

**IFBB ARAB BODYBUILDING CHAMPIONSHIPS
(MEN JUNIOR, SENIOR AND MASTERS CATEGORIES)**

**NAME OF THE EVENT : IFBB ARAB BODYBUILDING CHAMPIONSHIPS
(MEN JUNIOR, SENIOR AND MASTERS CATEGORIES)**

CITY / COUNTRY : MANAMA - KINGDOM OF BAHRAIN

DATE : DECEMBER, 3 - 7, 2024

EVENT OPEN FOR : All IFBB-Affiliated National Arab Federations

ELITE PRO CARD QUALIFIER YES NO

**IFBB INTERNATIONAL RANKING
QUALIFIER YES NO**

DAY OF ARRIVALS: 03/12/2024 (Tuesday) DAYS OF COMPETITION: 05-06/12/2024

DAY OF DEPARTURES: 07/12/2024 (Saturday)

REGISTRATION : 04/12/2024 TIME : 10:00 - 19:00 PLACE : Ramada Hotel

WEIGH-IN DAY : 04/12/2024 TIME : 10:00 - 19:00 PLACE : Ramada Hotel

***All Athletes must wear their posing attire during the weigh-in for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.**

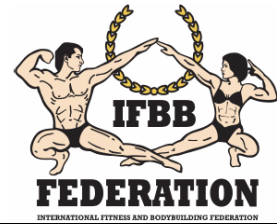
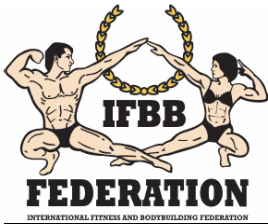
RECOMMENDED AIRPORT: (BAH) Bahrain International Airport.

VISA INFORMATION: GCC Nationals are granted entry visa upon arrival to the Kingdom of Bahrain with passports.

Passport should be normal and valid for at least six months.

Countries who need visa to enter to Bahrain should return to the embassy of Bahrain in their countries.

An official letter of invitation will be made available if required, and the deadline of requesting an invitation letter is November 5, 2024.



VENUE

Bahrain University, Seikh Abdelaziz Ben Mohamed Al Khalifa Hall, Sokhair.

Hotel Information:

Ramada Hotel & Resort. Manama City Center, Bahrain

Registration Fees:

* Each athlete or delegate (coach, manager, supporter, press, media, etc.) must pay the fee of:

* USD \$700: Double room (4 days)+3 meals/day+registration fee+ transportation.

* USD \$600: Single room (4 days) +3 meals/day+registration fee+ transportation.

* Bahraini, resident & Gulf athlete whom are not going to stay at the official Hotel must pay USD \$200

* Each country must pay the annual affiliation fees of the Arab bodybuilding Federation which is USD \$450

* PRELIMINARY ENTRY FORM: 03/10/2024

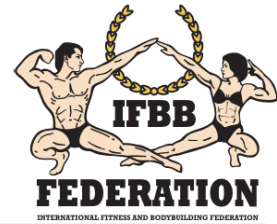
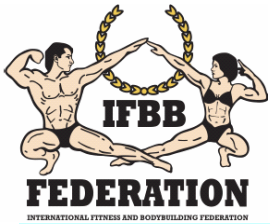
* FINAL ENTRY FORM: 25/11/2024

*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 IFBB International Card will have to buy one at registration. IFBB Cards are USD \$50 per year and mandatory

* CROSSOVERS: USD \$100 per each of the additional categories.

