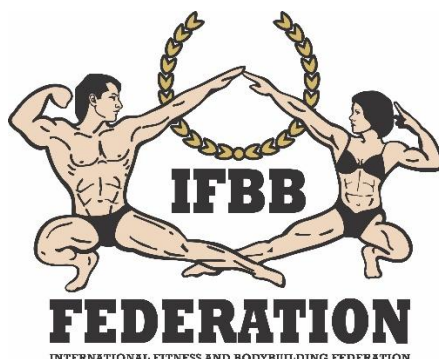


Inspection Report



IFBB SOUTH AFRICA NATIONAL CHAMPIONSHIPS

11 – 13 September 2025
The Junction, Kloof, eThekweni,
Kwa-Zulu Natal

The Junction – Space to connect

THE JUNCTION
connecting community

IFBB SA National

BODYBUILDING & FITNESS

Championships



KWA-ZULU NATAL

The Junction - 53 Abelia Road, Kloof

11-13 Sept '25



IFBB Official Protea
World Team Selection

Weigh-in : Thurs: 11 Sept
Championships : Fri & Sat: 12-13 Sept

Franci Rust | 079 933 0967 | francirust@gmail.com

1. INTRODUCTION

The IFBB SA National Championships is the flagship Bodybuilding event of the year. Athletes are selected at Provincial level to compete at this prestigious event.

The event will be hosted at The Junction, 53 Abelia Road, Kloof, eThekweni, Kwa-Zulu Natal.

The South African team will be selected over several categories, to attend the annual **IFBB World Fit Model Championships in Dubai and the Men's International World Championships, Women's World Championships and Fitness Challenge World Championships in Santa Susanna, Spain later this year.**

It is recommended that all athletes who compete at the South African National Championships be in possession of a valid passport, as not having one may jeopardise their selection for the World Championships later this year.

All athletes must have completed the mandatory e-learning Anti-doping course and have a valid certificate.

At the IFBB SA National Championships, the IFBB South African teams will be selected to represent SA at the following events:

18 – 19 October 2025	IFBB World Fit Model Championships
13 – 17 November 2025	Men's International World Championships, Women's World Championships and Fitness Challenge World Championships

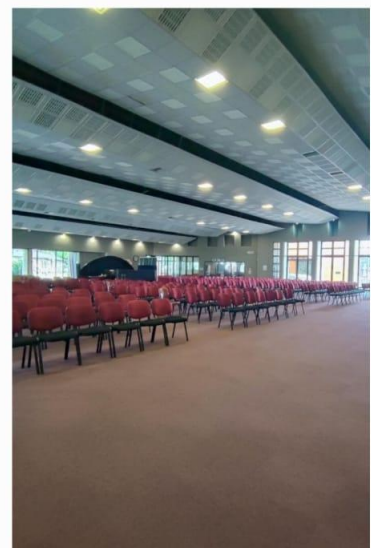
Only athletes with valid passports at the time of the IFBB SA National Championships will be considered for the World Teams.

2. VENUE

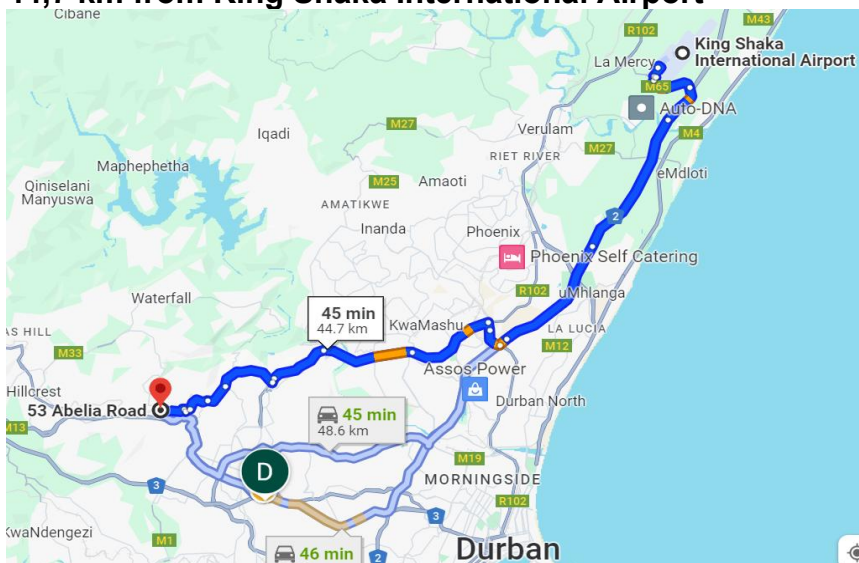
The Junction

Address:

