

IFBB MR & MS WORLD

CHAMPIONSHIPS
AMATEUR

INSPECTION REPORT

OCTOBER 5th - 7th, 2023

FUJAIRAH – UAE
ZAYED SPORTS COMPLEX



UNITED ARAB EMIRATES
National Day is on December 2, 1971

LOCATION

Western Asia at the southeast end of the Arabian Peninsula on the Arabian Gulf.

7 EMIRATES

Abu Dhabi (Capital), Dubai, Sharjah, Ajman, Fujairah, Ras Al Khaimah, Umm Al Qwain.

LANGUAGE

The official language is Arabic, English is widely used.

CURRENCY

UAE Dirham , (1 AED = 100 Fils)

TIME DIFFERENCE & CLIMATE

GMT / UTC 4+. In October, the average daily temperature is 26 c .

CREDIT CARD

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores and restaurants. You may be requested to show your passport.

ELECTRIC CURRENT

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs.



VISA ASSISTANCE

Please contact the United Arab Emirates Embassy in your country to determine if you need a visa. To receive invitation letter, the applicant should **forward the following information** to the IFBB or **Championship Organizer:**

- A copy of Passport
 - Where the attendant will have his or her accommodation
- * If the visa is not granted, the Cancellation Policies for the championship 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 unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

How to get to Fujairah from Dubai (BY TAXI)

From Dubai Airport terminal 3 to Emirate of Fujairah (official Hotel Novotel) **110 kilometers** approximately **80 \$** by car.

For Visa & Reservations Assistance:

info@fujairahholidays.com

Mr. Farhan Mob1: +971 55 890 8277 ,
Ms. Anne Mob2: +971 56 638 3817 ,
Landline : +971 9222 25 98



EMIRATE OF FUJAIRAH

The United Arab Emirates was formed in 1971 and is comprised of seven Emirates. Fujairah, is one of these Emirates, located on the East Coast on the Indian Ocean. It is the only Emirate that is situated on the beautiful Indian Ocean and therefore attracts many tourists. To the west of Fujairah are the breathtaking Hajar Mountains. The Hajar Mountains are the highest mountain range in the eastern Arabian Peninsula and run through both the UAE and Oman, peaking at 2,980m high. The entire Emirate of Fujairah is 1,488 square kilometres and is made up of 2 main cities (Fujairah and Dibba Al Fujairah) and six main areas (Masafi, Murbeh, Qidfa, Al Bithna, Al Siji, Al Bidyah). Fujairah is the smallest in Emirates, it is the only region that lies on the Indian Ocean. For this reason, it has become a very popular vacation site for many residents and attract a lot of tourist. The beaches in Fujairah stretch on for miles of uninterrupted serenity. With beautiful clam waters and quite beaches, people from all over flock come there to relax in the sun and sand.

Fujairah is located on the eastern coast of the UAE along the Gulf of Oman. The shores of Fujairah extend along the Gulf of Oman for about 70 km. Fujairah is the only Emirates of the UAE that is almost completely mountainous than other part of UAE which are deserts. Fujairah are well known for its beaches and the Hajar Mountains, which run through much of the Emirate. In the south, the city of Fujairah is home to the massive Sheikh Zayed Mosque, with its towering white minarets. Overlooking the city is Fujairah Fort, a reconstructed 17th-century fortress featuring round and square towers. Consequently, Fujairah is the only area that receive high average of yearly rainfall in the UAE and this allows the farmers in that region to produce crop every year. Fujairah has been called an Arabian Jewel, the Hidden Gem and the quaint getaway of the UAE but lately, His Highness, Sheikh Mohammed bin Rashid Al Maktoum called Fujairah 'the lungs of the UAE.

ZAYED SPORTS COMPLEX - Competition Venue

The competition venue, Zayed Sports Complex, is located at Al Hayl, Fujairah, United Arab Emirates.

The venue offers Sports and Institutions a distinguished room for professional events and business organizations.

Services available for customers and business.

Capacity: 3000 people with total visibility from anywhere. Optimum capacity for congress organization, banquets, conventions, presentations and enterprise meetings.

Parking: 500 car parking, 12 parking and access for buses.

Facilities: Maximum for road traffic to enter in the complex.

Security: Emergency plan and fire prevention. Totally adapted fireproof materials.

Air-Conditioning: Air-conditioned cold.



