



# ROGER BOYCE

CLASSIC

ELITE PRO QUALIFIER

GARFIELD SOBERS GYMNASIUM, BARBADOS

JUNE 01 - 04, 2023



## LOCATION

Barbados is the eastern-most Caribbean island. It is located at 13.1N, 59.4W. The island, which is less than one million years old, was created by the collision of the South American and Caribbean plates. Barbados is one of the few places in the world where an active accretionary prism is subaerially exposed. Later coral formed, accumulating to approximately 90 m (300 feet). The rock succession in Barbados is entirely sedimentary in origin, demonstrating its geological independence from the volcanic arc of the Lesser Antilles.

The Barbados Saga Begins - An Island Stands alone .

## HISTORY & CULTURE

Drawing on its English, African and West Indian roots, Barbados has established its own distinctive identity, evidenced by its customs, traditions and values passionately expressed through the rich history, exceptional cuisine and artistic talents of its people.

Though given the name “Los Barbados” by Portuguese sailors in the 1500’s, Europeans were not the first to inhabit this easternmost island in the Lesser Antilles. This distinction goes to the Amer-Indians who arrived from Venezuela, followed by the Arawak Indians, who in turn were dismissed by the Carib Indians in the 13th century. But when the first English settlers arrived in 1627, they found an island that was largely uninhabited, and set about establishing a colony that would remain a part of the British Empire for 334 years..



Climate: 29 – 31 Degree Celsius

Language: English Time Difference:

AST (Atlantic Standard Time Zone)

UTC - 4 hours

Electricity: 115/230V 50 Hz

Plugs/sockets: type A and B

Currency: Barbadian Dollar (BBD)

USD 1.00 = BBD 2.00 (March 16<sup>th</sup>)

EUR 1.00 = BBD 2.12 (March 16<sup>th</sup>)

<https://www.xe.com/currencyconverter>

PLEASE NOTE THAT ARTICLES WITH  
CAMOFLAGE IS PROHIBITED

For further information on Barbados  
please feel free to visit:

<https://www.visitbarbados.org/>



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## MEDICAL FACILITIES

Queen Elizabeth Hospital  
Accident & Emergency Operator  
246-436-6450 Ext. 5540 or dial 511

FMH Emergency Medical Clinic  
NO. 4A 3<sup>rd</sup> Ave, Belleville, St. Michael  
Tel: (246) 228-6120, (246) 228-6121

Urgent Care Mobile  
Address: 18 Pine Rd, Bridgetown, Barbados  
Phone: [\(246\) 5383838](tel:2465383838)  
E-mail: [info@urgentcarebarbados.com](mailto:info@urgentcarebarbados.com)

Sandy Crest Medical Centre  
Sunset Crest, Holetown St. James  
+1 (246) 419-4911  
[medicalcentre@sandycrest.net](mailto:medicalcentre@sandycrest.net)





## VISA REQUIREMENTS

For those countries requiring a Barbados entry visa, it is the responsibility of each respective Federation to make application. This is not the responsibility of the host federation in Barbados. Applications to receive a visa should be done well in advance of arrival as the processing of requests may take several weeks. DO NOT WAIT UNTIL THE LAST MINUTE.

For information: <https://www.foreign.gov.bb/visa-information//>

## COVID TRAVEL PROTOCOLS

Effective midnight, Thursday September 22<sup>nd</sup>, 2022, Barbados discontinued all COVID-19 related travel protocols. Therefore, there will be no testing requirements for entering Barbados whether you are vaccinated or unvaccinated. In addition, the wearing of masks generally will now be optional

## ONLINE IMMIGRATION AND CUSTOMS FORM

Travelers are required to complete the online Immigration and Customs Form which will be available 72 hours prior to your arrival in Barbados. Fill in the form at a time and place convenient for you. Once the form is completed, the Immigration and Customs receipts are to be saved to your mobile device or printed and presented to Immigration and Customs upon arrival.

Using the Online ED Form will enhance your travel experience by providing you with an easy and convenient option, that will improve the ease with which you transit through the airport. <https://www.travelform.gov.bb>



## ARRIVALS

All delegations are asked and encouraged to arrive no later than **Thursday, June 1<sup>st</sup>, 2023**. The official airport of Barbados is the Grantley Adams International Airport.