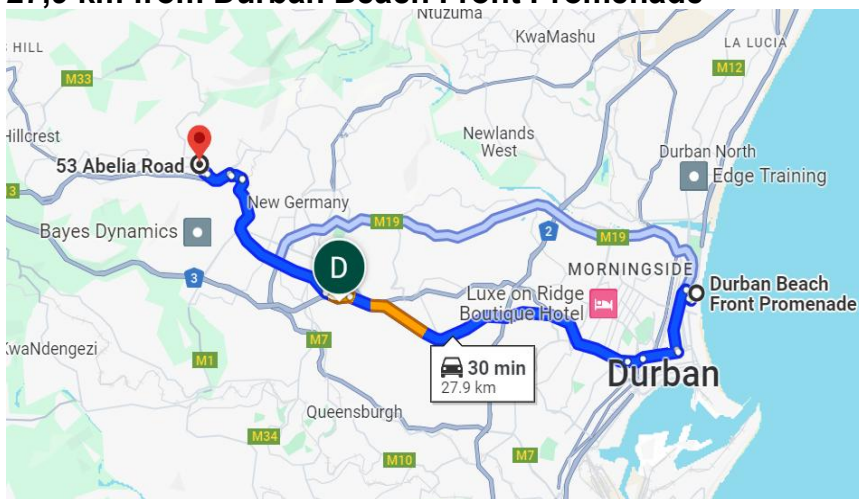
53 Abelia Road,
Kloof, eThekweni,
Kwa-Zulu Natal



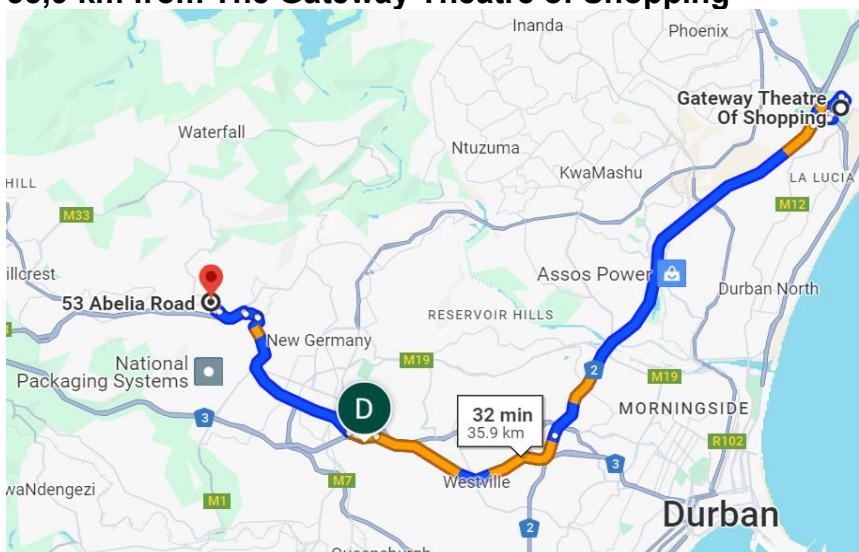
44,7 km from King Shaka International Airport



27,9 km from Durban Beach Front Promenade



35,9 km from The Gateway Theatre of Shopping



3. ACCOMMODATION

	<p>LEMON TREE B&B, KLOOF</p> <p>(Distance from Venue: 2.1km)</p> <p>Room ONLY - per person Rate: R950 per night</p> <p>Room ONLY - 2 people sharing Rate: R1250 per night</p> <p>Breakfast Extra @ R150 p/p</p> <p>Call: 066 219 1661</p>
	<p>INN AFRICA B&B, KLOOF</p> <p>(Distance from Venue: 3.4km)</p> <p>Bed & Breakfast - Single Room Rate: R1095 per night</p> <p>Bed & Breakfast - Double Room Rate: R1095 per night</p> <p>Call: 031 764 6422</p>
	<p>THE ANCHORAGE, KLOOF</p> <p>(Distance from Venue: 4.9km)</p> <p>Bed & Breakfast - 2 people sharing Rate: R1100 per night</p> <p>Call: 067 920 9987</p>
	<p>THE GREGORY, KLOOF</p> <p>(Distance from Venue: 5.8km)</p> <p>Bed & Breakfast - Twin room Rate: R1100.00 per night</p> <p>Call: 031 492 4984</p>
	<p>AMMAZULU AFRICAN PALACE, KLOOF</p> <p>(Distance from Venue: 4.5km)</p> <p>Single Room ONLY Rate: R1350 per night</p> <p>Double Room ONLY Rate: R1800 per night</p> <p>Breakfast extra @ R200 per person</p> <p>Call: 031 764 8000</p>
	<p>CHURCHILL HOUSE, GILLITTS</p> <p>(Distance from Venue: 7km)</p> <p>Bed & Breakfast - Single Room Rate: R980 per night</p> <p>Bed & Breakfast - Double Room Rate: R1500 per night</p> <p>Call: 082 664 7107</p>



