

AJMAN

حكومة عجمان
Government of Ajman

دائرة التنمية السياحية
Department of Tourism Development

»»»»» **2023**



IFBB ايليت برو عجمان
IFBB Elite Pro Ajman



بطولة عجمان الدولية لبناء الأجسام
Ajman International Bodybuilding Competition

Third Edition

CASH PRIZE



4 - 5 MARCH



WELCOME

We are glad to present to you the third edition of the prestigious competition for amateur and IFBB Elite PRO in the city of Ajman UAE.

Don't miss this opportunity to attend the show which will give you the opportunity to meet and compete with athletes from all around the world.

*Due to its unique geographical location, **AJMAN BODYBUILDING COMPETITION** is a great place to travel and enjoy the best hospitality in Ajman City.*

We welcome you all the participants and the audience of this amazing show.

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.

FOLLOW US!





بطولة عجمان الدولية لبناء الأجسام
Ajman International **Bodybuilding Competition**



City Info

Emirate Of Ajman

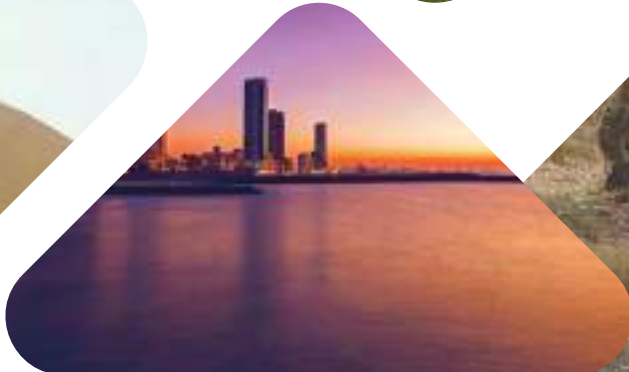
Please visit the website to know more information

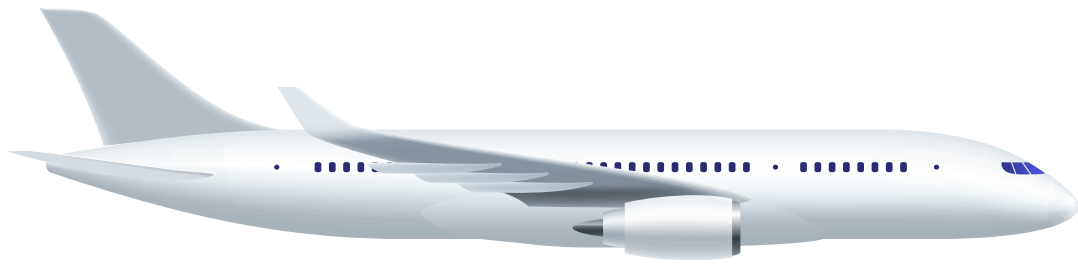
<https://ajman.travel/en/travel-guide>

The Emirate of Ajman is a major hub in the UAE's entity, through its role in the initiative of the Union and its geographical location. It is located within the Northern Emirates overlooking the Arabian Gulf and the middle of the Emirate of Sharjah and Umm Al Quwain. It covers an area of 260 square kilometers. To 600 km. The emirate includes the cities of Musfout and Manama, as well as the city of Ajman, which is the capital of the headquarters of the Governor's Office and the headquarters of the departments and government institutions.

Within three decades, Ajman has been able to be the investment front in the region, opening a window to the world through trade and industry and supporting investors with a set of laws and regulations to achieve the vision of wise leadership.

Ajman is known worldwide because of its touristic worthy. One of the most famous places in the world. Ajman is a short -15minute journey from Sharjah International Airport, 30 minutes from Dubai International Airport, and just over two hours from Abu Dhabi International Airport.





Airports



Dubai International Airport

Located 30 kilometres from Ajman, Dubai International Airport is one of the busiest and best connected airports in the world, with 125 airlines serving over 250 destinations.

The two local carriers are Emirates, the official airline of Dubai that offers daily flights from 140 destinations, and FlyDubai, a low-cost airline with a network of more than 80 destinations.

A taxi from Dubai International Airport to Ajman takes about 30 minutes outside of rush hour, and will cost around 130 AED, including an airport surcharge of 25 AED.

Alternatively, intercity buses depart every 20 minutes and cost around 10 AED.



Sharjah International Airport

Sharjah International Airport is located 20 kilometres from Ajman. More than 40 airlines connect the emirate to 70 international destinations.

