



INSPECTION REPORT

7-8 DECEMBER 2018
DUBAI WORLD TRADE CENTER



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 all IFBB Elite Pro - Affiliated National Federations wishing to participate in the 2018 IFBB Gulf Classic to be held at Dubai Muscle Show, Dubai World Trade Centre, in United Arab Emirates (UAE) on December 7th and 8th.



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 Gulf Classic in December will be a warm 21 degrees Celcius / 70 degrees Fahrenheit.

Dubai International Airport (DXB) is a 15 minute taxi or short drive to Dubai World Trade 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 outside 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 (DIFC).

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

The station where The Gulf Classic and Dubai Muscle Show are being held is called "Dubai World Trade Centre"

There is a direct metro from Dubai International Airport (DXB) through to Dubai World Trade Centre.

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

DUBAI WORLD TRADE CENTER



Dubai World Trade Centre is the UAE's leading event venue and the largest event and exhibition centre in the whole region.

Address:

Sheikh Zayed Road, Dubai, United Arab Emirates



مركز دبي التجاري العالمي
DUBAI WORLD TRADE CENTRE



+971 4 332 1000



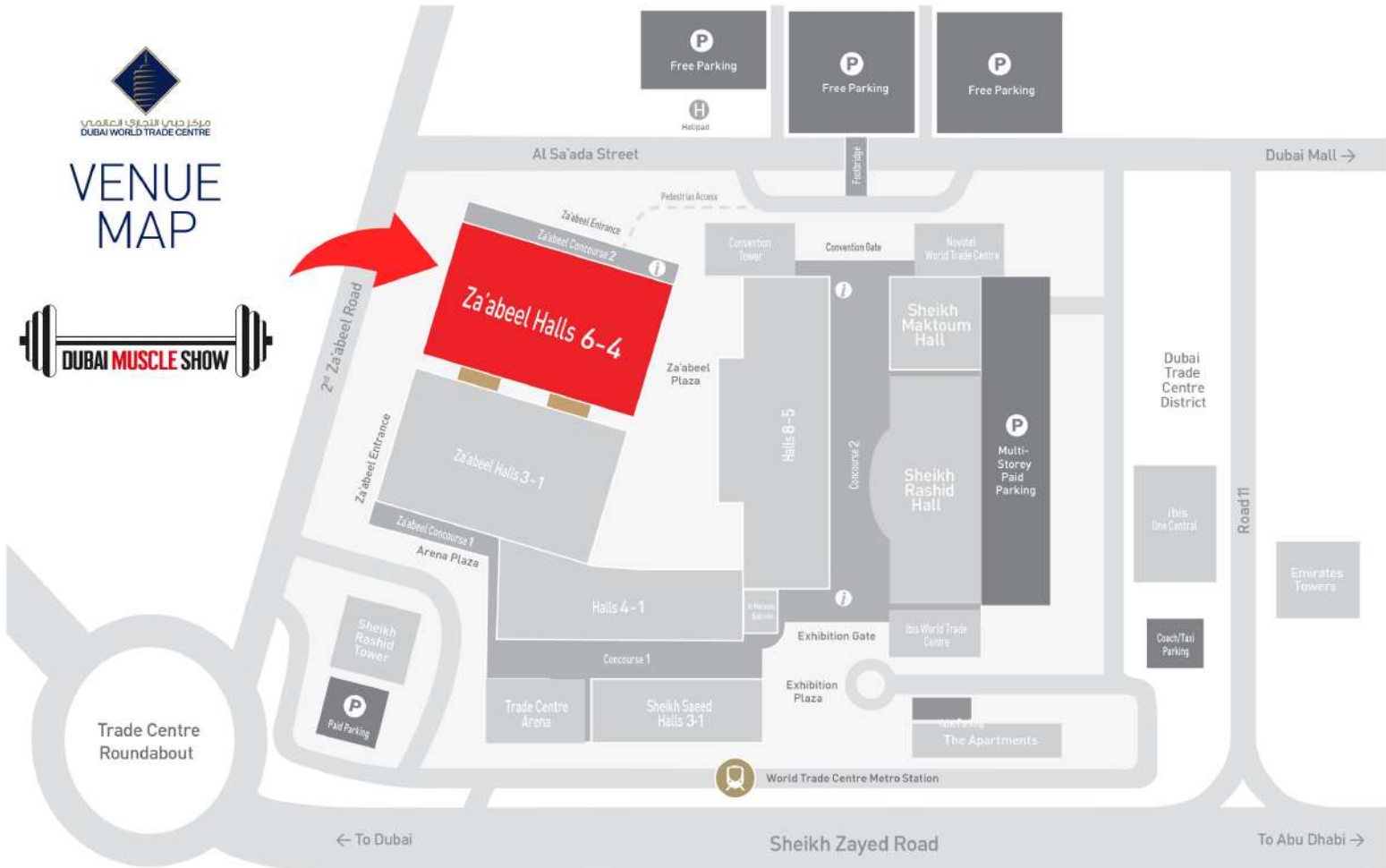
info@dwtc.com



www.dwtc.com

VENUE MAP

DUBAI WORLD TRADE CENTRE ZABEEL HALL 6-4



Address:

Sheikh Zayed Road, Dubai, United Arab Emirates

+971 4 332 1000

info@dwtc.com

www.dwtc.com

GENERAL SCHEDULE



TEAM MANAGERS AND JUDGES MEETING

Thursday, 6 December 2018
19:00 hrs onwards

OFFICIAL ATHLETE REGISTRATION

Thursday, 6 December 2018
10:00 - 17:00 hrs

EVENT SCHEDULE

Friday, 7 December 2018
10:00 hrs onwards

**Men's Physique
Classic Physique
Muscular Physique**

Saturday, 8 December 2018
10:00 hrs onwards

**Men's Bodybuilding
Classic Bodybuilding**

Sunday, 9 December 2018
CHECK OUT

CATEGORIES OPEN FOR THIS COMPETITION

MEN'S PHYSIQUE

SENIOR
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

CLASSIC PHYSIQUE

Senior

Up to & incl. 168 cm
Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 171 cm
Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
Up to & incl. 175 cm
Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
Up to & incl. 180 cm
Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
Over 180 cm:
a) over 180 cm up to & incl. 190 cm:
Max Weight [kg] = (Height [cm] - 100) + 13 [kg]
