INSPECTION REPORT

24-26 NOVEMBER 2023 | DUBAI WORLD TRADE CENTRE

DUBAI, UNITED ARAB EMIRATES

IFBB FEDERATION

EBBF
Emirates Bodybuilding & Fitness Federation

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 Dubai Muscle Show in November will be on average 31 degrees/ 81 Fahrenheit. Dubai International Airport (DXB) is a 15-minute taxi or short drive to Dubai World Trade Centre.

TIME DIFFERENCE

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
- Germany
- Belgium
- Estonia
- Denmark
- Bulgaria
- Iceland
- Sweden
- Greece
- Portugal
- Croatia
- Czech Republic
- Italy
- Austria
- Luxembourg
- Malta
- Slovenia
- Hungary
- Norway
- Finland
- Poland
- Spain
- Romania
- Lithuania
- Holland
- Liechtenstein
- Switzerland
- Cyprus
- Slovakia
- 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
- Australia
- Brunei
- Canada
- United Kingdom
- China
- Hong Kong
- Ireland
- Japan
- Russia
- Malaysia
- Monaco
- New Zealand
- San Marino
- Slovakia
- Singapore
- South Korea
- The Vatican
- United States
- Holland
- Liechtenstein
- Switzerland
- Cyprus

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.

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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: **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

Dubai Taxi's are always on hand to take you to your next destination and can be booked through Uber or Careem. Dubai Metro is a cheap alternative which links much of the city's main landmarks together. Car rental is also an option when staying in Dubai

CURRENCY

The currency in Dubai is Dirhams (AED).
Current rates available here

VENUE

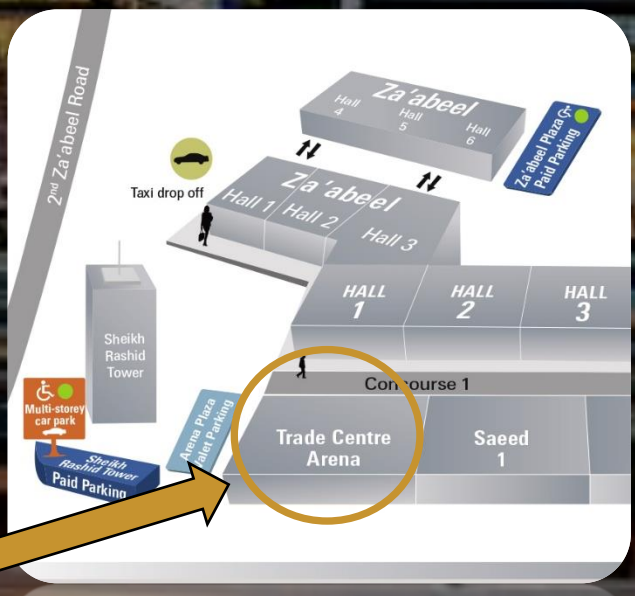
HALLS 1, 2, 3, 4 & Trade Centre Arena

DUBAI WORLD TRADE CENTRE

SHEIKH ZAYED ROAD

DUBAI MUSCLE CLASSIC

DUBAI MUSCLE SHOW



COMPETITION AND ATHLETE ACCESS WILL TAKE PLACE HERE

IFBB FEDERATION

EBBF Emirates Bodybuilding & Fitness Federation

SCHEDULE

REGISTRATION

22-23 NOVEMBER 2023

EBBF FEDERATION OFFICES

Wednesday 22 – Ladies Categories, Men's Physique and Muscular Physique

Thursday 23 – Classic Bodybuilding and Classic Physique Categories

10am-17:00 pm

COMPETITION

NOVEMBER 24th, 2023

Master Bodyfitness

Master Bikini

Wellness

Bodyfitness

Bikini

NOVEMBER 25th, 2023

Junior Classic Bodybuilding

Junior Classic Physique

Junior Bodybuilding

Masters Classic Physique

Master Men's Bodybuilding

Classic Bodybuilding

Classic Physique

Bodybuilding

NOVEMBER 26th, 2023

Junior Men's Physique

Masters Men's Physique

Muscular Men's Physique

Men's Physique

IFBB FEDERATION

INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

EBBF

اتحاد الإمارات لبناء الأجسام واللياقة البدنية

Emirates Bodybuilding & Fitness Federation

CATEGORIES

MEN'S BODYBUILDING

UP TO & INCLUDING 70 kg

UP TO & INCLUDING 75 kg

UP TO & INCLUDING 80 kg

UP TO & INCLUDING 85 kg

UP TO & INCLUDING 95 kg

OVER 95 kg

OVERALL (ELITE PRO CARDS FOR THE TOP 3)

JUNIOR MEN'S BODYBUILDING 16-23 YEARS

16-23 YEARS - **OPEN**

MASTER MEN'S BODYBUILDING

40 YEARS & OVER – **OPEN**

MASTER ELITE PRO CARDS FOR THE TOP 2

MEN'S CLASSIC BODYBUILDING

UP TO & INCLUDING 171 cm

UP TO & INCLUDING 180 cm

OVER 180 cm

OVERALL (ELITE PRO CARDS FOR THE TOP 2)

JUNIOR MEN'S CLASSIC BODYBUILDING

16-23 YEARS – OPEN

MEN'S CLASSIC PHYSIQUE

UP TO & INCLUDING 171 cm

UP TO & INCLUDING 175 cm

UP TO & INCLUDING 180 cm

OVER 180 cm

OVERALL (ELITE PRO CARDS FOR THE TOP 2)

