



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 2021

(Please fill application form in capital block letters)

Full Name: _____

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

Height (Ft): _____ Weight: _____ KG

Local Address: _____

City: _____ Mobile: +255 _____

Email: _____

Social Media Details: Instagram ID _____

Facebook ID _____

GYM/Club Name(if any) : _____ 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. Tanzania report to Kilimanjaro Hall, Ubungo Plaza , Ubungo –Dar es Salaam **on 22nd October 2021 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. The contestants failing to follow the rules can be removed and barred for appearing in the current contest and the future ones.
4. No contestants will be allowed to give any press interviews or any other TV or Radio interviews without the permission of the promoters prior to the competition.
5. Contestants will be given only **two** free regular pass for their family members to witness the final Competition.
6. The persons willing to contest will pay **Tsh. 100,000 (One Hundred Thousand Shilling Only)** for entry into this competition albeit forms are available free of charge. This amount is non-refundable if the contestant does not qualify the Pre judging.
7. The payments can be made by Tigo pesa on 0653215757(Mr. Rushabh Patel) and Mpesa on 0753559833 (Chandrakanta Asawla). Once the payment is done , you will receive a message of “Payment Received” within 24 hours and that message is required to be saved till you get your ticket at the venue.
8. **Forms are available:**
 - a. Online on our website : www.tzbbf.org in registration column. You can freely download.
 - b. By Whatsapp On request by calling the number 0683353848 Barbara.
 - c. At Pilipili Entertainment Co.Ltd office. Behind Mwika Hall , Plot 6 , Block C , Sinza Road, off.Shekilango, Sinza Makaburini. Dar es Salaam.
 - d. At Various Gyms around Dar es Salaam. Viz:
 - e. **Dar es Salaam:** 1. **Bodyline Gym** – Mikocheni, 2. **Home Gym** – Mwenge, 3. **Body Fuel** –Masaki. 4. **Hero’s Gym** – Kagera
 - f. **Mbeya:** 1. **Fighonilemo** – Manjerwa, Mbeya. 2. **Gold Gym** – Sokoine Stadium ,City Centre , Mbeya
 - g. **Arusha:** 1. **Alex Fitness and Strength** – Opp. Stadium, Arusha
 - h. **Mwanza:** 1. **Family Fitness** – Ghana, Mwanza, 2. **Fitness Masters** – Near Immigration, Near Tilapia Hotel, Mwanza
 - i. **And even at the venue Kilimanjaro Hall , Ubungo Plaza, Dar es Salaam on 22nd October 2021 at sharp 7am.**

ELIGIBILITY:

1. This competition is open to ALL AMATEUR AND PROFESSIONAL ATHLETES of Tanzanian National.
2. The age required is from 18 years to 65 years.
3. The contestant should be well aware of the poses required for competition.
4. The contestant requires to clear the Pre Judging before entering the final contest.
5. Mr. Tanzania body builder should be above **18 years**.
6. There are three categories based on weight in Mr. Tanzania category.
7. Each contestant enter only in **ONE** category.



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WEIGHT CLASSES:

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

AWARDS:

- A. 1st Winner selected from all 3 weight categories Tsh. 5m
- B. 2nd Winner selected from all 3 weight categories Tsh. 3m
- C. 3rd Winner selected from all 3 weight Categories Tsh. 1m
- D. Consolation Prices for all the participants.
- E. Trophies for 3 winners
- F. Medals and Certificate for every winner
- G. Medals and Certificate of Participation for all participants.
- H. For more info. Please visit our website www.tzbbf.org

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.

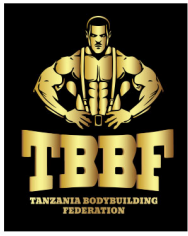
Requirements:

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

1. One Stylish Suit.
2. Jean Trouser (Blue and Black)
3. Tank Top (like a singlet preferably in black provided by the Organizer)
4. Posing Trunks(Dark Colored)

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%



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Event Schedule

Mr. Tanzania 2021

Date: Friday, October 22nd, 2021

Location: Kilimanjaro Hall , Ubungo Plaza , Ubungo- Dar es Salaam.

TIMING	EVENT
7:00 hr to 09:30 hr	Registration - Venue: Hotel
10:00 hr to 11:00 hr	Pre Judging
12:00 hr to 14:00 hr	Pre Judging
14.00 hr to 14:30 hr	Packed Lunch - Venue: Hotel
18:00 hr to 23:00 hr	Grand Finale

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 2021 Proud Promoter:

