



# ARNOLD CLASSIC AFRICA AMATEUR BODYBUILDING INSPECTION REPORT 17 - 19 MAY 2019



# ARNOLD



Elite Pro Qualifier



World Ranking Points



Joburg

a world class African city



# SOUTH AFRICA WELCOME

We are proud to present the 4th ARNOLD CLASSIC AFRICA, 2019 in South Africa

The biggest multi-sport event on the African Continent. This signature event is completely moulded, designed and delivered in conjunction with the ARNOLD CLASSIC INTERNATIONAL PARTNERSHIP EVENTS in South America, Asia and Europe.

Athletes, spectators, fans both young and old can enjoy a complete multi-sport program involving more than 70+ sporting disciplines, exhibitions and championships as well as a FITNESS AND LIFESTYLE EXPO dedicated to promise healthy lifestyles.

This all takes place under one roof with Governor Arnold Schwarzenegger in the incredible Sandton Convention Centre, Johannesburg, Gauteng.



## LOCATION

Sandton Convention Centre, Johannesburg, Gauteng.

Arnold Classic Africa is to be held in the City of Gold, Johannesburg, the preferred location. The Gauteng Province is a PRIME DESTINATION and the official host province with one of the best climates in the world. Come summer or winter, the province generally experiences sunny, windless days that are perfect springboard for showcasing the pulse of South Africa's sporting hub.

## EVENT VENUE

The Sandton Convention Centre is one of South Africa's most prestigious and technologically advanced business, conference and event centres. Situated in northern Johannesburg, in the heart of Sandton's business, hotel and entertainment district, Sandton Convention Centre offers easy access to over 5 000 hotel rooms, is adjacent to the country's top shopping and entertainment complexes and provides nearly 11 000 secure parking bays.

The centre is less than 5 minute walk from Sandton City Shopping Centre and the Sandton Gautrain Station.

This provides easy and safe travelling from Pretoria, Midrand, OR Tambo International Airport and Rosebank. Additionally, guests have easy access from the Gautrain Station into the SCC through Nelson Mandela Square.



# SANDTON CITY MALL

[VIEW MALL MAP](#)  
[VIEW STORE DIRECTORY](#)

Imagine a place where the likes of Hugo Boss and Louis Vuitton, Carrol Boyes and Apple showcase their very best ranges; a place where you can sip on the world's finest coffee or enjoy a French croissant or a slice of local milk tart - all under one roof.

If you can imagine it, then you've pictured Sandton City, one of Africa's leading and most prestigious shopping centres. Sandton City offers an unparalleled shopping experience that combines the world's most desirable brands with everyday leisure and entertainment.

Situated in the prestigious Sandton Central Management District in northern Johannesburg, Sandton City is conveniently located within walking distance of the Sandton Gautrain station and within easy access from highways and main roads within Sandton CBD.

With more than 300 leading local and international retailers, Sandton City is a one-of-a-kind premier fashion and leisure destination. It's an energetic hub of Afro-cosmopolitan glamour - international shopping with South African flair.

Sandton City is owned by Liberty Group and Pareto Ltd and managed by JHI Retail.



# OR TAMBO INTERNATIONAL AIRPORT

We have a team at the OR TAMBO International Airport to assist with any questions and queries.

They will direct you to different transport options.

Feel free say hello.

## PUBLIC TRANSPORT

The Gautrain is a state-of-the-art rapid rail network in Gauteng. The rail connection comprises of two links, namely a link between Pretoria and Johannesburg and a link between OR Tambo International Airport and Sandton. Apart from the three anchor stations on these two links, seven other stations are linked by approximately 80 kilometres of rail along the route.

**Avoid traffic, leave early and use the Gautrain.**  
(5min walk to SCC)

Three Anchor Stations:

- OR Tambo International Airport;
- Pretoria; and
- Johannesburg.

The seven other stations:

- Rosebank;
- Sandton;
- Marlboro;
- Midrand;
- Centurion;
- Hatfield; and
- Rhodesfield (Kempton Park)



This modern train will offer international standard of public transport with high levels of safety, reliability, predictability and comfort. Besides the commuter service, air passengers have a dedicated service between OR Tambo International Airport and Sandton. Detailed information on Gautrain as well as Gautrain bus schedules and prices can be found on [www.gautrain.co.za](http://www.gautrain.co.za).



