

Amateur Bodybuilding

**INSPECTION**

*Report*

**17-19**

**MAY**

**2024**

**IFBB**

**President Santonja  
African Cup & Women's  
African Championships**

- 19 Pro Cards • Amateur Bodybuilding
- Fitness Challenge • All IFBB Amateur categories
- Open for all countries

**Venue: COLOSSEUM REALE**  
88GH+57, Roodeplaat, Pretoria,  
South Africa





# TRANSPORTATION

## Ground transport

Car hire, Uber or Bolt is available. IGO Travel is the official travel agent partner and will be able to assist you with national, international flights, visa information and booking ground transportation.

## OR Tambo International Airport

Johannesburg OR Tambo International Airport is the busiest airport on the continent of Africa and is situated in the Kempton Park district of Johannesburg, 23 km north-west of the city centre and 46 km south of Pretoria city centre.

Formerly, Jan Smuts Airport, it has been renamed in honour of the late and former ANC President, Oliver Reginald Tambo, who was more commonly referred to by the name of OR Tambo. Johannesburg OR Tambo International Airport is one of the few airports in the world with scheduled passenger direct flights between all 6 inhabited continents and also serves as a continental gateway to many sub-Saharan countries.

## Lanseria Airport

Passengers can make use of our world class facilities day and night. With flights from commercial airlines and charter companies operating every day, 24/7.

The newly expanded terminal building offers domestic, regional, and international flight departures and arrivals. Destinations from the commercial airlines currently include both Durban and Cape Town, with more to come soon. The new runway has paved the way for larger aircraft to comfortably land here.

**Vicky Peterson**  
vicky.peterson@igotravel.co.za







## VENUE

# Colosseum Reale

88GH+57, Roodeplaat, Pretoria, South Africa







*Bushmans Rock*



*Gabbata Lodge*

RECEPTION



## ACCOMMODATION

**Gabbata Lodge** in the Bushveld, the four star Gabbata Lodge is situated on a 30 hectare expanse of untamed bushveld with various species of game and bird life. The Lodge provides the perfect setting for all your special occasions. It is an escape from the hustle and bustle of the big city to open spaces, fresh air and the beautiful surroundings of the Roodeplaatdam.

We offer an array of facilities and activities to suit every need and taste! That includes: Accommodation; A la Carte Restaurant and Sunday Buffet; Wine Cellar; Fun-park; Kids Zone; Live performances; Boma, Spitbraai; Breakfast Runs and much, much more!

Gabbata Lodge's Restaurant has a specialized menu with unique, mouth-watering dishes that will most certainly leave you amazed and delighted at the same time.

So whether it's breakfast, lunch or supper, personal care and attention to detail ensure that every meal at our Restaurant is one to remember. At Gabbata Lodge, our 4-star venue, we have a variety of rooms on offer. Our 16 rooms and 2 self-catering chalets are beautifully decorated and have spectacular views of the bushveld surroundings near Roodeplaat Dam. The feel of our suites is one of warmth, elegance and tranquil bushveld luxury. All suites are north-facing with breath-taking scenes. Roodeplaat Dam and its surrounding panoramic vegetation are visible.

**Lodge** Stand 69/70, Leeuwfontein, Pretoria, South Africa | 082 420 9013 | 082 385 9181

**Email:** [mariette@gabbata.co.za](mailto:mariette@gabbata.co.za)  
[rooms@gabbata.co.za](mailto:rooms@gabbata.co.za)

[www.gabbata.co.za](http://www.gabbata.co.za)

**Bushmans Rock Country Lodge** has 4 star luxury accommodation right here in Pretoria, Gauteng, South-Africa. Accommodation at Bushman's Rock Country Lodge comprises 48 bedrooms, which are split into different room categories. These rooms are equipped with either 1 or 2 single beds, or a king-size bed with an en-suite shower and or bath, basin and toilet. Other amenities included in most of these rooms are a bar fridge, a TV with selected DStv channels, a microwave, as well as tea- and coffee-making facilities.

