# DUBAI MUSCLE BEACH

18 - 19 MARCH 2023

## 18-19 MARCH 2023
## SHERATON JUMIERAH BEACH RESORT
## DUBAI, UNITED ARAB EMIRATES

# INSPECTION REPORT

https://universalmusclefitness.com

**IFBB President, Dr. Rafael Santonja, and Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi, President of the Emirates Bodybuilding & Fitness Federation extend a warm welcome to 2023 Gulf Classic Championships taking place at Dubai Muscle Beach event in the premises Sheraton Jumeirah Beach Resort, Dubai in United Arab Emirates(UAE) March 18 to 19, 2023.**

# WELCOME TO DUBAI

Dubai is the largest and most populous city in the United Arab Emirates (UAE). It is located on the southeast coast of the Persian Gulf and is one of the seven emirates that make up the country.

The city has become iconic for its skyscrapers and high-rise buildings, in particular the world's tallest building, the Burj Khalifa.

The weather around the time of the Amateur Championship in March will be a warm 24 degree / 74 farenheit.

Dubai International Airport (DXB) is a 20 minute taxi or short drive to Dubai Michael Johnson Perfomance Centre.

**Time Difference: UTC + 4 hours**

## LANGUAGE

Arabic is the official language, although English is widely spoken and most road and shop signs and restaurant menus are in both languages. The further out of town you go, the more Arabic you will find, both written and spoken

# TRAVEL TO DUBAI

GCC nationals are granted entry upon arrival to the UAE with passports or national IDs. Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 90 days:

| | | | | |
|---|---|---|---|---|
| France | Iceland | Italy | Norway | Holland |
| Germany | Sweden | Austria | Finland | Liechtenstein |
| Belgium | Greece | Luxembourg | Poland | Switzerland |
| Estonia | Portugal | Malta | Spain | Cyprus |
| Denmark | Croatia | Slovenia | Romania | Slovakia |
| Bulgaria | Czech Republic | Hungary | Lithuania | Latvia |

Indian citizens in possession of a valid US visa (Green Card or student visa) can apply for 14-day visa on arrival at the airport.

Please note:

- Citizens of the countries listed above can obtain a visa upon arrival for 90 days from the date of entry with their normal passports.
- This visa type is not renewable
- Passports should be normal and valid for more than six months.
- The visa holder can use the 90-day visa upon arrival to be consumed within 180 days from first entry

Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 30 days with a 10-day grace period:

| | | | | |
|---|---|---|---|---|
| Andorra | China | Malaysia | Singapore | Holland |
| Australia | Hong Kong | Monaco | South Korea | Liechtenstein |
| Brunei | Ireland | New Zealand | The Vatican | Switzerland |
| Canada | Japan | San Marino | United States | Cyprus |
| United Kingdom | Russia | Slovakia | | |

Please note:

- Citizens of the countries listed above can obtain a visa upon arrival for 30 days from the date of entry with their normal passports.
- The visa is extendable and the total validity, if extended, would be 60 days from the date of entry.
- Passports should be normal and valid for more than six months.
- This visa is considered a multi-entry visa. Any number of days the visa holder stays out- side the UAE would be calculated from the 40-day validity of the visa.

# TRAVEL TO DUBAI

Upon arrival in Dubai a tourist must have:

- A passport that is valid upon entry and for the duration of stay in Dubai.
- A valid return- or onward ticket
- An official letter of invitation will be made available if required

It Is the National Federation's responsibility to obtain an entry visa for the country organizing the competition. All National Federations could ask for an invitation letter either to the Competition Organizer or IFBB. This invitation letter does not mean you are granted your visa. IFBB and competition organizer are not responsible for attendants' visas.

To receive invitation letter, the application should forward the following information to the IFBB or Competition Organizer:

- A copy (scan) of passport

If the visa is not granted, the Cancellation Policies for the competition will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing committee of an IFBB sanctioned event for visa purposes and used this visa to unlawfully stay in the host country or any other country, will be subject to the disciplinary proceedings and measures.

## IMPORTANT INFORMATION

All costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National federation for more information.