# ACCOMMODATION



Arnold Classic Africa is in Partnership with Tsogosun.  
 The following hotels are available at a special rate on the weekend of 17 - 19 May 2019.  
 There is FREE transport available between the hotels and venues.

	<p><b>Garden Court Sandton City</b>  <i>Breakfast included</i>  <i>Distance to SCC: Adjacent</i>                      Single Room - R 1520.00                      Double Room - R1520.00</p> <p><a href="#">Book now</a></p>
	<p><b>Sandton Sun</b>  <i>Breakfast included</i>  <i>Distance to SCC: Adjacent</i>                      Single Room - R 2340.00                      Double Room - R2620.00</p> <p><a href="#">Book now</a></p>
	<p><b>Holiday Inn Sandton</b>  <i>Breakfast included</i>  <i>Distance to SCC: 1 km</i>                      Single Room - R 1500.00                      Double Room - R1700.00</p> <p><a href="#">Book now</a></p>
	<p><b>IC JHB Sandton Towers</b>  <i>Breakfast included</i>  <i>Distance to SCC: Adjacent</i>                      Single Room - R 2340.00                      Double Room - R2620.00</p> <p><a href="#">Book now</a></p>
	<p><b>Southern Sun Katherine</b>  <i>Breakfast included</i>  <i>Distance to SCC: 1.5 km</i>                      Single Room - R 1700.00                      Double Room - R1810.00</p> <p><a href="#">Book now</a></p>
	<p><b>Garden Court Morningside</b>  <i>Breakfast included</i>  <i>Distance to SCC: 2.5 km</i>                      Single Room - R 1450.00                      Double Room - R1450.00</p> <p><a href="#">Book now</a></p>



## PARTICIPATION

The competition is open to **ALL THE IFBB-AFFILIATED NATIONAL FEDERATIONS**.  
The number of participating athletes is **UNLIMITED**.

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms should be emailed to:

- IFBB Office ([info@ifbb.com](mailto:info@ifbb.com))
- IFBB Technical Committee: Eng. Andrew Michalak ([amichalak5@gmail.com](mailto:amichalak5@gmail.com))
- IFBB Vice-President for Africa: Dr. Eng. Adel Fahim ([ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)),
- IFBB SA Head Office Secretary: Marie van der Westhuizen ([ifbbsasecretary@gmail.com](mailto:ifbbsasecretary@gmail.com)).

Once the Entry Form from the National Federation has been received and accepted, an official letter will be sent to the National Federation confirming the participation of its National Team in the 2018 Arnold Amateur IFBB International Championships.

Those teams or athletes who have not met the established requirements or who missed the deadline for registration will also be notified that they will be unable to participate in this competition. The final decision to allow an athlete to compete in this event rests with the IFBB.

**The deadline date for submitting the Final Entry Forms is May 7th, 2019.**

We strongly encourage you to register early and make the appropriate arrangements to compete in this 4th ARNOLD CLASSIC AFRICA.

Please be aware that it is **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION** to verify if each one of the athletes to be registered on this international event are **NOT** suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules. It is also the **FULL OBLIGATION AND RESPONSIBILITY** of your National Federation to **MONITOR ALL THE ATHLETES** from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes **WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY** in any event either at National or International level, Official or Invitational.

## OFFICIAL ATHLETE REGISTRATION

### THE OFFICIAL ARRIVAL DAY IS THURSDAY MAY 16th, 2019

Registration, weigh-in and measurements will take place at the SANDTON CONVENTION CENTRE, Johannesburg, on Thursday, May 16th, 2019, from 10:00 to 18:00. You can arrive by Gautrain, stopping at SANDTON a short 5 min walk from the venue.

#### REGISTRATION FEES AND PAYMENTS

- IFBB Registration Fee of USD \$200 for **South African Athletes** (if registered in advance online) and USD

\$250 if athletes register on Thursday May 16th 2019.

- IFBB Registration of USD \$250 for **International Athletes** (if registered in advance online) and USD \$300 if athletes register on Thursday May 16th 2019.

- **The deadline date to do the online payment is May 07th, 2019 (Tuesday).**

On May 07th, at 24:00 hrs (midnight - Central European Time, UTC +2 in summer) the online payment system will be switched off.

