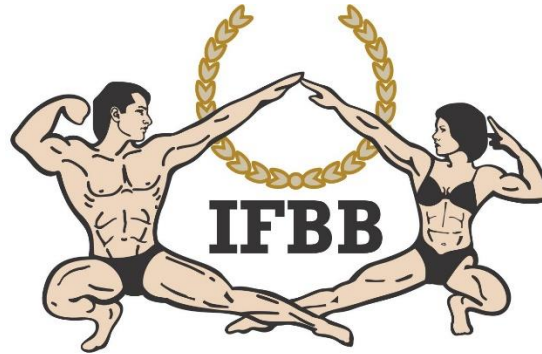




Inspection Report



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

IFBB SOUTH AFRICA NATIONAL CHAMPIONSHIPS

1 – 3 October 2021

Walter Sisulu Sport Hall, Randburg

THE EVENT WILL BE LIVE STREAMED (More info will follow)



a world class African city



1-3 Oct. 2021

IFBB NATIONAL CHAMPIONSHIPS

Walter Sisulu Sport Hall, Randburg

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

Wayne: Wayne@waynesgym.co.za
Ellmari: ifbbsapa@gmail.com

web tickets **IFBB ELITE PRO** **Joburg** **IFBB** **SASCOG** **sport & recreation**

a world class African city
INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS
South African Sports Federation and Olympic Committee
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA

Strict Covid19 protocols will be followed!

1. INTRODUCTION

The IFBB SA National Championships is the flagship event of the year. Athletes were selected at provincial and regional level to compete at this prestigious event. The event will take place in Randburg, Johannesburg at the iconic Walter Sisulu Sports Hall and is sponsored by the City of Johannesburg.

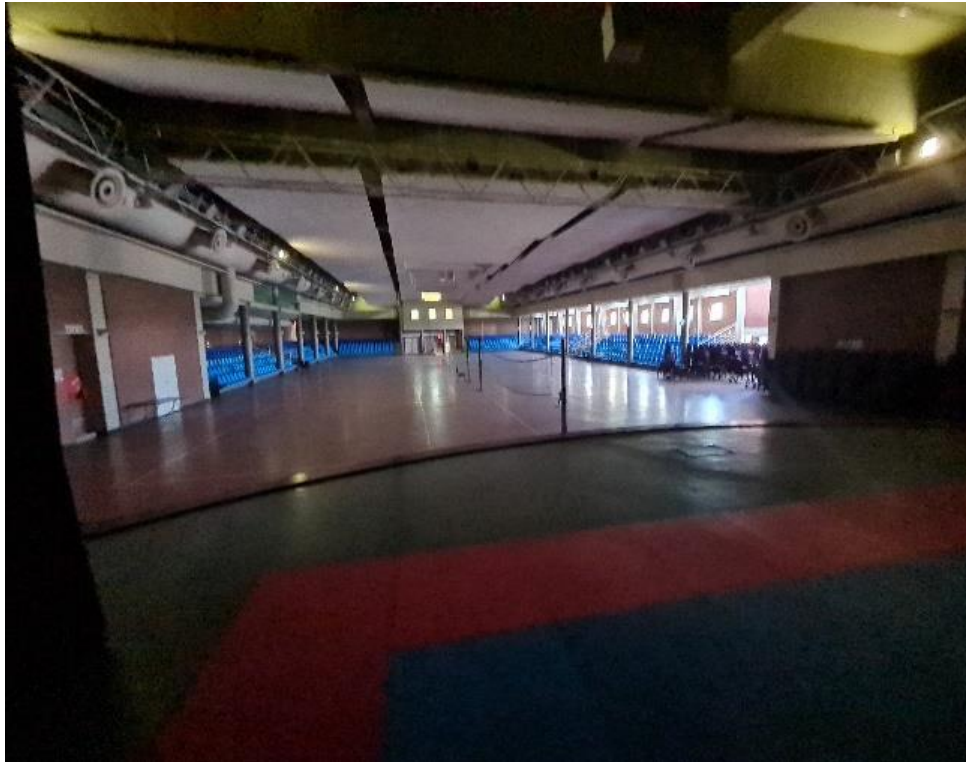
If Covid travel regulations allow, a South African team will be selected over several categories, to attend the annual **IFBB International World Championships in Spain later this year.**

It is suggested athletes, who believe they can be selected to represent South Africa at the world championships later this year, to arrange in advance: a valid passport, covid vaccination certificate and do the mandatory e-learning Anti-doping course.



2. VENUE

The event will take place at the Walter Sisulu Sports Hall in Randburg, Johannesburg. This amazing venue is sponsored by City of Johannesburg.



3. ACCOMMODATION



Appolo Hotel (158 Bram Fischer Drive, Ferndale, Randburg)

The hotel is only 6 minutes' drive from the venue and offer 60 rooms on a first come first serve basis. The Appolo Hotel can assist teams and individuals.

Please book your rooms as soon as possible to avoid disappointment.