## GETTING AROUND

### TAXI

Dubai's taxis are available to hail nearly everywhere at just about any time, day or night. If you prefer to schedule a ride, you can call for a Dubai taxi pickup at +971 4 208 0808. While taxis are reasonably priced in Dubai, the price per kilometre does change depending on a few factors, like tolls or the time of day.

If you prefer to use an app to book a ride, Uber or Careem are available. Feeling extravagant? Book an Uber chopper for a bird's-eye commute.

### DUBAI METRO

Most of the metro rides above ground providing a great view while you travel to landmarks like the Dubai Mall, Dubai Marina, the Gold Souk and Dubai's Financial District.

Dubai Metro tickets must be purchased in the form of a Nol card – which can also be used to pay for bus, tram and taxi fare – and rides can cost as little as AED3.0

### RENT A CAR

To hire a car, you need an international driver's license, passport, credit card and third-party insurance.

### MONEY

The currency in Dubai is Dirhams (AED).

Current rates available at:

http://aed.fxexchangerate.com/

# VENUE

A modern paradise with superb relaxation and leisure facilities, set in the middle of 10,000 square meters of landscaped gardens shaded by palm trees, the Sheraton Jumeirah Beach Resort features 256 spacious rooms and suites with excellent views of the sea or The Walk. Our luxury hotel offers access to Jumeirah Beach and is within walking distance to Dubai Marina and several transportation options for getting around the city. We offer a wide range of activities including water sports, Armonia Spa, kids' club, Turkish Hamam and multiple sports facilities for all the family. Elevate your stay with complimentary Wi-Fi, indulge in our resort's host of excellent dining options and keep up your exercise routine at Sheraton Fitness. After a busy day, guests can return to the comfort of their private room or suite, complete with the amenities you need for a convenient stay. Come visit us at Sheraton Jumeirah Beach Resort in Dubai and let us take care of you.

