



1973 - 2023

CACBBFF

50 YEARS

A.B.P.A.  
ARUBA BODYBUILDING & POWERLIFTING ASSOCIATION

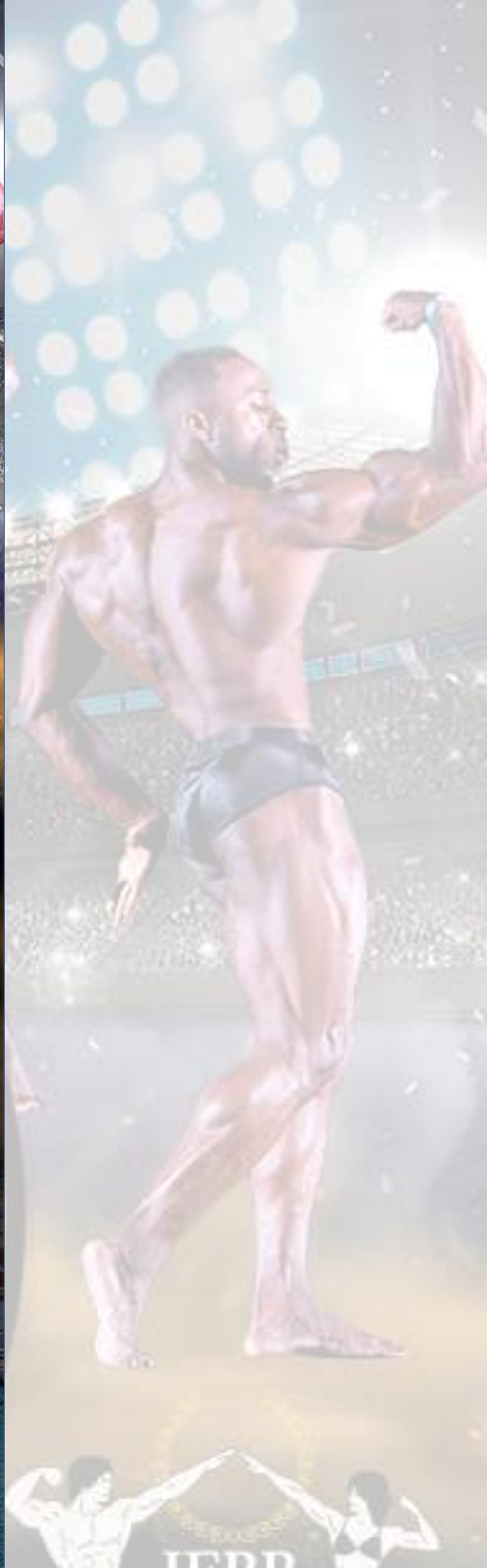
IFBB

**CENTRAL AMERICAN CARIBBEAN  
BODYBUILDING AND FITNESS**

*Championship*

**SEPTEMBER 21 - 25**

**ARUBA**





Located 15 miles north of Venezuela in the warm waters of the southern Caribbean, Aruba is home to beautiful white-sand beaches, 82-degree days, and some of the warmest people in the world. Aruba's rich, multicultural past is reflected in the, cuisine, architecture and the warm, friendly people. What began as a fishing outpost for Amerindians has changed hands between the Spanish and Dutch throughout the centuries, and is now a diverse constituent country of the Netherlands.

The Island is 19.6 miles long and 6 miles across, with a total area of 70 square miles. Located just below the hurricane belts, and unlike many of the other islands in the Caribbean, the climate is dry, so rarely does it rain. On the south and west coasts of Aruba, Oranjestad, the capital city, is located as well as miles of beaches which have been named the best in the Caribbean and the world.

The interior of the island is desert-like and it is where one will find Arikok National Park, a preserve with a variety of wildlife, cacti and dramatic rock formations and some of Aruba's most striking views, as the ocean crashes against the rugged shoreline. Along the the northeast coast and the windward shore, visitors will see the island's unofficial mascots, the Fofoti Tree. The constant trade winds have permanently sculpted them into graceful, southwesterly bending forms.

