

A Host of Unusual and Exciting Sports to Feature at the Arnold Classic Africa in 2018

For immediate release

One of the aims of the Arnold Classic Africa (ACA) is to grow the event each year in terms of the number and diversity of sports being represented, affording visitor the opportunity to fully appreciate our mantra of “There’s a sport for everyone”.

The 2018 line-up reflects this growth, with the addition of at least ten new sports and art forms, some of which are a little unusual.

Take Speed Cubing, for example. People of a certain generation will remember the frenzy that accompanied the Rubiks Cube a few decades ago. Well, today it is considered a sport and people worldwide compete to complete Rubiks Cube and similar twist action puzzles in record time. Some do it the traditional way, others blindfolded, and still others use their feet.

Water-lovers will be intrigued by the range of sports being played under water. At this year’s Arnold Classic Africa, the South African Underwater Sports Federation will be featuring underwater hockey competitions, as well as demonstrating its range of sports that include underwater rugby, underwater fishing and free-diving. The demonstration will take place at an off-site venue so keep an eye on the ACA website for more details.

They say we never really grow up, but our toys just become bigger. This isn’t always the case and the sport of Remote Control (RC) Drifting illustrates how much fun can be had with small cars. Currently a hobby, its supporters are working towards it being recognised as a sport. Drifting involves the remote control of model cars around a track where the objective is not speed but style. This style is displayed mostly in a sideways motion, gaining points as the operator reaches certain touch-points and completes the circuit. All of this will take place on a closed-off section of Alice Lane close to the Sandton Convention Centre where spectators can get close to the action and enthusiasts with their own drift cars that have passed expert scrutineering, can also try out the track.

Another exciting new addition this year is the sport of ice hockey. The South African Ice Hockey Federation will be installing a synthetic rink where top players from junior teams and women’s development teams will compete and in the process demonstrate the skills involved and also be on hand to assist those wanting to give it a try. All gear, including skates, sticks and helmets will be available.

The Gauteng Darts Federation will also be present, and promoting how suitable this sport is for anyone – particularly those with disabilities. The Federation already has a number of disabled players and they will be at the ACA demonstrating their skills, showing how little equipment is required to participate, and offering advice on how to join a local club.

In addition to these spectator-friendly activities, other crowd-pleasers will come in the shape of a body painting exhibition and a sky-diving demonstration. The entire weekend will be action-packed and even the most sedentary visitor is likely to walk away from this year’s Arnold Classic Africa with the intention to take up a sport.

For more information about these and other sports, visit www.arnoldclassicafrica.com.

Ticket options range from day to weekend passes, covering some or all of the contests. Visit <http://arnoldclassicafrica.com> for more information and a link from which to buy tickets.

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About the Arnold Sports Festival

Named for its co-promoter, legendary bodybuilder and film star Arnold Schwarzenegger, the Arnold Sports Festival USA was founded in Columbus, Ohio, in 1989. The festival has expanded into the world's largest multi-sport fitness weekend since its debut as the Arnold Classic, a one-day professional men's bodybuilding competition. Now celebrated on six continents, the event showcases an increasing number of physical and mental sports, making it accessible and relevant to audiences within and outside of the bodybuilding arena.

About the Arnold Classic Africa

Three years ago, four South African bodybuilding and sports enthusiasts collaborated to make the Arnold Sports Festival a reality on the African continent under the broad theme *'My Sport, My Passion'*. In partnership with the Gauteng Provincial Government and the SA Sports Confederation and Olympic Committee (SASCOC), Arnold Classic Africa affords athletes the opportunity to compete in an international competition, against participants from all continents, in Africa. Like its global counterparts, the African rendition embraces numerous sporting codes and promotes these through demonstrations, contests, record attempts and sports celebrities over three days each May.

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Facebook content

Sports on mini-tracks, puzzle sports, underwater sports, ice sports and hobbies destined to become sports will all be featured at the Arnold Classic Africa this year. Watch big-lunged athletes play underwater hockey and rugby; marvel at the remote control drifting abilities of RC enthusiasts; become mesmerised by the fast minds and dexterity of speed cubers; test your skating skills on the ice hockey rink; and appreciate the accessibility of the sport of darts. ACA will have it all.

Twitter content

Cubing, drifting, underwater sport... What does it all mean? Come to the Arnold Classic Africa to find out.