- Remember that all athletes will have to produce their **IFBB International Card** at registration. Any athlete who has not yet purchased or renewed their IFBB International Card will have to buy one at registration. IFBB cards are EUR €35 or \$45 and are mandatory.

- If an athlete wants to participate in the second category (like master or junior in a senior open class also), the registration fee for this second category is USD \$60.

#### IMPORTANT NOTICE

**PayPal payment system will be available 3 months prior to the event for athletes to pay their entry fee.**

The Registration fee has to be paid in advance by credit/debit card or PayPal at IFBB webpage <http://www.ifbb.com/competition-registration/> . for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration. If paying at arrival, the payment has to be made to the appointed IFBB official, and EUR € 50 extra fee will be charged.

Each athlete should have at the Registration:

- ID Document
- IFBB International Card (Blue Book)
- Music on audio CD. Only 1 song on the CD or the 1st song will be played.
- USB - Clearly marked with name + division

**IMPORTANT NOTICE:** The use of profane, vulgar or offensive language is strictly prohibited in posing music, otherwise you will be asked to leave the stage.

# TANNING, HAIR & MAKE-UP



The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will be told to remove it before stepping on stage.

No Tanning will be allowed anywhere in the building except backstage.

No spray & cook or deep heat may be used at this event (Competitors may use services of the official tanning company (but it is not mandatory))

•Jan Tana will be the Exclusive Tanning, Hair & Makeup company Back Stage. They will provide Professional Airbrush Tanning, Hair & Makeup Services to insure you Look Your Best. Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pro.

## JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact: Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to Johannesburg **IFBB International Judges must have a valid IFBB Judges Card with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the Championships in Johannesburg.**

## MEDIA ACCREDITATION

All persons wishing to obtain media accreditation for the event must contact Arnold Classic Media Office on the webpage [www.arnoldclassicafrica.com](http://www.arnoldclassicafrica.com)

## BACKSTAGE ACCESS

**BECAUSE OF LIMITED SPACE AND SAFETY REASONS BACKSTAGE ACCESS TO TRAINERS, FAMILY OR ANY VISITORS WILL NOT BE ALLOWED. PLEASE MAKE BOOKINGS FOR TANNING, HAIR AND MAKEUP IN ADVANCE WITH JAN TANA.**

TEAM MANAGERS WILL ONLY BE ALLOWED BACKSTAGE AS INDICATED ON THE ENTRY FORM BY THE NATIONAL FEDERATION. (RECEIVE SPECIAL PASS ON REGISTRATION DAY)

Each athlete participating in the ACA will be provided with a competitor wrist band at the registration.  
This wristband allows access to the venue, expo and backstage. Please do not remove the wristband as no access will be given if not on your arm.  
(If you lose your wristband, you will have to present proof of payment and registration)





# CATEGORIES

The following divisions will be on offer at the 2019 ARNOLD CLASSIC AFRICA.

## GROUP A - FRIDAY 17 MAY 2019 (9:00am)

Junior Women's Bikini Fitness	Open Category (16 - 23 years)
Women's Fitness	Open Category
Men's Fitness	Open Category
Women's Physique	Up to 163cm
	Over 163cm
Women's Bodyfitness	Up to 158cm
	Up to 163cm
	Up to 168cm
	Over 168cm
Women's Bikini Fitness	Up to 160cm
	Up to 163cm
	Up to 166cm
	Up to 169cm
	Up to 172cm
	Over 172cm
Muscular Men's Physique	Open Category
Women's Wellness Fitness	Up to 163cm
	Over 163cm
Masters Men's Bodybuilding (40 - 49 years)	Up to 80kg
	Over 80kg
Masters Men's Bodybuilding (over 50 years)	Open Category
Masters Women's Bikini Fitness	Open Category (over 35 years)

## GROUP A - SATURDAY 18 MAY 2019 (9:00am)

Junior Men's Bodybuilding	Open Category (16 - 23 years)
Junior Men's Classic Bodybuilding	Open Category (16 - 23 years)
Junior Men's Physique	Open Category (16 - 23 years)
Masters Men's Physique	Open Category (40 - 49 years)
Masters Men's Physique	Open category (over 50 years)
Men's Physique	Up to 170cm
	Up to 174cm
	Up to 178cm
	Over 178cm
Men's Classic Physique	Up to 180cm
	Over 180cm
Men's Classic Bodybuilding	Up to 171cm
	Up to 175cm
	Up to 180cm
	Over 180cm

