



ARAB CHAMPIONSHIP

Bodybuilding, Physique & Classic Physique

MAIN INFORMATION

NAME OF THE EVENT: The Arab Bodybuilding, Physique & Classic Physique Championships		
CITY / COUNTRY: ALEXANDRIA, EGYPT		
DATE: 28 – 31 July, 2022		
EVENT OPEN FOR : TO ALL IFBB ARAB NATIONAL FEDERATIONS		
<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO		
IFBB INTERNATIONAL RANKING QUALIFIER		
YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
DAY OF ARRIVAL July 28, 2022		
DAY OF DEPARTURES July 31, 2022		
REGISTRATION DAY: July 28, 2022	TIME: 9:00 AM	PLACE: Sheraton Montazah – Alexandria
WEIGHTIN DAY: July 28, 2022		PLACE: Sheraton Montazah – Alexandria
<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: Borg El Arab International Airport		
VISA INFORMATION:		
<ul style="list-style-type: none">- 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 AFBF 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: The Big Hall, Sheraton Montazah		
HOTEL INFORMATION		
RECOMMENDED HOTEL: Sheration Montazah, Corniche Road, Al Mandarah Bahri, Montaza 2, - Alexandria		

Each athlete and Delegate or Extra Delegate must pay the AFBF registration fees of

USD 500 \$ in a **Single** room
USD 450 \$ Per person in a
double room

This fess will cover the following:

- Participation Fees.
- Transportation.
- Tickets to the prejudging & finals.
- Farewell banquet.

EXTRA DAYS:

- For extra days accommodation (early arrival before July 28th, 2022 or late departure after July 31th, 2022) contact: ifbbcairo@gmail.com. Prices: **USD 250 \$** / day/ person (5-stars hotel, Double Room, Breakfast included). **USD 200 \$** / day/ person (5-stars hotel, Single Room, Breakfast included).

CROSSOVERS: 100 USD

- 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 EUR €35/45\$ 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.
- 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.

Elite Pro Cards: TOTAL (16)

Distribution:

Men's Bodybuilding: IFBB Elite Pro Cards for all the categories winners. (**8 Cards**)

Men's Physique: IFBB Elite Pro Cards for all the categories winners. (**3 Cards**)

Men's Classic Physique: IFBB Elite Pro Cards for all the categories winners. (**3 Cards**)

Master Men's Bodybuilding: IFBB Elite Pro Cards for all the categories winners. (**2 Cards**)

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

JUNIORS MEN'S CATEGORIES - JUNIORS
BODYBUILDING UP TO 75 KG – JUNIORS
BODYBUILDING OVER 75 KG - JUNIORS

MASTERS (40 – 50)
MASTER MEN BODYBUILDING One Open category

MASTERS (Over 50)
MASTER MEN BODYBUILDING One Open category

MEN PHYSIQUE
MEN PHYSIQUE UP TO 173CM
MEN PHYSIQUE UP TO 179 CM
MEN PHYSIQUE Over 179 CM
MEN'S PHYSIQUE OVERALL

MEN CLASSIC PHYSIQUE
MEN CLASSIC PHYSIQUEUP TO 171CM
MEN CLASSIC PHYSIQUE UP TO 175 CM
MEN CLASSIC PHYSIQUEOVER 175 CM
MEN'S CLASSIC PHYSIQUE OVERALL

<ul style="list-style-type: none"> - Top three athletes in each category will be awarded with a placing certificate & medals. - Top six athletes in each category will be awarded with a Certificate of Excellence. - Top Ten athletes in each category will be awarded with a Certificate of Excellence & Supplements Bag. 	
<p>FINAL ENTRY FORM: the Deadline of sending the final entry form is July 14, 2022</p>	
<p>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.</p>	
<p>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:</p> <ul style="list-style-type: none"> • Five (5) or more athletes – two (2) green cards. • Less than (5) athletes – one (1) green card. 	
<p>TANNING NEEDS:</p> <ul style="list-style-type: none"> - 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. - Jan Tana is the official IFBB & AFBF tan & professional tanning service will be available for USD 75 \$ 	
<p>Please send Your Entry Form to the AFBF organizing committee:</p> <p>Dr. Eng. Adel Fahim E-mail: ifbbcairo@gmail.com Cellular: +2 01222467022 - +2 01050088308</p>	<p>Please send a copy to IFBB Technical Committee: Mr. Andrew Michalak E-mail: amichalak5@gmail.com</p> <p>Please send a copy to IFBB Head Office: Ms. Maria Sanson E-mail: contact@ifbb.com</p>
<p>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</p> <p>All international judges must bring their International Judge's Cards to the Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/60\$ paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting</p>	