

**IFBB FEDERATION**  
**MR. UNIVERSE NIGERIA 2024**  
 ABUJA - NIGERIA

**NIGERIA FITNESS CHALLENGE**  
 SHAPEUPNIGERIA

**IT ONLY TAKES 30**  
 30 MINS X 30 DAYS  
 1ST - 30TH OCTOBER, 2024

**MR. UNIVERSE ABUJA:**  
**4TH - 6TH OCTOBER**  
**2024**

**IFBB NCD AWARD**  
 THE FITTEST CELEBRITY IN NIGERIA  
 THE FITTEST CLERGY IN NIGERIA  
 THE FITTEST POLITICIAN IN NIGERIA  
 THE FITTEST SUPER COOK IN NIGERIA  
 THE FITTEST BUSINESS TYCOON IN NIGERIA

**PARTNERS:**

FEDERAL MINISTRY OF YOUTH AND SPORTS DEVELOPMENT  
 FEDERAL MINISTRY OF HEALTH  
 NIGERIA POLICE  
 FEDERAL MINISTRY OF NIGERIAN AND OCEAN AFFAIRS  
 IFBB FEDERATION  
 ABBFN  
 IRONMEDIA PRODUCTIONS

**WELCOME**

The Organising Committee of the Amateur Bodybuilding and Fitness Federation of Nigeria (ABBFN) together with the International Fitness & Bodybuilding Federation (IFBB) wishes to take this opportunity to extend a warm welcome to all IFBB-affiliated Countries to participate in the IFBB Mr. Universe Nigeria Championship for Men and Women in the city of Abuja, Nigeria during the period of October 04<sup>th</sup> to 6<sup>th</sup>, 2024.

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Please do not miss this historical event, as it is the heart of Africa.

## **ABOUT NIGERIA**

Nigeria officially the Federal Republic of Nigeria, is a country in West Africa. It is situated between the Sahel to the north and the Gulf of Guinea to the south in the Atlantic Ocean . It covers an area of 923,769 square kilometres (356,669 sq mi), and with a population of over 225 million, it is the most populous country in Africa, and the world's sixth-most populous country. Nigeria borders Niger in the north, Chad in the northeast, Cameroon in the east and Benin in the west. Nigeria is a Federal Republic comprising 36 states and the Federal Capital Territory, where the capital, Abuja, is located. The largest city in Nigeria is Lagos, one of the largest metropolitan areas in the world and the second-largest in Africa. In 1957, Nigeria is a regional power in Africa and a middle and emerging power in international affairs.

Nigeria's economy is the largest in Africa , the 31st -largest in the world by nominal GDP, and 26th-largest by PPP. Nigeria is often referred to as the Giant of Africa owing to its large population and economy and is considered to be an emerging market by the World Bank. Nigeria is a founding member of the Africa Union and a member of many international organizations, including the United Nations, the Commonwealth of Nations, NAM, the Economic Community of West Africa States, Organization of Islamic Cooperation and OPEC. It is also a member of the informal MINT group of countries and is one of the Next Eleven economies

Nigeria has several tourist attractions such as the National Gallery of Modern Art, Tarkwa Bay Beach, LUFASI Nature Park, etc. Most of the major international airlines fly into and from the International Airport in Lagos. Domestic air travel is thriving and the country has a vibrant telecommunications sector, with three cellular phone operators and several internet service providers.

## **THE CITY OF ABUJA**

Abuja city, capital of Nigeria. It lies in the central part of Nigeria, in the Federal Capital Territory (FCT; created 1976). The city is approximately 300 miles (480 km) northeast of Lagos, the former capital (until 1991). During the 1980s the new capital city was built and developed on the grass-covered Chukuku Hills Abuja, Nigeria

