



sport & recreation
Department
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



Inspection Report

Draft 1.3 updated 14 November 2021



a world class African city

20 & 21 November 2021
Walter Sisulu Sport Hall,
Randburg, Johannesburg

THE EVENT WILL BE LIVE STREAMED

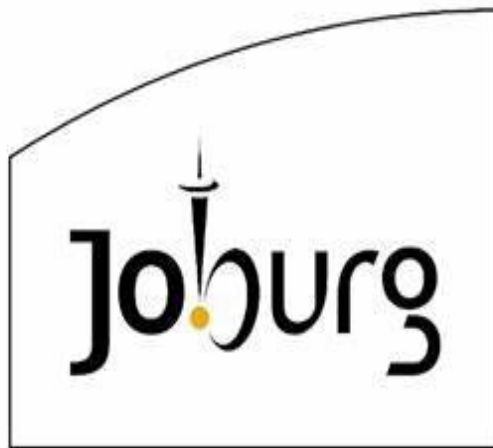


sport & recreation
Department
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



PROUD SPONSORS

NATIONAL BODYBUILDING AND FITNESS COMPETITION



a world class African city





sport & recreation
Department
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



ARNOLD

Amateur

BODYBUILDING & FITNESS

20 - 21 NOVEMBER 2021

Walter Sisulu Sport Hall, Randburg

Inspection report with program and athlete info will be available on www.ifbbsa.co.za



Wayne: Wayne@arnoldclassicsa.co.za ★ Ellmari: ifbbsapa@gmail.com



Strict Covid19 protocols will be followed!

1. INTRODUCTION

The annual Arnold Classic Africa Sport Festival was postponed the past two years because of the Covid pandemic worldwide.

Unfortunately travel restrictions and the hosting of international events in South Africa has left us with no choice but to host only a national bodybuilding and fitness competition, affiliated to IFBB. South African athletes and neighbour countries are welcome to compete in this event, through invitation only.

South African athletes can qualify at qualifying events and neighbour countries can enter through their local IFBB structure.

10 Pro Cards are available on the weekend. The Pro Cards will be given to eligible athletes and only on approval of application to IFBB International.

Entries are open and the link is below the Arnold Amateur Bodybuilding poster on the webpage www.ifbbsa.co.za

The competition online entries and payment will close 12 November 2021.
After 12 November 2021 registration fee will be more.

2. VENUE

The event will take place at the Walter Sisulu Sports Hall in Randburg, Johannesburg.

Corner Malibongwe and Hans Schoeman Drives, Malanshof, **Randburg**,



3. WEIGH-IN AND REGISTRATION CONFIRMATION

Weigh-in and registration confirmation for athletes that entered online will take place at The Walter Sisulu Sports Hall, Randburg in Johannesburg, Gauteng

Friday 19 November 2021 at 13h00 to 20h00.

NOTE THAT THIS WILL BE THE ONLY OPPORTUNITY FOR ATHLETES TO WEIGH-IN AND CONFIRM THEIR ONLINE REGISTRATION. STRICTLY NO WEIGH-IN OR REGISTRATION ON THE COMPETITION DAY.

ONLY ONLINE REGISTRATIONS ACCEPTED.

ONLINE REGISTRATION and PAYMENTS WILL CLOSE FRIDAY **12 NOVEMBER 2021.**

Late entries and payments, after 12 November, will be R1200.00

ATHLETES FROM NEIGHBOUR COUNTRIES ENTER THROUGH THEIR LOCAL IFBB FEDERATION AND ENTRIES CLOSE 12 NOVEMBER 2021.

wayne@arnoldclassicsa.co.za

3.1 Requirements at Weigh-In

- *Identity Document (All Athletes)*
- *IFBB Affiliation Card or Proof of Affiliation payment (All Athletes)*
- *Proof of entry fee paid*
- *Wear your Posing trunks / Board Shorts (All Males)*
- *Wear your Bikini, bring dress (fit model) and shoes (All females)*
- *Music on CD/USB in MP3 format (Bodybuilders only)*
- *NB The use of profane, vulgar, or offensive language is strictly prohibited in posing music. Should you fail to adhere to these requirements, you will be requested to leave the stage.*

4. ENTRY FEE

Athlete Registration online www.ifbbsa.co.za

Athletes per line up

R850.00

Late entry R1200 per line up

Mix pairs / Fit pairs

R850 p/pair

Late entry R1200 per pair

Bring proof of payment to weigh in and online registration form received per email.

