



IFBB WEST AFRICA CHAMPIONSHIP

BODYBUILDING • MEN'S PHYSIQUE • MEN'S CLASSIC PHYSIQUE • MEN'S CLASSIC BODYBUILDING • MUSCULAR MEN'S PHYSIQUE
WOMEN'S BODYFITNESS • WOMEN'S BIKINI FITNESS • WOMEN'S WELLNESS

8 Pro Cards



to be **WON!**

25TH - 28TH APRIL, 2024

ACCRA, GHANA



WELCOME

The Organizing Committee of the Ghana Bodybuilding and Fitness Association (GBFA) together with the [International Fitness and Bodybuilding Federation](#) (IFBB) wishes to take this opportunity to extend a warm welcome to all [African Countries affiliated with IFBB](#) to participate in the IFBB West African Championships for Men and Women in the city of Accra, Ghana during the period of [April 25th to 28th, 2024](#).



ABOUT GHANA

Ghana officially the **Republic of Ghana**, is a country in [Africa](#). It spans the Gulf of Guinea and the [Atlantic Ocean](#) to the south, sharing borders with the [Ivory Coast](#) in [the west](#), [Burkina Faso](#) in [the north](#), and [Togo](#) in [the east](#).

In 1957, Ghana (formerly known as the Gold Coast) became the first country in sub-Saharan Africa to gain independence. After leading the country for nine years, the nation's founding President, Kwame Nkrumah was overthrown in a coup d'état in 1966. After Kwame Nkrumah, Ghana was ruled by a series of military despots with intermittent experiments with democratic rule, most of which were curtailed by military takeovers. The latest and most enduring democratic experiment started in 1992 and it is what has gained recognition for Ghana as a leading democracy in Africa.

Ghana has several tourist attractions such as the castles, Kwame Nkrumah Museum, Kakum National Park, Mountain Afadjato etc. Most of the major international airlines fly into and from the International Airport in Accra. Domestic air travel is thriving and the country has a vibrant telecommunications sector, with five cellular phone operators and several internet service providers.

THE CITY OF ACCRA

Accra is the capital and most populous city of Ghana. The city also doubles as the capital of the Greater Accra Region, and of the Accra Metropolis District with which it is coterminous. It is the administrative, communications, and economic centre of the country. Over 70% of Ghana's manufacturing capacity is located within this region district. Accra has been Ghana's capital since 1877, and contains public buildings reflecting its transition from a 19th century suburb of Victoriasborg to the modern metropolis it is today.

Among the attractions of Accra are the National Museum, with a display of exhibits that reflect the heritage of Ghana from prehistoric times to modern times, the National Theatre with its distinct modern architecture, the National Arts Center with local arts and crafts to suit all tastes, Independence Square, the Kwame Nkrumah Mausoleum, the Accra International Conference Centre, the Anglican Holy Trinity Cathedral, the fishing port at Jamestown and Makola Market.



VENUE: THE NATIONAL THEATRE OF GHANA

The National Theatre was opened in 1992 to spearhead the Theatre movement in Ghana by providing a multi-functional venue for concerts, dance, drama and musical performances, screenplays, exhibitions and special events. It is jointly built by the Government of the People's Republic of China and the Government of the Republic of Ghana. It is a beautiful edifice located right in the heart of Accra. It accommodates 1200 people.

Image by Paul Addo #pauladdophotos



OUTER-LOOK OF THE VENUE



INNER-LOOK OF THE VENUE

AIRPORT

The official arrival Airport is the Kotoka International Airport.



Kotoka International Airport (IATA: **ACC**, ICAO: **DGAA**) in Accra, Ghana is the country's most important international air facility and has the capacity for large aircraft such as the Airbus A380. The airport is operated by Ghana Airports Company Limited (GACL) which was established as a result of the decoupling of the existing Ghana Civil Aviation Authority (GCAA) in line with the modern trends in the aviation industry. The airport consists of two passenger terminals, Terminal 2 and Terminal 3. Terminal 2 serves only domestic flights, while Terminal 3 serves regional, international and long-haul operators

All participating countries should plan their flights to the **Kotoka International Airport**, however the Ghana Bodybuilding and Fitness Association (GBFA) will arrange for buses to pick you up at the Kotoka International Airport on arrival and transport you to the Official Hotel. It is very important that every federation provides the Organizing Committee with the complete arrival details of its team, including the number of people in their delegation. Your cooperation is very essential to ensure adequate transportation for your team.