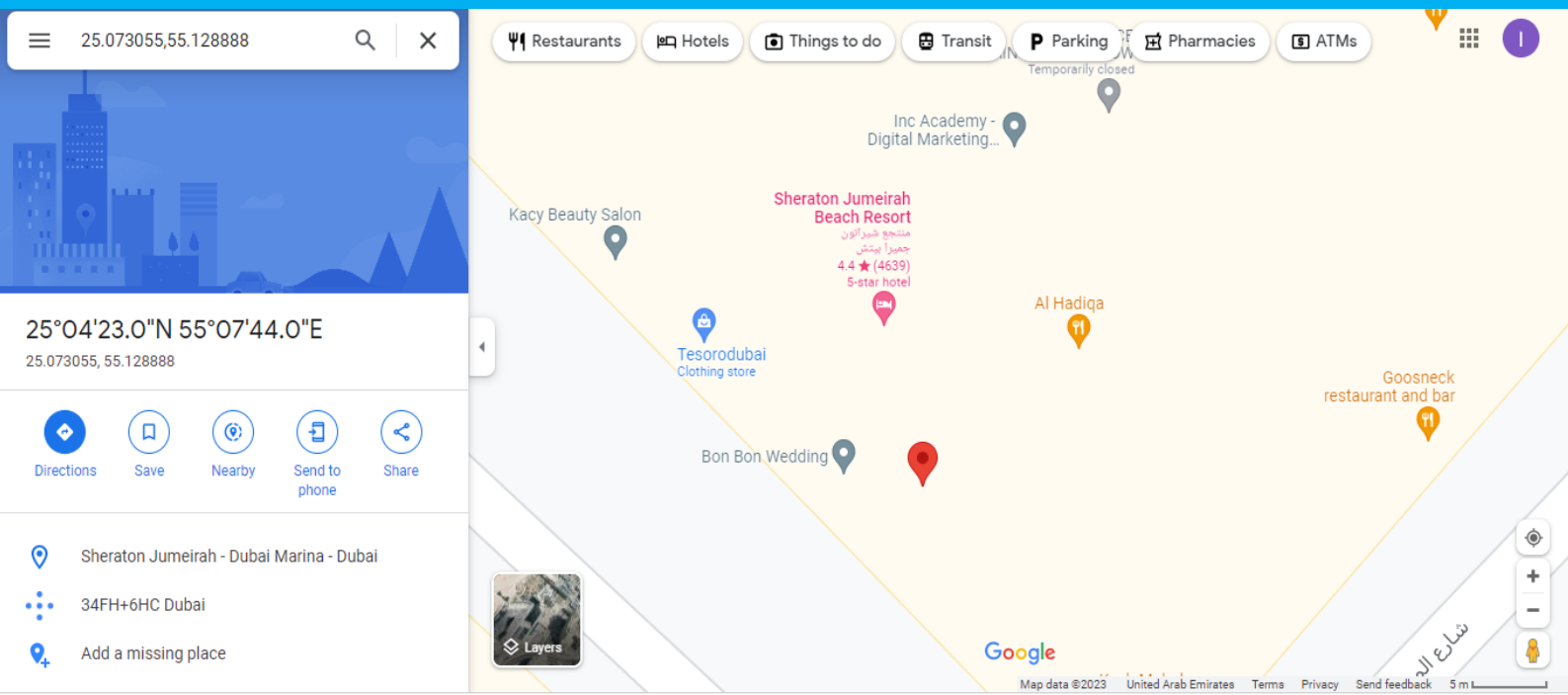
+971(0)43153999

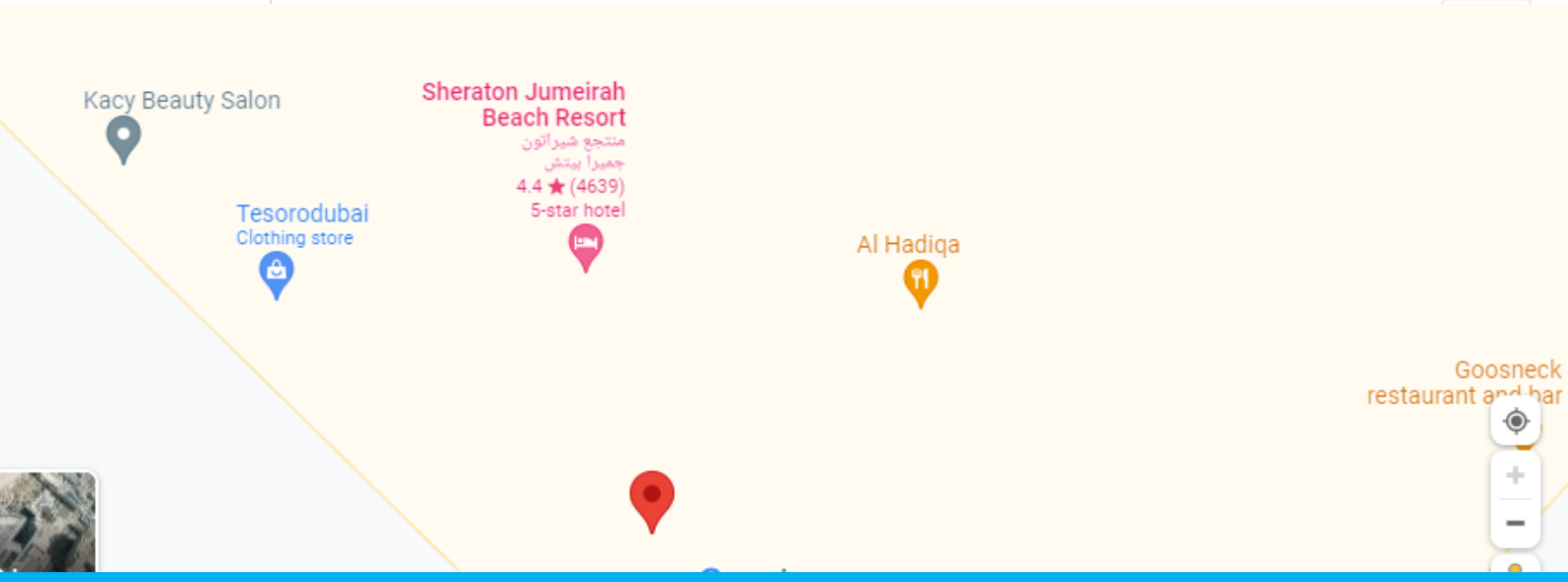
sales@sheratonjbr.ae

http://www.marriottbonvoy.com/

# VENUE

## LOCATION MAP




GOOGLE MAP LINK:
https://goo.gl/maps/PZyNrQCQRHrcBKecA

# GENERAL SCHEDULE & PRIZES

## TEAM MANAGER AND JUDGES MEETING

**Firday, 17 March 2023**
8:00 PM hrs onwards

## OFFICIAL ATHLETE REGISTRATION

**Friday, March 17th, 2023**

**10:00 AM -7:00 PM**

- Bodybuilding Registration
- Classic Bodybuilding
- Muscular Physique
- Men's Physique Registration
- Classic Physique
- Athletes from outside the country

## Gulf Classic- EVENT SCHEDULE

**Saturday, March 18th , 2023**

10:00 AM onwards
Men's Physique
Men's Classic Physique
Muscular Men's Physique

**Sunday, March 19th, 2023**

10:00 AM onwards
Men's Bodybuilding
Classic Bodybuilding

**Monday, March 20th ,2023**

CHECK OUT

# CATEGORIES OPEN FOR THIS COMPETITION

## MEN'S PHYSIQUE

UP TO 170 CM
UP TO 173 CM
UP TO 176 CM
UP TO 179 CM
UP TO 182 CM
OVER 182 CM

JUNIOR
UP TO 174 CM
UP TO 178 CM
OVER 178 CM

MASTER
40-44 YRS. OLD
45-49 YRS OLD
50 YRS. OLD & OVER