## AIRPORT TRANSFERS

Round trip airport to hotel transfers can be provided upon request. ALL arrival and departure information **MUST** be provided no later than **May 25<sup>th</sup>, 2023** to allow for scheduling and confirmation. If information is not provided in advance, transportation cannot be guaranteed. Transportation will only be provided to the designated hotels unless confirmed otherwise by the hosting committee.

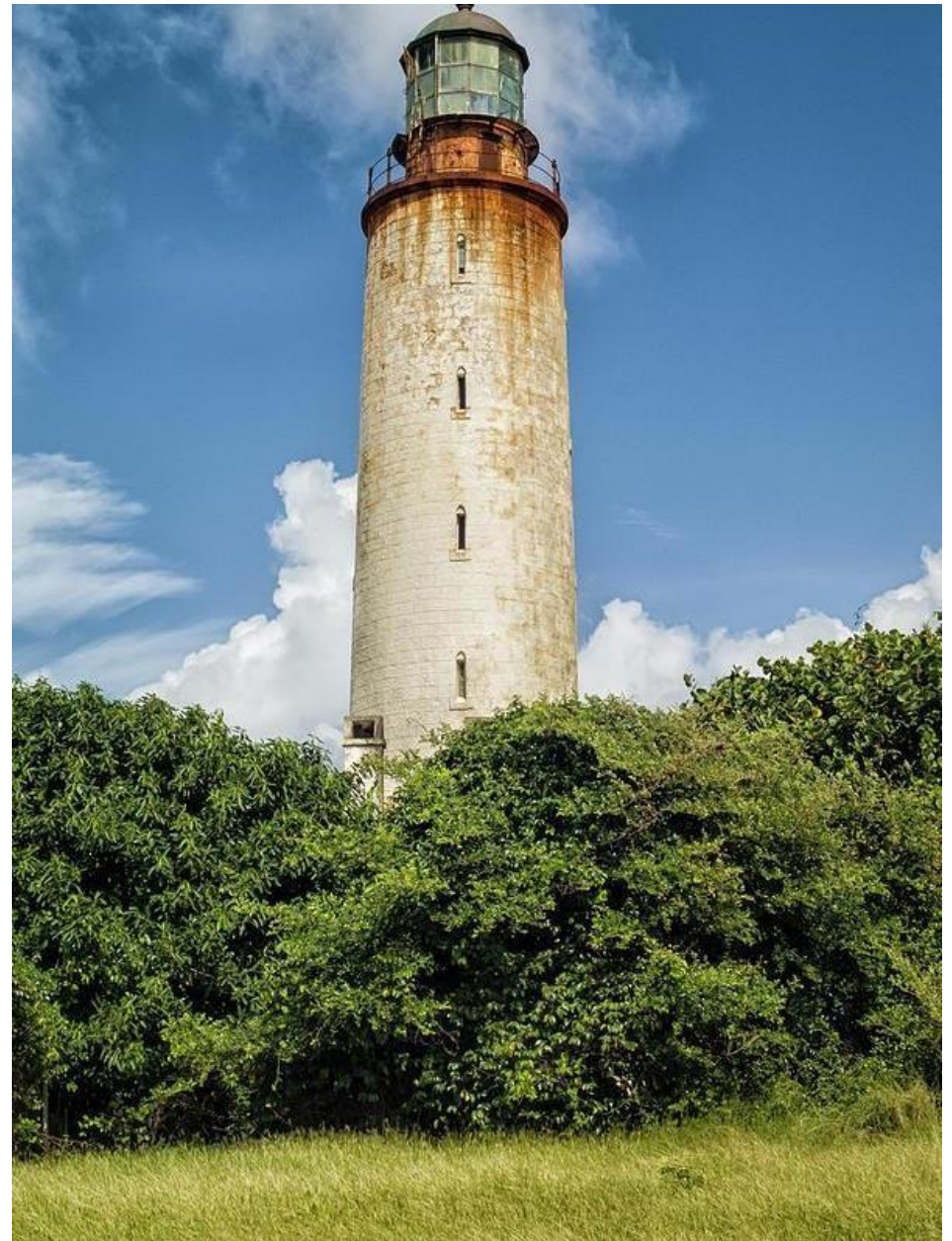
## ACCOMMODATIONS & EXPENSES

Each athlete is responsible for all expenses related to meals, accommodations, meals, non-event transportation and any other expenses throughout the duration of their stay.

## RESERVATIONS

Each athlete is responsible for making their reservations directly with the hotel of their choice as listed below. All of the designated hotels are located in the same geographical area in Barbados.

Transportation will be available at scheduled times from these hotels to the event venues.





