



IFBB WEST AFRICA CHAMPIONSHIP

ACCRA- GHANA

MAIN INFORMATION



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 <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
IFBB INTERNATIONAL RANKING QUALIFIER YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
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 STADIUM, ACCRA - GHANA
WEIGHT-IN DAY: 14/07/2022	TIME: 10:00am	PLACE: CONFERENCE CENTRE – ACCRA SPORTS STADIUM, ACCRA - GHANA
<p>*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.</p>		
RECOMMENDED AIRPORT: KOTOKA INTERNATIONAL AIRPORT, ACCRA - GHANA		
VISA INFORMATION: PLEASE INCLUDE HERE THE VISA INFORMATION.		
<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.</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: NATIONAL THEATER, ACCRA - GHANA		

HOTEL INFORMATION

RECOMMENDED HOTEL: We recommend the underlisted hotels which we have negotiated a good rate with.

Best Western Premier Hotel : \$ 150 per night per person

Located in Accia, Greater Accia Region the Premier lifestyle comes with a fully equipped fitness room for the active traveler, an exquisite on-site dining experience for the culinary aficionado, and ample amounts of meeting space suited to accommodate any large gathering.

Alisa Hotel ; \$90 per night per person

Located a 10-minute drive from the beach and a 13-minute drive from the airport, Alisa Hotel North Ridge is an air-conditioned hotel with an outdoor swimming pool in its garden and a sun terrace. There is a fitness center on site. The rooms and suites at Alisa Hotel North Ridge are air-conditioned and have a flat-screen TV with satellite channels.

Best Western Plus Accia Beach Hotel ; \$60 per night per person

Located in Accia, Greater Accia Region by the Beach and comes with premier lifestyle fully equipped fitness room for the active traveler, an exquisite on-site dining experience for the culinary aficionado, and ample amounts of meeting space suited to accommodate any large gathering.

Central Hotel ; \$60 per night per person

Nestled between the financial district and the bustling cosmopolitan edge of Accia, our hotels and apartments cater to both the business and leisure needs of our guests. We provide exceptional experiences, whether you're looking to conduct a meeting, eat organic foods, wind down, or simply need help weighing up what to do with your time in Accia.

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **\$ 150 PLEASE SELECT** each.

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.

*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 CATEGORIES
DISTRIBUTION

- **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**

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM:**01/06/2022**
FINAL ENTRY FORM:**01/07/2022**

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:

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 Michalak
E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:
Ms. Alba Sanchez
E-mail: info@ifbb.com

Contact details for additional correspondence: President of **GHANA BODY BUILDING AND FITNESS ASSOCIATION**

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.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.