EARLY ARRIVALS/ LATE DEPARTURES.

Any National Federation, including any of its individual team members, arriving before the official arrival date of **April 25th, 2024**, and/or will be staying after the official departure date of **April 28th, 2024** will be responsible for their own transportation.

The Official Arrival Date for all participants is **April 25, 2024**.

The Official departure Date for all Participants (**delegates, athletes**, and others) is **April 28th, 2024**.



VISAS INFORMATION

*Passport holders of 32 countries don't need a visa to enter Ghana. All nationals of the African Union that are neither visa-exempt nor eligible to obtain a gratis visa can instead obtain a regular visa valid for a maximum stay of 30 days upon arrival in Ghana, for a fee of USD \$150.

More info at: https://en.wikipedia.org/wiki/Visa_policy_of_Ghana

*With May 20th, 2023, the Government of Ghana has lifted existing Covid-19 travel restrictions for all arriving passengers in Ghana.

*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who requests and receives 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 of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

HOTEL INFORMATION

RECOMMENDED HOTELS : We recommend the below hotels which we have negotiated a good rate with.

Alisa Hotel: **USD \$130** per night per person.



Located a 10-minute drive from the beach and a 13-minute drive from the airport, Alisa Hotel North Ridge is an air-conditioned hotel with an outdoor swimming pool in its garden and a sun terrace. There is a fitness center on site. The rooms and suites at Alisa Hotel North Ridge are air-conditioned and have a flat-screen TV with satellite channels.

Best Western Accra Beach Hotel: **USD \$130** per night per person.



Located in Accra, Greater Accra Region the Premier lifestyle comes with a fully equipped fitness room for the active traveler, an exquisite on-site dining experience for the culinary aficionado, and ample amounts of meeting space suited to accommodate any large gathering.

Central Hotel: **USD \$120** per night per person.



Nestled between the financial district and the bustling cosmopolitan edge of Accra, our hotels and apartments cater to both the business and leisure needs of our guests. We

provide exceptional experiences, whether you're looking to conduct a meeting, eat organic foods, wind down, or simply need help weighing up what to **do** with your time in Accra.

Note: participants who wishes to get a **USD \$30** hotel rates daily, are encouraged to do so by sending a request email to the **organizers**.

REGISTRATION FEE

Each athlete must pay the IFBB registration fee of **USD \$150**.

Registration fee for athletes to enter this competition can be paid in advance by credit/debit card 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.

DEADLINE FOR ONLINE PAYMENT: 16/04/2024

*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 receive it during the registration.

*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.

CATEGORIES:

SENIOR MEN'S CATEGORIES

- MEN'S BODYBUILDING UP TO 70 KG
- MEN'S BODYBUILDING UP TO 75 KG
- MEN'S BODYBUILDING UP TO 80 KG
- MEN'S BODYBUILDING UP TO 85 KG
- MEN'S BODYBUILDING UP TO 90 KG
- MEN'S BODYBUILDING UP TO 95 KG
- MEN'S BODYBUILDING UP TP 100 KG
- MEN'S BODYBUILDING OVER 100 KG
- MEN'S BODYBUILDING OVERALL
- MEN'S CLASSIC BODYBUILDING UP TO 168 CM
- MEN'S CLASSIC BODYBUILDING UP TO 171 CM
- MEN'S CLASSIC BODYBUILDING UP TO 175 CM
- MEN'S CLASSIC BODYBUILDING UP TO 180 CM
- MEN'S CLASSIC BODYBUILDING OVER 180 CM
- MEN'S CLASSIC BODYBUILDING OVERALL
- MEN CLASSIC PHYSIQUE UP TO 168 CM
- MEN CLASSIC PHYSIQUE UP TO 171 CM
- MEN CLASSIC PHYSIQUE UP TO 175 CM
- MEN CLASSIC PHYSIQUE UP TO 180 CM
- MEN CLASSIC PHYSIQUE OVER 180 CM
- **MEN CLASSIC PHYSIQUE OVERALL**
- MEN'S PHYSIQUE UP TO 170 CM
- MEN'S PHYSIQUE UP TO 173 CM
- MEN'S PHYSIQUE UP TO 176 CM
- MEN'S PHYSIQUE UP TO 179 CM
- MEN'S PHYSIQUE UP TO 182 CM
- MEN'S PHYSIQUE OVER 182 CM
- MEN'S PHYSIQUE OVERALL
- MUSCULAR MEN'S PHYSIQUE - OPEN CATEGORY