* Crossovers between the following men's sports divisions are allowed: 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, 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 posing music must be on a 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'S BODYBUILDING

- o Up to & including 65 kg .
- o Up to & including 70 kg
- o Up to & including 75 kg
- o Up to & including 80 kg
- o Up to & including 85 kg
- o Up to & including 90 kg
- o Over 90 kg

JUNIOR MEN'S BODYBUILDING (16-23 YEARS)

- o OPEN

JUNIOR MEN'S PHYSIQUE (16-23 YEARS)

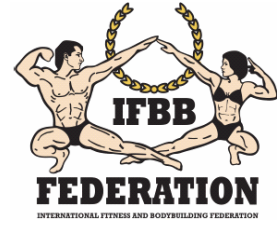
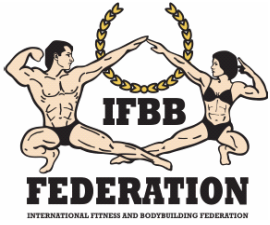
- o OPEN

MASTER BODYBUILDING < 40 YEARS

- o OPEN

MASTER PHYSIQUE > 40 YEARS

- o OPEN



MEN'S PHYSIQUE

- o Up to & including 170 cm
- o Up to & including 174 cm
- o Up to & including 179 cm
- o Over 179 cm

MEN'S CLASSIC PHYSIQUE

- o Up to & including 168 cm
- o Up to & including 171 cm
- o Up to & including 175 cm
- o Up to & including 180 cm
- o Over 180 cm

MUSCULAR MEN'S PHYSIQUE

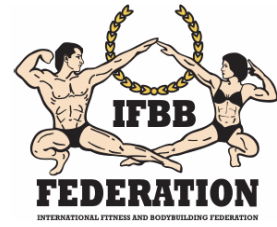
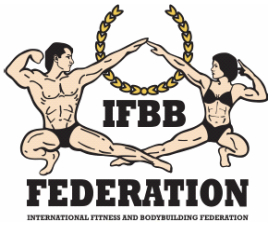
- o Up to & included 179 cm
- o Over 179 cm

MEN'S CLASSIC BODYBUILDING

- o Up to & including 168 cm
- o Up to & including 175 cm
- o Over 175 cm

AWARDS & IFBB ELITE PRO CARDS

- o Top three athletes in each category will be awarded with medals.
- o Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.
- o Overall winner will have a trophy.
- o TOTAL NUMBER OF IFBB ELITE PRO CARDS: (5)



ALL CATEGORIES IN:

- o MEN'S BODYBUILDING
- o MASTER BODYBUILDING
- o MEN'S PHYSIQUE
- o MUSCULAR MEN'S PHYSIQUE
- o MEN'S CLASSIC PHYSIQUE

CAMERA/VIDEOTAPE 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.

TANNING NEEDS

TANNING FEE PER PERSON: USD \$100

The IFBB has banned all tans that can be wiped off. An official will check the tan of all of the athletes in the 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

All entry forms and correspondence should be addressed to:

- AFBF President, Dr. Eng. Adel Fahim, ifbbcairo@gmail.com
- IFBB HQ, Daria contact@ifbb.com
- Bahraini BB President, Mr. Sami Al Haddad, bodybuilding@boc.bh
- IFBB Technical Committee, Mr. Andrew Michalak, amichalak5@gmail.com

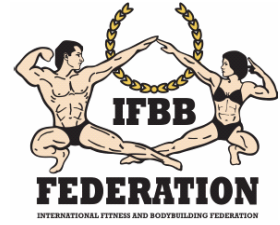
The deadline date for submitting the Final Entry Forms is November 3rd, 2024.

Arab Federation of Bodybuilding

Telefax: 0020223502190 / 0020223502928

Email: ifbbcairo@gmail.com

Mobile: 0020201222467022 / 0020201124923026 / 0020201111130306



IFBB ARAB BODYBUILDING CHAMPIONSHIPS

Manama, Bharain

3 to 7 December, 2024

Tentative Agenda

Tuesday December 3, 2024

10.00 AM – 10.00 PM

Arrival for all delegations

Wednesday December 4, 2024

10.00 AM – 07.00 PM

Registration & Weigh-in

Thursday December 5, 2024

10.00 to the end of session

Competition Session of Official
Categories

Friday December 6, 2024

10.00 to the end of session

Competition Session of Official
Categories

Saturday December 7, 2024

07.00 AM – 10.00 AM

Departure