IFBB Affiliation online

Annual fee R200

Pay online by clicking on the affiliation link on IFBB SA web page www.ifbbsa.co.za

Or visit www.webtickets.com – search IFBB affiliation – and pay online.

Bring proof of payment to weigh in and registration.

5. SERVICE PROVIDERS

We partnered with reputable service providers to add the finishing touches to your hard work and enhance your physiques before you step on stage to compete.

These service providers are deemed the preferred service providers for this event. The promoter cannot be held responsible for any loss, damage, and resultant claims you may incur with regards to service providers who are not on site for this event.

5.1 Tan Service Provider

The preferred Tan Provider at the event is Jan Tana Africa. Bookings are essential and done online at www.jantanaafrica.com or www.ifbbsa.co.za

Tan schedules and how to prepare your skin for the best stage colour will be send one week before your competition day on the WhatsApp group as per the registrations on the web page.



Competition
ONLINE BOOKINGS
now open!

Jan tana
AFRICA

Include:

- night before base coat
- on the day tan
- touch up and glaze

Self-application product will be available to purchase at all events.

Bookings @ jantanaafrica.com

Michelle@gentlegiantpromotions.com
083 626 7631

*Applicable in Southern Africa

Online bookings: www.jantanaafrica.com
Email: michelle@gentlegiantpromotions.com
Email: France@gentlegiantpromotions.com

BBSA reserves the right to refuse any athlete onto the stage who self-tans with tans and/or bronzers that can be wiped off. If the tan rubs off by simply wiping, the athlete will be instructed to remove it before stepping on stage and risks missing their line-up.

5.2 Hair and Makeup

The preferred hair and makeup provider at the event is.

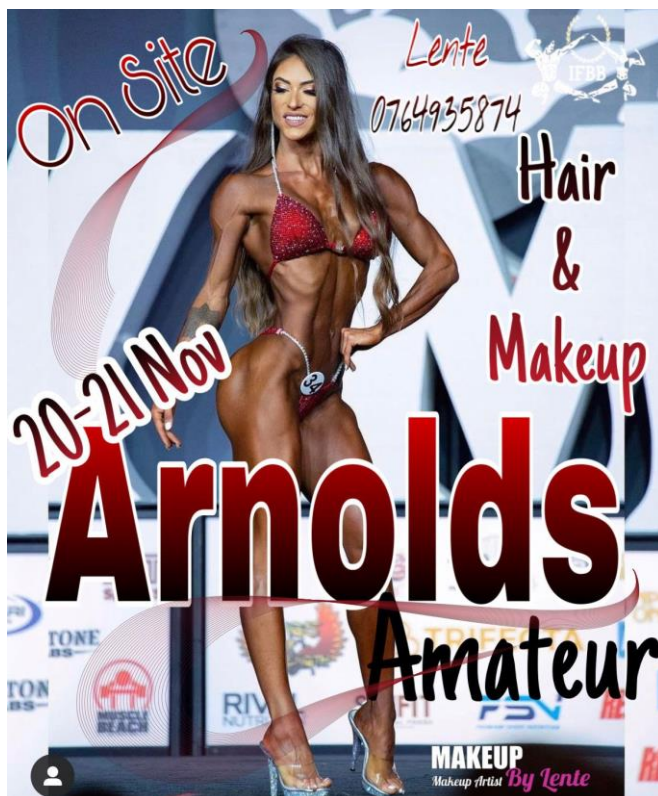
Ve Lente Studio.