THE DU BOIRS BOUTIQUE, WATERFALL

(Distance from Venue: 10.6km)

Standard room - per person

Rate: R 950.00 per night

Breakfast included

Call: 031 776 3159



NKUTU RIVER LODGE, KLOOF

(Distance from Venue: 8.9km)

2 people sharing

Rate: R1210.00 per night

Per person

Rate: R990.00 per night

Call: 031 762 1417

SELF CATERING



THE WARRENS B&B, HILLCREST

(Distance from Venue: 9.3km)

Bed & Breakfast - per person

Rate: R1200 per night

Bed & Breakfast – 2 people sharing

Rate: R1780 per night

Call: 082 664 7107



COASTLANDS HOTEL, MUSGRAVE

(Distance from Venue: 21km)

Promo Code:
IFBBSA2025CMH

Bed ONLY - per person

Rate: R1200 per night

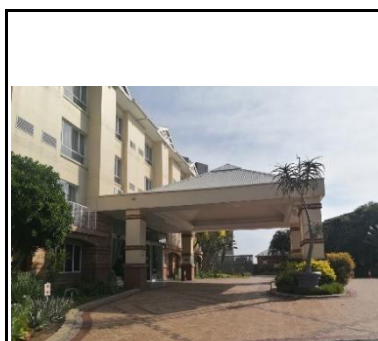
Bed & Breakfast - per person

Rate: R1400 per night

Bed & Breakfast - 2 people sharing

Rate: R1600 per night

Call: 031 271 8200



RIVERSIDE HOTEL, DURBAN NORTH

(Distance from Venue: 28km)

Promo Code:
BODYBUILDING SA

Bed & buffet breakfast - single room

Rate: R1250 per night

Bed & buffet breakfast - double room

Rate: R1450 per night

Bed & buffet breakfast - triple room

Rate: R1850 per night

Bed & buffet breakfast – family room
(4 people)

Rate: R2100 per night

Call: 031 563 0600 – for bookings email

reservations@riversidehotel.co.za (quote Promo Code)

4. WEIGH-IN AND REGISTRATION

4.1 Important notice for Team Managers

- Please ensure that your team is at the venue at the correct date and time.
- Athletes will be called per division to weigh-in.
- If your athlete is not present at the correct date and time 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.
- It is compulsory for all athletes and officials travelling to the SA Championships to complete the online anti-doping course.
- [Anti-Doping Education and Learning \(wada-ama.org\)](https://wada-ama.org) for more information.

4.2 Requirements 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 (Bodybuilding, Classic Bodybuilding, Classic Physique)
- **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)
- Wear your sportswear, bring formalwear (Men's Fit Model) and shoes (All males)

4.3 Schedule

Venue: The Junction Venue, Backstage area

Date: Thursday, 11 September 2025

Time: Strictly 08h00

THURSDAY, 11 SEPTEMBER SCHEDULE	
08:00 - 11:00	Group A weigh-in and registration
11:00 – 12:00	Group A & B Team Photos dressed in Provincial/Regional Colors
12:00 – 13:00	Compulsory Anti-Doping Seminar for all athletes (group A & B) and Officials. Not attending and signing the register will result in you not taking part in the competition. Coaches and family may also attend.
13:00 – 16:00	Group B weigh-in and registration

IFBB SA HAS THE RIGHT TO COMBINE OR REMOVE LINE-UPS

5. PROGRAM AND RUNNING ORDER

5.1 Group A - Friday, 12 September 2025

Estimate time

SESSION 1	
Stage time 9:00 - 11:00 (2 hours)	
Men's Physique	u/174cm * u/178cm * o/178cm
Men's Physique Masters	40yrs and over
Classic Bodybuilding	u/175cm * o/175cm
Classic Bodybuilding Masters	40yrs and over
Overall Classic Bodybuilding Overall Men's Physique	
15 Minute break	
Stage time 11:15 - 12:45 (1hour 30 min)	
Classic Physique	u/175cm / o/175cm
Ladies Beach Bikini	u/163cm * o/163cm
Overall Beach Bikini Overall Classic Physique	
30 Minute break	
SESSION 2	
Stage time 13:15 - 14:45 (1 hour 30 min)	
Ladies Bikini Junior	16yrs to and including 23yrs
Ladies Bikini	u/166cm * u/172cm * o/172cm
Ladies Bikini Masters	35yrs to and including 39yrs
Ladies Bikini Masters	40yrs and over
Overall Ladies Bikini	
15 Minute break	
Stage time 15:00 – 17:00 (2 hours)	
Ladies Fit Model Round 1	u/166cm * o/166cm
Mens Fit Model Round 1	One lineup
Ladies Fit Model Round 2	u/166cm * o/166cm
Mens Fit Model Round 2	One lineup
Muscular Physique	u/178cm * o/178cm
Ladies Fit Model Round 3	u/166cm * o/166cm
Overall Ladies Fit Model Overall Muscular Physique	
Fit Pairs	One line up
Mixed Pairs	One line up
Ladies Fitness	One line up
Men's Fitness	One line up
Wheelchair	One line up