Sharjah International Airport is also home to the low-cost carrier Air Arabia, which serves more than 100 destinations.

A taxi from Sharjah International Airport to Ajman takes about 15 minutes, depending on traffic, and will

cost around 80 AED, including an airport flag fall of 20 AED. Alternatively, intercity buses depart every 20 minutes and cost around 10 AED.



You may need a visa to visit the UAE. Visa regulations are subject to change, but the following overview should give you an idea of whether you will need one.

A valid passport is required to enter in UAE. and should have at least one blank page for visas.

An Official Letter of Invitation will be made available if required. Contact Ms. Daria info@ifbb.com

GCC nationals Citizens of Bahrain, Kuwait, Qatar, Oman and Saudi Arabia do not need a visa to enter UAE. You simply need to produce your GCC country passport or ID Card upon arrival in the UAE.

Visa on arrival

Citizens of 45 other countries (including the US, UK, Singapore, Malaysia, Australia and many EU countries) are granted a free tourist visa upon arrival in the UAE, which is valid for 30 days. To see if your country is on the list, check with your local consular office or visit the Ministry of Foreign Affairs website.

Sponsored visas

If you do not fall into one of the above categories, you will need to arrange a visa and a sponsor before you travel. The sponsor normally applies for the visa on your behalf. Hotels and tour companies can apply for a Tourist Visa for you, which is valid for 30 days, or a Visit Visa, which is valid for 30 days and can be extended for other 30 days. For more information, contact your local consular office or visit the Ministry of Foreign Affairs website.



SUGGESTED HOTEL

Ramada Hotel & Suites Ajman



A vibrant and dynamic complex within the city, Radisson Blu is merely minutes away from Ajman City Centre and is easily accessible from the highway, set in Al Jurf, which is the new upcoming area of Ajman City. Take advantage of the gym, spa and 25m pool, indulge in a choice of 7 diverse restaurants and comfortable rooms, as well as complimentary shuttle services and comfortable rooms, as well as complimentary shuttle services

+971 (6) 703 1111
ramadaajman.com

Radisson Blu Hotel, Ajman



Located in the centre of the city, Ramada Hotel & Suites Ajman offers 366 rooms and suites elegantly decorated and designed for a luxurious and comfortable stay. The hotel also features an all-day dine-in restaurant along with a café offering handcrafted coffee and freshly baked pastries. The hotel also features a wide private beach for those who enjoy the blue waters and sunsets.

+971 (6) 707 0700
radissonblu.com/hotel-ajman

Bahi Ajman Palace



Set on a private beach, The Bahi Ajman Palace is a modern, five-star heritage retreat balancing world-class facilities with legendary Arabian hospitality. The hotel has seven dining outlets, a spa, health club, watersports and a swimming pool.

+971 (6) 701 8888
hmhhotelgroup.com










Venue

AJMAN Cultural Center



CATEGORIES OPEN FOR THIS COMPETITION

 BODYBUILDING	 CLASSIC BODYBUILDING	 MEN'S PHYSIQUE	 CLASSIC PHYSIQUE	 MUSCULAR MEN'S PHYSIQUE
UP TO 65 KG 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	UP TO 168 CM UP TO 171 CM UP TO 175 CM UP TO 180 CM OVER 180 CM	UP TO 170 CM UP TO 173 CM UP TO 176 CM UP TO 179 CM UP TO 182 CM OVER 182 CM	UP TO 168 CM UP TO 171 CM UP TO 175 CM UP TO 180 CM OVER 180 CM	UP TO 174 CM UP TO 178 CM OVER 178 CM
▶ JUNIOR <ul style="list-style-type: none">● UP TO 75 KG● OVER 75 KG ▶ MASTER <ul style="list-style-type: none">● 49-40 YRS. OLD● 50 YRS. OLD & OVER	▶ JUNIOR <ul style="list-style-type: none">● One Open Categorie ▶ MASTER <ul style="list-style-type: none">● One Open Categorie	▶ JUNIOR <ul style="list-style-type: none">● UP TO 174 CM● UP TO 178 CM● OVER 178 CM ▶ MASTER <ul style="list-style-type: none">● 44-40 YRS. OLD● 49-45 YRS OLD● 50 YRS. OLD & OVER	▶ JUNIOR <ul style="list-style-type: none">● One Open Categorie ▶ MASTER <ul style="list-style-type: none">● One Open Categorie	

Note: Minimum number of competitors to run a category should be 3. If less than 3 athletes, categories will be combined, wherever possible.



