

www.arnoldclassicafrica.com



ARNOLD



Multi Sport and Arts Festival

Amateur Bodybuilding

Inspection Report

3-5 June 2022

RUIMSIG STADIUM | ROODEPOORT | JOHANNESBURG





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CITY OF JOHANNESBURG

Proud Partner of Arnold Classic Africa



In South Africa, Johannesburg is the second largest city in Africa, in 2016 there were 4.94 million people living in the City of Johannesburg. Joburg, or Jozi as some prefer to call it, offers visitors an experience as unique and diverse as the city itself. Whether you are on business, in search of a cultural encounter, an adrenaline rush or simply want to relax and unwind for a few days, the city of Johannesburg has everything you're looking for and more! www.joburgtourism.com

Johannesburg is a young city with an incredible history and legacy.

The settlement sprang up in 1886 when prospectors found gold in the area now known as the Witwatersrand. When the discovery

became public, thousands flocked here in search of fortune and new opportunities. Today, Johannesburg still attracts those who want to realise their dreams and achieve success.

The new city was named after two officials of the Zuid-Afrikaansche Republiek (ZAR); Johannes Meyer and Johannes Rissik.

Johannesburg grew rapidly and quickly transformed from a small settlement into a full-fledged city. It seemed like nothing could stop its growth, not even the Anglo-Boer war. In those tumultuous times, and beyond, Johannesburg

has always been recognised as the golden beating heart of South Africa.

Through the years, Johannesburg has been the site of many iconic events. It was where the Springboks beat the All Blacks to take the Rugby World Cup in 1995, and, most recently, it was where South Africa showed the world that we can host an event as large as the FIFA Soccer World Cup with style and grace.

Tourist Information (joburg.org.za) ■



a world class African city

RUIMSIG STADIUM



Arnold Classic Africa organizers will be building the GG Tent City on the grounds of the Ruimsig Stadium, Johannesburg. This year we are PUTTING FESTIVE back in the FESTIVAL, with more than 50 tents and activations spread over many acres of land.

Ruimsig Stadium is a multi-purpose stadium located in Roodepoort, South Africa. It is used mostly for football matches and was used as a training field for teams participating in the 2010 FIFA World Cup after being renovated in 2009 and brought up to FIFA standards. At the 2009 FIFA Confederations Cup, Iraq used Ruimsig Stadium for their training sessions.

The stadium hosted an international friendly between Australia and Denmark,[4] and one between the USA and Australia on 5 June 2010. Ruimsig Stadium was constructed in 1994 at a cost of R24 million as an international Athletics

venue to the latest IAAF standards at the time. The venue forms part of a multi-sport events complex which was designed so that sporting codes that require access to open land and open water can also be staged at this venue, and the events that have taken place include Road Running, Cross County Running, Triathlon, Duathlon, Mountain Biking, Off-road Triathlon, Road Cycling and model aeroplanes.

The terrain was also designed to accommodate BMX, model cars and moto cross, although the various managers have at different times not always allowed motorised sport. The annual

Urban Assault Mountain Bike Race at the stadium attracts up to 2,000 participants and has been running for ten years.



Corner Hendrik Potgieter & Furrow Rd,
Ruimsig, Krugersdorp, 1747
Tel: 010 020 1234.

GPS Coordinates: -26°3'34.41' /
+27°50'21.47'.

www.cradlestonemall.co.za



Perfectly located in the heart of Mogale City in Johannesburg's West Rand. Named for its close proximity to the World Heritage Site, Cradlestone Mall is both an architectural masterpiece and, is optimally located at the intersection of the N14/R28 highways and Hendrik Potgieter and conveniently adjacent to the Pinehaven Interchange.

Cradlestone Mall offers the perfect mix of 160 quality shops, restaurants and services- all in a fresh and vibrant atmosphere.

Shopper enjoyment and convenience are at the forefront of every visit to Cradlestone Mall, whether meeting friends for a meal, finding the perfect gifts for family, or buying that well

deserved item. In addition to the nearly 4300 convenient parking bays, specialised facilities for the disabled and family parking, the Mall also makes use of the very latest energy saving technologies, reducing the Mall's carbon footprint and ensuring that Cradlestone Mall is an exceptional and unforgettable shopping experience.