The site was chosen for Nigeria's new capital because of its central location, easy accessibility, salubrious climate, and low population density and the availability of land for future expansion. It was the first planned city to be built in Nigeria. Abuja lies at 1,180 feet (360 metres) above sea level and has a cooler climate and less humidity than is found in Lagos. The city's Central Area contains the city hall, national cultural institutes, and other government-related offices. It also contains the Three Arms Zone, which is home to the presidential palace, the National Assembly, the Supreme Court, the National Arboretum, the National Christian Centre, the National Mosque, and Millennium Park, the largest park in Abuja; the National Children's Park and Zoo is nearby. Other areas provide housing, shopping facilities, and other urban amenities. The National Stadium, a large multisport arena, is located on the western edge of the Central Area. Abuja has an international airport, and expressways connect the federal capital with other cities. Power lines and underground cables conduct electricity to the city; the Shiroro Dam, on the

**Niger River southwest of Abuja, is one source. Pop. (2006) Abuja Municipal Area Council, 776,298; (2016 est.) urban agglom., 2,940,000.**



#### **VENUE: THE NICON LUXURY HOTEL**

**The Nicon Luxury Hotel is located at Plot 903 Tafawa Balewa way, Area 11, Abuja. This 4-Star rated hotel boasts an imposing and impressive architectural design plus world-class facilities and services. The Nicon Luxury Hotel enjoys a strategic location with proximity to important city landmarks and strategic institutions.**

**The Nicon Luxury Hotel boasts an array of exquisitely designed rooms and suites that come in the categories of Classic rooms, Superior rooms, Business Suite, Executive Suites, Ambassadorial Suites and Presidential Suites. These Rooms and Suites come with top quality room amenities such as luxurious king size beds, private bathroom and world class toilet and shower facilities plus complimentary toiletries, sofas and center table, air conditioning, flat screen television sets with access to multi-channel satellite subscription service, study desks and chairs, bedside drawers, complimentary water, intercom system, wireless internet access, refrigerators, in-room safes and doors with electronic room keys.**

#### **OUTER-LOOK OF THE VENUE**



## **AIRPORT**

**The official arrival Airport is the Nnamdi Azikiwe International Airport, Abuja.**



All participating countries should plan their flights to the Nnamdi Azikiwe International Airport, however the Amateur Bodybuilding and Fitness Federation of Nigeria (ABBFN) will arrange for buses to pick you up at the Nnamdi Azikiwe 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 September 29th, 2024, and/or will be staying after the official departure date of October 2nd, 2024, will be responsible for their own transportation.

The Official Arrival Date for all participants is Sunday, September 29th, 2024.

The Official Departure Date for all Participants (delegates, athletes, and others) is Wednesday, October 2nd, 2024.



#### **VISAS INFORMATION**

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.

**SPECIAL NOTE: THERE WILL BE VISA UPON ARRIVAL TO NIGERIA AFTER PAYMENT OF \$150.**

**HOTEL INFORMATION**  
**OFFICIAL HOTEL : NICON LUXURY**



Located a 40-minute drive from the Airport .

**Double room SPECIAL PACKAGES : Free accommodation for two nights including breakfast, lunch and dinner.**



**SPECIAL PACKAGES :** Single bed room for USD \$100 for two (2) nights including breakfast, lunch and dinner.



#### **REGISTRATION FEE**

Each athlete must pay the IFBB registration fee of **USD \$200**.

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: 30/09/2024.**

**Crossovers (additional category): USD \$100 per each of the additional categories will be charged.**

**Possible crossovers: Men's Classic Bodybuilding - Classic Physique - Bodybuilding.**

**\*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 AFBB/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 AntiDoping 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 **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.**

## **CATEGORIES:**

### **SENIORS 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 TO 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'S CLASSIC PHYSIQUE UP TO 168 CM
- MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- MEN'S CLASSIC PHYSIQUE OVER 180 CM
- **MEN'S 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

### **SENIORS WOMEN'S CATEGORIES**

- WOMEN'S BIKINI UP TO 158 CM
- WOMEN'S BIKINI UP TO 160 CM
- WOMEN'S BIKINI UP TO 162 CM
- WOMEN'S BIKINI UP TO 164 CM
- WOMEN'S BIKINI UP TO 166 CM
- WOMEN'S BIKINI UP TO 169 CM
- WOMEN'S BIKINI UP TO 172 CM
- WOMEN'S BIKINI OVER 172 CM



