



TANZANIA BODYBUILDING FEDERATION

BLOCK C, PLOT NO.6, SINZA MAKABURINI DAR ES SALAAM, TANZANIA
WEBSITE: www.tzbbf.org | EMAIL: info@tzbbf.org | MOBILE: +255 753559833

FORM-IA

REGISTRATION FORM

MR. TANZANIA 2019 MR. PHYSIQUE 2019 MISS FITNESS 2019

(Please fill application form in capital block letters)

Full Name: _____

Date of Birth: ____ / ____ / ____ Gender: Male Female

Marital Status: Married Single Height (Ft): _____ Weight: _____ KG

Local Address: _____

City: _____ Mobile: +255 _____

Email: _____

Social Media Details: Instagram ID _____

Facebook ID _____

GYM/Club Name: _____ Location: _____

Declaration: I hereby declare that the **details** furnished **above are true** and **correct** to the best of my knowledge and belief and I undertake to inform you of any changes therein, immediately. I understand that I have to abide by the rules laid down by the promoters and hereby agree to do the same.

Signature _____

Date ____ / ____ / ____

FOR OFFICIAL USE ONLY

Receiver Signature _____ Reg. No. _____

Date _____ Remark _____



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TERMS AND CONDITIONS:

RULES:

1. All Contestants of Mr. Physique & Mr. Fitness should report to Serene Beach Resort (former – Bellinda Hotel) near Jangwani Sea Breeze, Mbezi Dar es Salaam **on 26th November 2019 at 7:00 am sharp** and contestant of Mr. Tanzania on **28th November 2019 at 7:00 am sharp**.
2. You can learn various poses mentioned from the pictures and videos posted on our Instagram/Facebook/YouTube account “**tanzaniabodybuilding**”.
3. You will also be educated on posing by our experts during boot camp.
4. No contestant will be allowed to leave the camp once he or she is selected in pre-judging from 26th November to 29th November 2019 till the completion of Grand Finale.
5. The contestants failing to follow the rules can be removed and barred for appearing in the current contest and the future ones.
6. No contestants will be allowed to give any press interviews or any other TV or Radio interviews without the permission of the promoters.
7. Contestants will be given accommodation on twin sharing basis during the Boot Camp.
8. Amateur rules prevail - Final Decisions made by the event promoter.
9. Women contestants should wear sports bra and sports tight shorts.
10. Mr. Physique will wear short pants for posing.
11. No family members, friends or fiancée will be allowed in Boot camp.
12. Contestants will be given only **ONE** free pass for their family members to witness the Grand Finale at Hyatt regency.

ELIGIBILITY:

1. This competition is open to ALL AMATEUR ATHLETES.
2. Mr. Physique is open to all athletes. From Age 18 years to 35 years.
3. Ms. Fitness is open to all athletes from age 18 years to 45 years
4. Mr. Tanzania body builder should be above 18 years.
5. There are three categories based on weight in Mr. Tanzania category.
6. Each contestant may enter only in **ONE** category.

NO CROSSOVERS ALLOWED BETWEEN BODYBUILDING AND PHYSIQUE.

Athletes may change category at check-in but changes must be made before pre-judging starts.

WEIGHT CLASSES:

Men’s Body Builder: Light Wt. 55Kg – 69Kg | Middle Wt. 70Kg – 80Kg | Heavy Wt. Over 80Kg

Men’s Mr. Physique: Any Weight

Women’s Physique: Any Weight

AWARDS:

Awards will be given to all categories and consolation awards to the participants who have not won too.

For more info on awards. Please visit our website www.tzbbf.org



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POSING LIMIT: The posing routine shall be no longer than 60 seconds at the Finals show.

POSING SUITS: Posing trunks can be solid colour or multi-colored.

Requirements:

List of Costumes required for contestants to bring for the competition:

1. Stylish Suits for Men (Category : Mr. Physique and Mr. Tanzania), Smart Formals for women.
2. Own traditional Creative Costume(All three categories)
3. Jean Trouser (Blue and Black) (All three categories)
4. Tank Top (like a singlet preferably in black)(All three categories)
5. Pyjamas (All three categories)
6. Fitness Outfits(shorts , sport bra(ladies) ,sport shorts , singlet ,shoes ,napkin)
7. Smart Casuals (for all three categories)
8. Occasional Wear in case of any social outings (All three categories)

Score Board/Criteria of Scores for Mr. Physique:

a. Mr. Popular	10%
b. Extreme Fitness	10%
c. Top Model Competition	10%
d. Beach Wear	10%
e. Suit	10%
f. Poses(Front & Rear Double biceps and Chest, Abdominal Flex and Legs.)	10%
g. Preliminary Questions	20%
h. Final Question	20%
Total	100%