**Lodge** +2712 808 2888/2113 | +27 82 876 1621  
**Crazy Bushmans Restaurant** +27 79 877 9085  
**Bushmans Rock Riverside Spa** +27 66 138 7296

**Accommodation**  
[reception@bushmansrock.co.za](mailto:reception@bushmansrock.co.za)

[www.bushmansrock.co.za](http://www.bushmansrock.co.za)

## The official registration will be Friday, 17 May 2024 10:00 to 18:00.

Weigh-in and measurements will be conducted at Colosseum Realde, 88GH+57 Roodeplaat, Pretoria, 0135 South Africa.

### REGISTRATION FEES AND PAYMENTS

#### South African Athletes:

South African Athletes: IFBB Registration Fee of USD \$150 if registered in advance, online. USD \$200, if paid at the registration.

#### International Athletes:

IFBB Registration Fee of USD \$250 if registered in advance, online. USD \$300 if athletes register on Friday, 17 May 2024. The deadline date for online payment is 7 May 2024. On the 7th of May 2024, at 24:00 hrs (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off.

- Remember that all athletes will have to produce their IFBB International Card at registration. Any athlete who has not yet purchased or renewed their IFBB International Card will have to buy one at registration. IFBB Cards are EUR €40 or USD \$50 and are mandatory.
- If an athlete wants to participate in additional categories, the registration fee for each of the additional categories is USD \$100.

#### Possible crossovers:

- Men's Classic Bodybuilding – Classic Physique – Bodybuilding;

- Women's Bikini – Women's Fit-Model;
- Women's Wellness – Women's Fit-Model.
- Also junior and masters in senior classes.

#### How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
3. Register as an International Athlete, paying your IFBB Blue Book at 2024-PSSACup | IFBB ([ifbb-registration.com](http://ifbb-registration.com))
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.
7. Attend the event.

#### Each athlete should have the following at registration:

- ID Document
- IFBB International Card (Blue Book)
- Music in the MP3 format on audio CD or USB memory, clearly marked with name + division. Only 1 song on the CD or USB.

#### IMPORTANT NOTICE:

The use of profane, vulgar or offensive language is strictly prohibited in posing music, otherwise you will be asked to leave the stage.







**The competition is open to ALL THE IFBB-AFFILIATED NATIONAL FEDERATIONS.**

## COMPETITION INFORMATION

The number of participating athletes is UNLIMITED. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

### **Entry forms should be emailed to:**

#### **IFBB Vice-President for Africa**

Dr. Eng. Adel Fahim: [ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)

#### **IFBB Office:**

[contact@ifbb.com](mailto:contact@ifbb.com)

#### **IFBB Technical Committee**

Eng. Andrew Michalak:  
[amichalak5@gmail.com](mailto:amichalak5@gmail.com)

#### **IFBB SA Head Office**

Ellmari Wroe: [ifbbsapa@gmail.com](mailto:ifbbsapa@gmail.com)

Once the Entry form from the National Federation has been received and accepted,

an official letter will be sent to the National Federation confirming the participation of its National Team enter in the 2024 President Santonja Africa Cup and Ladies Africa Championships. Those teams or athletes who have not met the established requirements or who missed the deadline for registration, will also be notified that they will be unable to participate in this competition. The final decision to allow an athlete to compete in this event rests with the IFBB.

### **The deadline date for submitting the Final Entry Forms is 7 May 2024.**

We strongly encourage you to register early and make the appropriate arrangements to compete in the 2024 President Santonja African Cup and Women's African Championships.

South African Athletes will have to qualify and be recommended by the IFBB SA Head Office.

South African athletes will enter through the link on the IFBB International web page and make payment to IFBB International via PayPal.

### **Please be aware:**

**It is full responsibility and obligation of the national federation to verify if each of the athletes to be registered on this international event are not suspended or have any violation action against the competitor due to anti-doping rule violations or any disciplinary case at national or international level.**



# JUDGES AND MEDIA

## 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 Johannesburg IFBB International Judges must have a valid IFBB Judges Card with the IFBB yearly judges fee of EUR €50 paid for 2023. This fee may also be paid at the Championships in Johannesburg.