**Divi Southwinds Beach Resort**  
Christ Church, Barbados



## Divi Southwinds Beach Resort

St Lawrence Main Road

Christ Church, Barbados BB1517

Tel: (246) 418-7307

Contact: Gercine Simmons

[gercine.simmons@divisouthwinds.com](mailto:gercine.simmons@divisouthwinds.com)



**Divi Southwinds Beach Resort**  
Christ Church, Barbados



ROOM TYPE	RATE inclusive of taxes and service charge	MAX OCC.
One-Bedroom Suite (King Bed in BR and pull out sofa queen bed)	US \$201 single or double occupancy	4
Two-Bedroom Suite (King Bed in 1 BR / 2 twin bed in 2 <sup>nd</sup> BR / pull out sofa queen)	US \$333 up to 4 persons	6
Extra Person	US \$30 each per 3 <sup>rd</sup> and 4 <sup>th</sup> person (1 Bed Room suite) or US\$ 30 each per 5 <sup>th</sup> and 6 <sup>th</sup> person (2 Bed Room suite)	

CARICOM Special Rates below for **ONLY** persons residing in Caricom Countries. A minimum of two nights stay is required

CARICOM SPECIAL	RATES include breakfast, taxes & service charge	MAX OCC.
One-Bedroom Suite (King bed in bedroom / pull out sofa queen bed)	US \$180.00 single or double occupancy	4
Extra Person	US \$85.00 each per 3 <sup>rd</sup> and 4 <sup>th</sup> person	

## Blue Horizon Hotel

Rockley, Christ Church,  
BB15137

1 Bedroom Suite – Maximum 3 persons) (Full Kitchen or  
Kitchenette with King or Queen bed)

US \$175 Single / Double

US \$205 Triple

Standard King/2 Double Beds

US \$145 (Single / Double)

US \$175 (triple)

Rates are inclusive of all taxes



## Contact

Sharon Moore, Reservations Agent

The Blue Horizon Hotel / Gems of Barbados

[www.bluehorizon.bb](http://www.bluehorizon.bb)

Mon – Fri: 9:00 am – 5:00 pm

Tel: 246-4359473 / 74

Fax: 246-4358822



## Coral Mist & Blue Orchids Beach Hotels

#18 Worthing; Christ Church

BB15130

Tel: (246) 435-7712

Fax: (246) 435-6874

[coralmistbarbados.com](http://coralmistbarbados.com)

[blueorchidsbarbados.com](http://blueorchidsbarbados.com)



Contact:

Tamsin Moses [rescoralmist@caribsurf.com](mailto:rescoralmist@caribsurf.com)



## Coral Mist & Blue Orchids Beach Hotels

Deluxe Studio: US \$145 Sgl / Dbl occupancy

One BR Apartment: US\$ 191 Sgl/ Dble occupancy

Two BR Apartment: US\$ 260 Double - Quad occupancy

Extra person rate- US\$ 30.00 per night

Rates are per night inclusive of 10% Value Added Tax, 10% Service Charge and US\$ 9.63 per night room levy

### Breakfast Options:

Full Breakfast –USD 13.00 per person

Continental Breakfast – USD 7.00 per person

### Confirmation of Room

Bookings are confirmed *Subject to Room availability*, A room deposit minimum of 3 nights is required to guarantee all accommodation we accept payment by Visa, MasterCard or American Express.

### Hotel Cancellation Policy

Cancellations within 14 days prior to arrival will result in the forfeiture and loss of the deposit.



# Venue

The Wildey Gymnasium

Sir Garfield Sobers Complex

Wildey

St. Michael, Barbados

246 – 437- 6010





## PARTICIPATION

The contest is open for IFBB-affiliated National Federations worldwide. Participation of athletes is unlimited. The contest is the 2023 IFBB World Tour Ranking Level 1 event.

## OFFICIAL ATHLETE REGISTRATION

Registration and weigh is scheduled for Friday, [June 02<sup>nd</sup>](#), 2023 from [09:00 up to 13:00](#) at the Blue Horizon Hotel. All competing athletes must be members in good standing of their national Federations and nominated by their National Federation by sending the Final Entry Form [with their names and category](#).

All competing athletes must present their Passports and IFBB International Cards upon Registration. This IFBB card is mandatory for all athletes. The fee for purchase or renewal of the IFBB International Card is [US \\$45](#).