Bookings are essential and can be made online at
www.ifbbsa.co.za

or

directly with the service provider using the following contact methods:

Lente : 076 4935 874



5.3 Photography

The Official Photographer at the event is SKJ Photography.

Photo link will be available for download on the face book and BBSA / IFBB SA and Arnold Classic Africa web page after the event.

6. RUNNING ORDER

Due to Strict COVID-19 Safety Protocols the running schedule will be strictly adhered to, and no exceptions will be made to accommodate athletes who arrive late or miss their line-up.

Athletes must arrive strictly at their specified Check-in times to go through the COVID-19 checks and enter the designated waiting area.

The group will not be allowed in earlier or later than the specified arrival time for check-in.

Athletes, please take note its live judging. You will arrive, judged and prize giving done within the session you are on stage.

Athlete Procedure:

1. Arrive minimum 2 hours before your stage session begins.
2. Sanitize.
3. Move to holding area A or B 1 hour before stage time.
4. Always wear your mask except when on stage and maintain social distance protocols.
5. Backstage manager will collect athletes in holding area and move them backstage.
6. After prize giving collect belongings and leave holding area.



sport & recreation
Department
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



ARNOLD AMATEUR BODYBUILDING AND FITNESS CLASSIC

Saturday 20 November 2021

PROGRAM AND RUNNING ORDER

Tickets: www.webtickets.co.za or at the door

Live Streaming R150 full day

Spectators R250 p/session * R600 full day * R900 weekend

Athletes check into holding area 8:00

SESSION 1	Stage Time 9:00 - 10:00
Junior Bodybuilding U/18	One line up
Junior Bodybuilding U/23	u/75kg * o/75kg
	Athletes check into holding area 9:30
SESSION 2	Stage time 10:30 - 11:30
Senior Bodybuilding	u/70kg
Senior Bodybuilding	u/80kg
Senior Bodybuilding	u/90kg
	Athletes check into holding area 11:00
SESSION 3	Stage time 12:00 - 13:00
Senior Bodybuilding	u/100kg
Senior Bodybuilding	o/100kg
Masters Bodybuilding	Over 40 years
Overall Bodybuilding	Junior * Senior * Masters
LUNCH	LUNCH
ARNOLD LIFESTYLE TRANSFORMATION CHALLENGE	13H00 – 14H00 Prize Giving
	Athletes check into holding area 13:00
SESSION 4	Stage time 14:00 – 15:00
Ladies Physique	One Line up
Ladies Body Fitness	u/168cm * o/168cm
Ladies Body Fitness Masters	Over 35 years
Overall Ladies Body Fitness	Senior * Masters
	Athletes check into holding area 14:30
SESSION 5	Stage time 15:30 – 16:30
Men's Physique	u/178cm * o/178cm
Men's Physique Masters	Over 40 years
Classic Bodybuilding	u/175cm * o/175cm
Classic Bodybuilding Masters	Over 40 Years
Overall Men's Physique	Senior * Masters
Overall Classic Bodybuilding	Senior * Masters