To book contact Ellouise (Front office manager) between 7am and 2pm daily.
reservations@apollohotel.co.za
011 787 5434

They offer the following special rates to BBSA teams and athletes:

4 or more nights

Single rate per night, breakfast included	R650 per room
Sharing rate per night, breakfast included	R760 per room

3 or less nights

Single rate per night, breakfast included	R690 per room
Sharing rate per night, breakfast included	R810 per room

Single rate per night, breakfast excluded	R580 per room
Sharing rate per night, breakfast excluded	R700 per room

Complimentary shuttle for athletes to the venue is available.
The hotel will accommodate athletes with warming food in microwaves.

Airport Shuttle Service available at additional fee Sydney 072 807 5961

4. SHOW ENTERTAINMENT

Body painting competition

The Living Canvas Body Painting Competition is a chance for all artist around SA to showcase their artistic skills and talents.

Competitors will have the chance to compete in either the Novice or Professional Category.

This action will happen in the foyer on **Saturday 2 October** and the prize giving will be Saturday evening.

Stage Performance and Judging	18H00
Award Ceremony	19H00



NOVICE & PRO CATEGORIES

FOR MORE INFORMATION ON
WHERE TO SIGN UP:



STRICT COVID 19 PROTOCOLS WILL BE FOLLOWED !

OCT • 02 • 2021

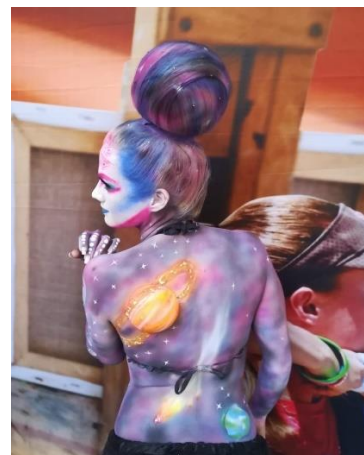
Walter Sisulu Sport
Hall, Randburg

Tanya Organizer:
makeup@tanyaolivierpma.co.za
+27 78 514 2333



EVER BEAUTY®
You deserve to be beautiful !

KRYOLAN
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5. WEIGH-IN AND REGISTRATION

ALL ATHLETES MUST BRING WITH TO WEIGH IN:

- Identity Document (All Athletes)
- IFBB Affiliation Card or Proof of Affiliation payment (All Athletes)
- Wear your Posing trunks / Board Shorts (All Males)
- 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.
- Wear your Bikini, bring dress (fit model) and shoes (All females)

IMPORTANT NOTICE All TEAM MANAGERS, please take special note of this section and ensure that your team is at the venue the correct time and date.

PLEASE NOTE:

Athletes will be called per division to register on Friday.

If your athlete is not present at the correct time and date of his or her registration (or when his or her division is called), he or she will not be allowed to compete.

No late registration & entries will be considered.

FRIDAY 1 OCTOBER

WEIGH IN AND REGISTRATION

08h00 – 09h00	Group A Athletes and Officials arrive at venue
09h00 – 12h00	Group A Weigh in and registration
12h00 – 13h00	Group B Athletes and Officials arrive at venue
13h00 – 16h00	Group B Weigh in and registration
17h00 – 19h00	IFBB SA Congress at Apollo Hotel (Executive members and Chairmen/ladies attend)

IFBB SA HAS THE RIGHT TO COMBINE OR REMOVE LINE UPS
The final line ups will be determined by the total athletes entered

Because of Covid regulations athletes will only be allowed access into the venue as per the below session times. Do not remove your mask except when on stage.
You can be asked to leave the venue if not always wearing your mask.

LIVE STREAMING (R150 PER DAY - More info will follow)

Saturday 2 October

RUNNING ORDER

Group A

Athletes check into holding area 8:00	
SESSION 1	Stage time 9:00 - 10:00
Ladies Bikini Junior u/23	One line up
Ladies Bikini	u/166cm * u/172cm * o/172cm
Athletes check into holding area 9:30	
SESSION 2	Stage time 10:30 - 11:30
Ladies Bikini Masters	over 35yrs * over 40yrs
Overall Ladies Bikini	
Ladies Wellness	u/166cm * o/166cm
Ladies Wellness Masters	over 35yrs * over 40yrs
Overall Ladies Wellness	
Athletes check into holding area 11:00	
SESSION 3	Stage time 12:00 - 13:00
Ladies Beach Bikini	u/163cm * u/166cm * o/166cm
Overall Beach Bikini	
Men's Physique	u/174cm * u/178cm * o/178cm
Athletes check into holding area 12:30	
SESSION 4	Stage time 13:30 - 14:30
Men's Physique masters	over 40
Overall Men's Physique	
Fit Model Round 1 (Quarter turns)	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 Muscular Physique	u/178cm * o/178cm
Overall Men's Muscular Physique	
Fit Model Round 3 (Evening gown)	u/166cm * o/166cm
Overall Fit Model	
Athletes check into holding area 15:30	
SESSION 6	Stage time 16:30 - 17:30
Fit Pairs	One line up
Mixed Pairs	One line up
Ladies Fitness	One line up
Men's Fitness	One line up