Score Board/Criteria of Scores for Ms. Fitness:

a) Ms. Popular	10%
b) Extreme Fitness	10%
c) Top Model Competition	10%
d) Beach Wear	10%
e) Smart Formals	10%
f) Poses(Front & rear double biceps, Abdominal Flex and Legs)	10%
g) Preliminary Questions	20%
h) Final Question	20%
Total	100%



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Score board/Criteria of scores for Mr. Tanzania

1. Front and Rear Double Biceps	10%
2. Chest Left and Right	10%
3. Quarter turns and Side biceps	10%
4. Front Lat Spread	10%
5. Rear Lat Spread	10%
6. Abdominal Flex with legs	10%
7. The most Muscular Pose	10%
8. Suit	10%
9. Final Question	20%
Total	100%

Event Schedule

Mr. Physique & Miss Fitness

Date: Tuesday, November 26th, 2019

Location: Serene Beach Resort (former – Bellinda Hotel) Near Jangwani Sea Breeze , Mbezi Dar es Salaam.

TIMING	EVENT
7:00 hr to 09:30 hr	Registration
10:00 hr to 14:00 hr	Prejudging (for Mr. Physique and Miss. Fitness)
14.00 hr to 15:00 hr	Lunch for the selected contestants and Packed Lunch for the un- selected.
15:00 hr to 16:00 hr	Allotment of Dormitories to the selected candidates.
18:00 hr to 20:00 hr	Athlete Briefing (Coach, Fashionista & Management)
20:00 hr to 21:00 hr	Dinner
21:00 hr to 22.00 hr	Group Social Media Session for Mr. and Miss. Popular Contest.

Mr. Physique & Miss Fitness

Date: Wednesday, November 27th, 2019

Location: Serene Beach Resort (former – Bellinda Hotel) Near Jangwani Sea Breeze , Mbezi Dar es Salaam.

TIMING	EVENT
7:00 hr to 8:00 hr	Breakfast - Venue: At the Hotel
11:00 hr to 14:00 hr	For Mr. Physique (Competitions: Beach Bod Top Model and Extreme Fitness) Venue: Beach
14.00 hr to 15:00 hr	Lunch, Venue: Beach
15:00 hr to 18:00 hr	Tea and Refreshments For Miss. Fitness (Competitions : Beach Body, Top Model and Extreme Fitness Competitions) Venue: Beach
18:00 hr to 20:00 hr	Rest - Venue: Hotel
20:00 hr to 21:00 hr	Dinner - Venue: Hotel
21:00 hr to 22.00 hr	Group Social Media Session for Mr. and Miss. Popular Contest.



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Mr. Physique & Miss Fitness

Date: Thursday, November 28th, 2019

Location: Serene Beach Resort (former – Bellinda Hotel) Near Jangwani Sea Breeze , Mbezi Dar es Salaam.

TIMING	EVENT
7:00 hr to 8:00 hr	Breakfast - Venue: At the Hotel
8:00 hr to 14:00 hr	Event Rehearsals Mr. Physique (Beach & Top Model Tutorials and Rehearsals & Fittings & photo shoot) Miss. Fitness (Beach & Top Model Tutorials and Rehearsals & photoshoot) Venue: Hotel
14.00 hr to 15:00 hr	Lunch, Venue: Hotel
17:00 hr to 20:00 hr	Rehearsals and Photoshoot

Mr. Tanzania 2019

Date: Thursday, November 28th, 2019

Location: Serene Beach Resort (former – Bellinda Hotel) Near Jangwani Sea Breeze , Mbezi Dar es Salaam.

TIMING	EVENT
7:00 hr to 09:30 hr	Registration - Venue: Hotel
10:00 hr to 11:00 hr	Press Conference
12:00 hr to 14:00 hr	Pre Judging
14.00 hr to 14:30 hr	Packed Lunch - Venue: Hotel
14:30 hr to 18:00 hr	Pre Judging cont'd
18:30 hr to 19:30 hr	Orientation

Mr. Tanzania 2019, Mr. Physique & Miss Fitness

Date: Friday, November 29th, 2019

Location: Hyatt Regency – Dar es Salaam.

TIMING	EVENT
8:00 hr to 10:00 hr	Breakfast
10:00 hr to 14:00 hr	Stage Rehearsals
14.00 hr to 15:00 hr	Lunch
21:00 hr to 24:00 hr	Grand Finale Awards and Entertainment

CAMERAS VIDEO USAGE RULES:

1. No professional photography, video or special projects are allowed.
2. No soliciting of photo or video services is allowed on the premises.
3. No photos will be allowed to be taken in "The Pit" area
Exceptions to the above can only be waived by Pilipili Ent. Productions

Mr. Tanzania 2019 Proud Promoter:



PILIPILI ENTERTAINMENT
COMPANY LTD.