b) over 190 cm up to & incl. 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 15 [kg]
c) over 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 17 [kg]

Junior

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]
Over 180 cm:
a) over 180 cm up to & incl. 190 cm:
Max Weight [kg] = (Height [cm] - 100) + 7 [kg]
b) over 190 cm up to & incl. 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
c) over 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 9 [kg]

Master

40 to 44 years of age inclusive: One open category
45 to 49 years of age inclusive: One open category
50 years and over: One open category

BODYBUILDING

SENIOR
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

JUNIOR
UP TO 75 KG
OVER 75 KG

MASTER

40 to 44 years of age inclusive:
Up to and incl. 70 kg
Up to and incl. 80 kg
Up to and incl. 90 kg
Over 90 kg

45 to 49 years of age inclusive:
Up to and incl. 70 kg
Up to and incl. 80 kg
Up to and incl. 90 kg
Over 90 kg

50 to 54 years of age inclusive:
Up to and incl. 80 kg
Over 80 kg

55 years of age and over:
Up to and incl. 75 kg
Over 75 kg

CLASSIC BODYBUILDING

Senior

Up to & incl. 168 cm
Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm
Max Weight [kg] = (Height [cm] - 100) + 2 [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]
Over 180 cm:
a) over 180 cm up to & incl. 190 cm:
Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
b) over 190 cm up to & incl. 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
c) over 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 10 [kg]

Junior

Up to & incl. 168 cm
Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm
Max Weight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 175 cm
Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 180 cm
Max Weight [kg] = (Height [cm] - 100) + 3 [kg]
Over 180 cm:
a) over 180 cm up to & incl. 190 cm:
Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
b) over 190 cm up to & incl. 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 4.5 [kg]
c) over 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 5 [kg]

Master

40 to 44 years of age inclusive: One open category
45 to 49 years of age inclusive: One open category
50 years and over: One open category

MUSCULAR PHYSIQUE

ONE OPEN CATEGORY

Note: Juniors are from 16 - 23 years old. Senior is from 24 - 39 years old.
Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will awarded to the IFBB World Ranking.