**Climate:** Average temp 82 degrees Fahrenheit

**Language:** Dutch , Papiamentu

English, Spanish

**Currency:** The currency in Aruba is Florins. US Dollars are widely accepted and it is not necessary to do currency exchange. Exchange rate for US dollars is Awg 1.77 for cash and Awg 1.78 for traveler's checks. (Awg 1.75 at supermarkets and gas stations / Awg 1.80 at shops and restaurants). Some shops will not accept US \$ 50 or US \$ 100 due to worldwide counterfeiting and generally may not be able to give change in US currency but will do so with the local currency. All major credit cards and travelers checks are accepted.

For further information on Aruba  
please visit: <https://www.aruba.com>



# ARUBA ENTRY & VISA REQUIREMENTS



For those countries requiring an Aruba entry visa (CACBBFF member countries Dominican Republic, Haiti, Jamaica, Venezuela) it is the responsibility of each respective Federation to make application and not the responsibility of the host federation in Aruba.

It is recommended to start the application process at least 8 weeks in advance as the processing of requests can take awhile to complete. **DO NOT WAIT UNTIL THE LAST MINUTE.**

Please use links below for more information

[Do I need a visa for the Caribbean parts of the Kingdom? | Netherlands Worldwide](#)

[Applying for a short-stay Caribbean visa. Choose your country. | Netherlands Worldwide](#)

## Other Requirements

- A valid return- or onward ticket;
- The necessary documents for returning to the country of origin or to a country that he/she has the right to enter, for example a valid residence permit (temporary or permanent), a re-entry permit or a (entry) visa;
- If so requested, any visitors may need to show proof of a valid reservation in name of each athlete for an accommodation in Aruba (e.g. hotel or apartment)
- If so requested, any visitor may need to show proof to the satisfaction of the migration officer of adequate financial means to provide for hotel expenses (if applicable) and living expenses during his/her stay or that he/she has a declaration of guarantee from a legal resident of Aruba.



### [Schengen country](#)

If you hold a multiple-entry short-stay Schengen visa or residence permit for the Netherlands or another Schengen country, you do not need a visa.

### [Overseas France](#)

If you hold a valid residence permit for (French) Guiana, Guadeloupe, Martinique, Mayotte, Réunion, Saint Barthélemy or Saint Martin, you do not require a visa.

### [United Kingdom or Ireland](#)

If you hold a multiple-entry visa or residence permit for the United Kingdom or Ireland you do not need a visa.

### [United States or Canada](#)

If you hold a residence permit for the United States or Canada, you do not need a visa.

**If you hold a multiple-entry visa (this is not an ESTA) for the United States or Canada and are a national of the Dominican Republic, Haiti, Jamaica or Venezuela you do not need a visa.**



The final authorization for admission to Aruba remains with the migration officer at the border-crossing/port of entry. The migration authorities at the border-crossing/port of entry have the authority to grant or refuse admission. Admission can be refused if not all admission requirements are fulfilled by the time of entering Aruba or if a visitor has been blacklisted. Holding a valid visa does not guarantee entry into Aruba.

All National Federations may request for an invitation letter from the CAC Organizing committee. This invitation letter does not mean you are granted your visa. Please note that application for visas will need to be made with the nearest Consulate of The Netherlands and should be made no less than 8 weeks in advance at a minimum

***The CAC organizing committee is not responsible for participants' visa requests or approvals***

Any athlete who requested and received an invitation letter from the host organizing committee for visa purposes and uses this visa to unlawfully stay in Aruba or is involved in any illegal activity or possession of illegal drugs/supplements upon arrival or departure will be subject to Aruba's disciplinary proceedings and measures. Any costs associated with any such measures is the responsibility of the individual and his / her National Federation and NOT the responsibility of the host organizing committee.