## GROUP C - SUNDAY 19 MAY 2019 (9:00am)

Men's Bodybuilding	Bantamweight 65 kg
	Lightweight 70kg
	Welterweight 75kg
	Light Middleweight 80kg
	Middleweight 85kg
	Light Heavyweight 90kg
	Middle Heavyweight 95kg
	Heavyweight 100kg
	Super Heavyweight over 100kg

**OVERALLS WILL BE RUN DIRECTLY AFTER THE AWARDING CEREMONY IN THE LAST CATEGORY OF EACH OF THE FOLLOWING DIVISIONS:**

**MEN'S OVERALLS**

MASTER MEN BODYBUILDING  
MEN'S PHYSIQUE (IFBB Elite Pro Cards for the top 3)  
MEN'S CLASSIC BODYBUILDING  
MEN'S BODYBUILDING (IFBB Elite Pro Cards for the top 3)

**WOMEN'S OVERALLS**

WOMEN'S PHYSIQUE  
WOMEN'S BODYFITNESS(IFBB Elite Pro Cards for the top 3)  
WOMEN'S BIKINI-FITNESS (IFBB Elite Pro Cards for the top 3)  
WOMEN'S WELLNESS FITNESS

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

## **AWARDS**

- Top six athletes in each category will be awarded with medals.
- Top six athletes in each category will be awarded with the IFBB Certificate of Excellence.
- Winner of each discipline will be awarded with a trophy.
- Overall in each discipline will be awarded with a trophy
- Top 5 athletes in Men's and Women's senior categories will be awarded points to the 2018 IFBB World Ranking, according to the World Ranking Rules.
- IFBB Elite Pro Cards for the top three overall category winners in Men's Physique and Men's Bodybuilding (after applications through their National Federations).
- IFBB Elite Pro Cards for the overall category winner in Women's Bodyfitness and Women's Bikini Fitness (after applications through their National Federations).

Note: If one of the winners has not applied for the IFBB Elite Pro Card within 30 days from the date of the finals, this right will be transferred to the next athlete in the contest results.

**INFORMATION ON THIS DOCUMENT  
MAY CHANGE.  
VISIT OUR WEBSITE REGULARLY.**

**[WWW.ARNOLDCLASSICAFRICA.COM](http://WWW.ARNOLDCLASSICAFRICA.COM)**



**EXPERIENCE  
ARNOLD  
CLASSIC  
AFRICA 2019**

**WHAT CAN BE EXPECTED ON  
THE WEEKEND?**



- 3 DAYS
- 5 VENUES
- TRADE EXPO
- MULTI SPORT FESTIVAL

**VISIT THE BIGGEST FITNESS  
TRADE EXPO**

- 3 Day Trade Expo
- National and International brands
- Stock up on the latest Health and Fitness
- Expo-only Specials

# VENUES FOR 2019

## SPORTING CODES AND EVENTS AT EACH VENUE

**ATHLETES OR PARTICIPANTS - FREE ACCESS**

### SANDTON CONVENTION CENTRE

ACA Model Search  
ACA Got Talent  
Acrobatic Gymnastics  
Aerial Fitness  
Arm Wrestling  
Arnold Seminar  
Art Competition  
Arts and Culture Talent  
Badminton  
Baseball & Softball  
Battle Heritage SA  
Beach Party  
Beach Tennis  
Beach Volleyball  
Beauty Pageant  
Body Painting  
Bodybuilding Amateur  
Bodybuilding Pro  
Boxing Pro  
Cardio Tennis  
Chess  
Cue Sport  
Darts SA  
Deaf Sport  
E-sport  
Family Fun Run  
Fencing  
Figure Skating  
Futsal (5 a side Football)  
Group Training Aerobics  
Gym for All  
Ice Hockey  
Indigenous Games  
Karate SA  
Martial Arts x 9 styles  
Piloxing  
Pole Fitness  
Powerlifting  
RC Drifting  
Trailing  
Ringball  
Ringtennis / Tenniquoits

Ropeskiipping  
Speed Cubes  
Strongman Amateur  
Strongman Pro  
Table Tennis  
Team Chess  
Teen Challenge  
Throwdown  
Weightlifting  
Zumba Kids