## MEDIA ACCREDITATION

Media can apply online for a media pass via the webpage. Media passes contact michelle@gentlegiantpromotions.com

**TEAM MANAGERS WILL ONLY BE ALLOWED BACKSTAGE AS INDICATED ON THE ENTRY FORM BY THE NATIONAL FEDERATION.**

**(RECEIVE SPECIAL PASS ON REGISTRATION DAY)**

Backstage tickets are available at [webtickets.co.za](http://webtickets.co.za)



**Each athlete participating will be provided with a competitor wristband at the registration. This wristband allows access to the venue, expo and backstage. Please do not remove the wristband as no access will be given if not on your arm. (If you lose your wristband, you will have to present proof of payment or broken wristband at registration).**





## TANNING, HAIR & MAKEUP

Self-application product will be available to purchase at all events.

Online bookings and payment:

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

Jan Tana will be the Exclusive Tanning, Hair & Makeup company Back Stage. They will provide Professional Airbrush Tanning, Hair & Makeup Services to insure you look your best.

**PLEASE MAKE BOOKINGS FOR TANNING, HAIR AND MAKEUP IN ADVANCE WITH JAN TANA.**

Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pro.

### GENERAL

- [admin@jantanaafrica.com](mailto:admin@jantanaafrica.com)

### FRANCE PRICE

- [france@gentlegiantpromotions.com](mailto:france@gentlegiantpromotions.com)

### MICHELLE PRICE

- [Michelle@gentlegiantpromotions.com](mailto:Michelle@gentlegiantpromotions.com)

The service will include base coat, stage coat, touch up and glaze. Time schedule will be shared 1 week before competition date.

South African athletes	R 950.00
International athletes	R1 500.00

**The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off.**

**Book your Hair and Makeup online or direct with our professional Service Providers.**

### HAIR AND MAKEUP

*Isma Theron* | **Tipsee & Co**

**Cell:** +27 81 488 1610

**e-mail:** [ismatheron@gmail.com](mailto:ismatheron@gmail.com)

*Lente Rautenbach* | **Makeup by Lente**

**Cell:** +27 76 493 5874

**e-mail:** [Velentestudio.lemmer2@gmail.com](mailto:Velentestudio.lemmer2@gmail.com)

*Roxy Barker* | **Makeup by Roxy**

**Cell:** +27 72 578 2070

**e-mail:** [makeupbyroxyamas@gmail.com](mailto:makeupbyroxyamas@gmail.com)



# FITNESS LINE UPS | RUNNING SCHEDULE

## Saturday 18 May 2024

<b>MEN'S PHYSIQUE</b>	U174cm   O174cm   Over 40yrs
<b>MUSCULAR MEN'S PHYSIQUE</b>	Open Category
<b>MEN'S CLASSIC BODYBUILDING</b>	U174cm   O174cm   Over 40yrs
<b>MEN'S CLASSIC PHYSIQUE</b>	U180cm   O180cm
<b>MEN'S JUNIOR BODYBUILDING</b>	16yrs to 23 years
<b>MEN'S MASTERS BODYBUILDING</b>	Over 40 years
<b>MEN'S BODYBUILDING</b>	<ul style="list-style-type: none"> <li>• Bantamweight 65 kg</li> <li>• • Lightweight 70 kg</li> <li>• • Welterweight 75 kg</li> <li>• • Light-Middleweight 80 kg</li> <li>• • Middleweight 85 kg</li> <li>• • Super-Middleweight 90 kg</li> <li>• • Light-Heavyweight 95 kg</li> <li>• • Heavyweight 100 kg</li> <li>• • Super Heavyweight +100 kg</li> </ul>

## Sunday 19 May 2024

<b>WOMEN'S FIT-MODEL</b>	U166 cm   O166 cm
<b>WOMEN'S BODYFITNESS</b>	Open Category
<b>WOMEN'S WELLNESS</b>	U166 cm   O166 cm
<b>WOMEN'S PHYSIQUE</b>	Open Category
<b>WOMEN'S BEACH BIKINI</b>	U166 cm   O166 cm
<b>WOMEN'S JUNIOR BIKINI</b>	16-23 years
<b>WOMEN'S MASTER BIKINI</b>	Over 35 years
<b>WOMEN'S BIKINI</b>	U166 cm   U169 cm   O169 cm

