verify each one of the athletes to be registered on this international event and is NOT suspended or fulfilling any period of ineligibility to Anti-Doping Rule.

Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution Rules.

It is also the **FULL OBLIGATION AND RESPONSIBILITY** of your National Federation to **MONITOR ALL THE ATHLETES** from your country affiliated to your 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 and weigh-in will run on Tuesday, 7 December 2021 to Wednesday, 8 December 2021 from 10:00 until 18:00 hrs.** Location for registration and weigh in will be at Dubai Studio City – Sound Stage 2 & 3, Dubai UAE. Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form via email directly to the IFBB Technical Committee: [amichalak5@gmail.com](mailto:amichalak5@gmail.com), copy to the **IFBB Head Office** in Madrid: [info@ifbb.com](mailto:info@ifbb.com), and to the Organizing Committee: [info@universalmuscleandfitness.com](mailto:info@universalmuscleandfitness.com) with passport-sized photos for accreditation!

**All athletes will have to produce their IFBB Cards at the registration.** Any athlete who has not yet purchased or renewed his/her IFBB Card will have to buy one at the registration. IFBB Cards are USD \$40 per year and are mandatory.

All posing music must be on an audio CD or USB drive. The posing music must also be at the start of the CD. 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 the posing music.

# PARTICIPATION & REGISTRATION



## REGISTRATION FEE

The IFBB Registration Fee is **USD \$250**. The Registration Fee will have to be paid in advance online through credit/debit card/PayPal at IFBB webpage:

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

Coaches and helpers back stage passes are available at the athletes' official registration at a cost of **USD \$30**

Please add your name during online payment and bring a copy of your payment confirmation during the registration. The deadline date to do the online payment is

**Monday, 29<sup>th</sup> November 2021**. On November, 24:00 hrs (midnight- Central European Time, UTC +1) the online payment system will be switched off.

Registration payments

made on the Registration day will be USD \$300.

Each athlete participating in the Championship will be provided with an accreditation card or wristband at the registration. This identification allows admission and should not be removed.

Please visit [www.universalmusclefitness.com](http://www.universalmusclefitness.com) for regular updates.

## 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.

For the best tanning results and to avoid disappointment, athletes are strongly advised to utilize the official tanning sponsor California tan. **California Tan team will be the only tanners allowed backstage, and will supply a professional touch up service at the cost of athlete.**

The CT Team will be spraying starting from 8:00 AM until 6:00 PM. Every spray tan application will take 10 minutes approximate.

FEES: 1 Application - **AED 400**      2 Applications - **AED 500**

Book your space now: [www.universalmusclefitness.com](http://www.universalmusclefitness.com)



## FINAL ENTRY FORMS

Contact Details

All entry forms and correspondence should be addressed to:

- IFBB Technical Committee, **Eng. Andrew Michalak**, [amichalak5@gmail.com](mailto:amichalak5@gmail.com)  
and

- **IFBB Head Office in Madrid, Ms. Alba Sanchez**, [info@ifbb.com](mailto:info@ifbb.com)

The deadline date for submitting the Final Entry Forms is **November 29, 2021**

## 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 attendants' visas.

To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

Sanctioned event for visa purposes and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use any misuse and/or unlawful utilization of the same visa.

## ATHLETES WITHOUT DELEGATION

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Their National Federation must nominate all athletes by sending the Final Entry Form with their names.

# JUDGE



All Judges and Test-Judges must be present at the Team Managers and Judges Meeting. Any Judge absent at this meeting will not be allowed to judge at these Championships. If any of the above conditions have not been met, Judges will be unable to carry out their duties.

To be taken into consideration during selection of judges panels at the competition, IFBB International 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](mailto:pawelfilleborn@gmail.com)

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50** .

All Judges and Test-Judges must be present at the Team Managers and Judges Meeting. Any Judge absent at this meeting will not be allowed to judge at these Championships. If any of the above conditions have not been met, Judges will be unable to carry out their duties at these Championships.

# AWARDS

- Top six athletes in each category will be awarded with certificates.
- Top three athletes in each category will be awarded with medals or trophies.
- Top 5 athletes in senior women and men categories will receive point to the 2021 IFBB World Ranking according to the World Ranking Rules.
- Top three overall winners in Men's Physique, Men's Classic Bodybuilding, Men's Classic Physique, Muscular Men's Physique, Women's Bikini Fitness, Women's Wellness will be awarded with the IFBB Elite Pro Cards. (after application through their National Federations).



# IMPORTANT INFORMATION



## **BACKSTAGE ACCESS**

Coach Wristbands are used to limit access to the backstage area during Pre-judging and Finals. This is subject to payment of 100 AED per coach passes.

Five (5) or more competitors      Less than (5) competitors  
– can buy 1 to 2 Coach Passes      – can buy one (1) coach pass

Access to the backstage and/ or dressing room areas shall be strictly limited to essential personnel only. Coaches and Trainers who assist athletes in the dressing room area must be of the same sex as the athlete's they are assisting.

**(SUBJECT TO GOVERNMENT APPROVAL DUE TO COVID-19)**

## **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. Said Form must be remitted to the IFBB by email at the [info@ifbb.com](mailto:info@ifbb.com) no later than 5<sup>th</sup> December 2021.

## **CAMERA/VIDEOTAPE EQUIPMENT**

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/ or dressing room areas except when used by IFBB-authorized media persons and, at the event; these devices shall be strictly prohibited in the dressing room area.

## **ELECTRICAL CURRENT**

220/240 V, 50 Hz AC. British-style 3-pin electrical plugs are used (Type G or 13 A plug). More info at <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## **CURRENCY & VAT**

The Emirati Dirham (AED) is the official currency of the United Arab Emirates.

USD 1.00 = AED 3.67 (as for Jan 17, 2020)

EUR 1.00 = AED 4.18 (as for Jan 17, 2020)

Current rates at: <http://www.xe.com/currency/aed-emirati-dirham>

**Value Added Tax (VAT) is 5%**

# HOTELS

## Studio One Hotel



Phone: **800 788346**

## **I**nternational Fitness

### **show visitors:**

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