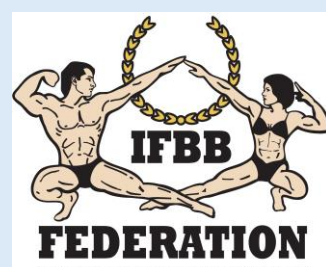


2026 IFBB AFRICAN MEN'S CHAMPIONSHIPS



NAME OF THE EVENT: 2026 IFBB **ALL AFRICA** MEN'S BODYBUILDING CHAMPIONSHIPS
(MEN: JUNIOR, SENIOR AND MASTERS CATEGORIES)

CITY / COUNTRY: ALEXANDRIA / EGYPT

DATE: NOVEMBER 05th - 08th, 2026

EVENT OPEN FOR: All IFBB-Affiliated National Federations from Africa

IFBB PRO CARD QUALIFIER YES **X**

IFBB INTERNATIONAL RANKING QUALIFIER NO **X**

DAY OF ARRIVAL : NOVEMBER 5th, 2026

DAY OF DEPARTURES: NOVEMBER 8th, 2026

REGISTRATION DAY: NOVEMBER 5th, 2026

TIME: 08:00 – 20:00

PLACE: Sheraton El Montazah Hotel

WEIGH-IN DAY: NOVEMBER 5th, 2026

TIME: 08:00 – 20:00

PLACE: Sheraton El Montazah Hotel

*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: Borg El Arab International Airport.

VISA INFORMATION:

- Visa on Arrival: Costs USD \$30, valid for a stay up to 30 days. Pay with cash at airport bank kiosks before reaching passport control.
- e-Visa: Single-entry costs about \$25–\$30 USD (for stays up to 30 days); multiple-entry costs USD \$60 (valid for 90 days over 6 months). Apply through the official portal [Egypt e-Visa Portal](#) at least 7 days before you fly.

*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: AL ITTIHAD ALEXANDRIA CLUB - DR. KAMAL SHALABY HALL – EL SHATBY- ALEXANDRIA

HOTEL INFORMATION

RECOMMENDED HOTEL: Sheraton El Montazah Hotel, Alexandria - Egypt

REGISTRATION FEE:

Each **athlete** must pay the reiteration fees of **USD \$250**. This fee includes the tanning service fee.

Each **delegate** (coach, manager, supporter, press, media, etc.) must pay the accommodation fee as follows:

* **USD \$600 per person:** Double room (4 nights) + 3 meals/day + transportation & Farewell dinner. Two persons per room with a total of USD \$1200.

* **USD \$100 per person:** Extra night (bed & breakfast) in a double room

* **USD \$700 per person:** Single room (4 nights) + 3 meals/day + transportation & Farewell dinner.

* **USD \$150 per person:** Extra night (bed & breakfast) in a single room

Each **National Federation** (country) must pay the annual affiliation fee of the African Bodybuilding Federation which is **USD \$450**.

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

These fees should be paid by cash at the Registration.

*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 €50/USD \$60** 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:

- **Juniors Men's Bodybuilding 15-17 yrs:**

- Up to & incl 50 kg
- Up to & incl 60 kg
- Up to & incl 70 kg
- Over 70 kg

- **Juniors Men's Bodybuilding 18-19 yrs:**

- Up to & incl 65 kg
- Up to & incl 75 kg
- Over 75 kg

- **Juniors Men's Bodybuilding 20-23 yrs:**

- Up to & incl 80 kg
- Over 80 kg

- **Men's 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
- Up to & incl 100 kg

- **Junior Men's Classic Physique 15-23 yrs:**

- Up to & incl 171 cm
- Up to & incl 175 cm
- Over 175 cm

- **Men's Classic Physique:**

- Up to & incl 171 cm
- Up to & incl 175 cm
- Up to & incl 180 cm
- Over 180 cm

- **Junior Men's Physique 15-17 yrs:**

- Up to & incl 170 cm
- Over 170 cm

- **Junior Men's Physique 18-19 yrs:**

- Up to & incl 173 cm
- Over 173 cm

- **Junior Men's Physique 20-23 yrs:**

- Up to & incl 176 cm
- Over 176 cm

- **Men's Physique:**

- Up to & incl 173 cm
- Up to & incl 176 cm

<ul style="list-style-type: none"> ○ Over 100 kg • <u>Masters Men's Bodybuilding 40 to 44 yrs:</u> <ul style="list-style-type: none"> ○ Up to & incl 80 kg ○ Over 80 kg • <u>Masters Men's Bodybuilding 45 to 49 yrs:</u> <ul style="list-style-type: none"> ○ Up to & incl 80 kg ○ Over 80 kg • <u>Masters Men's Bodybuilding 50 to 54 yrs:</u> <ul style="list-style-type: none"> ○ Up to & incl 80 kg ○ Over 80 kg 	<ul style="list-style-type: none"> ○ Up to & incl 179 cm ○ Over 179 cm • <u>Muscular Men's Physique:</u> <ul style="list-style-type: none"> ○ Up to & incl 179 cm ○ Over 179 cm • <u>Masters Men's Bodybuilding 55 to 59 yrs:</u> <ul style="list-style-type: none"> ○ Up to & incl 80 kg ○ Over 80 kg • <u>Masters Men's Bodybuilding 60 yrs & over:</u> <ul style="list-style-type: none"> ○ Open
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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:

12 PRO CARDS IN TOTAL

DISTRIBUTION:

- MEN'S BODYBUILDING: IFBB Pro Cards for the top 3 Overall Winners
- MEN'S CLASSIC PHYSIQUE: IFBB Pro Cards for the top 3 Overall Winners
- MEN'S PHYSIQUE: IFBB Pro Cards for the top 2 Overall Winners
- MUSCULAR MEN'S PHYSIQUE: IFBB Pro Cards for the Overall Winner
- MASTER MEN'S BODYBUILDING: IFBB Pro Cards for the top 3 Overall Winners

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **FRIDAY, SEPTEMBER 04th, 2026**

FINAL ENTRY FORM: **MONDAY, OCTOBER 05th, 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 & 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:

Organizing Committee
Dr. Eng. Adel Fahim
IFBB Executive Assistant
President African Fitness & Bodybuilding Federation
E-mail: ifbbcairo@gmail.com

Please send a copy to the 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 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