## YELLOW FEVER VACCINE

At the suggestion and guidelines of the World Health Organization and the International Health Regulations, the Ministry of Health of Aruba established that, **as of March 1, 2018**, the requirement for the Yellow Fever Vaccine proven by an International Certificate of Vaccination or Prophylaxis (ICVP), also known as the Yellow Book, will enter into force for all passengers entering the island from endemic areas. For this reason, we would like to communicate the following:

The vaccine is **MANDATORY** for all passengers arriving from the Central American, Latin American and African (high risk) countries: **Bolivia, Peru, Ecuador, Colombia, Brazil, Venezuela, Paraguay, Panama, French Guiana, Guyana, Suriname, Trinidad and Tobago.**

In order to be valid, the vaccine must be applied **at least 10 days before the trip**. That is, visitors must be vaccinated at least 10 days before entering the island territory. It is important to keep in mind that if the passenger has been vaccinated before, even if it has been more than 10 years, and still keeps his yellow fever vaccination document (ICVP), he should not be re-vaccinated. Similarly, if the visitor has lost his or her certificate of vaccination, he / she must re-vaccinate. The latter of which does not entail any additional risk of side effects.

-The yellow book (ICVP) must be presented to the immigration officers of the Department of Immigration, Security and Alarm of Aruba (IASA).

-Visitors who were born in areas classified as high risk for Yellow Fever transmission, but live in Europe and the United States and travel to Aruba, do not need to get the vaccine or present the yellow book.

-Passengers who reside in Europe or the United States and travel from countries classified as high risk to Aruba do need to be vaccinated and present the yellow book.

Except for:

Passengers who have been in countries at risk and are in transit through Aruba. This also includes those who have to leave and re-enter the airport or cruise ships in less than 24 hours.

Passengers on their way to Aruba who have been in transit through countries at risk (in their airports and ports).

Passengers who, having been in the countries considered at risk, before entering Aruba have remained for a period of at least 6 days in a country that is not considered at risk and have not developed fever during that period.



## ARRIVALS

All delegations are asked and encouraged to arrive no later than Thursday, September 21, 2023. The official airport of Aruba is the Queen Beatrix International Airport. <https://www.airportaruba.com>

## EMBARKATION CARD (ED Card)

All arrivals must submit their on-line immigration ED card within 7 days **PRIOR** to arrival. Upon submission, an email message will be received with a **GREEN** checkmark indicating initial approval to enter Aruba. It is recommended to download a photo of the approval checkmark. This approval will be requested by the airline upon check-in and upon boarding the aircraft. **BE SURE TO SUBMIT IN ADVANCE OF TRAVEL**

## AIRLINES

US Carriers – Jet Blue. American, Delta, United, Southwest with direct flights and connections via 13 US gateways

Latin American Carriers – From **Colombia** - Avianca, Wingo, Sarpa. **Panama** – COPA

Dutch Caribbean-Divi Air, EZ Air, Winair, Jet Air

Dominican Republic – Sky Air, Air Century, Arajel via Curacao

## AIRPORT TRANSFERS

Round trip airport to hotel transfers will be provided. ALL arrival and departure information **MUST** be provided no later than September 14, 2023 to allow for scheduling and confirmation. Transportation may only be provided to the designated hotels unless confirmed otherwise by the hosting committee.





