

AJMAN

حكومة عجمان
Government of Ajman

إدارة التنمية السياحية
Department of Tourism Development



IFBB ايليت برو عجمان
IFBB Elite Pro Ajman

09-12 FEB

2024

12-09 فبراير

CASH PRIZES

11.600\$

FOR IFBB ELITE PRO



WELCOME

We are glad to present to you the Fourth edition of the prestigious competition for 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 !





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IFBB Elite Pro Ajman

City Info

Emirate Of Ajman

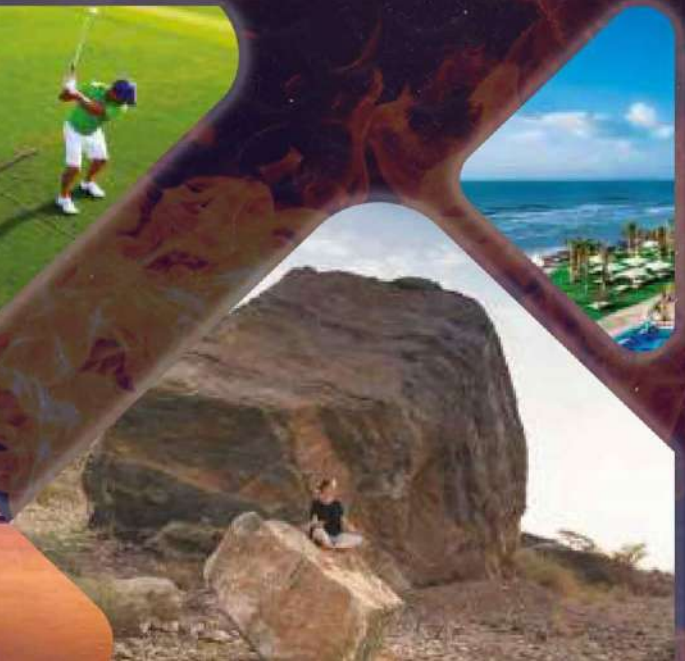
Please visit the website to know more information

<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.

VISA

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.



HOTEL

Ramada Hotel & Suites Ajman



A vibrant and dynamic complex within the city, Ramada Hotel & Suites Ajman is merely minutes away from Ajman City Centre and is easily accessible from the highway, set in Al-Rashdiah, 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

Zoya Health & Wellbeing Resort



Located In the center of the city .

Offers 60 Rooms and Suites elegantly decorated and designed for a luxurious and comfortable stay.

There is a lot of daily activity same like yoga and meditation.

Handcraft coffee and freshly salads.

The hotel also features a wide summing pool for those who enjoy the blue water and sunsets.

+971 (6) 557 6555

 ZOYA Health & Wellbeing Resort



Venue

Police Shooting and Sports Club



police shooting and sports club

CATEGORIES OPEN FOR THIS COMPETITION



BODYBUILDING

**one open
categorioe**



PHYSIQUE

**one open
categorioe**



**CLASSIC
PHYSIQUE**

**one open
categorioe**



AWARDS

- *Top five athletes in each category will be awarded*
- *Top five athletes in each category will be awarded with medals and trophies*

Cash Prizes for top 5 athletes



Category	First Place	Second Place	Third Place	Fourth Place	Fifth Place
Men's Bodybuilding	2200 USD	1000 USD	500 USD	400 USD	300 USD
Men's Classic Physique	1500 USD	800 USD	500 USD	400 USD	300 USD
Men's Physique	1500 USD	800 USD	500 USD	400 USD	300 USD



EVENT SCHEDULE



Sunday, 11th of February



Start at 17:00 PM

Registration

- ▶ BODYBUILDING
- ▶ PHYSIQUE
- ▶ CLASSIC PHYSIQUE



Sunday, 11th of February



Start at 19:00 PM

SEMI-FINALS

start at 19:00PM

- ▶ CLASSIC PHYSIQUE
- ▶ PHYSIQUE
- ▶ BODYBUILDING

FINALS and awards ceremony

start at 19:30PM

- ▶ CLASSIC PHYSIQUE
- ▶ PHYSIQUE
- ▶ BODYBUILDING



police shooting and sports club



TANNING

The IFBB Elite Pro 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



MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB ELITE PRO. All persons wishing to obtain media accreditation for this event must register with the IFBB ELITE PRO by completing and signing an IFBB ELITE PRO Media Accreditation Form. Said Form must be submitted to the IFBB ELITE PRO by email at the info@eliteprocard.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 ELITE PRO 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 December 29th, 2024)

EUR 1.00 = AED 4.06 (as for December 29th, 2024)

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

Value Added Tax (VAT) is %5

IFBB ELITE PRO AJMAN INTERNATIONAL BODYBUILDING COPMETITION

PARTICIPATION

This event is open for all the IFBB Elite PRO Athletes. In order to participate, athletes should have their IFBB Elite PRO cards on duty and registering by their profiles at the IFBB Elite PRO system:

<https://www.elitepro.gbisportinnovation.com/licence-access>

If you need to contact IFBB Elite Pro Head Office please send an email to

info@eliteprocard.com

All posing music must be on an USB drive or submitted in the Elite Pro system. The posing music in the MP3 format must also be the only file on USB and should be marked as the athlete's name.



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THANK
YOU