Trading hours:

Monday to Saturday	09:00 to 18:00
Sunday	09:00 to 17:00
Public Holidays	09:00 to 17:00

Gym in Cradelstone Mall

(3km from Ruimsig Stadium) Hendrik Potgieter Drive, Roodepoort

Contact number +27 11 662 2938



TRANSPORTATION



Ground transport

Car hire, Uber or Bolt is available. IGO Travel is the official travel agent partner of Arnold Classic Africa and will be able to assist you with national, international flights, visa information, covid regulations and booking ground transportation.

OR Tambo International Airport

Johannesburg OR Tambo International Airport is the busiest airport on the continent of Africa and is situated in the Kempton Park district of Johannesburg, 23 km north-west of the city centre and 46 km south of Pretoria city centre.

Formerly, Jan Smuts Airport, it has been renamed in honour of the late and former ANC President, Oliver Reginald Tambo, who was more commonly referred to by the name of OR Tambo. Johannesburg OR Tambo International Airport is one of the few airports in the world with scheduled passenger direct flights between all 6 inhabited continents and also serves as a continental gateway to many sub-Saharan countries. The O R Tambo international airport is **50 minutes' drive** from Ruimsig Stadium, Roodepoort, Johannesburg.

Lanseria Airport

Passengers can make use of our world class facilities day and night. With flights from commercial airlines and charter companies operating every day, 24/7.

The newly expanded terminal building offers domestic, regional, and international flight departures and arrivals. Destinations from the commercial airlines currently include both Durban and Cape Town, with more to come soon. The new runway has paved the way for larger aircraft to comfortably land here.

The Lanseria International Airport is **15 minutes' drive** from Ruimsig stadium.

Ravella Lambert
ravella.lambert@igotravel.co.za

IGO TRAVEL



Stones Throw Manor

Km distance to Ruimsig Stadium, Roodepoort	10 km
Km distance from OR Tambo International Airport	45 minutes
Km distance from Lanseria International Airport	15 minutes
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	No
Self catering option available	Yes
Booking code	ACA2022

Web page links

https://stones-throw-manor.business.site/?utm_source=gmb&utm_medium=referral

<https://www.facebook.com/stonesstrow>

Contact person

Blessings Nyaningwe
074 485 0304 | whatsapp 074 485 0304
email roomdiv@riverstonelodge.co.za

Misty Hills Hotel Conference Centre & Spa

Km distance to Ruimsig Stadium, Roodepoort	13 km
Km distance from OR Tambo International Airport	51 km
Km distance from Lanseria International Airport	16.3 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

Web page links

<http://www.mistyhillscountryhotel.com/>

<https://www.facebook.com/mistyhillshotel>

Contact person

Johanna Thabeng – Johanna@rali.co.za
Amanda Venter – roomsdivision@rali.co.za
011 950 6000

Avianto Hotel

Km distance to Ruimsig Stadium, Roodepoort	11 min (9,0 km)
Km distance from OR Tambo International Airport	54 min (86,8 km)
Km distance from Lanseria International Airport	15 min (18,5 km)
Shuttle Service	No
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes if requested before
Self catering option available	No
Booking code	ACA2022

Web page link

www.avianto.co.za

Contact person

Itumeleng +27 11 668 3000
info@avianto.co.za



Lanseria Country Estate

Km distance to Ruimsig Stadium, Roodepoort	27 km
Km distance from OR Tambo International Airport	57 km
Km distance from Lanseria International Airport	5 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	Yes
Booking code	ACA2022

Web page links

<https://lanseriacountryestate.co.za>

<https://www.facebook.com/LanseriaCountryEstate/>

Contact person

Caleb, Jessie or Felix. 0828739883 or enquiries@lanseriacountryestate.co.za



Riverstone Lodge

Km distance to Ruimsig Stadium, Roodepoort	10 km
Km distance from OR Tambo International Airport	45 min
Km distance from Lanseria International Airport	15 min
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

Web page links

<https://www.riverstonelodge.co.za/>

<https://www.facebook.com/LodgeRiverstone>

Contact person

Khethiwe Khumalo
 email reservations@riverstonelodge.co.za
 Blessings email
roomdiv@riverstonelodge.co.za
 WhatsApp +27116683111
 Call +27116683111