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.*
- *Overall winners in Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Classic Physique and Muscular Physique will be awarded with the IFBB Elite Pro Cards (after application through their National Federations).*



IFBB ELITE PRO CARDS



For Overall Winners

- | | |
|------------------------------|-----------------------------|
| ▶ Men's Bodybuilding | (05 IFBB ELITE PRO CARDS) |
| ▶ Men's Masters Bodybuilding | (01 IFBB ELITE PRO CARDS) |
| ▶ Men's Classic Bodybuilding | (03 IFBB ELITE PRO CARDS) |
| ▶ Men's Classic Physique | (03 IFBB ELITE PRO CARDS) |
| ▶ Men's Physique | (03 IFBB ELITE PRO CARDS) |
| ▶ Men's Muscular Physique | (01 IFBB ELITE PRO CARDS) □ |



GENERAL SCHEDULE

OFFICIAL ATHLETE REGISTRATION



Thursday, 2nd of March



From: 12:00 PM to 18:00PM

- ▶ Physique
- ▶ Classic Physique
- ▶ Muscular Physique



Friday, 3rd of March



From: 11:00 AM to 19:00PM

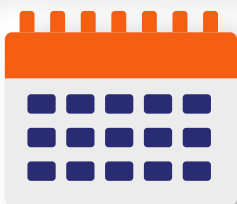
- ▶ Bodybuilding
- ▶ Classic Bodybuilding

All athletes from
out of UAE



Location:
Ajman Radisson blu Hotel

TEAM MANAGER AND JUDGES MEETING



Friday, March 3



20:00 PM



EVENT SCHEDULE



Saturday, 4th of March



Start at 10:00 AM

- JUNIOR CLASSIC PHYSIQUE
- MASTERS CLASSIC PHYSIQUE
- SENIOR CLASSIC PHYSIQUE
- JUNIOR PHYSIQUE
- MASTERS PHYSIQUE
- MUSCULAR PHYSIQUE
- MEN'S PHYSIQUE



Sunday, 5th of March



Start at 10:00 AM

- JUNIOR CLASSIC BODYBUILDING
- MASTERS CLASSIC BODYBUILDING
- SENIOR CLASSIC BODYBUILDING
- JUNIOR BODYBUILDING
- MASTERS BODYBUILDING
- SENIOR BODYBUILDING



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 CHAMPIONSHIPS rests with the IFBB.*
 - *It is 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 CHAMPIONSHIPS either at National or International level, Official or Invitational.*
 - *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.*
 - *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 35€/USD 45*
-



REGISTRATION FEE

- *The IFBB Registration Fee is USD \$300 at <http://www.ifbb.com/competition-registration/> Coaches and helpers back stage passes are available at the athletes official registration at 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 Feb 21st, 2023 (Tuesday). On TUESDAY, Feb 21st, 2023 at 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 \$350. 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.*



CROSSOVER (USD \$100)



TANNING

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes at the backstage and if the tan comes off by simply wiping. the athlete will be told to remove the tan before going on stage



TANNING FEE

USD \$110

JANTANA TAN is the official tanning company.

For reservations, please contact Ms. MUZAMEL RAHMAN,
info@goldeninnovations.ae



FINAL ENTRY FORMS

Contact Details:-

All entry forms and correspondence should be addressed to:

- *IFBB Technical Committee, Eng. Andrew Michalak, amichalak5@gmail.com and*
- *IFBB Head Office in Madrid, info@ifbb.com*

The deadline date for submitting the Final Entry Forms is Monday, Feb 20th, 2023



ATHLETES WITHOUT DELEGATION

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

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 Technical Meeting.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of 60\$/50€ paid for the current year. This fee may also be paid at the Championships at the Technical Meeting



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 submitted to the IFBB by email at the info@ifbb.com no later than 18th February 2022.



CAMERA/VIDEO TAPE 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

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



CURRENCY & VAT

The Emirati Dirham (AED) is the official currency of the United Arab Emirates.

USD 1.00 = AED 3.67 (as for January 09th, 2023)

EUR 1.00 = AED 3.92 (as for January 09th, 2023)

Current rates at: <http://www.xe.com/currency/aed-emirati-dirham>

Value Added Tax (VAT) is %5

THANK YOU



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