



## Arnold Classic Asia 2016 Inspection Report

### Welcome

Gov. Arnold Schwarzenegger, Dr. Rafael Santonja, James L. Lorimer, Bob Lorimer and Tony Doherty welcome you to the inaugural Arnold Classic Asia Multi-Sport Festival.

The Arnold Classic Asia is a multi-sport program that takes place following in the footsteps of the original Arnold Sports Festival concept in Columbus, Ohio.

### Location

Hong Kong is a dynamic and vibrant city with world-renowned dining, shopping and sightseeing attractions.

Hong Kong comprises Hong Kong Island, the Kowloon Peninsula, the New Territories, and more than 200 outlying islands, including Lantau Island where Hong Kong International Airport and Asia World Expo is located.



For more information about Hong Kong, please visit:  
<http://www.discoverhongkong.com/eng/index.jsp>



## Venue

Asia World Expo

Next to Hong Kong International Airport, Lantau, Hong Kong

In 2016, all sports and expo activities will take place at Asia World Expo. The venue offers over 70,000 square meters of space including large column-free halls and the biggest purpose-built indoor, seated entertainment arena in Hong Kong. Asia World Expo is connected to major destinations in Hong Kong and Mainland China by public transport.



## Time Difference

HKT (Kong Kong Time) UTC/GMT + 8 hours

## Currency

The official currency of Hong Kong is the Hong Kong Dollar (HKD), which is pegged to the US dollar at a rate of around 7.78 HKD to 1 USD. Exchange rates may fluctuate slightly

## Credit Cards

International credit cards such as American Express, VISA, Diners Club, and MasterCard are welcome at many hotels, retails shops and restaurants; however some smaller restaurants, shops and vendors at open air markets will only take cash.

## Visas

Citizens of many countries do not need visa if coming for a short period of time, but it varies from country to country. Detailed information here in "Part 2": <http://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html>.

To understand the application timeline and process please refer to the HK Immigration website and contact information: <http://www.immd.gov.hk/eng>.

An Official Letter of Invitation will be made available if required.



## Electrical Current

The standard electrical voltage in Hong Kong is 220 volts AC, 50Hz. Most hotel bathrooms will also have outlets for 100 volts, but if not, you will need a transformer for any appliance or electrical equipment. The majority of electrical outlets in Hong Kong take three-pronged UK-style plug. You can buy an inexpensive adapter for your electrical equipment at most convenience stores.



## Language

Cantonese, a minority dialect of Mainland China, is spoken by 88% of people in Hong Kong however English is also widely spoken and is the language of preference in the government, business and tourism sectors. As a visitor, you can expect to encounter minimal problems communicating in English, as most taxi drivers, salespeople, tourism industry employees and police have reached competent levels of the language. Also, all official signs and public transport announcements, as well as most menus, are in both English and Chinese.

## Climate

Hong Kong has a sub-tropical climate with distinct seasons. The Arnold Classic Asia Multi-Sport Festival will take place in summer (June to August). Expect hot, humid and sunny weather with occasional showers and thunderstorms. Average temperature in summer is 22°C-31°C, with high humidity. For detailed information about current and seasonal weather, visit:

[www.hko.gov.hk/contente.htm](http://www.hko.gov.hk/contente.htm)

## Getting around Hong Kong

There are many ways to get around Hong Kong, whether it is by taxi, ferry, rail, bus or tram. The city claims one of the world's safest, most efficient and frequent public transport systems and a convenient payment method in the form of the Octopus Card. For more information, visit:

[www.discoverhongkong.com/eng/plan-your-trip/traveller-info/transport/getting-around/index.jsp](http://www.discoverhongkong.com/eng/plan-your-trip/traveller-info/transport/getting-around/index.jsp)

## Hong Kong International Airport

Hong Kong is a key aviation hub serviced by more than 100 airlines that provide connections to major cities throughout the world. The Hong Kong International Airport is a 24-hour airport, which is consistently ranked among the best airports in the world. For more information, visit

<http://www.hongkongairport.com/eng/index.html>



## Passenger departure tax and surcharges

All passengers aged 12 and above departing Hong Kong International Airport must pay a HK\$120 Air Passenger Departure Tax (normally included in the price of the airline ticket).

There is also a security charge of HK\$45 (normally included in the price of the airline ticket) to maintain the standards of safety, security and passenger services required at international airports.

## Participation

The Arnold Classic Asia is open to all IFBB-affiliated National Federations worldwide.

Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible. IFBB National Federations are informed that participation in this championship is unlimited.

