



1st West Asian Men's Bodybuilding Championship

Inspection Report



Manama, Kingdom of Bahrain

November 30 – December 4, 2016

(Wednesday until Sunday)

Welcome

The Organizing Committee of Bahrain Weightlifting Federation wishes to take this opportunity to extend a warm welcome to all West Asian National Federations to participate in the 1st West Asian Men's Bodybuilding Championship in Manama, Kingdom of Bahrain from November 30 – December 4, 2016

About Bahrain:



Arabian Gulf. It is a borderless island nation situated between Saudi Arabia and Qatar. An extensive road

Recent discoveries

The Kingdom of Bahrain is located in the heart of the



network 25 kilometers long bridges Bahrain with Saudi Arabia while Qatar is just 40 minutes away by plane. The much awaited causeway between Bahrain and Qatar is meant to transform the two Gulf States both socially and economically. Dubai is just a 45 minute flight away, too. This really makes Bahrain, the gateway of the Arabian Gulf.

One of the charms of Bahrain is that it is a very open Islamic country, allowing people of different faiths to express themselves freely. It is an open country where different nationalities meet for work, commerce and investment.

Majority of the population of Bahrain speaks English, which makes it a lot easier for visitors. Bahrain also offers luxurious retail therapy as well as entertainment complexes, which are scattered around the island. Bahrain's beaches are some of the most popular in the Middle East, as they offer a more tolerant atmosphere conducive to relaxation and fun-filled vacations. With 33 islands in its archipelago, one can only imagine the rich variety of choice for water sport and sunbathing enthusiasts, as Bahrain offers some of the best diving and resort accommodation in the Arabian Gulf.

The climate is moderate compared to other gulf countries, with pleasant winters and summers. Though Bahrain has warmer weather in the summer, it offers mild temperatures that draw tourist to a long winter. Bahrain offers many kinds of accommodation in many different price ranges. Resorts offering 5 star amenities to fit the luxury lifestyle or even hotels with comfortable rooms with budget-friendly rates, are both readily available. With a wide range of choices Bahrain offers a multicultural mix of ethnicities and religions, with people who are friendly and offer warm hospitality.

Bahrain International Airport:

Bahrain International Airport is, located in Muharraq, an island about 7 km (4.3 mi) northeast of the capital Manama. It serves as the hub for the national carrier Gulf Air.



IMPORTANT NOTICE: All west Asian National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting (4:30 pm December 1st, 2016). Any Official Participant not Checked in by this deadline will be classified as an extra delegate and will be responsible for all his expenses. Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official participant for your Federation; otherwise, these Individuals will be responsible for all their own expenses. The same rule applies for family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

Accommodation (ART Rotana***):**



ART Rotana is Located at Amwaj Islands, and surrounded by the crystal clear blue waters of the Arabian Gulf. Guests can soak up the sun by the beach or one of the hotels' swimming pools. Free WiFi is available in all rooms.

The air-conditioned accommodation provides guests with scenic views. Each includes a satellite TV, a desk and a minibar. Rain shower, a bathrobe and a hairdryer are provided in the en-suite bathroom. The suites include a spa bath in its outdoor terrace.

A vigorous work out can be enjoyed at the Bodylines Fitness & Wellness Club as well as relaxing aromatic massage treatments and cleansing scrubs.



For the little guests, ART Rotana even has its very own water park where kids can enjoy their days and a dancing fountain that shall mesmerize with regular performances. A wide variety of restaurants are available including the Gallery Lobby Lounge which offers a wide range of cuisines that will suit all tastes, . Italian at Rosso which is a family favourite with al fresco dining by the fountain, whilst Flames Steak and Seafood offers the finest cuts of meat and freshest catch from the sea.

Bahrain International Airport is a 15 minute drive from the hotel and Manama city center is just 20 minutes away.

Accommodations:



The organizing committee has established a full special package rate, which includes four (4) nights' accommodations with (3) three meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a cost of **US\$ 650 per person in a twin bedded room** or **US\$ 750 per person in a single bedded room**.

Hotel security deposit:

A hotel security deposit of **US\$ 100** per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

IMPORTANT NOTICE: You must pay the Hotel Security Deposit **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives in Manama without their Team manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit **BEFORE** a room can be assigned.