SENIOR WOMEN'S CATEGORIES

- WOMEN BIKINI UP TO 158 CM
- WOMEN BIKINI UP TO 160 CM
- WOMEN BIKINI UP TO 162 CM
- WOMEN BIKINI UP TO 164 CM
- WOMEN BIKINI UP TO 166 CM
- WOMEN BIKINI UP TO 169 CM
- WOMEN BIKINI UP TO 172 CM
- WOMEN BIKINI OVER 172 CM
- **WOMEN BIKINI OVERALL**
- WOMEN BODYFITNESS UP TO 158 CM
- WOMEN BODYFITNESS UP TO 163 CM
- WOMEN BODYFITNESS UP TO 168 CM
- WOMEN BODYFITNESS OVER 168 CM
- **WOMEN BODYFITNESS OVERALL**
- WOMEN WELLNESS UP TO 158 CM
- WOMEN WELLNESS UP TO 163 CM
- WOMEN WELLNESS UP TO 168 CM
- WOMEN WELLNESS OVER 168 CM
- **WOMEN WELLNESS OVERALL**

AWARDS:

Top three 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 :

8 IFBB ELITE PRO CARDS FOR THE **OVERALL WINNERS** OF EACH CATEGORIES

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.

PROFESSIONAL TANNING SERVICE: **Yes, contact:** www.universalmusclefitness.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

All international judges must bring their International Judge's Cards to the Team Managers and 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 and Judges Meeting.

NATIONAL ANTHEM & NATIONAL FLAG

All National Federation must bring with them to Ghana their national Anthems [shortened version only] on a compact disc [CD] or pendrive. This must be on a **separate** CD from those which **contain** the posing music of the athletes. All National Federation must bring with them their respective National Flags. The flags **must be manufactured** of dense silk and measure no more than 2.5 meters x 1.5 **meters**.

PARADE OF NATIONS

The dress code for all delegate and/or officials taking part in the Parade of Nations is the IFBB official uniform. One [1] delegate per country must take part in the Parade of Nations.

GENERAL INFORMATION

TIME DIFFERENCE

Greenwich Mean Time (**UTC/GMT + 0**).

WEATHER

The temperature in Ghana in **April** is averages **29** degrees Centigrade.

CURRENCY

The currency is Ghana Cedis exchange rate (as for February 06th, 2024) is approximately :

- USD \$1.00 = GHS 12.38
- EUR €1.00 = GHS 13.31

PRELIMINARY ENTRY FORM

The PRELIMINARY ENTRY FORM must be returned to the Organizing Committee no later than March 15th, 2024.

FINAL ENTRY FORM

The FINAL ENTRY FORM must be returned to the Organizing Committee no later than April 15th, 2024.

FAILURE TO HONOUR FINAL ENRTY FORM DEADLINE

Deadline are set to assist the **organizer** with arranging **accommodations, meals**, onsite transportation and other championship activities. A failure to respect these deadlines is a breach of IFBB Rules.

If a National Federation fails to respect the deadline written on the Final Form, each 'Official participant from that federation will be required to pay all of his or her own expenses, including **accommodations, meals**, onsite transportation and access to the **Prejudging, Finals, and Farewell Banquet**.

CORRESPONDENCE

For general enquiries ;

- **TEL** : 00. 233. 278. 22. 77. 77 or
- **MB** : 00. 233. 554. 86. 59. 22
- **EMAIL** : ifbbwestafricachampionship@yahoo.com

Please send your Entry Form to:

Ms. Christiana Ashley

E-mail: christianaashley1984@yahoo.com

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:

Ms. Daria Dyka

E-mail: contact@ifbb.com

Thank you,
Abdul-Hayye Yartey
President, Ghana Bodybuilding & Fitness Association
AFBB Executive Member.