## MEDICAL FACILITIES

Dr. Horacio E. Oduber Hospital

Dr. Horacio Oduber Boulevard

+1 297 527-4000

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

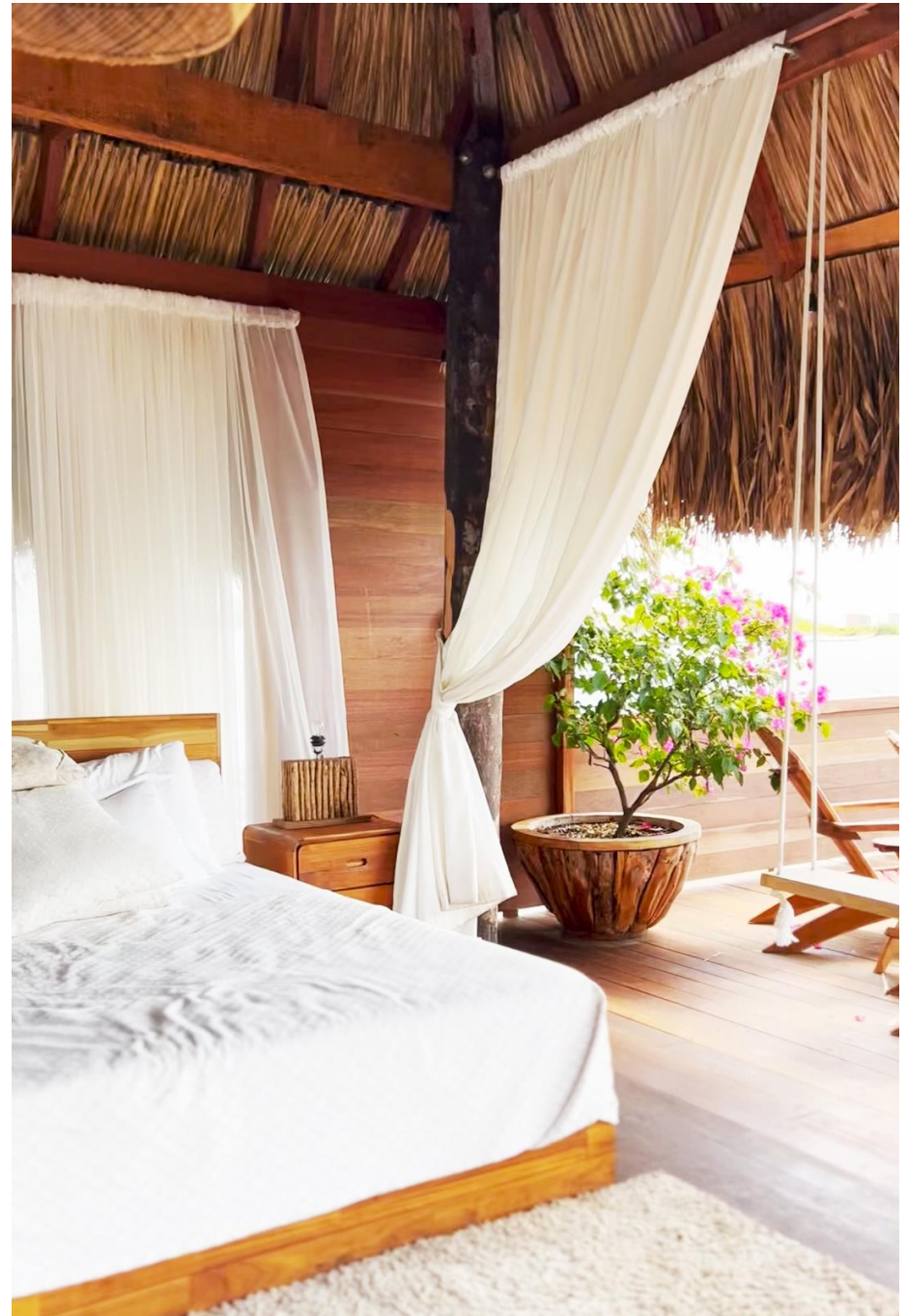
## ACCOMMODATIONS & EXPENSES

Each National Federation 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 National Federation 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 Aruba

Transportation will be available at scheduled times from only these hotels to the event venues unless otherwise approved by the Organizing Committee



# Eagle Aruba

RESORT & CASINO

The official hotel for athletes and delegates, the Eagle Aruba Resort & Casino is centrally located with a walking distance to the beach, **SUPERFOODS** supermarket (located behind hotel and walking distance), restaurants and other tourist attractions and a full range of fun things to do in.

## EAGLE ARUBA RESORT & CASINO

J.E. Irausquin Blvd. #248  
Eagle Beach, Aruba

**Website:** [www.eaglearuba.com](http://www.eaglearuba.com)

**Phone:** [+297 587-9000](tel:+2975879000)

**WhatsApp:** [+297 587-9000](tel:+2975879000)

**Toll-Free:** [+1-888-817-5735](tel:+18888175735)

[reservations@eaglearuba.com](mailto:reservations@eaglearuba.com)



**Room Rates:** European Plan (no meals included) and are **INCLUSIVE** of mandatory nightly 27 % Service Charge & Government Tax, Environmental Levy charge of \$3 and \$0.50 AHATA Levy. (taxes and fees are subject to change without prior notice).