### CRAWFORD COLLEGE SANDTON

Aerobics Marathon  
Arts Festival  
Baseball & Softball  
Basketball  
Canoepolo  
Court Tennis  
Cricket  
DanceSport  
Fun Run  
Futsal (5 a side Football)  
Ringtennis  
Roller Sport  
Rugby 7's  
Tag Rugby  
Underwater Hockey

### COUNTRY CLUB JOHANNESBURG

Golf Classic

### NORTHCLIFF BOWL

Tenpin bowling



# TICKETS

Tickets will be sold Online at Web Tickets and at Sandton Convention Centre, on Maud Street and Alice Lane. Tickets on sale at Crawford College.

**FREE TRANSPORT  
BETWEEN VENUES  
(with wristband)**

**Pick up and Drop off on Alice Lane**

VENUES	ENTRANCE	EXIT	TICKET SALES POINT	ON BUS ROUTE
Sandton Convention Centre - Maud Street	✓	✓	✓	✓
Sandton Convention Centre - Alice Lane	✓	✓	✓	✓
Crawford College	✓	✓	✓	✓
Country Club Johannesburg	✓	✓		✓
Northcliff Bowl	✓	✓		✓



Helpline number  
086 111 0005

## TICKET OPTIONS

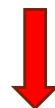
**GENERAL ACCESS  
TICKET**



**Access to SCC, expo, sport  
AND  
Other venues**

**(Not auditorium access)**

**ADDITIONAL  
AUDITORIUM  
TICKET**



**Access to Auditorium ONLY  
Level 5 Pavilion**

**AUDITORIUM EVENTS  
(Require an additional ticket)**

- Amateur Bodybuilding
- Bodybuilding Pro Finals
- Arnold Seminar
- Boxing

# OTHER EVENTS

## - Beach Party

Will be held on Friday night on Alice Lane, everyone is welcome.

*General Access ticket is required.*



## - Meet and Greet the Elite Pro's

Meet your favourite IFBB Elite Pro Bodybuilding and Fitness heroes. Don't forget to take a picture and get their autograph.

Meet the Pro's at the IFBB Elite Pro Expo stand on Level 0  
*General Access ticket is required.*



## - IFBB Elite Pro Bodybuilding and Fitness Competition

The ultimate Bodybuilding and Fitness line ups to see in SA. Well known international heroes compete for R1.4million prize money.

Pre-judging and finals will be on Expo Stage Level 0 and Auditorium.

*General access or Auditorium ticket will be required.*

Program will be available on webpage.



## - Amateur Bodybuilding

Amateur Bodybuilding and Fitness is affiliated to IFBB. The 3 day event with different line ups each day will include Pre-judging and Finals.

Will be held during the day, Friday, Saturday and Sunday, in the Auditorium.

*Auditorium ticket is required.*

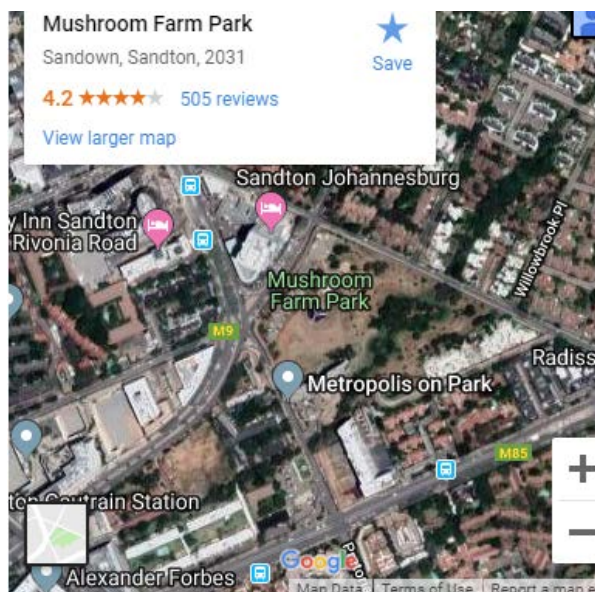


## - Arnold Seminar

See Arnold live on stage being interviewed about his life, movie experiences and his love for fitness. The Elite Pro winners will be interviewed sharing their experience on stage. In Auditorium on Sunday.