5.2 Group B

Saturday, 13 September 2025

Estimate time

SESSION 1	
Stage Time 9:00 - 11:00 (2 hours)	
Ladies Body Fitness	u/168cm * o/168cm
Ladies Body Fitness Masters	35yrs and over
Ladies Wellness	u/166cm * o/166cm
Ladies Wellness Masters	35yrs to and including 39yrs
Ladies Wellness Masters	40yrs and over
Overall Wellness	
Overall Body Fitness	
15 Minute break	
Stage time 11:15 -12h45 (1hour 30min)	
Ladies Physique	One line up
Bodybuilding Junior	16yrs to 20yrs (one line up)
Bodybuilding Junior	21yrs to 23yrs (u/75kg * o/75kg)
30 Minute break	
SESSION 2	
Stage time 13:15 - 15:15 (2 hours)	
Senior Bodybuilding	u/65kg * u/70kg * u/75kg
Senior Bodybuilding	u/80kg * u/85kg
15 Minute break	
Stage time 15:30 - 17:00 (1 hour 30min)	
Senior Bodybuilding	u/90kg * u/95kg * u/100kg * o/100kg
Bodybuilding Masters	40yrs and over
Bodybuilding Masters	50yrs and over
Overall Bodybuilding	

6. CAPPING CEREMONY OF THE 2024 TEAM

Venue: The Junction, Main Arena

Date: Friday, 12 September 2025

Time: 18h00

Entry: Free



Athletes that competed at the various 2024 IFBB World Championships will have their formal Capping Ceremony on Friday, 12th September 2025.

Athletes can order and pay for their jackets through www.XCO.co.za in advance and bring it to the Capping Ceremony with their Green Protea Cap (already received), for the Capping Ceremony.

Athletes will be contacted and added to a WhatsApp Group where more details will be communicated regarding the ceremony.

7. NATIONAL ANNUAL GENERAL MEETING

Venue: The Junction Auditorium

Date: 11 September 2025

Time: 17:30 – 19:00

BBSA National AGM (Executives, Commission Heads, Provincial Chairpersons only).

MEETINGS:

BBSA President, Mr Wayne Price, will be available to meet with officials on request, during weigh-in on Thursday. Contact Ellmari Wroe, IFBB PA, to confirm an appointment - ifbbsapa@gmail.com

8. SERVICE PROVIDERS

8.1 TAN

The IFBB reserves the right to refuse any athlete onto the stage who 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 going on stage. 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.

TAN SERVICE PROVIDER

- 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 on the WhatsApp group as per the bookings done online.

PRICE: R950.00 (Base coat, Stage tan, Touch-up and Glaze)



Online bookings: www.jantanaafrica.com

Email: michelle@gentlegiantpromotions.com

Email: denise@gentlegiantpromotions.com

8.2 HAIR AND MAKEUP

BOOK ONLINE OR DIRECT WITH THE SERVICE PROVIDERS
www.ifbbsa.co.za (click on link below poster)



Roxy: 079 730 3535

Isma: 081 488 1610

Lente: 076 493 5874

8.3 PHOTOGRAPHY

Stage photos will be uploaded to a Photo Link for download on the Facebook and BBSA / IFBB SA web page 10 days after the event.

A photo Booth will be available for professional photography in the main arena. To book contact Marc on 082 465 1580.

NO PROFESSIONAL CAMERAS ALLOWED

Photographers and Media must apply for an access pass:
michelle@waynesgym.co.za

If any athlete has a personal photographer or videographer on the weekend, he or she will also need a media pass and pay a day fee following approval of the media pass.

IFBB hold all rights to photos and videos and has a safeguarding policy (available on the website) to protect IFBB athletes. Any photography or videography not approved by the IFBB could result in a suspension or ban of the athlete and photographer/videographer.

9. TICKETS

ENTRANCE FEE	R400 PER DAY R750 WEEKEND
KIDS UNDER 13 YR	FREE
BACKSTAGE TICKET	R800 PER DAY R1200 WEEKEND

Tickets available at the door.