2026 IFBB WEST AFRICAN CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: **2026 IFBB WEST AFRICAN CHAMPIONSHIPS**		
CITY/COUNTRY: **ACCRA / GHANA**		
DATE: **23th to 26th APRIL 2025**		
EVENT OPEN FOR : **OPEN TO ALL IFBB-AFFILIATED NATIONAL FEDERATIONS FROM AFRICA**		
IFBB PRO CARD QUALIFIER YES **X** NO ☐		
IFBB INTERNATIONAL RANKING QUALI IER YES NO **X**		
DAY OF ARRIVAL: **APRIL 23th, 2026**		
DAY OF DEPARTURES: **APRIL 26th, 2026**		
REGISTRATION DAY: **APRIL 23th, 2026**	TIME: **17:00-19:00**	PLACE: **RAVE ACCRA GL-0005862, Accra**
WEIGH-IN DAY: **APRIL 23th, 2026**	TIME: **17:00-19:00**	PLACE: **RAVE ACCRA GL-0005862, Accra**

* 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: **KOTOKA INTERNATIONAL AIRPORT, ACCRA**

VISA 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

* An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive 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.

VENUE: **BUKOM BOXING ARENA (GAMASHI), GQPH+7H6, Ring Rd W Rd, Accra, Ghana**

HOTEL INFORMATION

RECOMMENDED HOTEL:
OCEANIC HOTEL, GQMG+27V, 10 Old Winneba Rd, Accra, Ghana

REGISTRATION FEE:

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

Registration fee for athletes to enter this competition must be paid in cash during the registration in Accra.

CROSSOVERS: **USD $50** per each of the additional categories.

* 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'S FIT BODYBUILDING
UP TO & INCLUDING 170 cm
UP TO & INCLUDING 178 cm
OVER 178 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

MEN'S FIT CLASSIC PHYSIQUE
UP TO & INCLUDING 175 cm
OVER 175 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

MEN'S CLASSIC BODYBUILDING
UP TO & INCLUDING 175 cm
OVER 175 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

MEN'S PHYSIQUE
UP TO & INCLUDING 173 cm
UP TO & INCLUDING 176 cm
OVER 176 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

MUSCULAR MEN'S PHYSIQUE - OPEN
IFBB PRO CARD FOR THE WINNER

WOMEN'S BODYFITNESS – OPEN
IFBB PRO CARD FOR THE WINNER

WOMEN'S BIKINI
UP TO & INCLUDING 163 cm
OVER 163 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

WOMEN'S WELLNESS
UP TO & INCLUDING 163 cm
OVER 163 cm
OVERALL (IFBB PRO CARD FOR THE WINNER)

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 PRO CARDS:

8 IFBB PRO CARDS IN TOTAL

DISTRIBUTION :
- FIT BODYBUILDING: IFBB Pro Card for the Overall Winner
- FIT CLASSIC PHYSIQUE: IFBB Pro Card for the Overall Winner
- CLASSIC BODYBUILDING: IFBB Pro Card for the Overall Winner
- MEN'S PHYSIQUE: IFBB Pro Card for the Overall Winner
- MUSCULAR MEN'S PHYSIQUE: IFBB Pro Card for the open category Winner
- WOMEN'S BIKINI: IFBB Pro Card for the Overall Winner
- WOMEN'S WELLNESS: IFBB Pro Card for the Overall Winner
- WOMEN'S BODYFITNESS: IFBB Pro Card for the open category Winner

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **April 01st, 2026**
FINAL ENTRY FORM: **April 14th, 2026**

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 and finals. They will be distributed at the judges/team managers meeting 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:
Contact: 00233 242853788
E-mail: gbfa07@yahoo.co.uk

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
E-mail: contact@ifbb.com

Contact details for additional correspondence:
President of GHANA BODYBUILDING AND FITNESS ASSOCIATION
Mr. Abdul-Hayye Yartey
E-mail: hayflavour@yahoo.co.uk

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.

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