



IFBB AJMAN BODYBUILDING AND PHYSIQUE COMPETITION

MAIN INFORMATION

NAME OF THE EVENT: 2022 Ajman International Bodybuilding and Physique Competition		
CITY / COUNTRY: Ajman, United Arab Emirates		
DATE: March 4th to 7th, 2022		
EVENT OPEN FOR: All National Federations Affiliated to the IFBB.		
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
DAY OF ARRIVAL 04/03/2022		
DAY OF COMPETITION: 05/03/2022 and 06/03/2022		
DAY OF DEPARTURES 07/03/2022		
REGISTRATION DAY: 04/03/2022	TIME: 12:00 - 20:00	PLACE: Ajman Hotel Al Zaorah Hall
WEIGH-IN DAY: 04/03/2022	TIME: 12:00 – 20:00	PLACE: Ajman Hotel Al Zaorah Hall
<p>*All Athletes must wear their posing attire during weigh-in for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.</p>		
RECOMMENDED AIRPORT: Sharjah International Airport (SHJ) and Dubai International Airport(DXB)		
VISA INFORMATION: https://u.ae/en/information-and-services/visa-and-emirates-id/do-you-need-an-entry-permit-or-a-visa-to-enter-the-uae		
<p>*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation. Current requirements available at: https://www.visitdubai.com/en/coronavirus-advisory</p>		
<p>*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB 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 of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.</p>		

VENUE: **Ajman Hotel Al Zorah Hall**

HOTEL INFORMATION

RECOMMENDED HOTEL: Ajman Hotel, Sheikh Humaid Bin Rashid Al Nuaimi Street, Ajman, United Arab Emirates
<https://www.hotelajman.com/reservations@hotelajman.com>
Tel. +971 6 714 5555

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **300 \$ (USD)**.

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of **50 \$ (USD)**.

CROSSEOVERS: 100 \$ (USD)

DEADLINE FOR ONLINE PAYMENT: 28/02/2022

*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid.

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

*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are fulfilling a period of ineligibility due to Anti-Doping Rules 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.

*All athletes will have to present 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 **35 € (EUROS)** and are mandatory.

*All posing music must be on an USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

CATEGORIES:

SENIORS MEN'S CATEGORIES

- MEN'S BODYBUILDING UP TO 65 KG
- MEN'S BODYBUILDING UP TO 70 KG
- MEN'S BODYBUILDING UP TO 75 KG
- MEN'S BODYBUILDING UP TO 80 KG
- MEN'S BODYBUILDING UP TO 85 KG
- MEN'S BODYBUILDING UP TO 90 KG
- MEN'S BODYBUILDING UP TO 95 KG
- MEN'S BODYBUILDING UP TP 100 KG
- MEN'S BODYBUILDING OVER 100 KG
- MEN'S BODYBUILDING OVERALL

- MEN'S CLASSIC BODYBUILDING UP TO 168 CM
- MEN'S CLASSIC BODYBUILDING UP TO 171 CM
- MEN'S CLASSIC BODYBUILDING UP TO 175 CM

- MEN'S PHYSIQUE UP TO 170 CM
- MEN'S PHYSIQUE UP TO 173 CM
- MEN'S PHYSIQUE UP TO 176 CM
- MEN'S PHYSIQUE UP TO 179 CM
- MEN'S PHYSIQUE UP TO 182 CM
- MEN'S PHYSIQUE OVER 182 CM
- MEN'S PHYSIQUE OVERALL

JUNIOR MEN'S CATEGORIES 16-23 YEARS

- JUNIOR MEN'S PHYSIQUE UP TO 174 CM
- JUNIOR MEN'S PHYSIQUE UP TO 178 CM
- JUNIOR MEN'S PHYSIQUE OVER 178 CM

JUNIOR MEN'S CLASSIC PHYSIQUE - OPEN

- MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- MEN'S CLASSIC BODYBUILDING OVER 180 CM
- MEN'S CLASSIC BODYBUILDING OVERALL