## **-WOMEN'S BIKINI OVERALL**

- WOMEN'S BODYFITNESS UP TO 158 CM**
- WOMEN'S BODYFITNESS UP TO 163 CM**
- WOMEN'S BODYFITNESS UP TO 168 CM**
- WOMEN'S BODYFITNESS OVER 168 CM**
- WOMEN'S BODYFITNESS OVERALL**

- WOMEN'S WELLNESS UP TO 158 CM**
- WOMEN'S WELLNESS UP TO 163 CM**
- WOMEN'S WELLNESS UP TO 168 CM**
- WOMEN'S WELLNESS OVER 168 CM**
- WOMEN'S 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 OVERALL WINNERS.**

### **AWARDS:**

The Federal Ministry of Health and the Amateur Bodybuilding and Fitness Federation of Nigeria (ABBFN) and in conjunction with other stakeholders in their efforts and response to mitigate the tragedy of alarming rise in premature death occasioned by heart diseases (Myocardial infarction, Coronary heart diseases, Stroke other cardiovascular diseases), Diabetes, Cancers, Bone diseases (Osteoporosis, Osteoarthritis) and other medical conditions that are preventable through the culture of a healthy lifestyles have organized the IFBB NCD award for **Celebrities**, Politicians, Clergys, Business Tycoons, Fittest Super cook, and the Fittest Gym Challenge to heighten more awareness about the IFBB Mr. Universe event, the IFBB Academy **and in** all to prevent Non Communicable Diseases (NCD) all in the Sahpeup Nigeria 30 x 30 Fitness Challenge.

### **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  NO  Contact: obradiofm.uk@gmail.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 and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's

Card with the IFBB yearly judges fee of **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 Federations must bring with them to Nigeria 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 Federations 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. The dress code for all **athletes** taking part in the Parade of Nations is **a posing trunk and** the contest T-shirt.

One [1] delegate and one [1] competitor per country must take part in the Parade of **Nations**.

#### **GENERAL INFORMATION**

##### **TIME DIFFERENCE**

Greenwich Mean Time ( GMT ).

##### **WEATHER**

The **average daily temperature in Nigeria in October is 18 degrees of Centigrade**.

##### **CURRENCY**

The **currency is Nigeria is Naira (NGN). Exchange rates as for June 15<sup>th</sup>, 2024:**

**USD 1.00 = NGN 1,502.00**

**EUR 1.00 = NGN 1,606.00**



## Abuja Rock

**The Mr. Universe Nigeria Championships**  
**Abuja-Nigeria**  
**October 4<sup>th</sup>-6<sup>th</sup>, 2024**

### FINAL ENTRY FORM

The **FINAL ENTRY FORM** must be returned to the Organizing Committee no later than **September 24<sup>th</sup>, 2024**.

### FAILURE TO HONOUR FINAL ENRTY FORM DEADLINE

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

### CORRESPONDENCE

For general enquiries :

TEL : 00. 234. 80. 297. 077.35 OR  
MB : 00. 234. 81. 437. 140. 93  
EMAIL : [siesmart\\_gym@hotmail.com](mailto:siesmart_gym@hotmail.com)

Please send your Final Entry Form to:  
Ms. Emilia Donatus  
E-mail: [obrادیofm.uk@gmail.com](mailto:obrادیofm.uk@gmail.com)

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

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

Please send a copy to the IFBB Head Office:

Ms. Daria

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

Thank you,

SOYE ELEKIMA

President, Amateur Bodybuilding & Fitness Federation of Nigeria.

Please send Your Final Entry Form to:

Ms. Emilia Donatus

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

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

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

Please send a copy to IFBB Head Office:

Ms. Daria

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

TEL : 00. 234. 80. 297. 077.35 OR

MB : 00. 234. 81. 437. 140. 93

#### 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
Friday	October 4th, 2024	Arrivals/ Official Athlete Registration / Weigh-in
Saturday	October 5 <sup>th</sup> , 2024	Competition
Sunday	October 6th, 2024	Departures