To participate in this competition, athletes must be nominated by their IFBB-affiliated federations. To be nominated, you must do the following:

- Contact your IFBB-affiliated National Federation and declare your intent to participate in the Arnold Classic Asia
- National Federation approves the list of competitors from their country, completes the Final Entry Form and e-mail it to the IFBB Head Office: [officemanager@ifbb.com](mailto:officemanager@ifbb.com) or [amichalak5@gmail.com](mailto:amichalak5@gmail.com) not later than August 5<sup>th</sup>, 2016.
- Being approved by your National Federation, you need to pay the IFBB Registration Fee of EUR €250. This will have to be paid at the time of weigh-in or in advance. We fully recommend you to make advance payment by PayPal or Credit Card through the following link: [www.ifbb.com/competition-registration](http://www.ifbb.com/competition-registration)
- Those athletes who have not met the established requirements, who missed the deadline for registration, or who registered in a division that has already been closed, will be notified through their National Federations, 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. We strongly encourage you to register early and make the appropriate arrangements to compete.

The deadline date for submitting the Entry Forms is Friday August 5<sup>th</sup>, 2016. The final decision to allow an athlete to compete in this event rests with the IFBB.



Remember that all athletes will have to produce their IFBB International Card (blue book) at the registration.

If you do not have one, this must be purchased at registration for an additional fee.

## **Competitor Notification**

Competitors officially nominated by National Federations in the Final Entry Forms are considered as approved. If, for any reason, a competitor has not been approved by the IFBB, his/her National Federation will be notified that he/she will be unable to participate in this competition.

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

## **Official Athlete Registration (Weigh-In) and Fee**

The official arrival day is Friday, August 19<sup>th</sup>, 2016.

Registration, weigh-in and height measurements will take place at Asia World Expo on Friday, August 19<sup>th</sup>, 2016 from 16:00 till 20:00.

At the registration weigh-in, you will be asked to produce:

- ID Document
- IFBB International Card (Blue Book)
- Posing music on audio CD (if posing is required in your division)

Any athlete who has not yet purchased this IFBB International Card will have to do so at registration. IFBB International Cards are EUR €30 per year and are mandatory.

As mentioned above, an IFBB Registration Fee of EUR €250 will have to be paid in advance online or at weigh-in. We fully recommend you to make advance payment at [www.ifbb.com/competition-registration](http://www.ifbb.com/competition-registration)

Please add your name during online payment and bring a copy of your payment confirmation to the weigh-in.

## **Important Information**

All the costs for travelling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the national federations or



individual athletes. Check with your National Federation for more information.

All athletes are advised to read the documents provided by the IFBB outlining rules for each class: [www.ifbb.com/rules](http://www.ifbb.com/rules)