*Auditorium ticket is required.*

# PARKING & OTHER TRANSPORT OPTIONS



We are aware that parking in Sandton, around our main venue is limited. We have an additional allocated area where the public can make use of our Park and Ride option.

## Mushroom Park - PARKING

It is FREE of charge to park your car @ Mushroom Park. Security also available but Parking at own risk.

Parking hours: 07:00am - 10:00pm

Parking will be made available the entire weekend of the Arnold Classic Africa Multi Sport Festival event. We have a shuttle services between Mushroom Park and the various venues which you can make use of.

## Sandton City Mall - PARKING

Have additional parking available.  
Space is limited.

Parking Hours: According to Mall hours.  
Not FREE of charge.

## Shesha Tucks - OTHER TRANSPORT

For a FUN experience around Sandton area, feel free to make use of our great service offer by Shesha Tucks.  
Additional fees payable to driver.

Contact us if you need a lift: 011 784 3970



## UBER SERVICE:

Uber Services everywhere available in South Africa

# PICK UP & DROP OFF POINTS

There will be FREE Transport available between the various venues and hotels.  
Need WRISTBAND for access on the bus.

**BLUE** and **RED** route.

**Sandton Convention Centre:**

- Pick up and Drop off (- c/o Alice Lane and West Street)
- Ticket Sales

**Crawford College:**

- Pick up and Drop off
- Ticket Sales

**Mushroom Park: (Parking)**

- Pick up and Drop off

**Country Club Johannesburg:**

- Pick up and Drop off

**Northcliff Bowl:**

- Pick up and Drop off





## BLUE BUS ROUTE BETWEEN VENUES

**A Sandton Convention Centre**  
(c/o Alice Lane and West street)

TICKET SALES / **ENTRANCE**  
PICK UP AND DROP-OFF

**B Crawford College**  
(Benmore street)

TICKET SALES / **ENTRANCE**  
PICK UP AND DROP-OFF

**C Mushroom Park**  
(Rivonia road)

PARKING

PICK UP AND DROP-OFF

**D Gautrain**  
(West street)

PICK UP AND DROP-OFF

**E Garden Court Hotel**

(c/o Maud Street and West street)