Single/Double (King or 2 Double Beds with Sofa Bed)	\$162.25 per room
Triple (King or 2 Double Beds with Sofa Bed)	\$187.65 per room
Quadruple (King or 2 Double Beds with Sofa Bed)	\$200.50 per room
KPM2-2Bedroom (1-6 persons) LIMITED SUPPLY	\$336.76 per suite

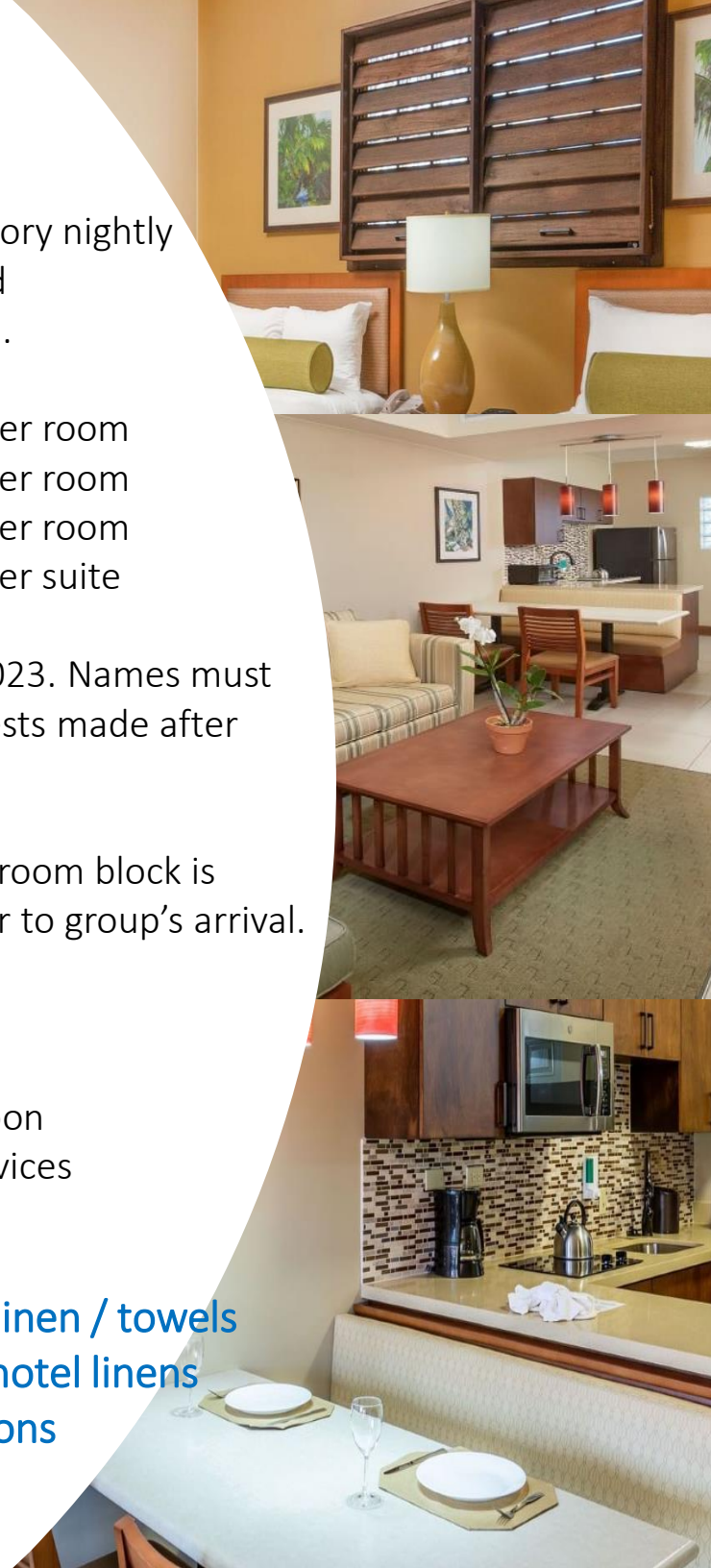
**Deadline** for reservations of required rooms by each federation is August 5, 2023. Names must be provided by September 15, 2023. Group room rate and Reservation requests made after August 5, 2023 can not be guaranteed and is subject to availability.