## TENTATIVE SCHEDULE

### FRIDAY, 17 MAY 2024

10:00 - 18:00 - Weigh-in and Registration

### SATURDAY, 18 MAY 2024

**SHOW DAY** - 10:00 - All men line ups

### SUNDAY, 19 MAY 2024

**SHOW DAY** - 10:00 - All women line ups

## Ticket prices

<b>Adults</b>	R 300.00 (1 day)
<b>Adults</b>	R 500.00 (2 days)
<b>Kids 5 - 12 yrs</b>	R 150.00 (1 day)
<b>Kids 5 - 12 yrs</b>	R 250.00 (2 days)
<b>Backstage</b>	R 800.00 (1 day) (include show ticket)
<b>Backstage</b>	R1 000.00 (2 days) (include show ticket)

**Kids  
u 5 yrs  
FREE**

**Note: the winner of the IFBB Elite Pro Card has 1 year to take up the Card. If the athlete hasn't done this, he/she will have to qualify once again to turn Pro.**

**INFORMATION IN THIS DOCUMENT MAY CHANGE. VISIT OUR WEBSITE REGULARLY.**

**[www.ifbbsa.co.za](http://www.ifbbsa.co.za)**





# SUNFEST AFRICA 2024 NATIONAL FITNESS CHALLENGE

## SATURDAY 18 MAY | Day 1

**Registration:** 09:00 – 10:00  
**Competition begins:** 10:30

### Bronze, Silver, Gold

- **Junior Men's Fitness Challenge**  
(athletes under 23 years old)
- **Junior Women's Fitness Challenge**
- **Men's Fitness Challenge**  
(athletes between the age of 24 and 40)
- **Men's Fitness Challenge**  
(athletes between the age of 24 and 40)
- **Women's Fitness Challenge**  
(athletes between the age of 24 and 35)
- **Master Women's Fitness Challenge**  
(athletes + 35 years)

## SUNDAY 19 MAY | Day 2

**Registration:** 09:00 – 10:00  
**Competition begins:** 10:30

### Bronze, Silver, Gold

- **Couples Fitness Challenge**
- **Team Fitness Challenge** (team of 6 athletes of the same sex or mixed) Categories by execution and performance levels)

### ENTRY FEES:

**National Registration Fee:** R500 pp / per event  
**Cross over Event:** R500 pp  
**Affiliation to IFBB SA:** R300 pp

### CONTACT PERSON:

**Lourens Smidt**  
+27 71 438 8413 | lourenssmidt@live.co.za

Enter online: [www.ifbbsa.co.za](http://www.ifbbsa.co.za)  
Click on registration link below the event poster.







## AWARDS | IFBB ELITE PRO CARDS

**Overalls will run directly after the awarding ceremony in the last category of each of the following divisions:**

**IFBB Elite Pro Cards will be offered for the winners of the following overall categories (through their National Federation).**

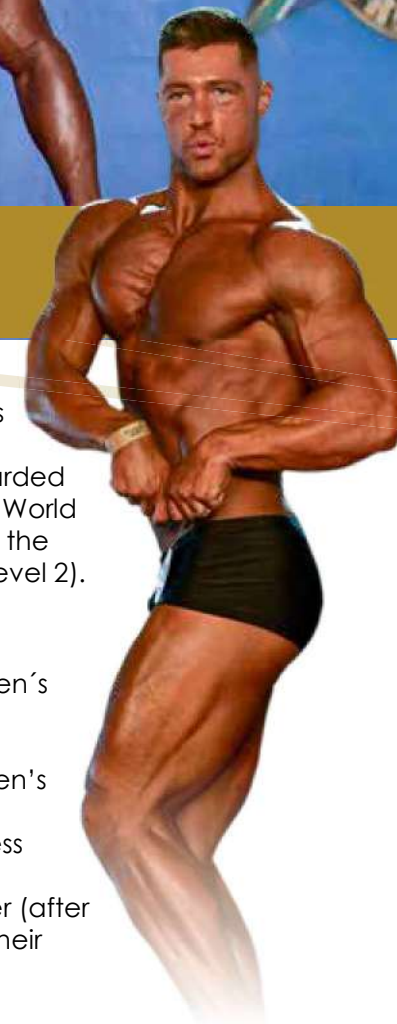
- Men's Physique (top 3)
- Men's Classic Bodybuilding (top 3)
- Men's Bodybuilding (top 3)
- Women's Physique (the winner)
- Women's Bodyfitness (top 3)
- Women's Bikini (top 3)
- Women's Wellness (top 3)