ARNOLD AMATEUR BODYBUILDING AND FITNESS CLASSIC

Sunday 21 November 2021

PROGRAM AND RUNNING ORDER

Tickets: www.webtickets.co.za or at the door

Live Streaming R150 full day

Spectators R250 p/session * R600 full day * R900 weekend

	Athletes check into holding area 8:00
SESSION 1	Stage time 09:00 – 10:00
Men's Muscular Physique	u/178cm * o/178cm
Ladies Beach Bikini	U/166cm * o/166cm
Overall Men's Muscular Physique	
Overall Beach Bikini	
	Athletes check into holding area 9:30
SESSION 2	Stage time 10:30 - 11:30
Ladies Bikini Junior u/23	u/166cm * o/166cm
Ladies Bikini	u/166cm * o/166cm
Ladies Bikini Masters	Over 35 years
Overall Bikini	Junior * Senior * Masters
	Athletes check into holding area 11:00
SESSION 3	Stage time 12:00 - 13:00
Fit Pairs	One line up
Mix Pairs	One line up
Ladies Wellness	u/166cm * o/166cm
Ladies Wellness Masters	Over 35 years
Overall Ladies Wellness	Senior * Masters
	Athletes check into holding area 12:30
SESSION 4	Stage time 13:30 - 14:30
Fit Model Round 1 (Monokini)	u/166cm * o/166cm
Fit Model Round 2 (I-Walk)	u/166cm * o/166cm
	Athletes check into holding area 14:00
SESSION 5	Stage time 15:00 - 16:00
Men's Classic Physique	u/175cm * o/175cm
Fit Model Round 3 (Evening gown)	u/166cm * o/166cm
Overall Men's Classic Physique	
Overall Fit Model	

THE PROMOTER HAS THE RIGHT TO CHANGE THE PROGRAM AT ANY TIME

6.1 Screening and Prevention

NO MASK NO ENTRY

All Athletes, Spectators, Officials, Exhibitors and Organisers will sanitized hands prior to entering the premises.

Regular sanitization of hands is encouraged, and sanitization stations have been deployed throughout the venue and at all entry/exit points.

Athletes will always be required to wear a mask within the waiting and backstage areas. **The masks will be removed only before going on stage.**

6.2 Athlete Holding Area pass (Back stage pass)

Due to COVID -19 safety protocols and social distancing requirements LIMITED PASSES WILL BE AVAILABLE. This pass will give you access to holding area and the auditorium.

THE EVENT WILL BE LIVE STREAMED

Tickets and live stream tickets available at-

www.webtickets.co.za

Back stage pass per session: R500 – include auditorium ticket

Back stage passes full day: R800 – include auditorium ticket

Back stage pass weekend: R1200 – include auditorium ticket

(Numbers will be controlled by the door as per Covid regulations)

IF YOU DO NOT WEAR YOUR MASK AT ALL TIMES, GGP WILL HAVE THE RIGHT TO EXCUSE YOU FROM THE BACK STAGE AREA and VENUE.

NO EXCEPTIONS WILL BE MADE.

6.3 Athletes Movements

Athletes will arrive at their designated Check-in times and move to “Athletes waiting area A OR B.

Athletes that need to move to onsite service provider will proceed to designated area.

All athletes will wait in the area A or B until the backstage manager fetch the group to move to on the stage area. Keep your mask on.

From the **on-stage area**, athletes will enter the stage and on completion of the judging round, remain in the on-stage area and await further instructions from the Backstage Manager.

No coaches will be allowed in the on-stage area.

Upon completion of the session, athletes will be required to leave the Stage and exit through the on stage / backstage area to collect their belongings from the Athletes Waiting Area and exit the building.

Promoter has the right to change the program and running process at any time.

6.4 Audience

As per the current Covid regulations numbers will be controlled at the door.

THE EVENT WILL BE LIVE STREAMED and Tickets available at www.webtickets.co.za

Auditorium tickets

Per Session per person R250.00

Full Day per person R600.00

Weekend per person R900.00

Kids under 7yrs free, pending on available chairs, because of Covid regulations.

Due to social distancing requirements and strict protocols, the seating area has been limited to a capacity as per Covid 19 regulations at that stage.

IFBB's official magazine for the athlete by the athlete

Receive a free digital edition of the Muscle & Health Southern Africa when you subscribe on www.gentlegiantpromotions.com.

This is THE bodybuilding and fitness magazine in South Africa covering not only South African news and articles but also have international amateur and Elite Pro articles. Mouth-watering recipes, training tips, programs and allot more.

Do not miss out. This is **FREE, every time** you subscribe for a new edition!!! Available every two months.

We would love to hear from you after reading the magazine.
michelle@gentlegiantpromotions.com



Register online
gentlegiantpromotions.com &
Receive a
FREE latest Health, Fitness and Nutrition trends
digital magazine

MH MUSCLE & HEALTH
Southern Africa Edition

www.gentlegiantpromotions.com