26 Degrees South Hotel

Km distance to Ruimsig Stadium, Roodepoort	11 km
Km distance from OR Tambo International Airport	43 km
Km distance from Lanseria International Airport	10 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	YES
Can cater for special diets	Yes
Self catering option available	NO
Booking code	ARNOLD

Web page links

<https://26dsouth.co.za/>

<https://web.facebook.com/26DSOUTH>

Contact person

Charlene
 email: info@26dsouth.co.za



Indaba Hotel, Spa & Conference Centre (4 star TGCSA Graded)

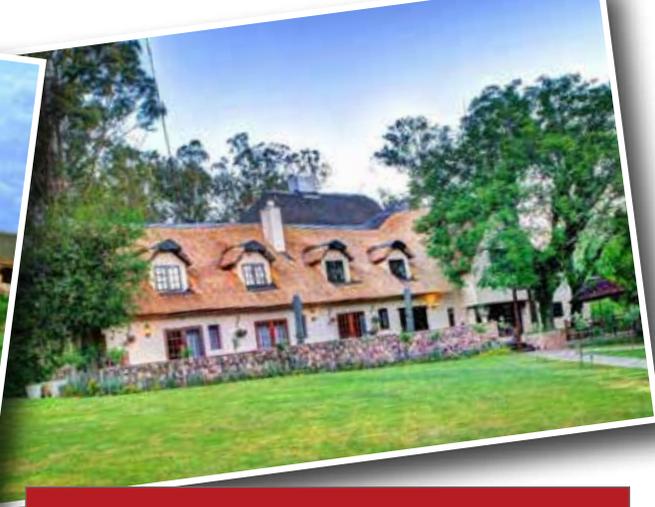
Km distance to Ruimsig Stadium, Roodepoort	24 km
Km distance from OR Tambo International Airport	32 km (45 minutes)
Km distance from Lanseria International Airport	18 km (15 minutes)
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Self catering option available	No
Booking code	ACA2022
Web page links	
https://www.indabahotel.co.za/	
https://www.facebook.com/Indaba Hotel, Spa & Conference Centre/	
Contact person	
Reservations@indabahotel.co.za Tel: 011 840 6600	

Blueberry Hill Hotel

Distance to Ruimsig Stadium	10 km
Distance from Lanseria International airport	20 km
Distance from OR Tambo International airport	45 km
Self Catering option available / We do self-catering apartment as well with fully kitchen furnished	Yes
We offer breakfast / lunch / dinner	Yes
Can cater for special diets	Yes
Transport shuttle available	Available at extra charge
Booking code	ACA 2022
Web page links	
https://blueberryhillhotel.co.za/	
Contact person	
info@blueberryhillhotel.co.za Thabile Radebe: 083 992 7707/010 109 8789	

Glenburn Lodge & Spa

Km distance to Ruimsig Stadium, Roodepoort	17 km
Km distance from OR Tambo International Airport	62 km
Km distance from Lanseria International Airport	16.3 Km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Self catering option available	Yes
Booking code	ACA2022
Web page links	
https://glenburn.co.za/	
https://www.facebook.com/GlenburnLodgeAndSpa/	
Contact person	
Saleen Reddy- 0861148866 email : cro@guvon.co.za	



Kloofzicht Lodge and Spa

Km distance to Ruimsig Stadium, Roodepoort	16.3 km (23 min)
Km distance from OR Tambo International Airport	63.8 km (59 Minutes)
Km distance from Lanseria International Airport	18.9 km (21 Minutes)
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Yes
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

Web page links

<https://www.kloofzichtlodge.co.za/>

<https://www.facebook.com/KloofzichtLodgeAndSpa/>

Contact person

Saleen Reddy- 0861148866
email : cro@guvon.co.za

Ramkiki Country Estate

Km distance to Ruimsig Stadium, Roodepoort	4.2 km
Km distance from OR Tambo International Airport	54 km
Km distance from Lanseria International Airport	23.5 km
Shuttle Service	Available at extra charge
We offer breakfast / Lunch / Dinner	Breakfast incl, rest available
Can cater for special diets	Yes
Self catering option available	No
Booking code	ACA2022

Web page links

www.ramkiki.co.za

<https://www.facebook.com/Ramkikisa>

Contact person

Anneke, Iz mari, Plakkie
anneke@ramkiki.co.za • izmari@ramkiki.co.za
reception@ramkiki.co.za
011 958 0503 • 082 414 5129

COMPETITION INFORMATION



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

an official letter will be sent to the National Federation confirming the participation of its National Team in the 2022 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.

compete in this 6th Arnold Classic Africa 2022. South African Athletes will have to qualify and be recommended by the IFBB SA Head Office.