WOMEN'S BODYFITNESS

OPEN CATEGORY

ELITE PRO CARD FOR THE WINNER

MASTER WOMEN'S BODYFITNESS

35 YEARS & OVER - **OPEN**

MASTER ELITE PRO CARD FOR THE WINNER

WOMEN'S BIKINI

UP TO & INCLUDING 164 cm

OVER 164 cm

OVERALL (ELITE PRO CARDS FOR THE TOP 2)

MASTER WOMEN'S BIKINI

35 YEARS & OVER - **OPEN**

MASTER ELITE PRO CARD FOR THE WINNER)

WOMEN'S WELLNESS

OPEN CATEGORY

ELITE PRO CARD FOR THE WINNER

JUNIOR MEN'S CLASSIC PHYSIQUE

16-23 YEARS **– OPEN**

MASTERS MEN'S CLASSIC PHYSIQUE

40 YEARS & OVER – **OPEN**

MEN'S PHYSIQUE

UP TO & INCLUDING 170 cm

UP TO & INCLUDING 173 cm

UP TO & INCLUDING 176 cm

UP TO & INCLUDING 179 cm

UP TO & INCLUDING 182 cm

OVER 182 cm

OVERALL (ELITE PRO CARDS FOR THE TOP 2)

JUNIOR MEN'S PHYSIQUE 16-23 YEARS

UP TO & INCLUDING 174 cm

OVER 174 cm

OVERALL

MASTER MEN'S PHYSIQUE

ONE OPEN CATEGORY

MUSCULAR MEN'S PHYSIQUE

UP TO & INCLUDING 175 cm

OVER 175 cm

OVERALL (ELITE PRO CARD FOR THE WINNER)

CLICK HERE FOR

FULL CATEGORIES AND RULES

IFBB FEDERATION

EBBF Emirates Bodybuilding & Fitness Federation

PARTICIPATION & REGISTRATION

This competition is open to ALL IFBB-AFFILIATED NATIONAL FEDERATIONS from all over the world. Registration of athletes will only be considered if their IFBB-affiliated National Federation nominates them by sending the Final Entry Form with their names to the Organizers, IFBB Head Office in Madrid and IFBB Technical Committee (addresses 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 are current to the IFBB. Please be aware that it is the FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify each one of the athletes to be registered on this international event and is NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule 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 FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL THE ATHLETES from your country affiliated to your National Federation who are actually 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.

OFFICIAL REGISTRATION

Official athlete registration and weigh-in will be run on Wednesday, 22 and Thursday 23 November 2023 from 10:00 until 17:00 hrs. Location for the registration and weigh-in will be at the Emirates Bodybuilding Federation Offices. 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 with passport-sized photos for accreditation! For athletes living in the UAE with a valid Residence Visa and Emirates ID (EID) will have to register via Emirates Bodybuilding Federation (EBBF), which can be done during the Official Athlete Registration on the November 22-23, 2023. All athletes will have to produce their IFBB Cards 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 $50 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 in the posing music.

IFBB FEDERATION

EBBF Emirates Bodybuilding & Fitness Federation

PARTICIPATION & REGISTRATION

REGISTRATION FEE

The IFBB Registration Fee starts at USD $250 and will increase to $380 depending on sign up time. International athletes register and pay via the IFBB Website: https://ifbb.com/competition-registration/

All competitors including UAE Residents or athletes competing under the EBBF team you can sign up directly here: www.dubaimuscleclassic.com/compete.

Coaches and helpers backstage passes are available at the athletes official registration at a cost of USD $80, which includes 3 day backstage pass and Dubai Muscle Show ticket. Registration payments made on the Registration Day will be USD $380. Each athlete participating in the Championship will be provided with an accreditation card or wristband at the registration. This identification allows admission and should not be removed.

TANNING SERVICES

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 ProTan. The ProTan will be the only tanners allowed backstage. Athletes are required to arrive 3 hours before their category for tanning.

Tan is INCLUDED in the cost of registration.

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 IFBB Head Office in Madrid, info@ifbb.com and tom.reece@iegme.com.

The deadline date for submitting the Final Entry Forms is Monday November 13th, 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 requested and received 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 its 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.

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 / USD $60. 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 at these Championships.

AWARDS & PRIZEMONEY

- Top six athletes in each category will be awarded with certificates
- Top three athletes in each category will be awarded with medals
- Top 6 in each category will be awarded Trophies
- Overall Winners will get Overall Medal and Prizemoney for the following categories:
  - Bodybuilding
  - Classic Bodybuilding
  - Classic Physique
  - Men's Physique
  - Bikini

1st Position	2nd Position	2nd Position
AED 8000 ($2178)	AED 5000 ($1360)	AED 3000 ($815)

HOTELS

There are a number of affordable hotels close to the Dubai World Trade Centre with fantastic rates. Check out the Novotel Dubai World Trade Centre and the IBIS One Central below.

NOVOTEL

The 4-star Novotel at Dubai World Trade Centre, is conveniently located only a short 2 minute walk from Dubai Muscle Show.

Click here to see rates.

IBIS ONE CENTRAL

Ibis One Central is located at Dubai World Trade Centre, only a short 2 minute walk from Dubai Muscle Show.

Click here to see rates.

DUBAI MUSCLE CLASSIC

AT

DUBAI MUSCLE SHOW

NOVEMBER 24-26 2023| DUBAI WORLD TRADE CENTRE

THE MIDDLE EAST'S BIGGEST BODYBUILDING SHOW

IFBB FEDERATION

EBBF Emirates Bodybuilding & Fitness Federation