**Payment Terms:** 25% Payment expected upon reservation for each federation room block is August 5, 2023 . Full pre-payment and cancellation is due thirty (30) days prior to group's arrival.

**Standard conditions:** Check-in time: 4PM | Check-out time: 11AM

**Security Deposit:** \$100.00 by Credit Card or Cash for Each Room is required upon arrival. This covers incidental charges, like phone calls, meals or any other services that are available at a fee not included in the room rate.

**Linens / Towels:** It is recommended that athletes bring additional bed linen / towels so as not to damage and stain the hotel linens. Damaged and stained hotel linens will be charged a replacement fee to the respective athletes / federations





## CHAMPIONSHIP VENUE

# ARUBA MARRIOTT RESORT STELLARIS CASINO

11020 L.G. Smith Boulevard No. 101, Palm Beach

+297 586-9000

[www.marriott.com](http://www.marriott.com)



## ELIGIBILITY

All participating national federations must be members affiliated with the IFBB & CACBBFF. Federations must be current with the payment of their annual affiliation fees to the IFBB and CACBBFF. It is recommended that each federation verify with the CACBBFF Treasurer to confirm their membership status to avoid any disqualification of any athletes from competition. The limit of participants for any country is 40 athletes

## OFFICIAL ATHLETE REGISTRATION

Registration and weigh is scheduled for Friday, September 22, 2023 from 9:00 am – 3:30 pm. 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

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 \$50

The inscription fee per athlete is US \$100 to be paid 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.

## ANTI-DOPING

The 50<sup>th</sup> Central American and Caribbean Championships will be subject to the ADAMS system and the WADA Anti-Doping Rules to be administered and controlled by the CACBBFF Doping Commission.

It is recommended that each participating National Federation carry out their own verification with their athletes to ensure that their athletes are free of any banned substance to avoid any sanctions, fines and penalties



## POSING MUSIC

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

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

Competitors participating in two classes must bring 2 USB Drives, one for each class if they contain different music

Athletes or federation representatives must pick up all music 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.

A Tanning service with [Pro-Tan Aruba](#) is made available to athletes. Packages and pricing will be provided. Online booking will be available as of July 31, 2023.

Website: [www.protanaruba.com](http://www.protanaruba.com)

Email: [info@protanaruba@gmail.com](mailto:info@protanaruba@gmail.com) / [protanaruba@gmail.com](mailto:protanaruba@gmail.com)





## JUDGES

To assist the Judges Committee in the selection of judges for the different judging panels for the CAC Championships, each Federation must provide names in advance of each participating certified judge along with those individuals who wish to participate as a “test” judge.

All names of the judges should be submitted to the CACBBFF, the Aruba Bodybuilding & Powerlifting Association and its Organizing Committee as part of the Final Entry Form submission. These will be considered with priority.

The annual fee for renewal of Continental Judges passport is \$30. This fee must be paid to the CAC Treasurer.

All International IFBB judges must have a valid and current IFBB judges passport having paid the annual IFBB judge fee of 50 euros for the year 2023. This fee can also be paid at championships in the Aruba. Please add the names of the judges and test judges on the final registration form.

A judges seminar / meeting is tentatively scheduled for 9:00 am Saturday, September 23



## NATIONAL FLAG

All participating National Federations must bring a National Flag to be used during the awards ceremonies for those athletes winning 1<sup>st</sup> place in his/her category. The recommended size is 5 feet by 3 feet (150 cm x 90 cm)

## NATIONAL ANTHEM

All participating National Federations must bring music of their National Anthem on a USB. This must be on a separate CD from any posing music (The anthem must be a short version with a max of 35 seconds)

## NATIONAL UNIFORMS

A maximum of two, non repetitive, sponsors' names are allowed on National Uniforms (names of liquor and tobacco products, as well as substances declared to be prohibited by WADA Fitness are not permitted). Athletes are allowed to have only one sponsor's name. Names should not exceed 5 inches by three 3 inches (12.7 cm by 7.6 cm)

## PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes taking part in the Parade of Nations is their posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations which is scheduled for Sunday, September 24, 2023