- MEN'S CLASSIC PHYSIQUE UP TO 168 CM
- MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- MEN'S CLASSIC PHYSIQUE OVER 180 CM
- MEN'S CLASSIC PHYSIQUE OVERALL

- MUSCULAR MEN'S PHYSIQUE - UP TO 174 CM
- MUSCULAR MEN'S PHYSIQUE - UP TO 178 CM
- MUSCULAR MEN'S PHYSIQUE - OVER 178 CM
- MUSCULAR MEN'S PHYSIQUE OVERALL

Possible crossovers: Classic Bodybuilding – Classic Physique – Bodybuilding. Also junior and masters in senior classis.

JUNIOR MEN'S CLASSIC BODYBUILDING - OPEN

JUNIOR MEN'S BODYBUILDING UP TO 75 KG
JUNIOR MEN'S BODYBUILDING OVER 75 KG

MASTERS MEN'S CATEGORIES >40 YEARS
MASTER MEN'S PHYSIQUE 40-44 YRS. OLD
MASTER MEN'S PHYSIQUE 45-49 YRS. OLD
MASTER MEN'S PHYSIQUE >50 YRS. OLD

MASTER MEN'S CLASSIC PHYSIQUE - OPEN

MASTER MEN'S CLASSIC BODYBUILDING - OPEN

MASTER MEN'S BODYBUILDING 40-49 YRS. OLD
MASTER MEN'S BODYBUILDING >50 YRS. OLD
MASTER MEN'S BODYBUILDING OVERALL

AWARDS:

Top three athletes in each category will be awarded with **medals**.
Top six athletes in each category will be awarded with a **Certificate of Excellence** and **trophies**.
Overall winner will have a **trophy**.

IFBB ELITE PRO CARDS:

14 IFBB ELITE PRO CARDS

DISTRIBUTION

MEN'S BODYBUILDING: IFBB Elite Pro Cards for the top 3 overall winners

MASTERS MEN'S BODYBUILDING: IFBB Master Elite Pro Card for the overall winner

MEN'S CLASSIC BODYBUILDING: IFBB Elite Pro Cards for the top 3 overall winners

MEN'S CLASSIC PHYSIQUE: IFBB Elite Pro Cards for the top 3 overall winners

MEN'S PHYSIQUE: IFBB Elite Pro Cards for the top 3 overall winners

MUSCULAR MEN'S PHYSIQUE: IFBB Elite Pro Card for the overall winner

*REGISTRATION DEADLINE

FINAL ENTRY FORM: **28/02/2022**

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.

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 judges/team managers meetings as follows:

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

EXTRA GREEN CARDS: **YES** **NO** **N/A**

PRICE: **0,00 PLEASE SELECT** each.

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.

PROFESSIONAL TANNING SERVICE: **YES** **NO**

Contact: info@goldeninnovations.ae

TENTATIVE SCHEDULE

March 04th, Friday, 12:00-20:00 - Arrivals and Official Athlete Registration

March 05th, Saturday, 10:00 – Competition, Part 1 - Junior & Master & Men Bodybuilding,
- Junior & Master & Men Classic Physique

March 06th, Sunday, 10:00 – Competition, Part 2 - Men Classic Bodybuilding
- Junior & Master & Men Men's Physique
- Muscular Men's Physique

March 07th, Monday, up to 12:00 - Departures

CONTACT INFORMATION:

Please send Your Entry Form to:
Contact: **Mr. Muzamil Abdul Hameed**
E-mail: info@goldeninnovations.ae

Please send a copy to IFBB Technical Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:
Ms. Vanessa León
E-mail: contact@ifbb.com

Contact details for additional correspondence:
Secretary of the Emirates Bodybuilding Federation
MR./ MS. Ms. Amany Hanafy
E-mail: ebfamani@yahoo.com

JUDGES

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

All international judges must bring their International Judge's Cards to the Team Managers and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **50 € (EUROS)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.