Crossovers (second category) will not be

15 x IFBB ELITE PRO CARDS



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 ATHLETE REGISTRATION

Official athlete registration and weigh-in will be run on **Thursday, 6 December 2018** from **10:00 until 17:00 hrs.** Location for the registration and weigh-in will be in **Grand Excelsior Hotel, Deira at Al Masah Ballroom.**

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 for accreditation!

For athletes **living in the UAE with a valid Resience 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 6th of December.

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 \$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 in the posing music.

PARTICIPATION & REGISTRATION



REGISTRATION FEE

The IFBB Registration Fee is **USD \$250**. The Registration Fee will have to be paid in advance online through credit/debit card/PayPal at IFBB webpage:

<https://ifbb-registration.com/reg/2018dubai/107/>

Please add your name during online payment and bring a copy of your payment confirmation during the registration. The deadline date to do the online payment is **Friday, 30 November 2018**. On November 30, 24:00 hrs (midnight- Central European Summer Time, UTC +1) the online payment system will be switched off. Registration payments made on the Registration day will be USD **\$300**.

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 www.umff-me.com and follow IG pages [#umff_me](https://www.instagram.com/umff_me) and [#ifbb_gulf_classic](https://www.instagram.com/ifbb_gulf_classic)

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 7:00 AM until 6:30 PM on Friday and Saturday at the venue (Dubai World Trade Center). Every spray tan application will take 10 minutes approximate.

FEES: 1 Application - **AED 400**

2 Applications - **AED 500**

Book your space now: <https://www.universalmuscleanfitness.com/stage-ready-services>

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, **Ms. Diana Mozos**, info@ifbb.com

The deadline date for submitting the Final Entry Forms is **November 30, 2018**.

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**.

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

- 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 2018 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

Green cards are used to limit access to the backstage area during Pre-judging and Finals. They will be distributed at the Team Managers and Judges Meeting as follows:

Five (5) or more competitors
– two (2) green cards

Less than (5) competitors
– one (1) green card

If National Federation Officials do not attend the Team Managers and Judges Meeting, this Federation will not be issued a green card. 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.

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 30 November 2018.

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

The Emirati Dirham (AED) is the official currency of the United Arab Emirates.
USD 1.00 = AED 3.67 (as for June 23, 2018)
EUR 1.00 = AED 4.26 (as for June 23, 2018)
Current rates at: <http://www.xe.com/currency/aed-emirati-dirham>

Value Added Tax (VAT) is 5%

HOTELS

GRAND EXCELSIOR HOTEL, DEIRA



Grand Excelsior Hotel - Deira

Book your stay at Grand Excelsior Hotel Deira Dubai at **AED 375 (SGL) / 450 (DBL) per night.**

Rates are inclusive of:

10% Service Charge

7% Municipality Fees

5% VAT

Tourism Dirham: **AED 15 is excluded per room per night.**

Inclusive of **Pick Up and Drop Off from the Hotel to Dubai World Trade Center and vice versa.** Timings will be announced through our Instagram page **#umff_me** and **#ifbbgulfclassic**

To book please contact:

Lamiaa El Ansary at **+971 50 704 6328** or email **reservations@gehdeira.com** with a subject of **"IFBB GULF CLASSIC - DUBAI MUSCLE SHOW"**



IFBB GULF CLASSIC 2018



EMAIL: info@universalmuscleandfitness.com

TEL: +971 455 8662

WEBSITE: www.umff-me.com