### Men's Bodybuilding

Junior	Open Class
	Up to and Including 65kg
	Up to and including 70kg
	Up to and including 75kg
	Up to and including 80kg
Senior	Open Class
	Up to and including 85kg
	Up to and including 90kg
	Up to and including 95kg
	Up to and including 100kg
	Over 100 kg
	Open Class
Masters	Open 40-49 years incl
	Open over 49 years

### Men's Physique

Junior	Open Class
	Up to and including 170cm
	Up to and including 173cm
Senior	Open Class
	Up to and including 176cm
	Up to and including 179cm
	Over 179cm
Masters	Open Class

### Men's Fitness

Open	Open Class
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### Men's Classic Bodybuilding

Junior	Open Class
	Up to and including 175cm
Senior	Open Class
	Over 175cm
Masters	Open Class

### Men's Classic Physique

Junior	Open Class
	Up to and including 175cm
Senior	Open Class
	Over 175cm
Masters	Open Class

### Men's Games Classic Bodybuilding

Open	Open Class
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### Muscular Men's Physique

Open	Up to and Including 175cm
	Over 175cm

### Mixed Pairs

Open	Open Class
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### Fit Pairs

Open	Open Class
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### Girls Children Fitness

Open	up to 9 years inclusive
Open	10-13 years inclusive
Open	Over 13 years

### Women's Bikini Fitness

Junior	Open Class
	Up to and including 160cm
	Up to and including 164cm
Senior	Open Class
	Up to and including 169cm
	Over 169cm
Masters	Open Class

### Wellness Fitness

Junior	Open Class
	Up to and including 158cm
	Up to and including 163cm
	Up to and including 168cm
Senior	Open Class
	Over 168cm
Masters	Open Class

### Women's Body Fitness

Junior	Open Class
	Up to and including 163cm
Senior	Open Class
	Over 163cm
Masters	Open Class

### Women's Physique

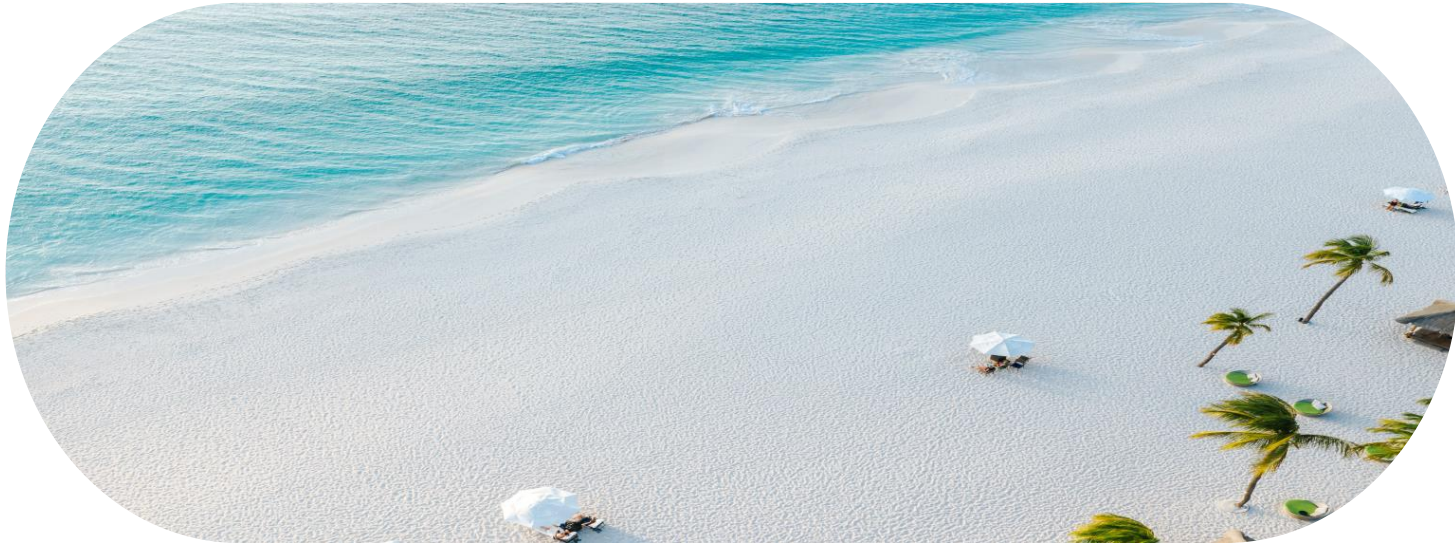
Open	Open Class
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### Women's Fit Model