## BODYBUILDING

UP TO 70 KG
UP TO 75 KG
UP TO 80 KG
UP TO 85 KG
UP TO 90 KG
UP TO 95 KG
UP TO 100 KG
OVER 100 KG

JUNIOR
UP TO 75 KG
OVER 75 KG

MASTER
40-49 YRS. OLD
50 YRS. OLD & OVER

## MUSCULAR MEN'S PHYSIQUE

ONE OPEN CLASS

## CLASSIC PHYSIQUE

| CM | KG |
|---|---|
| 160 | 64 |
| 161 | 65 |
| 162 | 66 |
| 163 | 67 |
| 164 | 68 |
| 165 | 69 |
| 166 | 70 |
| 167 | 71 |
| 168 | 72 |
| 169 | 75 |
| 170 | 76 |
| 171 | 77 |
| 172 | 80 |
| 173 | 81 |
| 174 | 82 |
| 175 | 83 |
| 176 | 87 |
| 177 | 88 |
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| 180 | 91 |
| 181 | 94 |
| 182 | 95 |
| 183 | 96 |
| 184 | 97 |
| 185 | 98 |
| 186 | 99 |
| 187 | 100 |
| 188 | 101 |
| 189 | 102 |
| 190 | 103 |
| 191 | 106 |
| 192 | 107 |
| 193 | 108 |
| 194 | 109 |
| 195 | 110 |
| 196 | 111 |
| 197 | 112 |
| 198 | 113 |
| 199 | 116 |

*HEIGHT & WEIGHT REQUIREMENTS

UPTO 168 CM
UPTO 171 CM
UPTO 175 CM
UPTO 180 CM
OVER 180 CM

MASTER
- ONE OPEN CATEGORY

## CLASSIC BODYBUILDING

*HEIGHT & WEIGHT REQUIREMENTS

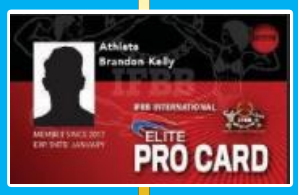
UPTO 168 CM
UPTO 171 CM
UPTO 175 CM
UPTO 180 CM
OVER 180 CM