South African athletes will enter through the link on the IFBB International web page and make payment to IFBB International via PayPal.

Please be aware: it is full responsibility and obligation of the national federation to verify if each of the athletes to be registered on this international event are not suspended or have any violation action against the competitor due to anti-doping rule violations or any disciplinary case at national or international level.

The deadline date for submitting the Final Entry Forms is 23 May 2022.

We strongly encourage you to register early and make the appropriate arrangements to

Once the Entry form from the National Federation has been received and accepted,



IFBB Office

info@ifbb.com



IFBB Vice-President for Africa

Dr. Eng. Adel Fahim
ifbbcairo@gmail.com



IFBB Technical Committee

Eng. Andrew Michalak
(amichalak5@gmail.com)



IFBB SA Head Office Secretary

Marie v.d Westhuizen
ifbbsasecretary@gmail.com



REGISTRATION INFORMATION

The official registration will be Thursday, 2 June 2022 from 10:00 to 18:00.

Weigh in and measurements will be done at the Ruimsig Stadium, Roodepoort, Johannesburg

REGISTRATION FEES AND PAYMENTS

South African Athletes:

South African Athletes: IFBB Registration Fee of USD \$150 if registered in advance, online. USD \$200 if athletes register on Thursday, 2 June 2022

International Athletes:

IFBB Registration Fee of USD \$250 if registered in advance, online. USD \$300 if athletes register on Thursday, 2 June 2022. The deadline date for online payment is 25 May 2022. On 25 May 2022, 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 USD \$45 and are mandatory.
- If an athlete wants to participate in additional categories, the registration fee for each of the additional categories is USD \$100. Possible crossovers:
 - Men's Classic Bodybuilding – Classic Physique – Bodybuilding;
 - Men's Fitness – Men's Physique;

- Women's Acrobatic Fitness – Women's Bodyfitness;
- Women's Bikini – Women's Fit-Model;
- Women's Wellness – Women's Fit-Model.
- Also junior and masters in senior classes.

How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
3. Register as an International Athlete, paying your IFBB Blue Book at <https://www.ifbb.gbisportinnovation.com/affiliation-ifbb>
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.
7. Attend the event.

Each athlete should have the following at registration:

- ID Document
- IFBB International Card (Blue Book)
- Music in the MP3 format on audio CD or USB memory, clearly marked with name + division. Only 1 song on the CD or USB.

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 & MAKEUP

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

Online bookings and payment:
www.jantanaafrica.com

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.

PLEASE MAKE BOOKINGS FOR TANNING, HAIR AND MAKEUP IN ADVANCE WITH JAN TANA. Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pro.

GENERAL
 • admin@jantanaafrica.com

FRANCE PRICE
 • france@gentlegiantpromotions.com

MEGAN ELS
 • sales@arnoldclassicsa.co.za

The service will include base coat, stage coat, touch up and glaze. Time schedule will be shared 1 week before competition date.

South African athletes	R 850.00
International athletes	R1100.00

The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off.

Book your Hair and Makeup online or direct with our professional ACA Service Providers.

HAIR AND MAKEUP

Isma Theron | Tipsee & Co
Cell: +27 81 488 1610
e-mail: ismatheron@gmail.com

Lente Rautenbach | Makeup by Lente
Cell: +27 76 493 5874
e-mail: Velentestudio.lemmer2@gmail.com

National Athletes:

- Hair R 600
- Makeup R 850
- Makeup with lashes R 900

International Athletes

- Hair R 700
- Makeup R1 100
- Makeup with lashes R1 200

JUDGES AND MEDIA



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

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 2022. This fee may also be paid at the Championships in Johannesburg.

MEDIA ACCREDITATION

Media can apply online for a media pass via the webpage www.arnoldclassicafrica.com

TEAM MANAGERS WILL ONLY BE ALLOWED BACKSTAGE AS INDICATED ON THE ENTRY FORM BY THE NATIONAL FEDERATION.