Airport:

The official arrival airport is Bahrain international airport. The organizing committee will pick you up at Bahrain international airport on arrival and transport you to the official hotel. It is very important that every national federation provide to the organizing committee the complete arrival & departure details of its team, including the number of people in the delegation.

Your cooperation is essential to ensuring adequate transportation for your team.

Early arrivals & late departures:

Any national federation, including any of its individual team members, arriving before the official arrival date of November 30, 2016 and/or staying after the official departure date of December 4, 2016 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the official arrival date and after the official departure date will be approximately US\$ 250 for a single or twin bed room.

Flight reconfirmation:

You must notify the organizing committee of any early arrivals and/or any late departures **no later than October 30, 2016.**

To reconfirm your flight to and from Bahrain, please contact the secretariat with 24- 36 hours before your departure.

CATEGORIES

1 st West Asian Championships Categories			
No.	No. Categories	Categories	Class
1	1	MEN'S PHYSIQUE	Up to & incl. 162 cm
2	2		Up to & incl. 166 cm
3	3		Up to & incl. 170 cm
4	4		Up to & incl. 174 cm
5	5		Up to & incl. 178 cm
6	6		Up to & incl. 182- cm
7	7		Over 182 cm
8	1	MEN'S BODYBUILDING	55 kg
9	2		60 kg
10	3		65 kg
11	4		70 kg
12	5		75 kg
13	6		80 kg
14	7		85 kg
15	8		90 kg
16	9		95 kg
17	10		100 kg
18	11		Over 100 kg
19	1	Junior MEN'S	Up to 75 kg
20	2	BODYBUILDING	Over 75 kg
21	1	MASTER MEN'S BODYBUILDING 40-49 YEARS	70 kg
22	2		80 kg
23	3		90 kg
24	4		Over 90 kg
25	1	MASTER MEN'S	80 kg
26	2	BODYBUILDING 50-59 YEARS	Over 80 kg
27	1	MASTER MEN'S BODYBUILDING 60-64 YEARS	Open
28	1	MEN'S CLASSIC BODYBUILDING	Up to & incl. 158 cm Max Weight[kg] = (height [cm]-100) – 0 [kg]
29	2		Up to & incl. 162 cm Max Weight[kg] = (height [cm]-100) – 0 [kg]
30	3		Up to & incl. 165 cm Max Weight[kg] = (height [cm]-100) + 1 [kg]
31	4		Up to & incl. 168cm Max Weight[kg] = (height [cm]-100) + 2 [kg]
32	5		Up to & incl. 172 cm Max Weight[kg] = (height [cm]-100) + 3 [kg]
33	6		Up to & incl. 176 cm Max Weight[kg] = (height [cm]-100) + 4 [kg]
34	7		Up to & incl. 180 cm Max Weight[kg] = (height [cm]-100) + 5 [kg]
35	8		Over 180 cm Max Weight[kg] = (height [cm]-100) + 5 [kg]

West Asian National federations will be permitted to enter a team of up to a maximum of (35) athletes for Men categories with no more than (2) two athletes in the same weight category.

There is no "B" team permitted at this championship, except for the host country.

The "B" team athletes may compete for placing and awards, however, their placing will not be entered of the "Best National Team Award".

Secretariat:

The organizing committee will maintain a secretariat at the official hotel from 10.00 AM November 29, 2016 to 7.00 PM December 4, 2016.

You may obtain information and assistance from the secretariat.

Parade of the nations:

The mandatory dress code for all delegates participating in the Parade of Nations will be IFBB attire, e.g. black dress shoes, gray dress pants, White shirt, IFBB tie, and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

Camera / video tape equipment:

Cameras and/or video tape equipment's shall be strictly prohibited in the backstage and/or dressing room areas except when used by AFBF authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

National Anthem / Flag:

All participating country must bring with them to Bahrain the music of their respective national anthems (shortened version only) on a compact disc (CD). This must be separate from those containing the posing music of the athletes.

All participating West Asian national federations must bring with them to Bahrain two national flags. The flags must be manufactured of dense silk and measure no more than 2.5 Meter X 1.5 Meter.