## Men's Divisions

| DIVISIONS                         | CLASSES   |   |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
|-----------------------------------|---|---|--------------|------------------------|------------------|----------------------------|-----------------------------------|----------------------------------|--|------------------|-------------------------------------|--|-------------------------------------|--|------------------|------------------------------------|--|------------------------------------|--|-------------|---|
| <b>MEN'S BODYBUILDING</b>         | <p><b>Juniors</b> - 16-23 years</p> <p><b>Open</b></p> <ul style="list-style-type: none"> <li>• Up to and including 65 kg</li> <li>• Up to and including 70 kg</li> <li>• Up to and including 80 kg</li> <li>• Up to and including 90 kg</li> <li>• Up to and including 100 kg</li> <li>• Over 100 kg</li> </ul> <p><b>Masters 40 --- 49 Years</b></p> <p><b>Masters Over 50 Years</b></p>  |   |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
| <b>MEN'S CLASSIC BODYBUILDING</b> | <ul style="list-style-type: none"> <li>• Classic A: Up to and including 171 cm</li> <li>• Classic B: Up to and including 180 cm</li> <li>• Classic C: Over 180 cm</li> </ul> <p><b>Maximum weight limit for the heights of Classic Bodybuilding</b></p> <table border="1"> <thead> <tr> <th>Class</th> <th>Height Range</th> <th>Maximum Weight Formula</th> </tr> </thead> <tbody> <tr> <td rowspan="2"><b>Classic A</b></td> <td>Up to and including 168 cm</td> <td>Height minus 100 = MAXIMUM WEIGHT</td> </tr> <tr> <td>Over 168, up to and incl. 171 cm</td> <td>Height minus 100 + 2 kg = MAXIMUM WEIGHT</td> </tr> <tr> <td rowspan="2"><b>Classic B</b></td> <td>Over 171 cm, up to and incl. 175 cm</td> <td>Height minus 100 + 4 kg = MAXIMUM WEIGHT</td> </tr> <tr> <td>Over 175 cm, up to and incl. 180 cm</td> <td>Height minus 100 + 6 kg = MAXIMUM WEIGHT</td> </tr> <tr> <td rowspan="3"><b>Classic C</b></td> <td>Over 180cm, up to and incl. 190 cm</td> <td>Height minus 100 + 8 kg = MAXIMUM WEIGHT</td> </tr> <tr> <td>Over 190cm, up to and incl. 198 cm</td> <td>Height minus 100 + 9 kg = MAXIMUM WEIGHT</td> </tr> <tr> <td>Over 198 cm</td> <td>Height minus 100 + 10 kg = MAXIMUM WEIGHT</td> </tr> </tbody> </table> | Class                                     | Height Range | Maximum Weight Formula | <b>Classic A</b> | Up to and including 168 cm | Height minus 100 = MAXIMUM WEIGHT | Over 168, up to and incl. 171 cm | Height minus 100 + 2 kg = MAXIMUM WEIGHT | <b>Classic B</b> | Over 171 cm, up to and incl. 175 cm | Height minus 100 + 4 kg = MAXIMUM WEIGHT | Over 175 cm, up to and incl. 180 cm | Height minus 100 + 6 kg = MAXIMUM WEIGHT | <b>Classic C</b> | Over 180cm, up to and incl. 190 cm | Height minus 100 + 8 kg = MAXIMUM WEIGHT | Over 190cm, up to and incl. 198 cm | Height minus 100 + 9 kg = MAXIMUM WEIGHT | Over 198 cm | Height minus 100 + 10 kg = MAXIMUM WEIGHT |
| Class                             | Height Range  | Maximum Weight Formula                    |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
| <b>Classic A</b>                  | Up to and including 168 cm  | Height minus 100 = MAXIMUM WEIGHT         |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
|                                   | Over 168, up to and incl. 171 cm  | Height minus 100 + 2 kg = MAXIMUM WEIGHT  |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
| <b>Classic B</b>                  | Over 171 cm, up to and incl. 175 cm   | Height minus 100 + 4 kg = MAXIMUM WEIGHT  |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
|                                   | Over 175 cm, up to and incl. 180 cm   | Height minus 100 + 6 kg = MAXIMUM WEIGHT  |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
| <b>Classic C</b>                  | Over 180cm, up to and incl. 190 cm  | Height minus 100 + 8 kg = MAXIMUM WEIGHT  |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
|                                   | Over 190cm, up to and incl. 198 cm  | Height minus 100 + 9 kg = MAXIMUM WEIGHT  |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
|                                   | Over 198 cm   | Height minus 100 + 10 kg = MAXIMUM WEIGHT |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |
| <b>MEN'S PHYSIQUE</b>             | <p><b>Open</b></p> <ul style="list-style-type: none"> <li>• Up to and including 174 cm</li> <li>• Up to and including 181 cm</li> <li>• Over 181 cm</li> </ul>  |   |              |                        |                  |                            |                                   |                                  |  |                  |                                     |  |                                     |  |                  |                                    |  |                                    |  |             |   |



## Women's Divisions

| DIVISIONS                            | CLASSES   |
|--------------------------------------|---|
| <b>WOMEN'S BIKINI-FITNESS</b>        | <b>Juniors</b> - 16-23 years<br><b>Open</b> <ul style="list-style-type: none"> <li>• Up to and including 160 cm</li> <li>• Up to and including 163 cm</li> <li>• Up to and including 169 cm</li> <li>• Over 169 cm</li> </ul> <b>Masters Open</b> --- Over 35 years |
| <b>WOMEN'S BODY FITNESS (FIGURE)</b> | <b>Open</b> <ul style="list-style-type: none"> <li>• Up to and including 163 cm</li> <li>• Up to and including 168 cm</li> <li>• Over 168 cm</li> </ul> <b>Masters Open</b> --- Over 35 years   |
| <b>WOMEN'S FITNESS</b>               | <b>Open</b>   |
| <b>WOMEN'S PHYSIQUE</b>              | <b>Open</b>   |

### Athlete and Delegate Entry to the Venue

Each athlete and official delegate participating in the championship will be provided with a wristband, and this will need to be worn when entering the venue to ensure admittance. The wristband will allow all athletes and officials to attend the Expo for all 3 days free of charge.

### Posing Music

All posing music must be supplied on a named audio CD. To avoid confusion, there must be no other tracks on the CD. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.



## Tanning Requirements



Jan Tana will be at the Arnold Classic offering professional tanning, hair and make-up services. For your convenience, all services will be provided at the contest venue. We recommend you purchase your tan from Jan Tana. Go to the following link to book your appointment: [www.jantana.com](http://www.jantana.com)

The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel, however Jan Tana are the only tanning company who will be allowed at the venue. Sparkles, glitter, shiny metallic pearls or gold colouring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body. To avoid complications, we highly recommend booking with Jan Tana.

