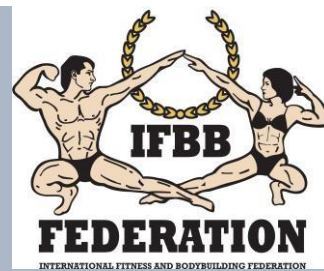


2024 GULF CHAMPIONSHIPS



MAIN INFORMATION

NAME OF THE EVENT: 2024 IFBB GULF CHAMPIONSHIPS

CITY / COUNTRY: DAMMAM / SAUDI ARABIA

DATE: NOVEMBER 29-30, 2024

EVENT OPEN FOR: ARAB GULF COUNTRIES: BAHRAIN; IRAQ; KUWAIT; OMAN; QATAR; SAUDI ARABIA; UAE; YEMEN.

IFBB ELITE PRO CARD QUALIFIER YES NO **X**

IFBB INTERNATIONAL RANKING QUALIFIER YES NO **X**

DAY OF ARRIVAL: NOVEMBER 27th, 2024

DAY OF DEPARTURES: DECEMBER 01st, 2024

REGISTRATION DAY:
NOVEMBER 28th, 2024

TIME: 10:00 - 18:00

PLACE: Crowne Plaza Hotel, King Abdullah Street, Al Khobar.

WEIGH-IN DAY:
NOVEMBER 28th, 2024

TIME: 10:00 - 18:00

PLACE: Crowne Plaza Hotel; King Abdullah Street, Al Khobar.

*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: KING FAHAD INTERNATIONAL AIRPORT, DAMMAM

VISA INFORMATION: Passport holders of the GCC countries don't need a visa. GCC residents applying for a Saudi e-Visa are required to hold a GCC residency that is valid for at least 3 months. Other countries citizens must apply for a Saudi e-Visa. More info at <https://saudivisa.com/saudi-visit-visa/>

VENUE: Green Sports Halls of Dammam, Sports City Drive, Sports City, Dammam 34233

HOTEL INFORMATION

RECOMMENDED HOTEL:
Crowne Plaza Hotel, King Abdullah Street, Al Khobar

REGISTRATION FEE:

*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 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:

Men Bodybuilding

Up to & incl. 65 kg
Up to & incl. 70 kg
Up to & incl. 75 kg
Up to & incl. 80 kg
Up to & incl. 85 kg
Up to & incl. 90 kg
Up to & incl. 95 kg
Over 95 kg

OVERALL

Junior Men Bodybuilding 16-23 years - OPEN

Master Men Bodybuilding >40 years - OPEN

Men Classic Physique*

Up to & incl. 170 cm
Up to & incl. 180 cm
Over 180 cm

OVERALL

Men Classic Bodybuilding*

Up to & incl. 168 cm
Up to & incl. 175 cm
Over 175 cm

OVERALL

Men's Physique

Up to & incl. 170 cm
Up to & incl. 175 cm
Up to & incl. 182 cm
Over 182 cm

OVERALL

Junior Men's Physique 15-23 yrs. - OPEN

Master Men's Physique >40 years - OPEN

Muscular Men's Physique

Up to 174 cm
Over 174 cm

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](#) and [trophies](#). Overall winner will have a [trophy](#).

IFBB ELITE PRO CARDS:

NO PRO CARDS AVAILABLE

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **NO**

FINAL ENTRY FORM: **November 25th, 2024**

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 & 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.

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:

Mr. Halah Alharthi

E-mail: info@SBBF.SA

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Daria

E-mail: 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

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.



Scan this code to see the rules for attires of Men's Physique and Bikini