The 3rd West African Championships
Accra-Ghana
APRIL 25th - 28th, 2024

PRELIMINARY ENTRY FORM

In order to assist in the planning and organization of these Championship, please complete the Preliminary Entry Form and return it to the Organizing Committee.

AS SOON AS POSSIBLE BUT NO LATER THAT MARCH 15th, 2024.

- Federation Name :
- Number of Delegates :
- Number of **Athletes** :
- Arrival Date :
- Departure Date :

PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE NO LATER THAN MARCH 15th, 2024:

Please send your Entry Form to:
Ms. Christiana Ashley
E-mail: christianaashley1984@yahoo.com

Please send a copy to the IFBB Technical
Committee: Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:
Ms. Daria Dyka
E-mail: contact@ifbb.com

- **TEL** : 00. 233. 278. 22. 77. 77 or
- **MB** : 00. 233. 554. 86. 59. 22

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subjected to change. Please check regularly for updates:

DAY	DATE	ACTIVITY/EVENT
Thursday	April 25th, 2024	- Arrival
Friday	April 26th, 2024	- Registration / Weigh-in
Saturday	April 27th, 2024	- Competition
Sunday	April 28th, 2024	- Departures

Date of issue:

Completed by (*your name & position in the NF*):

SIGHTSEEING TOUR [KAKUM NATIONAL PARK & CAPE COAST CASTLE]

There will be a sightseeing tour to the Kakum National Park and the Cape Coast Castle.

Kakum National Park is a national park in Ghana; it is in the southern part of Ghana, in the Central Region of Ghana. The Park was first established in 1990 from an area of 350 square kilometers to the north of Cape Coast and Elmina near the small town of Abrafo. The entire area is covered with tropical rainforest.

In the park gamekeepers were specially trained to make accessible to the visiting tourists some important tropical plants on the grounds and their relevant medicinal significance. Besides the plant world, which partly also comprises rare species, the Kakum National Park presents rare animals, including the very rare and endangered Mona-meerkat, as well as pygmy elephants, forest buffalo, civet cats and a highly developed bird world.

Kakum National Park also has a round tour over a hanging bridge in the forest canopy level. From the so-called Canopy Walkway, at up to 40 m (130 ft) height, the visitor can approach the plants and animals in their living space which would otherwise be inaccessible for people. The Canopy Walkway passes over 7 bridges and runs over a length of 330 m (1,080 ft).



Experience a canopy walk

Cape Coast Castle is a fortification in Ghana built by Swedish traders. The first timber construction on the site was erected in 1653 for the Swedish Africa Company and named **Carolusborg** after King Charles X of Sweden. It was later rebuilt in stone.

In April 1663 the whole Swedish Gold Coast was seized by the Danes, and integrated in the Danish Gold Coast. In 1664 the Castle was conquered by the British and was extensively rebuilt by the Committee of Merchants (whose Governors administered the entire British colony) in the late 18th century. In 1844, it became the seat of the colonial Government of the British Gold Coast.

The Castle was built for the trade in timber and gold. Later the structure was used in the trans-Atlantic slave trade. The Castle, or Castle and Dungeon, to give it its official name, was first restored in the 1920s by the British Public Works Department.

In 1957, when Ghana became independent, the castle came under the care of the Ghana Museums and Monuments Board (GMMB). In the early 1990s, the building was restored by the Ghanaian Government, with funds from the United Nations Development Programme (UNDP), United States Aid for International Development [USAID], with technical assistance from the Smithsonian Institution and other NGOs.

This historic site was visited by the US President Barack Obama and Mrs. Michelle Obama and family on July 11, 2009.



BEACH EXPO

There will be a beach expo at one of Ghana's most famous beaches, Labadi Beach.



Labadi Beach is the busiest beach on Ghana's coast. On holidays and weekends the stretch of beach between Accra's two luxury waterfront hotels-- La Palm, and La Beach-- is a prime venue for relaxation, performances of reggae, hiplife, playback, and cultural drumming and dancing. Acrobats and fishermen provide entertainment; the surf is strong; and you'll find the best kababs and coldest beer in town. At night there is also live music, most of it quite good. The people-watching beats anything you'll see in Miami Beach!