ACA OFFICE AND INFO CENTRE

**A Sandton Convention Centre**  
(Maud Street)

TICKET SALES / **ENTRANCE**

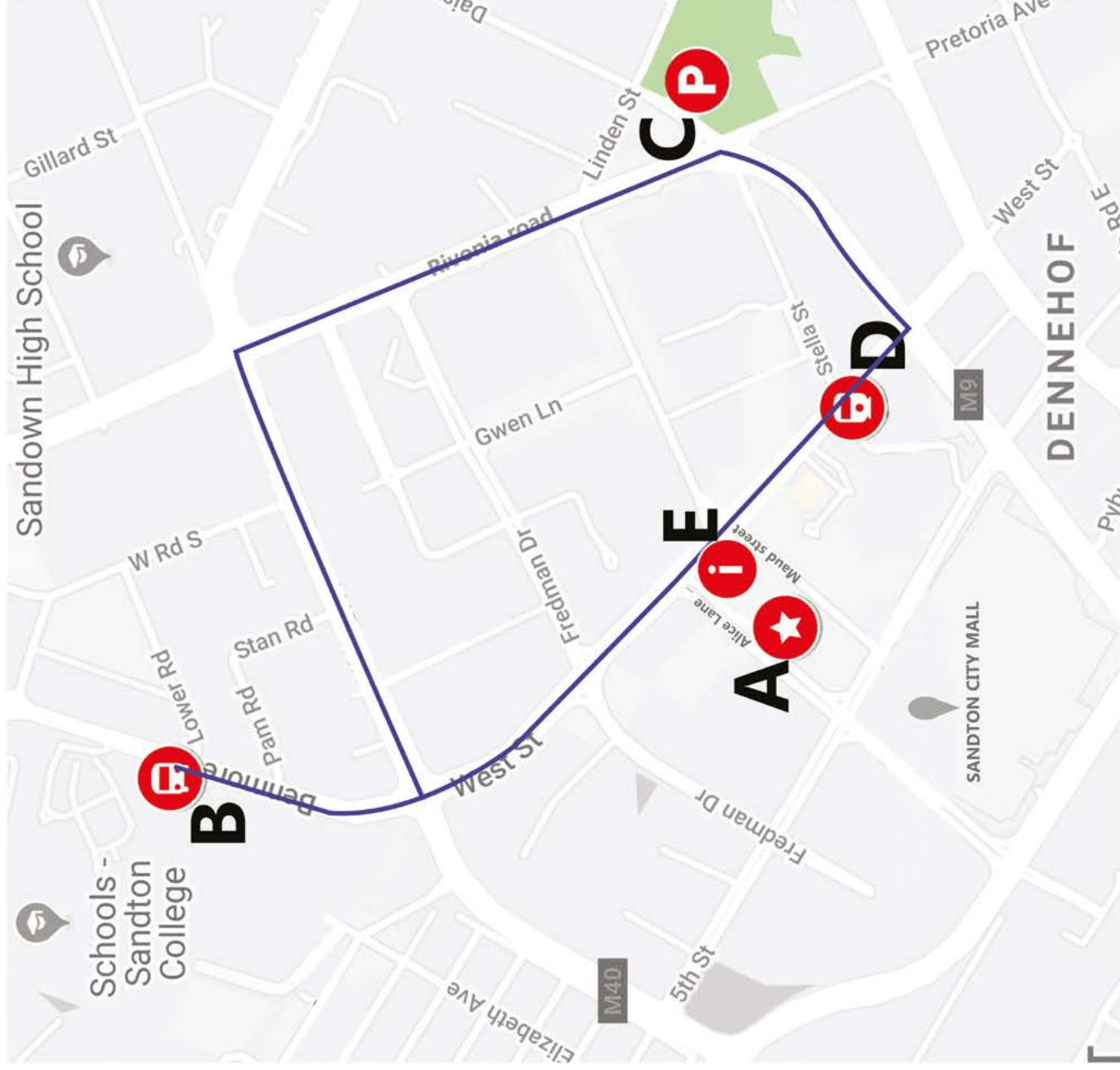
**Other venues:**

**Country Club Jhb**

Golf Classic - 8.5km

**Northcliff Bowl**

Tenpin bowling -12.4km





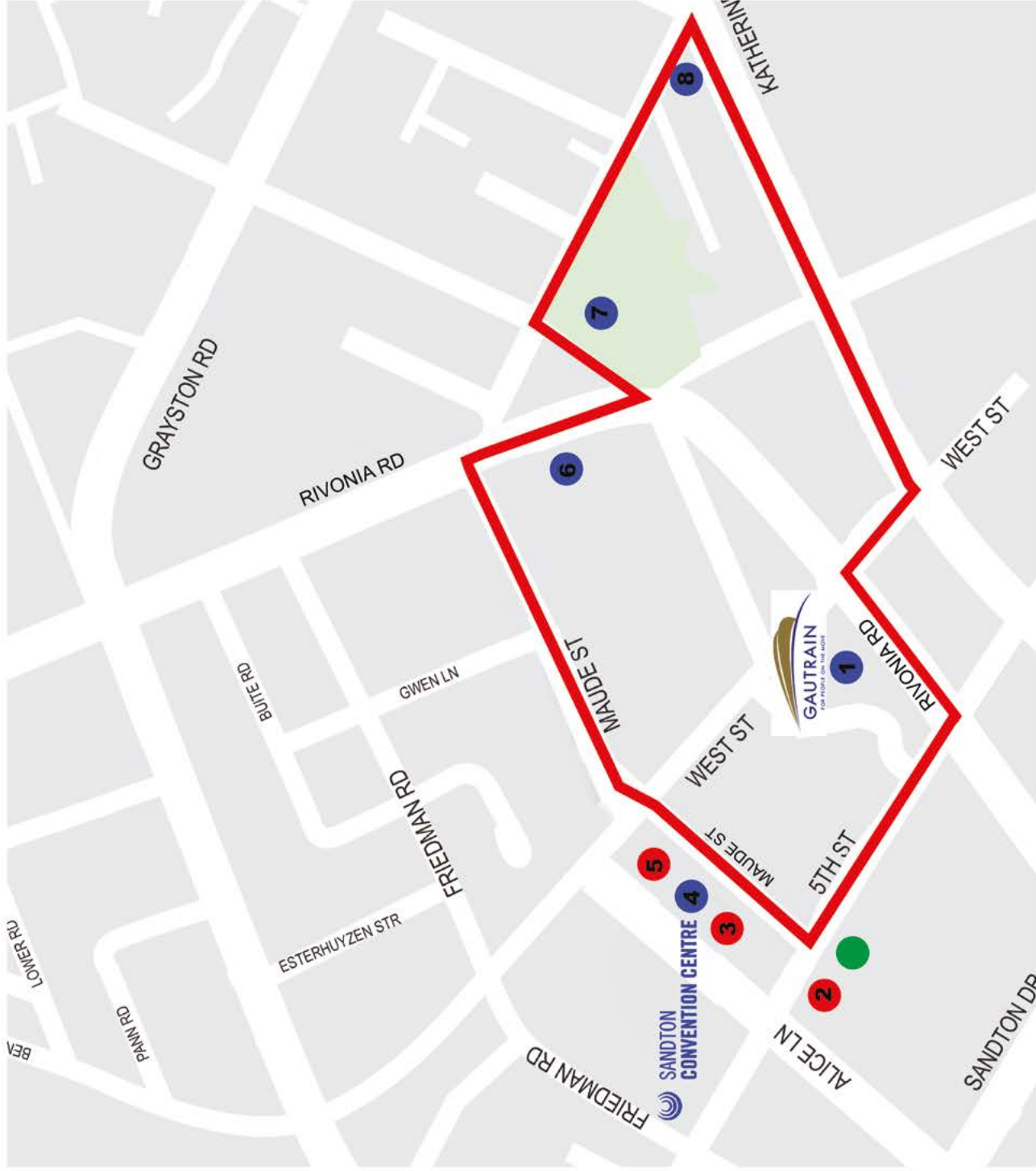
**GAUTENG**  
it starts here

**RED BUS ROUTE  
BETWEEN HOTEL AND VENUE**

- Free Bus Pick-up point
- Hotels (walking distance)

- 1 - Gautrain
- 2 - Sandton Sun Hotel
- 3 - Intercontinental Towers
- 4 - Sandton Convention Centre
- 5 - Garden Court Sandton City
- 6 - Holiday Inn
- 7 - Park & Ride
- 8 - Southern Sun Katherine
- 9 - Sandton City Parking
- 9 - Garden Court Morningside (not on route)

Bus services are free.  
**Times:**  
 Friday - Saturday 7am - 10pm  
 Sunday 7am - 8pm  
 Please use Gautrain or Park & Ride to avoid parking in Sandton.



Sandton Convention Centre | Johannesburg | South Africa  
[arnoldclassicafrica.com](http://arnoldclassicafrica.com)



# ELECTRICAL CURRENT

230 V / 50 Hz, plug / socket type C / D / M / N. For more information visit: <http://www.worldstandards.eu/electricity/plug-voltage-by-country>