OFFICIAL HOTEL

For Participants & Guests of

MR. & MS. WORLD

ELITE PRO & AMATEURS SHOWDOWN

5th - 7th October 2023



NOVOTEL **★★★★**
NOVOTEL FUJAIRAH



NOVOTEL Daily Rate

Bed & Breakfast

Full Board

Single Room

AED 415

AED 475

Double Room

AED 515

AED 575



ibis **★★★★**
IBIS FUJAIRAH



IBIS Daily Rate

Bed & Breakfast

Full Board

Single Room

AED 315

AED 375

Double Room

AED 415

AED 475

★ Guests Benefits / Terms & Conditions

- Free WiFi throughout the stay
- Free access to the pool & gym
- Complimentary 2 bottled water daily
- Complimentary in-room tea & coffee facilities
- All rooms are subject to availability
- Full payment prior to arrival
- Check in Time: 14:00 | Check out Time : 12:00



For Reservations:

H6822-RE@accor.com | Direct LandLine: **+971 9 203 4852**

- All Above rates are inclusive of 10% service charge, 10% municipality Fee & 5% VAT.
- Security Deposit (refundable) of 100 Euro in NOVOTEL & 50 Euro in IBIS will be required for the stay period.





PARTICIPATION & REGISTRATION

The IFBB Mr. & Ms. World Championships are open to all IFBB-affiliated National Federations worldwide. The number of competitors participating in the Championships is unlimited.

It is the FULL RESPONSIBILITY AND OBLIGATION OF THE REGISTERED ATHLETE OR FEDERATION on this particular international event to verify their status (e.g. suspension, ineligibility due to violation against IFBB rules or any disciplinary actions both national and international level) in order to avoid disqualifications.

OFFICIAL ATHLETE REGISTRATION

Official Athlete Registration (Weigh-in) will be conducted on October 5th, 2023 at the Zayed Sports Complex, from 10:00 to 18:00. It is the responsibility of the athletes and participants to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their Passports and IFBB International Cards at the Registration, IFBB International Cards are **USD \$50** per year and are mandatory. Any athlete who has not yet purchased this card will have to buy one at the Registration.

PLEASE NOTE: No crossovers between different sport divisions are allowed i.e. not possible to compete in both Bodybuilding and Classic Physique.

MR. & MS. WORLD AMATEUR REGISTRATION

Posing Music will be arranged and played by the organizing committee without any objection from the athletes.

Each athlete participating in the event will be provided with a competitor wristband at the Registration. This wristband allows daily admission to the venue and should not be removed.

Registration of international athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form not later than September 25th, 2023 to the following addresses:

The Mr. & Ms. World Organizing Committee : elitemrandmsworld@gmail.com

IFBB Head Office, Ms. Daria : contact@ifbb.com

IFBB Technical Committee, Mr. Andrew Michalak : amichalak5@gmail.com



REGISTRATION FEE

Each Participant (Athlete) must pay the IFBB Registration Fee of **USD \$350** per person which has to be paid in advance by credit/debit card or PayPal at IFBB webpage:

<http://www.ifbb.com/competition-registration> for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline to do the online payment **September 26th, 2023**. On 23:55 CEST (Central European Summer Time, UTC +2) the online payment system will be switched off.

Additional fee of **USD \$50** will be charged when registration is done on-the-spot, during the event or after the deadline of the online payment. In this case, the total payment for registration fee is **USD \$400**.

Tanning charge of **USD \$110** is mandatory as an additional payment to be collected by the Organizing Committee on October 5th, 2023. 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. Approved Tan is available with the Organizing Committee only before competition.

Transportation The Organizing Committee will provide **free** transportation for all participants from the official hotel to the venue hall and back during the days of the event.

Please note that accommodation & meals are at the participant's expense.



IFBB MR. WORLD CHAMPIONSHIPS

AMATEUR CATEGORIES

MEN'S BODYBUILDING

- 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

MEN'S CLASSIC PHYSIQUE

- Up to 171 cm
- Up to 175 cm
- Over 175 cm

MEN'S PHYSIQUE

- Up to 172 cm
- Up to 174 cm
- Up to 176 cm / +176 cm

AWARDS FOR ALL MR. & MS. WORLD AMATEUR CATEGORIES

- Every winner in each category will be awarded with Elite PRO Card and they will participate on the next day during the Pro Show with no any fees to be paid.
- Top three athletes in each category will be awarded with medals.
- Top six athletes in each category will be awarded with Certificates of Excellence.
- Top six winners in each division will have a trophy.
- The event is IFBB World Ranking qualifier event.