MASTER
40 UPTO 49 YRS. OLD

50 YRS. OLD & OVER

| CM | KG |
|---|---|
| 160 | 60 |
| 161 | 61 |
| 162 | 62 |
| 163 | 63 |
| 164 | 64 |
| 165 | 65 |
| 166 | 66 |
| 167 | 67 |
| 168 | 68 |
| 169 | 71 |
| 170 | 72 |
| 171 | 73 |
| 172 | 76 |
| 173 | 77 |
| 174 | 78 |
| 175 | 79 |
| 176 | 83 |
| 177 | 84 |
| 178 | 85 |
| 179 | 86 |
| 180 | 87 |
| 181 | 90 |
| 182 | 91 |
| 183 | 92 |
| 184 | 93 |
| 185 | 94 |
| 186 | 95 |
| 187 | 96 |
| 188 | 97 |
| 189 | 98 |
| 190 | 99 |
| 191 | 102 |
| 192 | 103 |
| 193 | 104 |
| 194 | 105 |
| 195 | 106 |
| 196 | 107 |
| 197 | 108 |
| 198 | 109 |
| 199 | 112 |

## IFBB ELITE PRO CARDS




**JUINIOR CLASSIC PHYSIQUE**
-ONE OPEN CATEGORY

Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) + 3 [kg]
Up to & incl. 175 cm Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
Up to & incl. 180 cm Max Weight [kg] = (Height [cm] – 100) + 6 [kg]
Up to & incl. 188 cm: Max Weight [kg] = (Height [cm] – 100) + 7 [kg]
Up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 8 [kg]
Over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 9 [kg]

# PRIZES

## Prizes in AED for Overall Winners as Below:

Bodybuilding - Classic Bodybuilding – Men's Physique – Classic Physique

### Bodybuilding Overall Winners

1st Overall: (5,000 AED) + Medal + Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Men's Physique Overall Winners

1st Overall: (5,000 AED) + Medal + Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Muscular Physique Winners

1st: Medal + Certificate
2nd: Medal + Certificate
3rd: Medal + Certificate

### Classic Bodybuilding Overall Winners

1st Overall: (5,000 AED) + Medal + Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Classic Physique Overall Winners

1st Overall: (5,000 AED) + Medal + Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

# GENERAL SCHEDULE

## TEAMMANAGERS AND JUDGES MEETING

**Friday, March 17th , 2023**
20:00 hrs onwards

## OFFICIAL ATHLETE REGISTRATION

**Friday, March 17th, 2023**
9:00 AM - 12:00 NN

- ALL CATEGORIES

## WOMEN'S COMPETITION - EVENT SCHEDULE

**Sunday, March 19th, 2023**
2:00 PM onwards

| | | |
|---|---|---|
| **-Bikini Fitness** | - | **Wellness** |
| **-Body Fitness** | - | **Artistic** |
| **-Acrobatic** | - | **Fit Model** |

**- Fit Pairs**

**Monday, March 20th,2023**
CHECK OUT

# CATEGORIES OPEN FOR THIS COMPETITION

## IFBB WOMEN'S GULF CLASSIC CATEGORIES

### SENIOR BIKINI FITNESS
A. Up to and incl. 158 cm
B. Up to and incl. 160 cm
C. Up to and incl. 162 cm
D. Up to and incl. 164 cm
E. Up to and incl. 166 cm
F. Up to and incl. 169 cm
G. Up to and incl. 172 cm
H. Over 172 cm

### JUNIOR BIKINI FITNESS
– 16 to 20 years of age inclusive
Class A: Up to and incl. 160 cm
Class B: Up to and incl. 166 cm
Class C: Over 166 cm
– 21 to 23 years of age inclusive:
Class A: Up to and incl. 160 cm
Class B: Up to and incl. 166 cm
Class C: Over 166 cm

### MASTER BIKINI FITNESS
– 35 to 39 years of age inclusive:
Class A: Up to and incl. 164 cm
Class B: Over 164 cm
– 40 to 44 years
One open category
– 45 years and over
One open category

### SENIOR WOMEN BODY FITNESS
a. Up to and incl. 158 cm
b. Up to and incl. 163 cm
C. Up to and incl. 168 cm
D. Over 168 cm

### JUNIOR WOMEN BODY FITNESS
– 16 to 20 years
One Open Category
– 21 to 23 years
One Open Category

### MASTER WOMEN BODY FITNESS
– 35 to 39 years
One Open Category
– 40 to 44 years
One Open Category
– 45 years and over
One Open Category

