



**THE 23<sup>RD</sup> ARAB BODYBUILDING CHAMPIONSHIP FOR MEN & THE 19<sup>TH</sup> FOR JUNIORS  
& THE 3<sup>RD</sup> FOR PHYSIQUE & CLASSIC PHYSIQUE**

**MAIN INFORMATION**

**NAME OF THE EVENT: The 23<sup>rd</sup> Arab Bodybuilding Championship for Men & the 19<sup>th</sup> for Juniors & the 3<sup>rd</sup> for Physique & Classic Physique**

**CITY / COUNTRY: Alexandria, Egypt**

**DATE: from 17 to 20 November 2023**

**EVENT OPEN FOR : Athletes from all Arab countries**

**IFBB ELITE PRO CARD QUALIFIER YES  NO**

**IFBB INTERNATIONAL RANKING QUALIFIER YES  NO**

**DAY OF ARRIVAL : November 17, 2023**

**DAY OF DEPARTURES: November 20, 2023**

**REGISTRATION DAY:  
November 17, 2023**

**TIME: 09:00**

**PLACE: Sheraton Montazah Hotel -  
Alexandria**

**WEIGH-IN DAY:  
November 17, 2023**

**TIME: 09:00**

**PLACE: Sheraton Montazah Hotel -  
Alexandria**

\*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.

**RECOMMENDED AIRPORT: BORG EL ARAB International Airport, Alexandria**

**VISA INFORMATION:** All National Federations could ask for an Invitation Letter either to the Championship Organizer. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants' visas. To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply. 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 any misuse and/or unlawful utilization of the same visa.

**VENUE: Sheraton Montazah Hotel - Main Hall**

**HOTEL INFORMATION**

**RECOMMENDED HOTEL: Sheraton Montazah Hotel - Alexandria**

## REGISTRATION FEE:

Each international athlete must pay the IFBB registration fee of **EUR €200**.

Registration fee for athletes to enter this competition must be paid in advance by credit/debitcard 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 **EUR €50**.

**CROSSOVER: EUR €100 per each of the additional categories.**

**DEADLINE FOR ONLINE PAYMENT: November 09<sup>th</sup>, 2023**

\*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 €40/USD \$50 and are mandatory.

\*All posing music must be on an the 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:

### SENIOR CATEGORIES:

MEN'S CLASSIC PHYSIQUE UP TO 173 CM  
MEN'S CLASSIC PHYSIQUE UP TO 176 CM  
MEN'S CLASSIC PHYSIQUE OVER 176 CM

MEN'S BODYBUILDING UP TO 70 KG  
MEN'S BODYBUILDING UP TO 80 KG  
MEN'S BODYBUILDING UP TO 90 KG  
MEN'S BODYBUILDING UP TO 100 KG  
MEN'S BODYBUILDING OVER 100 KG

MEN'S PHYSIQUE UP TO 173 CM  
MEN'S PHYSIQUE UP TO 176 CM  
MEN'S PHYSIQUE UP TO 179 CM  
MEN'S PHYSIQUE OVER 179 CM

MUSCULAR MEN'S PHYSIQUE UP TO 176 CM  
MUSCULAR MEN'S PHYSIQUE OVER 176 CM

### MASTERS CATEGORIES:

MASTER MEN'S BODYBUILDING 40-49 UP TO 80 KG  
MASTER MEN'S BODYBUILDING 40-49 OVER 80 KG

MASTER MEN'S BODYBUILDING 50-59 UP TO 80 KG  
MASTER MEN'S BODYBUILDING 50-59 OVER 80 KG  
MASTER MEN'S BODYBUILDING 60 YRS - OPEN

### JUNIOR CATEGORIES:

JUNIOR MEN'S BODYBUILDING 16-20 YRS UP TO 60 KG  
JUNIOR MEN'S BODYBUILDING 16-20 YRS UP TO 75 KG  
JUNIOR MEN'S BODYBUILDING 16-20 YRS OVER 75 KG

JUNIOR MEN'S BODYBUILDING 21-23 YRS UP TO 75 KG  
JUNIOR MEN'S BODYBUILDING 21-23 YRS OVER 75 KG

JUNIOR MEN'S PHYSIQUE 16-20 YRS - OPEN  
JUNIOR MEN'S PHYSIQUE 21-23 YRS UP TO 176 CM  
JUNIOR MEN'S PHYSIQUE 21-23 YRS OVER 176 CM

JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YRS UP TO 176 CM  
JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YRS OVER 176 CM

## AWARDS:

Top six athletes in each category will be awarded with **medals**.

Top six athletes in each category will be awarded with a **Certificate of Excellence**. Overall winner will have a **trophy**.

## IFBB ELITE PRO CARDS:

**DISTRIBUTION: The first place winner in each senior category will be awarded with the IFBB Elite Pro Card (after application through their National Federations).**

## \*REGISTRATION DEADLINE

FINAL ENTRY FORM: **November 09<sup>th</sup>, 2023**

## 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 & amp, 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.
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## 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.

## CONTACT INFORMATION:

Please send Your Entry Form to:

**Dr. Eng. Adel Fahim**

**President, Arab Fitness & BB Federation**

E-mail: [ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)

Please send a copy to the IFBB Technical Committee:  
Eng. Andrew Michalak

E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

*and*

IFBB HeadOffice:

Ms. Daria

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

## 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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to the Team Managers & Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50/USD €60** paid for the current year. This fee may also be paid at the EVENT at the Team Managers & Judges Meeting.