# LANGUAGE

South Africa has eleven official languages: Afrikaans, English, Ndebele, Northern Sotho, Sotho, Swazi, Tswana, Tsonga, Venda, Xhosa, and Zulu. English is recognised as the language of commerce and science and remains the de facto lingua franca of the nation (used to make communication possible between people who do not share a native language).

# CURRENCY

The national currency in South Africa is SOUTH AFRICAN RAND (ZAR).

1.00 USD = 13.66 ZAR (as for Dec. 01st, 2017)

1.00 EUR = 16.20 ZAR (as for Dec. 01st, 2017)

Current rates at: <http://www.x-rates.com/table/?from=ZAR&amount=1>

All major credit cards are accepted at most major hotels, department stores and restaurants.

# VISAS

Holders of passports of many countries do not need visas to enter South Africa. See the list available at: <http://www.dha.gov.za/index.php/immigration-services/exempt-countries>. Citizens of other countries need to apply for the visitor's visa.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case or any misuse and/or unlawful utilization of the same visa.

# TIME DIFFERENCE

Standard Time Zone for Johannesburg: UTC/GMT + 2 hours. More info at: <http://24timezones.com/>

# CLIMATE

During the month of May, the average daily temperature is 12.6°C (54.70F). Average high: 18.9°C (66.00F), average low: 7.2°C (45.00F). Average rainy days: 2.9 and relative humidity: 56%.