

**AJMAN**

حكومة عجمان  
Government of Ajman

دائرة التنمية السياحية  
Department of Tourism Development



بطولة عجمان الدولية لبناء الأجسام  
Ajman International Bodybuilding Competition



**CASH PRIZES**

**22.000\$**

**FOR AMATEUR AND IFBB ELITE PRO**



# WELCOME

*We are glad to present to you the Fourth edition of the prestigious competition for amateur and IFBB Elite PRO in the city of Ajman UAE.*

*Don't miss this opportunity to attend the show which will give you the opportunity to meet and compete with athletes from all around the world.*

*Due to its unique geographical location, AJMAN BODYBUILDING COMPETITION is a great place to travel and enjoy the best hospitality in Ajman City.*

*We welcome you all the participants and the audience of this amazing show.*

## LANGUAGE

*Arabic is the official language, although English is widely spoken and most road and shop signs and restaurant menus are in both languages. The further out of town you go, the more Arabic you will find, both written and spoken.*

FOLLOW US !





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## City Info

### Emirate Of Ajman

*Please visit the website to know more information*

<https://ajman.travel/en/travel-guide>

*The Emirate of Ajman is a major hub in the UAE's entity, through its role in the initiative of the Union and its geographical location. It is located within the Northern Emirates overlooking the Arabian Gulf and the middle of the Emirate of Sharjah and Umm Al Quwain. It covers an area of 260 square kilometers. To 600 km. The emirate includes the cities of Musfout and Manama, as well as the city of Ajman, which is the capital of the headquarters of the Governor's Office and the headquarters of the departments and government institutions.*

*Within three decades, Ajman has been able to be the investment front in the region, opening a window to the world through trade and industry and supporting investors with a set of laws and regulations to achieve the vision of wise leadership.*

*Ajman is known worldwide because of its touristic worthy. One of the most famous places in the world.*

*Ajman is a short -15minute journey from Sharjah International Airport, 30 minutes from Dubai International Airport, and just over two hours from Abu Dhabi International Airport.*





## Airports



### Dubai International Airport

*Located 30 kilometres from Ajman, Dubai International Airport is one of the busiest and best connected airports in the world, with 125 airlines serving over 250 destinations.*

*The two local carriers are Emirates, the official airline of Dubai that offers daily flights from 140 destinations, and FlyDubai, a low-cost airline with a network of more than 80 destinations.*

*A taxi from Dubai International Airport to Ajman takes about 30 minutes outside of rush hour, and will cost around 130 AED, including an airport surcharge of 25 AED. Alternatively, intercity buses depart every 20 minutes and cost around 10 AED.*

### Sharjah International Airport

*Sharjah International Airport is located 20 kilometres from Ajman. More than 40 airlines connect the emirate to 70 international destinations.*

*Sharjah International Airport is also home to the low-cost carrier Air Arabia, which serves more than 100 destinations.*

*A taxi from Sharjah International Airport to Ajman takes about 15 minutes, depending on traffic, and will cost around 80 AED, including an airport flag fall of 20 AED. Alternatively, intercity buses depart every 20 minutes and cost around 10 AED.*

# VISA

**You may need a visa to visit the UAE. Visa regulations are subject to change, but the following overview should give you an idea of whether you will need one.**

*A valid passport is required to enter in UAE. and should have at least one blank page for visas.*

*An Official Letter of Invitation will be made available if required. Contact Ms. Daria info@ifbb.com*

*GCC nationals Citizens of Bahrain, Kuwait, Qatar, Oman and Saudi Arabia do not need a visa to enter UAE. You simply need to produce your GCC country passport or ID Card upon arrival in the UAE.*

## *Visa on arrival*

*Citizens of 45 other countries (including the US, UK, Singapore, Malaysia, Australia and many EU countries) are granted a free tourist visa upon arrival in the UAE, which is valid for 30 days. To see if your country is on the list, check with your local consular office or visit the Ministry of Foreign Affairs website.*

## **Sponsored visas**

*If you do not fall into one of the above categories, you will need to arrange a visa and a sponsor before you travel. The sponsor normally applies for the visa on your behalf. Hotels and tour companies can apply for a Tourist Visa for you, which is valid for 30 days, or a Visit Visa, which is valid for 30 days and can be extended for other 30 days. For more information, contact your local consular office or visit the Ministry of Foreign Affairs website.*



