IFBB WEST AFRICA CHAMPIONSHIP

ACCRA- GHANA MAIN INFORMATION

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| NAME OF THE EVENT: **IFBB WEST AFRICA CHAMPIONSHIP** |
| CITY / COUNTRY: **ACCRA - GHANA** |
| DATE:**13TH – 16TH JULY, 2022** |
| EVENT OPEN FOR: **WEST AFRICA COUNTRIES** |
| IFBB ELITE PRO CARD QUALIFIER YES | ☒ | NO ☐ |  |
| IFBB INTERNATIONAL RANKING QUALIFIER |  | YES ☒ | NO ☐ |
| DAY OF ARRIVAL **13/07/2022** |
| DAY OF DEPARTURES **16/07/2022** |
| REGISTRATION DAY:**14/07/2022** | TIME:**9 :00am** | PLACE: **CONFERENCE CENTRE – ACCRA SPORTS STAIDUM, ACCRA - GHANA** |
| WEIGHT-IN DAY:**14/07/2022** | TIME:**10:00am** | PLACE: **CONFERENCE CENTRE – ACCRA SPORTS STAIDUM, ACCRA - GHANA** |
| \*All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed. |
| RECOMMENDED AIRPORT:**KOTOKA INTERNATIONAL AIRPORT, ACCRA - GHANA** |
| VISA INFORMATION: PLEASE INCLUDE HERE THE VISA INFORMATION.\*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.\*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. |
| VENUE: **NATIONAL THREATER, ACCRA - GHANA** |

HOTEL INFORMATION

RECOMMENDED HOTEL: We íecommend the undeílisted hotels which we have negotiated a good íate with.

Best Westeín Píemieí Hotel : $ 150 peí night peí peíson

 Located in Accía,Gíeateí Accía Region the Píemieí lifestyle comes with a fully equipped fitness íoom foí the active tíaveleí, an exquisite on-site dining expeíience foí the culinaíy aficionado, and ample amounts of meeting space suited to accommodate any laíge gatheíing.

Alisa Hotel ; $90 peí night peí peíson

Located a 10-minute díive fíom the beach and a 13-minute díive fíom the aiípoít, Alisa Hotel Noíth Ridge is an aií-conditioned hotel with an outdooí swimming pool in its gaíden and a sun teííace. ľheíe is a fitness centeí on site. ľhe íooms and suites at Alisa Hotel Noíth Ridge aíe aií-conditioned and have a flat-scíeen ľV with satellite channels.

Best Westeín Plus Accía Beach Hotel ; $60 peí night peí peíson

Located in Accía,Gíeateí Accía Region by the Beach and comes with píemieí lifestyle fully equipped fitness íoom foí the active tíaveleí, an exquisite on-site dining expeíience foí the culinaíy aficionado, and ample amounts of meeting space suited to accommodate any laíge gatheíing.

Centíal Hotel ; $60 peí night peí peíson

Nestled between the financial distíict and the bustling cosmopolitan edge of Accía, ouí hotels and apaítments cateí to both the business and leisuíe needs of ouí guests. We píovide exceptional expeíiences, whetheí you’íe looking to conduct a meeting, eat oíganic foods, wind down, oí simply need help weighing up what to o with youí time in Accía.

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **$ 150**

each.

**PLEASE SELECT**

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**€ (EUROS)** .

CROSSOVERS: **0,00 PLEASE SELECT**

DEADLINE FOR ONLINE PAYMENT: **01/07/2022**

\*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 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.

\*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.

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| \*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 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 CLASSIC PHYSIQUE UP TO 168 CM
* MEN CLASSIC PHYSIQUE UP TO 170 CM
* MEN CLASSIC PHYSIQUE UP TO 171 CM
* MEN CLASSIC PHYSIQUE UP TO 173 CM
* MEN CLASSIC PHYSIQUE UP TO 175 CM
* MEN CLASSIC PHYSIQUE UP TO 176 CM
* MEN CLASSIC PHYSIQUE UP TO 179 CM
* MEN CLASSIC PHYSIQUE UP TO 180 CM
* MEN CLASSIC PHYSIQUE OVER 180 CM
* MEN CLASSIC PHYSIQUE UP TO 182 CM
* MEN CLASSIC PHYSIQUE OVER 182 CM
* MEN’S PHYSIQUE OVERALL

MUSCULAR MEN’S PHYSIQUE - OPEN CATEGORY | **SENIORS WOMEN’S CATEGORIES****-WOMEN BIKINI UP TO 158 CM****-WOMEN BIKINI UP TO 160 CM****-WOMEN BIKINI UP TO 162 CM****-WOMEN BIKINI UP TO 164 CM****-WOMEN BIKINI UP TO 166 CM****-WOMEN BIKINI UP TO 169 CM****-WOMEN BIKINI UP TO 172 CM****-WOMEN BIKINI OVER 172 CM****-WOMEN BODYFITNESS UP TO 158 CM****-WOMEN BODYFITNESS UP TO 163 CM****-WOMEN BODYFITNESS UP TO 168 CM****-WOMEN BODYFITNESS OVER 168 CM****-WOMEN WELLNESS UP TO 158 CM****-WOMEN WELLNESS UP TO 163 CM****-WOMEN WELLNESS UP TO 168 CM****-WOMEN WELLNESS OVER 168 CM** |
| 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: |
| 8 IFBB ELITE PRO CARDS FOR THE OVERALL WINNER OF EACH CATEGORIESDISTRIBUTION* **MEN’S BODY BUILDING**
* **MEN’S PHYSIQUE**
* **MEN’S CLASSIC PHYSIQUE**
* **MEN’S CLASSIC BODY BUILDING**
* **MUSCULAR MEN’S PHYSIQUE**
* **WOMEN’S BODY FITNESS**
* **WOMEN’S BIKINI FITNESS**
* **WOMEN’S WELLNESS**
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| \*REGISTRATION DEADLINE |
| PRELIMINARY ENTRY FORM:**01/06/2022** FINAL ENTRY FORM:**01/07/2022** |
| CAMERA/VIDEO TAPE EQUIPMENT |

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| 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: INCLUDE HERE YOUR EMAIL |
| CONTACT INFORMATION: |
| Please send Your Entry Form to: Contact: **CHRISTIANA ASHLEY**E-mail: **christianaashley1984@yahoo.com** | Please send a copy to IFBB Technical Committee:Eng. Andrew MichalakE-mail: amichalak5@gmail.comPlease send a copy to IFBB Head Office: Ms. Alba SanchezE-mail: info@ifbb.com |
| Contact details for additional correspondence: President of **GHANA BODY BUILDING AND FITNESS ASSOCIATION** MR./ MS.**ABDUL HAYYE - YARTEY**E-mail: hayflavour@yahoo.co.uk |
| 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.comAll 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. |