(RECEIVE SPECIAL PASS ON REGISTRATION DAY)

Backstage tickets are available on webtickets.co.za



Each athlete participating in the ACA will be provided with a competitor wristband 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 or broken wristband at registration).

FITNESS LINE UPS AND RUNNING SCHEDULE



Overalls will run directly after the awarding ceremony in the last category of each of the following divisions:

IFBB Elite Pro Cards will be offered for the winners of the following overall categories (through their National Federation).

- Men's Physique (top 3)
- Men's Classic Bodybuilding (top 3)
- Men's Bodybuilding (top 3)
- Women's Physique (the winner)
- Women's Bodyfitness (top 3)
- Women's Bikini (top 3)
- Women's Wellness (top 3)

The winner of the IFBB Elite Pro Card has 1 year to take up the Card. If the athlete hasn't done this, he/she will have to qualify once again to turn Pro. Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.

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 category will be awarded with a trophy.

- Overall winner in each division will be awarded with a trophy.
- Top 5 athletes in Men's and Women's senior categories will be awarded points to the 2022 IFBB World Ranking, according to the World Ranking Rules (level 2).
- IFBB Elite Pro Cards for the top three overall category winners in Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness and for the Women's Physique overall winner (after applications through their National Federations).

FITNESS LINE UPS AND RUNNING SCHEDULE

Note: the winner of the IFBB Elite Pro Card has 1 year to take up the Card. If the athlete hasn't done this, he/she will have to qualify once again to turn Pro.

TENTATIVE SCHEDULE

THURSDAY, 2 JUNE 2022

10:00 - 18:00 Weigh-in and Registration
18:15 - Team Managers & Judges Meeting

FRIDAY, 3 JUNE 2022

09:00 - 15:00 - Prejudging and Finals for Group A

SATURDAY, 4 JUNE 2022

09:00 - 15:00 - Prejudging and Finals for Group B

SUNDAY, 5 JUNE 2022

09:00 - 15:00 - Prejudging and Finals for Group C

INFORMATION IN THIS DOCUMENT MAY CHANGE. VISIT OUR WEBSITE REGULARLY. WWW.ARNOLDCLASSICAFRICA.COM

FRIDAY 3 JUNE 2022 GROUP A 09:00		SATURDAY 4 JUNE 2022 GROUP B 09:00	
Junior Women's Bikini Open	16 - 23 yrs	Junior Men's Physique	16 - 23 yrs
Men's Physique	Up to 170 cm Up to 174 cm Up to 178 cm Over 178 cm	Women's Bodyfitness	Up to 158 cm Up to 163 cm Up to 168 cm Over 168 cm
Men's Classic Bodybuilding	Up to 171 cm Up to 175 cm Up to 180 cm Over 180 cm	Women's Wellness	Up to 163 cm Over 163 cm
Women's Physique	Up to 163 cm Over 163 cm	Men's Classic Physique	Up to 180 cm Over 180 cm
Muscular Men's Physique	Open Category	Women's Acrobatic Fitness	Open Category
Masters Men's Bodybuilding	Open Category 40 - 49 yrs	Men's Fitness	Open Category
Masters Men's Bodybuilding	Open Category Over 50 yrs	Women's Bikini	Up to 160 cm Up to 166 cm Up to 169 cm Over 169 cm
Junior Men's Bodybuilding	Open Category 16 - 23 yrs	Masters Women's Bikini	Open Category over 35 yrs
Junior Men's Classic Bodybuilding	Open Category 16 - 23 yrs	Women's Fit-Model	Up to 166 cm Over 166 cm
Masters Men's Physique	Open Category 40-44 yrs	SUNDAY 5 JUNE 2022 GROUP C 09:00	
Masters Men's Physique	Open Category Over 45 yrs	Men's Bodybuilding	Bantamweight 65 kg Lightweight 70 kg Welterweight 75 kg Light-Middleweight 80 kg Middleweight 85 kg Super- Middleweight 90 kg Light-Heavyweight 95 kg Heavyweight 100 kg + over 100 kg