**The winner of the IFBB Elite Pro Card has 1 year to take up the Card. If the athlete hasn't done this, he/she will have to qualify once again to turn Pro.** 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 medals.
- Top six athletes in each category will be awarded with the IFBB Certificate of Excellence.
- Winner of each category will be awarded with a trophy.
- Overall winner in each division will be awarded with a trophy.

- Top 5 athletes in Men's and Women's senior categories will be awarded points to the 2024 IFBB World Ranking, according to the World Ranking Rules (level 2).
- IFBB Elite Pro Cards for the top three overall category winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness and for the Women's Physique overall winner (after applications through their National Federations).

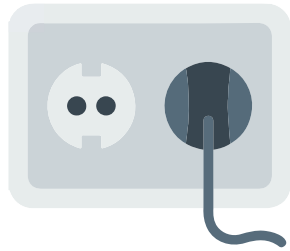






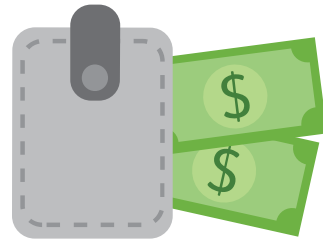
# SOUTH AFRICA INFORMATION

## 1 ELECTRICAL CURRENT



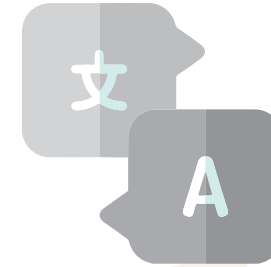
230 V / 50 Hz, plug / socket type C / D / M / N. For more information visit <http://www.worldstandards.eu/electricity/plug-voltage-by-country>

## 2 CURRENCY



The national currency in South Africa is SOUTH AFRICAN RAND (ZAR). 1.00 USD = 18.55 ZAR (as for March 20th, 2023) 1.00 EUR = 19.77 ZAR (as for March 20th, 2023) Current rates at: <http://www.x-rates.com/table/?from=ZAR&amount=1> Banks for exchange available at Airport & Mall

## 3 LANGUAGE



South Africa has eleven official languages: Afrikaans, English, Ndebele, Northern Sotho, Sotho, Swazi, Tswana, Tsonga, Venda, Xhosa, and Zulu. English is recognised as the language of commerce and science and remains the de facto lingua franca of the nation (used to make communication possible between people who do not share a native language).

## 4 TIME DIFFERENCE



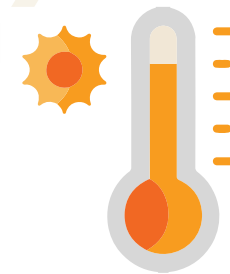
Standard Time Zone for Johannesburg: UTC/GMT + 2 hours. More info at: <http://24time-zones.com/>

## 5 VISAS

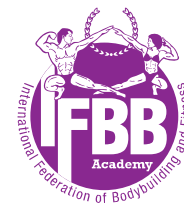


Holders of passports of many countries do not need visas to enter South Africa. See the list available at: <http://www.dha.gov.za/index.php/immigration-services/exempt-countries>. Citizens of other countries need to apply for the visitor's visa.

## 6 CLIMATE



During the month of May, the average daily temperature is 12.6°C (54.70F). Average high: 18.9°C (66.00F), average low: 7.2°C (45.00F). Average rainy days: 2.9 and relative humidity: 56%.



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[www.ifbbsa.co.za](http://www.ifbbsa.co.za) | [www.ifbb.com](http://www.ifbb.com)