### SENIOR WOMEN WELLNESS
A. Up to and incl. 158 cm
B. Up to and incl. 163 cm
C. Up to and incl. 168 cm
D. Over 168 cm

### JUNIOR WOMEN WELLNESS
A. JUNIOR (16-20)
One open category
B. JUNIOR (21-23)
One open category

### MASTER WOMEN WELLNESS
A. 35 to 39 YRS. OLD - 1 open category
B. 40 to 44 YRS OLD - 1 open category
C. 45 YRS. OLD & OVER - 1 open category

### SENIOR WOMEN ACROBATIC
Class A: Up to and incl. 163 cm
Class B: Over 163 cm

### JUNIOR WOMEN ACROBATIC
- 16 to 20 years of age:
Class A: Up to and incl. 163 cm
Class C: Over 163 cm
- 21 to 23 years of age:
Class A: Up to and incl. 163 cm
Class C: Over 163 cm

### SENIOR WOMEN ARTISTIC
Class A: Up to and incl. 163 cm
Class C: Up to and incl. 168 cm
Class E: Over 168 cm

### JUNIOR WOMEN ARTISTIC
A. JUNIOR (16-20)
- One open category
B. JUNIOR (21-23)
One open category

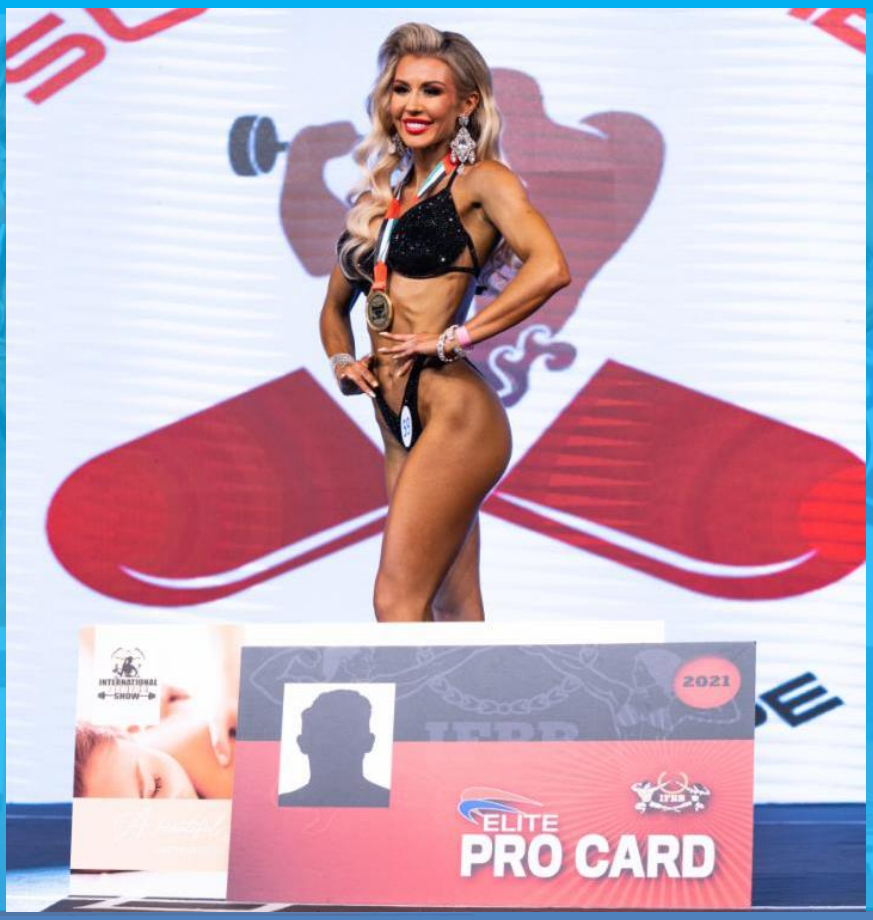
### FIT MODEL
CLASS A- Up to and including 163cm
CLASS B- Up to and including 168cm
CLASS C- Over 168cm

### FIT PAIRS
THERE IS ONE OPEN CATEGORY IN FIT-PAIRS WORLD LEVEL COMPETITIONS. A FIT PAIR MAYBE COMPOSED OF MEN'S PHYSIQUE AND WOMEN'S BIKINI ATHLETE.