SPORTING CODES



- Aerial Sport
- Archery
- Arm Wrestling
- Arnold Transformation
- Art Competition
- Baseball
- Baseball 5
- Basketball
- Battle Heritage
- Beach Tennis
- Beach Volleybal
- Bocce Ball
- Bodybuilding IFBB Amateur
- Bodybuilding and Fitness
- Bodybuilding IFBB Elite Pro
- Body Painting
- Cue Sport
- Deaf Sport
- Fencing
- Figure Skating
- Fitness Fiesta
- Floor Hockey
- Futsal 5 a side
- Street Football
- Gauteng Aquatics
- Golf
- Herd Games/Throwdown
- Ice Hockey
- Judo
- Kangoo jump
- Karate
- Korean Martial Arts
- Legobuild
- Majorettes
- Model planes
- Model Search
- Orchards Tae Bo
- Paddle Ball
- Powerlifting
- Rides and entertainment for kids
- Ringball
- Ringtennis
- Roller Sport - artistic skating
- Softball
- Special Olympics (Table tennis/boche)
- Speed Cubes
- Artistic skating
- Skate Boards
- Strongman Amateur
- Table Tennis
- Team Chess
- Team Volleyball
- Teen Challenge
- Tenpin Bowling (Northcliff Bowling)
- Trail Run
- Weightlifting
- Wrestling
- Zumba Kids



web tickets

TICKETS 2022

RUIMSIG STADIUM
ROODEPOORT
JOHANNESBURG



3-5 JUNE

GENERAL ACCESS TICKET

Access to the ACA sports and events in GG Tent City

- R100 - Adults Friday
- R150 - Adults Saturday
- R150 - Adults Sunday
- R300 - Adults Weekend
- Free - Kids under 7yrs
- R50 - Kids 7 - 12yrs one day
- R100 - Kids Weekend 7 - 12 yrs

VIP VISITOR TICKET

LIMITED TICKETS AVAILABLE

Do you want to experience the Arnold Multi Sport and Art Festival as a VIP? Now is the opportunity to be one of the more important guests, with special privileges and free gifts from our sponsors. This ticket will give you VIP parking, special access to a VIP Visitor Lounge with spectacular views of the stadium while relaxing on couches with free refreshments, private bathrooms and phone charging points.

R3 500 - Adult per day | R5 500 - Adult weekend

AUDITORIUM IFBB ELITE PRO BODYBUILDING TICKET

The ticket for the auditorium include general access at the main gate and all sports and events.

- R500 - Prejudging and Finals - Non reserved
- R950 - Backstage Pass
- (You do not need a general access ticket to ACA event)
- (Auditorium access in general seat and ACA event)

IFBB AMATEUR BODYBUILDING TICKET

Your general access ticket at the main gate and backstage ticket will allow you into the auditorium

- FREE - IFBB Amateur Bodybuilding event
- R800 - Backstage ticket per day
- R1 200 - Backstage ticket weekend

Gates open 7am to late



SOUTH AFRICA INFORMATION

1

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>

2

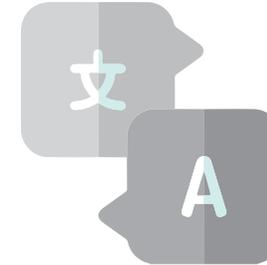
CURRENCY



The national currency in South Africa is SOUTH AFRICAN RAND (ZAR).
1.00 USD = 14.60 ZAR (as for March 29th, 2022)
1.00 EUR = 16.18 ZAR (as for March 29th, 2022)
Current rates at: <http://www.x-rates.com/table/?from=ZAR&amount=1> Banks for exchange available at Airport & Mall

3

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).

4

TIME DIFFERENCE



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

5

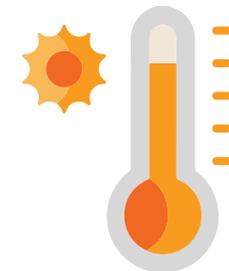
VISAS



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.

6

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%.



ARNOLD SPORTS FESTIVAL 2022

CONTACT US FOR ALL YOUR TRAVEL REQUIREMENTS DURING THE FESTIVAL

Flights | Transfers | Accommodation | Scheduled Day Tours



Day tour examples that we can arrange: Ultimate Pilanesberg Open Vehicle Day Tour / Rhino and Lion Park Tour / Elephant Sanctuary Tour / Soweto Tour

CUSTOM ITINERARIES

We can also facilitate trip extensions in and around South Africa for before and after the event.