IFBB SA HAS THE RIGHT TO COMBINE OR REMOVE LINE UPS
The final line ups will be determined by the total athletes entered

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LIVE STREAMING (R150 PER DAY - More info will follow)

Sunday 3 October

RUNNING ORDER

Group B

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
Senior Bodybuilding	u/65kg * u/70kg

Athletes check into holding area 9:30

SESSION 2	Stage time 10:30 - 11:30
Senior Bodybuilding	u/75kg * u/80kg
Senior Bodybuilding	u/85kg * u/90kg

Athletes check into holding area 11:00

SESSION 3	Stage time 12:00 - 13:00
Senior Bodybuilding	u/100kg * o/100kg
Master Bodybuilding	Over 40 * Over 50
Overall Bodybuilding	

Athletes check into holding area 12:30

SESSION 4	Stage time 13:30 - 14:30
Mens Classic Physique	u/175cm * o/175cm
Overall Classic Physique	
Ladies Body Fitness	u/168cm * o/168cm
Ladies Body Fitness Masters	over 35
Overall Body Fitness	

Athletes check into holding area 14:00

SESSION 5	Stage time 15:00 - 16:00
Ladies Physique	One line up
Classic Bodybuilding	u/175cm * o/175cm
Classic Bodybuilding Masters	Over 40
Overall Classic BB	

6. 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 preferred service providers for this event.

6.1 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 below the SA National Championships poster.

Tan schedules and how to prepare your skin for the best stage colour will be sent one week before your competition day on the WhatsApp group as per the booking on the web page. INCLUDE: Base coat, stage tan, touch up and glaze.



Jan Tana Products for self-application will also be on sale at the event.

Online bookings: www.jantanaafrica.com

Email: michelle@gentlegiantpromotions.com

Email: admin@jantanaafrica.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.

No spray & cook or deep heat may be used at this event.

6.2 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 by clicking on the link below the SA Championships poster.

or

direct with the service provider using the following contact methods:

Lente 076 4935 874



6.3 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 web page one week after the event.

7. IMPORTANT INFORMATION

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.

Athlete Procedure when arriving at the venue:

1. Sign in, take temperature, and sanitize at the front entrance.
2. Report to holding area A or B 1 hour before your stage session begins.
3. The backstage manager will fetch you from the holding area and move the line up to the **stage door** 15 minutes before stage time.
4. Always wear your mask except when on stage and maintain social distance protocols.
5. After prize giving collect belongings and leave holding area.
6. Please take note when overall for your category will be.

7.1 Screening and Prevention

NO MASK NO ENTRY

All Athletes, Spectators, Officials, Exhibitors and Organisers will complete a register, have their temperature checked and hands sanitized 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.

To implement strict access control and to restrict movement of people within the venue, designated areas will be allocated to Athletes, Audience members, Officials and Exhibitors/Suppliers.

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.

7.2 Backstage and Holding Area pass

Due to COVID -19 safety protocols and social distancing requirements LIMITED BACKSTAGE PASSES WILL BE AVAILABLE AND WITH STRICT ACCESS CONTROL.

This pass will give you access to holding area and auditorium.
No access for coaches through STAGE DOOR!!

BACKSTAGE TICKET	R800	PER DAY
BACKSTAGE TICKET	R1200	WEEKEND

and only available at the door because we need to control the number of people through the door per session, as per the Covid regulations.

LIVE STREAMING (R150 PER DAY - More info will follow)

IF COACHES OR FAMILY MEMBERS DO NOT WEAR MASKS AT ALL TIMES, BBSA HAVE THE RIGHT TO EXCUSE YOU FROM THE BACK STAGE AREA and VENUE.

NO EXCEPTIONS WILL BE MADE.

7.3 Access Control and Movement

To limit interaction and enforce social distancing, individuals will not be able to move between the designated areas unless to visit the lavatories, Exhibitors, or restaurant. Social distancing will be enforced in all areas.

Ticket per session	R200 include one session
Ticket per day	R500 include all sessions for 1 day
Ticket two days	R800 include all sessions for 2 days

Only **available at the door** because the number of people through the door per session will be strictly controlled, as per the Covid regulations.

LIVE STREAMING (R150 PER DAY - More info will follow)

Athletes, audience members, officials and exhibitors will be issued colour-coded wrist bands on arrival at the venue. It is vital that these are always worn and visible. Security Personal will secure all access points and designated areas and will be checking bands to control access between the designated areas. Once athletes have competed and concluded their session, they will need to exit the venue.

Separate areas will also be allocated to judges and officials, and movement between these areas will be extremely limited.

The venue will be cleared after each session to enable deep cleaning and sanitization of the area before the next session can commence.

IFBB's official magazine for the athlete by the athlete

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michelle@gentlegiantpromotions.com