**NOTE:** MINIMUM NUMBER OF COMPETITORS TO RUN A CATEGORY SHOULD BE 3.
IF LESS THAN 5 ATHLETES CATEGORIES WILL BE COMBINED, WHEREEVER POSSIBLE.

## IFBB ELITE PRO CARD

# Women's Competition- PRIZES




## Prizes in USD for overall winners as below:

**Women's Wellness- Women's Acrobatic/Artistic - Fit Pairs - Women's Body Fitness - Women's Bikini Fitness - Women's Fit Model**

### Women's Wellness
1st Overall: ($1,000 USD) + Medal + Elite Pro-Card
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Women's Acrobatic
1st Overall: Medal+ Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Women's Body Fitness
1st Overall: Medal + Elite Pro-Card
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Women's Bikini Fitness
1st Overall: ($1,000 USD) + Medal + Elite Pro-Card
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Women's Fit Model
1st Overall: ($1,000 USD) + Medal + Elite Pro-Card
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Women's Artistic
1st Overall: Medal+ Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

### Fit Pairs
1st Overall: Medal+ Certificate
2nd Overall : Medal + Certificate
3rd Overall : Medal + Certificate

# PARTICIPATION & REGISTRATION

This competition is open to **ALL IFBB-AFFILIATEDNATIONAL FEDERATIONS**from all over the Federation nominates them by sending the Final Entry Form with their names to the

below). Such Federations must not have any debts with the IFBB and/or any of its promoters and agents. It is the responsibility of each National Federation that all dues arecurrent to the IFBB.

Please be aware that it is the **FULLRESPONSIBILITYAND OBLIGATIONOF THENATIONAL FEDERATION**to verify each one of the athletes to be registered on this international event

Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution Rules.

It is also the **FULLOBLIGATIONAND RESPONSIBILITY**of your National Federation to Disciplinary case, to make sure these athletes **WILLNOT REGISTER/COMPETE/OR PARTICIPATEINANY CAPACITY** in any event either at National or International level official or invitational.

## OFFICIAL ATHLETE REGISTRATION

**Official athlete registration and weigh-in wil run on Friday,17 March, 2023** from **9:00 hrs-19:00 hrs.** Location for registration and weigh in will be at EMIRATES BODYBUILDING FEDERATION OFFICE – AL TWAR 2. Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form via email directly to the IFBB Technical Committee: amichalak5@gmail.com, **copy to the IFBB Head Office** in Madrid: info@ifbb.com, and to the Organizing Committee: info@universalmuscleandfitness.com with passport-sized photos foraccreditation!

**All athletes wil have to produce their IFBBCards at the registration.** Any athlete who has not yet purchased or renewed his/her IFBB Card will have to buy one at the registration. IFBB Cards are USD $40 per year and are mandatory.

All posing music must be on an audio CD or USB drive. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD or USB for easy identification. The use of profane, vulgar and offensive language is strictly prohibited the posing music.

# PARTICIPATION & REGISTRATION

## REGISTRATIONFEE

How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation
3. Register as an International Athlete, paying your IFBB Blue Book at https://www.ifbb.gbisportinnovation.com/affiliation-ifbb
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.
7. Attend the event.

The IFBB Registration Fee is **USD$250 at http://www.ifbb.com/competition-registration/**
Coaches and helpers back stage passes are available at the athletes official registration at a cost of **USD$30**

Please add your name during online payment and bring a copy of your payment confirmation during registration. The deadline date to do the online payment is **Tuesday, March 7, 2023.** On March 7, 2023, 24:00hrs (midnight- Central European Time, UTC +1) the online payment system will be switched off.
Registration payments made on the Registration day will be USD $300. Crossovers: $100 USD for each of additional category.

Each athlete participating in the Championship will be provided with an accreditation card or wristband at the registration. This identification allows daily admission and should not be removed.

Please visit **https://universalmusclefitness.com** for regular updates.

## 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.

For the best tanning results and to avoid disappointment, athletes are strongly advised to utilize the official tanning sponsor, California Tan. **California Tan team will be the only tanners allowed backstage, and will supply a professional touch up service at the cost of athlete.**

The CT Team will be spraying starting from 8:00AM until 6:00PM. Every spray tan application will take 10 minutes approximate.