Open	Open Class
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### Women's Artistic Fitness

Open	Open Class
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## OVERALLS

Men's Bodybuilding

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Men's Bodybuilding Masters

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Men's Classic Bodybuilding

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Men's Classic Physique

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Men's Physique

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Muscular Men's Physique

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Women's Bikini Fitness

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Wellness Fitness

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Women's Body Fitness



## 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
- ✓ A special Trophy will be given to the 3 best National Teams



## PRELIMINARY ENTRY FORMS

National Federations are required to notify the Organizing Committee in Aruba of their intention to participate by submitting the Preliminary Entry Form no later than July 31, 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 September 14, 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 Aruba Bodybuilding & Powerlifting Association and its Organizing Committee to ensure adequate transportation for each delegation.

## SECRETARIAT

The Aruba Organizing Committee and the CACBBFF, will establish a secretariat at the Eagle Resort and / or the Marriott Resort.

The Secretariat will run from Wednesday, September 21 to Sunday, September 2

All heads of delegations should inform and make contact with the Secretariat to receive information packets for their entire delegations to include final schedule of events, local event transfer information from official designated hotels)

## CREDENTIALS

Official credentials will be provided as follows:

All participating athletes

1 Delegate for Federation with 1 – 3 Athletes

2 Delegates for Federations with 4 + Athletes

Judges, Test Judges & Officials

## TICKETS

All supporters, coaches, trainers, back-stage personnel including make-up and hair professionals must purchase their respective competition entry tickets or credentials



## SCHEDULE OF EVENTS (TENTATIVE)

A final schedule of activities and updated information will be distributed prior to the Championships

### Wednesday, September 20, 2023 and Thursday, September 21, 2023

Arrival of CACBBFF officials, athletes and all delegations

### Friday, September 22, 2023

9:00 am -3:30 pm	Athlete Registration & Weigh In	To Be Advised
4:30 pm – 7:00 pm	CACBBFF General Assembly	Marriott
7:00 pm – 9:00 pm	Welcome Reception	Marriott
	CAC Board of Directors, Federation Presidents and Delegates	

### Saturday, September 23, 2023

9:00 am – 11:00 am	Judges Meeting & Seminar	Marriott
1:00 pm – 7:00 pm	Pre-judging & Finals Day 1	Marriott

### Sunday, September 24, 2023

10:00 am – 6:00 pm	Official Opening	Marriott
	Pre-judging & Finals Day 2	Marriott
8:00 pm	Closing Banquet	Marriott

### Monday, September 25, 2023

Departure of Athletes, Delegates and officials



# CORRESPONDENCE

All correspondence and communication about participation in the 50<sup>th</sup> Central American and Caribbean 2023 Championships can be forwarded to

## Organizing Committee

Mr. John G. Arendsz, President  
Aruba Bodybuilding & Powerlifting Association  
Email: [jfgarendsz@hotmail.com](mailto:jfgarendsz@hotmail.com)  
Tel: +297 593-8548

Mr. Ed Malone  
Aruba Bodybuilding & Powerlifting Association  
Email: [ed.malone14@gmail.com](mailto:ed.malone14@gmail.com)  
Tel: +1 646 272-9339

## CACBBFF

Mr. Marco Cabezas  
General Secretary- CACBBFF  
Email: [mac.cabezas@hotmail.com](mailto:mac.cabezas@hotmail.com)  
Tel: +52 1 555544803027

Mr. Adolfo Martínez  
Chairman - Judges Committee CACBBFF  
E-mail: [adomarsg@hotmail.com](mailto:adomarsg@hotmail.com)  
Tel: + (58)414-2434648

Mr. Perry Jerome  
Chairman -Technical Committee CACBBFF  
Email: [Perryjerome65@yahoo.com](mailto:Perryjerome65@yahoo.com)  
Tel: +1 868 7769545