Posing music:

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. ***IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC***

Judges:

In order to assist the judges committee in their selection of the judges at the West Asian championships, please forward your nominations for judges from your federation as soon as possible to:

Asian Federation of Bodybuilding & Fitness

Email: afbfaia@gmail.com

The names of those judges submitted in advance will receive priority consideration. All West Asian judges must bring their IFBB cards to Bahrain.

IMPORTANT NOTICE: All judges who wish to be included in the judges panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

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.

Doping Controls:

Doping controls will be conducted by the AFBF medical commission pursuant to the IFBB & AFBF anti-Doping rules, using the WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The AFBF reserves the rights to target test any athlete.

The AFBF is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at AFBF competitions.

Visas:

A valid passport is required for entry into Bahrain. Please contact the embassy of Bahrain in your country to determine if you need a visa. An official letter of invitation will be made available if required.

Time difference:

GMT +3 hours.

Currency & Exchange Rates:

Bahrain's currency is the Bahraini Dinar (abbreviated BD or BHD), and it is divided into 1000 fils. The name dinar derives from the Roman denarius.

The current coins are in denominations of 5, 10, 25, 50 and 100 fils as follow:



The current banknotes are in denominations of ½, 1, 5, 10 and 20 dinar as follow:



In December 1980, the Bahraini Dinar was officially pegged to the US\$ Dollar at a fixed rate of 1 US\$ Dollar = BD 0.376, which translates to BD 1 = US\$ Dollar 2.65957, and consequently, almost 10 Saudi Riyals. For more currency exchange rates, use the [currency converter](#) provided by the Bahrain Financing Company.

Credit Cards:

International credit cards such as visa, MasterCard, American express are widely accepted at the most major hotels, stores & restaurants. You may be requested

ATHLETES WITHOUT DELEGATES:

All athletes competing at Asian championships must be members in good standing of their national federations. Any athlete who arrives without a delegate must carry an OFFICIAL LETTER OF PARTICIPATION from his national federation, failing which the athlete will not be allowed to participate.

Preliminary Entry Form (PEF)

The deadline for the Preliminary Entry Form is October 30th, 2016. West Asian National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than the dead line date.

Final Entry Form (FEF)

The deadline for the Final Entry Form is November 10th, 2016. West Asian National Federations must return the Final Entry Form to the Organizing Committee as soon as possible but not later than the dead line date. All names of the delegation have to be included. Flight arrival and departure details with flight number and times must be forwarded to ensure transportation for your team.

Please send all correspondence to:

Asian Federation of Bodybuilding & Fitness AFBF

Mr. Fahad Taqi – Executive Director

Email: afbfa.asia@gmail.com

TENTATIVE SCHEDULE OF ACTIVITIES

Manama – Kingdom of Bahrain; November 30 to December 4, 2016

Wednesday, November 30th, 2016

7.00 am – 7.00 pm	Arrivals of delegates and competitors Registration and Check-in
12.00 pm – 2.00 pm	Lunch
8.00 pm	Welcome Dinner

Thursday, December 1st, 2016

7.00 am – 9.30 am	Breakfast
12.30 pm – 2.00 pm	Lunch
4.00 pm – 4.30 pm	Technical Meeting
4.30 pm – 5.00 pm	Judges Meeting
5.00 pm – 5.30 pm	Team Managers Meeting
5.30 pm	Weigh-in, Registration
8.00 pm	Dinner

Friday, December 2nd, 2016

7.30 am – 9.30 am	Breakfast
10.00 am – 1.00 pm	Prejudging (PHYSQUE – CLASSIC BODYBUILDING)
1.00 pm – 2.30 pm	Lunch
3.00 pm – 7.00 pm	Finals (PHYSQUE – CLASSIC BODYBUILDING)
7.30 pm – 9.30 pm	Dinner

Saturday, December 3rd, 2016

7.30 am – 9.30 am	Breakfast
10.00 am – 1.00 pm	Prejudging (BODYBUILDING) (Juniors, Men's, Masters)
1.00 pm – 2.30 pm	Lunch
3.00 pm – 8.00 pm	Finals (BODYBUILDING) (Juniors, Men's, Masters)
9.00 pm	Farewell Banquet

Sunday, December 4th, 2016

7.00 am – 10.00 am	Breakfast
12.00 Noon	Departure