FEES: 1 Application - **AED 400** 2 Applications - **AED 500**

Book your space now:

**www.universalmusclefitness.com**

# PARTICIPATION & REGISTRATION

## FINAL ENTRY FORMS

Contact Details
All entry forms and correspondence should be addressed to:
- IFBB Technical Committee, **Eng. Andrew Michalak**, amichalak5@gmail.com and info@ifbb.com
The deadline date for submitting the Final Entry Forms is **March 6, 2023**

## VISA

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation Letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants' visas.

To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

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

any misuse and/or unlawful utilization of the same visa.

## ATHLETES WITHOUT DELEGATION

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Their National Federation must nominate all athletes by sending the Final Entry Form with their names.

# JUDGES

All Judges and Test-Judges must be present at the Team Managers and Judges Meeting. Any Judge absent at this meeting will not be allowed to judge at these Championships. If any of the above conditions have not been met, Judges will be unable to carry out their duties.

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

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50** paid for 2023.

# AWARDS

- Top six athletes in each category will be awarded with certificates.
- Top three athletes in each category will be awarded with medals or trophies.
- Top 5 athletes in Men's senior categories will be awarded points to the 2023 IFBB World Ranking, according to the World Ranking Rules.
- Top three Overall winners in Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Classic Physique will be awarded with the IFBB Elite Pro Cards (after application through their National Federations).

# IMPORTANT INFORMATION

## BACKSTAGE ACCESS

Access to the backstage and/ or dressing room areas shall be strictly limited to essential personnel only. Coaches and Trainers who assist athletes in the dressing room area must be of the same sex as the athlete's they are assisting.

COACH ACCESS WRISTBANDS : 100 AED FEE / $30 USD

## MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form. Said Form must be remitted to the IFBB by email at the info@ifbb.com no later than March 10, 2023.

## CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/ or dressing room areas except when used by IFBB-authorized media persons and, at the event; these devices shall be strictly prohibited in the dressing room area.

## ELECTRICAL CURRENT

220/240 V, 50 Hz AC. British-style 3-pin electrical plugs are used (Type G or 13 A plug). More info at http://www.worldstandards.eu/electricity/plugs-and-sockets/

## CURRENCY & VAT

USD 1.00 = AED 3.67 (as for January 12,2023)
EUR 1.00 = AED 3.98 (as for January 12,2023)
Current rates at: http://www.xe.com/currency/aed-emirati- dirham

**Value Added Tax (VAT) is 5%**

# HOTELS

**DoubleTree by Hilton Dubai - Jumeirah Beach**
**Call Us:** +971 4 453 3333
**Email Us:** reservations.doubletreejumeirah@hilton.com

**Ramada Hotel & Suites by Wyndham Dubai JBR**

The Walk Jumeirah Beach Residence, Dubai, United Arab Emirates 120253

**CHECK IN**
3:00 p.m.

**CHECKOUT**
12:00 p.m.

**FEATURED AMENITIES**

- Free WiFi
- Free Parking
- Airport Shuttle
- Pool - Outdoor
- Restaurant
- Bar

Tripadvisor Rating
3,485 Reviews

View Amenities

View Hotel Policies

For Bookings:
https://www.wyndhamhotels.com/ramada/dubai-united-arab-emirates/ramada-hotel-and-suites-dubai-jbr/rooms-rates

# HOTELS

**JA Ocean View Hotel**
**https://reservations.jaresortshotels.com/**

**Address Beach Resort**
For Bookings:
https://bookings.travelclick.com/

# HOTELS

**Ramada Hotel and Suites by Wyndham Dubai**

For Bookings:

https://www.vio.com/Hotel/

**Amwaj Rotana - JBR**

For Bookings:

https://bookings.rotana.com/en/reservation/roomdetails/showprice/

UNIVERSAL MUSCLE FITNESS FASHION

IFBB FEDERATION
INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

UNIVERSAL MUSCLE UMF FITNESS & FASHION

EBBF
إتحاد الإمارات لبناء الأجسام
Emirates Bodybuilding Federation

# DUBAI MUSCLE BEACH

18 - 19 MARCH 2023


**EMAIL:**
info@universalmusclefitness.com
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