### Judges

All National Federations are reminded that their nominations for judges must be also included in the Entry Forms according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn at [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

### Media Accreditation:

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must contact the Organizing Committee no later than August 1<sup>st</sup>, 2016.





### **Backstage Access:**

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

### **Accommodation**

The following hotels are located nearby Asia World Expo and Hong Kong International Airport.

#### **Official Accommodation Partner: Hong Kong SkyCity Marriott Hotel**

1 Sky City Road East, Lantau, Hong Kong

Deluxe Room: HK\$1,400\* per room, per night (with 1 daily buffet breakfast)

Deluxe Room: HK\$1,550\* per room, per night (with 2 daily buffet breakfast)

\*The above room rates are subject to 10% service charge. The room rates are for single and double occupancy.

Complimentary benefits include:

- Complimentary local calls
- Complimentary shuttle service to and from the Airport
- Complimentary in-room internet access
- Complimentary tea/coffee making facilities in room
- Two complimentary bottles of water in room
- Complimentary newspaper
- In-room safe with capacity to store a laptop computer
- Complimentary use of Health Club and Swimming Pool, and Sauna (24-hour access)

Hotel check-in time is 2.00pm. Anyone arriving prior to 2.00pm will be accommodated as rooms become available.

Hotel check-out time is 12.00 noon.

#### **Regal Airport Hotel (non-guarantee special rate for athletes)**

Hong Kong International Airport

Chek Lap Kok, Hong Kong

Superior Single Room: HK\$1,050\* per room, per night (with buffet breakfast at Cafe Aficionado)

Superior Twin/Double Room: HK\$1,200\* per room, per night (with buffet breakfast at Cafe Aficionado)

Deluxe Single Room: HK\$1,250\* per room, per night (with buffet breakfast at



Cafe Aficionado)

Deluxe Twin /Double Room: HK\$1,400 per room, per night (with buffet breakfast at Cafe Aficionado)

\* The above room rates are subject to 10% service charge.

Complimentary benefits include:

- Free in-room internet access for maximum two devices
- Free tea/coffee making facilities in room
- Access to Gymnasium Room and swimming pools
- Free enrollment for Regal Rewards program

Booking page:

[http://www.booking.regalhotel.com/default.aspx?s=rjNI6Ha8Ryule8jptHP|zhpMBKSm/plX0VPoOfGWiUr2tTcHlGadxw==&utm\\_source=corpgrp&utm\\_medium=banner&utm\\_campaign=rahACA](http://www.booking.regalhotel.com/default.aspx?s=rjNI6Ha8Ryule8jptHP|zhpMBKSm/plX0VPoOfGWiUr2tTcHlGadxw==&utm_source=corpgrp&utm_medium=banner&utm_campaign=rahACA)

## Contact

General Enquiries (venue, competition times, weigh-in, tanning and accommodation): [info@arnoldclassicasia.com](mailto:info@arnoldclassicasia.com)

Rules, regulations and registration: [www.ifbb.com](http://www.ifbb.com) or your IFBB-Affiliated Federation.

## Final Entry Form sending details

**The deadline date** for submitting the Final Entry Forms is August 5<sup>th</sup>, 2016.

|   |   |
|---|---|
| <p>Please send Entry Form no later than August 5<sup>th</sup> 2016 to:</p> <p>Organizing Committee Office:<br/>in Hong Kong: <a href="mailto:info@arnoldclassicasia.com">info@arnoldclassicasia.com</a></p> <p>IFBB Head Office Manager:<br/><a href="mailto:officemanager@ifbb.com">officemanager@ifbb.com</a></p> | <p>Please Send a copy to:</p> <p>IFBB representative,<br/>Eng.<br/><a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p> |
|---|---|



## **2016 Arnold Classic Asia --- Tentative Schedule**

### **Friday, August 19<sup>th</sup>, Asia World Expo**

Arrival day

15:00 – Team Managers / Judges Meeting

16:00 – 20:00: Official Athlete Registration

### **Saturday, August 20<sup>th</sup>, Asia World Expo**

10:00 – 18:00: Expo

From 10:00 – Semifinals and Finals:

- Women's Fitness
- Women's Body Fitness (Figure)
- Women's Physique
- Men's Junior Bodybuilding
- Men's Masters Bodybuilding
- Men's Classic Bodybuilding
- Men's Weight Classes Pre-Judging

### **Sunday, August 21<sup>th</sup>, Asia World Expo**

10:00 – 18:00: Expo

From 10:00 – Semifinals and Finals

- Men's Weight Class Finals and Overall (with Pro Card Presentation)
- Men's Physique
- Women's Bikini