# HOTEL

Ramada Hotel & Suites Ajman



A vibrant and dynamic complex within the city, Ramada Hotel & Suites Ajman is merely minutes away from Ajman City Centre and is easily accessible from the highway, set in Al-Rashdiah, Which is the new upcoming area of Ajman City. Take advantage of the gym, spa and 25m pool, indulge in a choice of 7 diverse restaurants and comfortable rooms, as well as complimentary shuttle services and comfortable rooms, as well as complimentary shuttle services

+971 (6) 703 1111  
Ramadaajman.com

Zoya Health & Wellbeing Resort



Located In the center of the city .  
Offers 60 Rooms and Suites elegantly decorated and designed for a luxurious and comfortable stay.  
There is a lot of daily activity same like yoga and meditation.  
Handcraft coffee and freshly salads.  
The hotel also features a wide summing pool for those who enjoy the blue water and sunsets.

+971 (6) 557 6555  
ZOYA Health & Wellbeing Resort








# Venue

## Police Shooting and Sports Club



<https://maps.app.goo.gl/SDjQktLCADykbxat8>

# CATEGORIES OPEN FOR THIS COMPETITION

				
BODYBUILDING	CLASSIC BODYBUILDING	MEN'S PHYSIQUE	CLASSIC PHYSIQUE	MUSCULAR MEN'S PHYSIQUE
UP TO 70 KG UP TO 75 KG UP TO 80 KG UP TO 85 KG UP TO 90 KG UP TO 95 KG OVER 95 KG	UP TO 170 CM UP TO 175 CM OVER 175 CM	UP TO 170 CM UP TO 174 CM UP TO 178 CM OVER 178 CM	UP TO 170 CM UP TO 174 CM UP TO 178 CM OVER 178 CM	UP TO 175 CM OVER 175 CM
► JUNIOR <ul style="list-style-type: none"> <li>● one open categorie</li> </ul> ► MASTER <ul style="list-style-type: none"> <li>● one open categorie</li> </ul>	► JUNIOR <ul style="list-style-type: none"> <li>● NA</li> </ul> ► MASTER <ul style="list-style-type: none"> <li>● NA</li> </ul>	► JUNIOR <ul style="list-style-type: none"> <li>● one open categorie</li> </ul> ► MASTER <ul style="list-style-type: none"> <li>● one open categorie</li> </ul>	► JUNIOR <ul style="list-style-type: none"> <li>● one open categorie</li> </ul> ► MASTER <ul style="list-style-type: none"> <li>● one open categorie</li> </ul>	► JUNIOR <ul style="list-style-type: none"> <li>● NA</li> </ul> ► MASTER <ul style="list-style-type: none"> <li>● NA</li> </ul>

***Note: Minimum number of competitors to run a category should be 3. If less than 3 athletes, categories will be combined, wherever possible.***





## AWARDS

- *Top six athletes in each category will be awarded with certificates*
- *Top three athletes in each category will be awarded with medals or trophies.*
- *Top 5 athletes in Men's senior categories will be awarded points to the 2023 IFBB World Ranking, according to the World Ranking Rules.*
- *Overall winners in Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Classic Physique and Muscular Physique will be awarded with the IFBB Elite Pro Cards (after application through their National Federations).*

## Cash Prizes for top 3 athletes



Category	First Place	Second Place	Third Place
Men's Body building	5000 AED	3000 AED	2000 AED
Men's Classic Body building	5000 AED	3000 AED	2000 AED
Men's Physique	5000 AED	3000 AED	2000 AED
Men's Classic Physique	5000 AED	3000 AED	2000 AED



## IFBB ELITE PRO CARDS



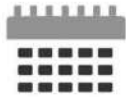
### For Overall Winners

▶ MEN'S BODYBUILDING	(03) IFBB ELITE PRO CARDS
▶ MEN'S MASTERS BODYBUILDING	(01) IFBB ELITE PRO CARDS
▶ MEN'S CLASSIC BODYBUILDING	(03) IFBB ELITE PRO CARDS
▶ MEN'S CLASSIC PHYSIQUE	(03) IFBB ELITE PRO CARDS
▶ MEN'S PHYSIQUE	(03) IFBB ELITE PRO CARDS
▶ MUSCULAR MEN'S PHYSIQUE	(02) IFBB ELITE PRO CARDS