APPROVED ATTIRE

All athletes participants must **make sure** all bodybuilding categories trunks must meet a minimum of lateral and back width.





IFBB MS. WORLD CHAMPIONSHIPS

WOMEN'S FIT-MODEL RULES

CATEGORIES

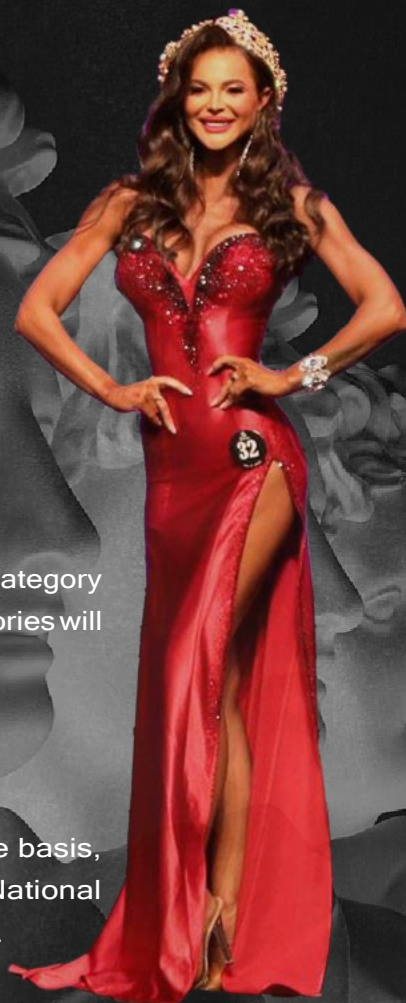
- Women's Fit Model: Up to and incl. 160 cm
- Women's Fit Model: Up to and incl. 164 cm
- Women's Fit Model: Up to and incl. 168 cm
- Women's Fit Model: Up to and incl. 172 cm
- Women's Fit Model: Over 172 cm
- Master Women's Fit Model: open

NOTE:

The minimum number of competitors to run a category should be 3. In case there are less than 3 athletes, categories will be combined.

REGISTRATION:

Athletes would be able to register on a regular procedure basis, in accordance with IFBB Rules: through the athlete's National Federation and paying the established registration fee.



FIT-MODEL OVERALL WINNERS PRIZES

1st	2nd	3rd	4th	5th
7,000 \$	4,000 \$	3,000 \$	2,000 \$	1,000 \$

NOTE:

The number of the competitors participated in the championships is unlimited.



IFBB MS. WORLD CHAMPIONSHIPS

WOMEN'S FIT- MODEL RULES

ROUND 1

Sportswear {Gym Style}
I-walking, quarter turns



ROUND 2

Evening gowns {Night Style}
T-walking, quarter turns



MS. WORLD CHAMPIONSHIPS ATTIRE FOR ROUND: SPORTSWEAR (GYM STYLE) DESCRIPTION



- The fabric of the top and shorts can be as follows:
spandex, lycra, nylon, cotton, polyester or any other similar fabric at the choice of the competitor.
- The top and shorts should be plain and opaque. The color is at the choice of the athlete.
Only small manufacturer and/or sponsor logos are allowed.
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- ✗ Transparent fabric, mesh or shiny sportswear fabric, such as velvet, leather and silk, as well as any kind of decorations are strictly prohibited.

ATTIRE FOR THE SPORTSWEAR ROUND IS A GYM TOP AND SHORTS



IFBB MS. WORLD CHAMPIONSHIPS

ATTIRE FOR ROUND: SPORTSWEAR (GYM STYLE) GYM TOP REQUIREMENTS & SIZES



- Top should be plain and opaque.
- The colour is at the choice of the athlete.
- Gym top can be different models.
- The fabric of the top can be as follows: spandex, lycra, nylon, cotton, polyester or any other similar fabric.
- ✗ The top have to cover the whole breast maximus.
- ✗ Bra style, lingerie top are strictly prohibited.
- ✗ Top without straps or with naked shoulders are not allowed.