The [registration fee per](#) athlete is US \$100 to be paid [in cash](#) upon registration. If an athlete wants to participate in any additional category (crossover) for which he / she is eligible, the registration fee is an additional US \$50 per category.

## Posing Music

All music must be presented on a USB stick. The USB must have only the music to be used for posing. USB flash drives containing more than one song **will not** be accepted. It is recommended that each athlete present 2 USB memories in case of any technical problem.

For easy identification, each athlete must place his / her name and country name on the USB stick.

Competitors participating in two classes must bring two USB drives separately or one for each class if they contain different music.

Athletes must pick up all music from the music station at the conclusion of the event or athlete's category. The Organizing Committee will not be responsible for any music that is not collected.

The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## Tanning

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.



## CATEGORIES

### Men's Bodybuilding

Lightweight Up to and including 70 kg

Middleweight Up to and including 80 kg

Light Heavyweight Up to and including 90 kg

Heavyweight Over 90 kg

Masters Men's Bodybuilding >40 yrs Open Class

Men's Classic Bodybuilding Open Class

Men's Physique Up to and including 173 cm

Up to and including 179 cm

Over 179 cm

Men's Classic Physique Open Class

Muscular Men's Physique Open Class

Women's Bikini Up to and including 164 cm

Over 164 cm

Women's Wellness Up to and including 163 cm

Over 163 cm

Women's Bodyfitness Up to and including 163 cm

Over 163 cm

Women's Physique Open Class



## OVERALL

Men's Bodybuilding

Men's Physique

Women's Bikini

Women's Wellness

Women's Bodyfitness



## AWARDS

- ✓ Category Awards – 1<sup>st</sup> – 6<sup>th</sup> Place will receive respective medals and participation certificate
- ✓ Overall Winners - Trophy and eligible to qualify and apply to receive IFBB Elite Pro Card (through the athlete's respective National Federation)



## PRELIMINARY ENTRY FORMS

National Federations / Athletes are required to notify the Organizing Committee in Barbados of their intention to participate by submitting the Preliminary Entry Form no later than **April 10<sup>th</sup>, 2023**. The Form must include the **estimated** number of athletes, delegates, additional delegates and accompanying persons.

## FINAL ENTRY FORMS

Final Entry Forms of participation must be submitted by **May 22<sup>nd</sup>, 2023**. This includes all arrival and departure information, names, divisions, bodyweight or height categories, and passport numbers of all participating athletes, names and passport numbers of their delegates, IFBB judges, test-judges and any accompanying persons. The accurate and timely presentation of this information is essential for **the Barbados** Amateur Bodybuilding and Fitness Federation and its Organizing Committee to ensure adequate transportation for each delegation.

# TENTATIVE SCHEDULE OF EVENTS

Thursday, June 01<sup>st</sup>, 2023

Arrival of athletes, officials and delegations

Friday, June 02<sup>nd</sup>, 2023

Official Athlete Registration - BLUE HORIZON HOTEL

09:00 - 13:00

Amateur Athlete Registration & Weigh-In

14:00 - 16:00

Elite Pro Athlete Registration

16:00 - 18:00

World Women's Physique Pro Athlete Registration

Saturday, June 03<sup>rd</sup>, 2023

13:00

Pre-judging & Finals – Amateur Categories

18:00

World Women's Physique Pro Championships

19:00

Elite Pro Competition

Sunday, June 04<sup>th</sup>, 2023

Departure of Athletes and Delegates

# Roger Boyce 2023 Correspondence

All **Entry Forms**, correspondence and communication about participation in Roger Boyce Classic can be forwarded to:

## Organizing Committee

Dr. Alfred Sparman, President  
Barbados Amateur Bodybuilding & Fitness Federation  
Email: [dr.sparman@thespa,rmanclinic.com](mailto:dr.sparman@thespa,rmanclinic.com)  
Tel: 1 246 231 0954

Mr. Roger Boyce, Vice-President  
Barbados Amateur Bodybuilding & Fitness Federation  
Tel: 1 246-850-8418  
Email: [erinpromotions@gmail.com](mailto:erinpromotions@gmail.com)

Ms. Alicia Goodman, Technical Secretary  
Barbados Amateur Bodybuilding & Fitness Federation  
Tel: 1 246-256-8551  
Email: [babbff.info@gmail.com](mailto:babbff.info@gmail.com)

Eng. Andrew Michalak  
IFBB Technical Committee  
E-mail: [amichalak6@gmail.com](mailto:amichalak6@gmail.com)

IFBB Head Office  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)