# GENERAL SCHEDULE

## OFFICIAL ATHLETE REGISTRATION



Friday, 9<sup>th</sup> of February



**From: 13:00 PM to 19:00 PM**

From 13:00 PM To 14:30 PM

▶ **MEN'S BODYBUILDING**

From 14:30 PM To 15:30 PM

▶ **MEN'S CLASSIC BODYBUILDING**

From 15:30 PM To 17:30 PM

▶ **MEN'S CLASSIC PHYSIQUE**

From 17:30 PM To 19:00 PM

▶ **MEN'S MUSCULAR PHYSIQUE**

▶ **MEN'S PHYSIQUE**



**Location:**

ZOYA Health & Wellbeing Resort

## TEAM MANAGER AND JUDGES MEETING



**Friday, February 09**



**20:00 PM**



# EVENT SCHEDULE



Saturday, 10<sup>th</sup> of February



Start at 10:00 AM

- ▶ JUNIOR BODYBUILDING
- ▶ MASTERS BODYBUILDING
- ▶ MUSCULAR PHYSIQUE
- ▶ CLASSIC BODYBUILDING
- ▶ MEN'S SENIOR BODYBUILDING



Sunday, 11<sup>th</sup> of February



Start at 10:00 AM

- ▶ JUNIOR CLASSIC PHYSIQUE
- ▶ MASTER CLASSIC PHYSIQUE
- ▶ JUNIOR PHYSIQUE
- ▶ MASTER PHYSIQUE
- ▶ SENIOR CLASSIC PHYSIQUE
- ▶ SENIOR PHYSIQUE



## REGISTRATION

- *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 CHAMPIONSHIPS rests with the IFBB.*
- *It is 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 CHAMPIONSHIPS either at National or International level, Official or Invitational.*
- *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 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€/USD 45*



## REGISTRATION FEE

- *The IFBB Registration Fee is USD \$300 at <http://www.ifbb.com/competition-registration/> Coaches and helpers back stage passes are available at the athletes official registration at cost of USD \$30 Please add your name during online payment and bring a copy of your payment confirmation during registration. The deadline date to do the online payment is Jan 31<sup>st</sup>, 2024 (Wednesday). On Wednesday, Jan 31<sup>st</sup>, 2024 at 24:00hrs (midnight - Central European Time, UTC+1) the online payment system will be switched off. Registration payments made on the Registration day will be USD \$350. Each athlete participating in the Championship will be provided with an accreditation card or wristband at the registration. This identification allows daily admission and should not be removed.*



**CROSSOVER (USD \$100)**



## TANNING

*The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes at the backstage and if the tan comes off by simply wiping. the athlete will be told to remove the tan before going on stage*



## TANNING FEE

**USD \$110**

*Golden Innovation TAN is the official tanning company.*

*For reservations, please contact Ms. MUZAMEL RAHMAN,*

*info@goldeninnovations.ae*



## FINAL ENTRY FORMS

### **Contact Details:-**

*All entry forms and correspondence should be addressed to:*

- *IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and*
- *IFBB Head Office in Madrid, info@ifbb.com*

*The deadline date for submitting the Final Entry Forms is Monday, Feb 20<sup>th</sup>, 2023*



## **ATHLETES WITHOUT DELEGATION**

*ATHLETES WITHOUT DELEGATION All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Their National Federation must nominate all athletes by sending the Final Entry Form with their names.*



## **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 Technical Meeting.*

*IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of 60\$/50€ paid for the current year. This fee may also be paid at the Championships at the Technical Meeting*



## **MEDIA ACCREDITATION**

*All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form. Said Form must be remitted to the IFBB by email at the [info@ifbb.com](mailto:info@ifbb.com) no later than 18th February 2022.*



## **CAMERA/VIDEO TAPE EQUIPMENT**

*Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, at the event; these devices shall be strictly prohibited in the dressing room area.*



## **ELECTRICAL CURRENT**

*240/220V, 50 Hz AC. British-style-3pin electrical plugs are used (Type G or 13A plug). More info at <http://www.worldstandards.eu/electricity/plugs-and-sockets/>*



## **CURRENCY & VAT**

*The Emirati Dirham (AED) is the official currency of the United Arab Emirates.*

*USD 1.00 = AED 3.67 (as for December 29<sup>th</sup>, 2024)*

*EUR 1.00 = AED 4.06 (as for December 29<sup>th</sup>, 2024)*

*Current rates at: <http://www.xe.com/currency/aed-emirati-dirham>*

**Value Added Tax (VAT) is %5**



# THANK YOU



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Ajman International **Bodybuilding Competition**



IFBB ايليت برو عجمان  
**IFBB Elite Pro Ajman**