ATTIRE FOR ROUND: SPORTSWEAR (GYM STYLE) GYM SHORTS REQUIREMENTS & SIZES



- Plain opaque in style.
 - The fabric of the shorts can be as follows: spandex, lycra, nylon, cotton, polyester or any other similar.
 - The shorts have to cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight.
 - ✗ No ornamentation, frills, lacework edges and/or borders.
 - ✗ G-strings and long shorts are strictly prohibited.
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IFBB MS. WORLD CHAMPIONSHIPS

ATTIRE FOR ROUND: SPORTSWEAR (GYM STYLE) ACCESSORIES & OVERALL IMAGE

- A wedding ring can be worn on the stage.
- Approved professional body tan should be used.
- The hair style is on the athlete's choice.
- Make up is on the athlete's choice.
- ✗ No footwear for athletes.
- ✗ No any jewellery for competitors. Earrings, bracelets, chains, necklaces, rings, diadems, piercings and watches are prohibited.



MS WORLD CHAMPIONSHIPS ATTIRE FOR ROUND: EVENING GOWNS (NIGHT STYLE) DESCRIPTION

- Evening gown must be floor length.
- The fabric of the dress can be as follows: velvet, silk, sequins, biflex or any other similar fabric at the choice of the competitor.
- The colour, decoration and style of the evening gown are at the choice of the competitor. Sophistication counts.
- ✗ Transparent dress fabric is prohibited.
- ✗ The evening gown must cover lower half of the back. Bare back is prohibited.
- ✗ The slit of the dress must not expose the hip and bottom.
- ✗ Corsets are strictly prohibited.



ATTIRE FOR ROUND: EVENING GOWNS (NIGHT STYLE) REQUIREMENTS FOR A DRESS

The slit of the dress must not expose the hip and bottom





IFBB MS. WORLD CHAMPIONSHIPS

ATTIRE FOR ROUND: EVENING GOWNS (NIGHT STYLE) REQUIREMENTS FOR A DRESS

A dress of opaque fabric is allowed

Transparent dress fabric is prohibited

The evening gown must cover lower half of the back

Bare back of the evening gown is strictly prohibited



ATTIRE FOR ROUND: EVENING GOWNS (NIGHT STYLE) JEWELLERY



Competitors are allowed to wear jewellery: earrings, bracelets and rings, on their own choice and material (swarovski, gold, silver)

Prohibited jewellery: necklaces, chains, diadems, piercings, watches.

**ATTIRE FOR ROUND:
EVENING GOWNS (NIGHT STYLE)
SHOES STYLE**



Pumps and high heeled sandals are allowed. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm.



Platform high-heels are strictly prohibited. Even if the sole is 7mm thick at toe part, but is 15mm thick at the end of the sole, it is classed as a platform.

**MS. WORLD CHAMPIONSHIPS
ATTIRE FOR ROUND: EVENING GOWNS (NIGHT STYLE)
ACCESSORIES & OVERALL IMAGE**

- High heeled shoes, according to competitor's choice, except platform high-heels which are prohibited.
- Competitors are allowed to wear: earrings, bracelets and rings, on their own choice, color and material.
- ✗ Prohibited jewellery: necklaces, chains, diadems, piercings, watches.
- Approved professional body tan should be used.
- The hair style is on the athlete's choice.
- Make up is on the athlete's choice.



CHAMPIONSHIPS SCHEDULE

LOCATION

Zayed Sports
Complex

THURSDAY, OCT. 5th, 2023

Registration & Weigh-in

Men's Physique

Men's Classic Physique

Men's Bodybuilding

Women's Fit-Model

TIME

10:00 - 18:00

FRIDAY, OCT. 6th, 2023

Zayed Sports
Complex

Semi-Finals & Finals

Men's Physique

Men's Classic Physique

Men's Bodybuilding

SATURDAY, 7th OCT. 2023

Zayed Sports
Complex

Semi-Finals

Finals

Women's Fit-Model

12:30 onwards

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB and Organizing Committee. All persons wishing to obtain media accreditation for this event must register with the Organizing Committee on October 5th, 2023 at Zayed Sports Complex Registration Desk by completing and signing the Media Accreditation Form and pay the Media Card Fee of **USD \$120**. Those who will have Media Cards can access the venue during the whole event.

**IFBB
MR & MS WORLD**

SECRETARIAT

The Organizing Committee will manage a Secretariat at the Zayed Sports Complex from 09:00 to 14:00, from 05 to 07 October 2023. You may obtain information and assistance from the Secretariat.

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB & Organizing Committee authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

