

# WELCOME

The Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB) and Portuguese Federation of BodyBuilding (PFBB), take this opportunity to welcome all IFBB-affiliated National Federations of the Diamond Cup, Portugal, in Espinho, Friday 02nd to Sunday 04th June 2017.

## About Espinho

Espinho is a modern city, a high-level tourist resort that welcomes thousands of national and foreign visitors throughout the year. This city has one of the best climates in Europe (low thermal amplitude: 23º, C in summer) and is located just a few km from Sá Carneiro Airport in Oporto, thanks to easy road and rail routes.





## History

In very back times, a small boat that sailed along the coast was caught in bad sea and shipwrecked.

Two men, Spanish from Galiza, survived the tragedy, says the legend that thanks to a promise made to “Nossa Senhora” to build a Chapel in Her honor if She enabled them to be saved.

When they felt a firm ground beneath their feet, the two mens - Eugénio and Márcio Esteves, stopped their attention on the wooden plank they had been saved in: one said that it was made of nut-brown, but the other guaranteed: "No! És Piño!" (No! Is Pino!) And from here there will be the name of Espinho.

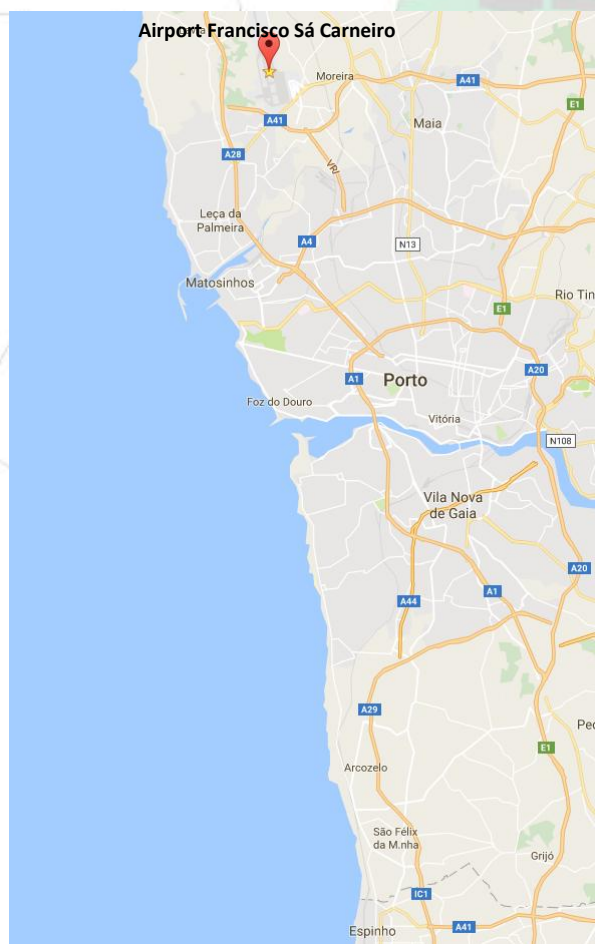


## Geography

Just 30 minutes by car from the Airport of Sá Carneiro, Porto, with the service is assured by car or rail.

If you choose to drive, the A1 (Auto-North State) is the main route of communication. In addition to this, there is another alternative such as A29 (Main Itinerary).

Trains are another possible choice, with the journey lasting approximately 15 minutes.



## Tourism

To those who visit it, the city of Espinho has to offer, besides its beautiful beaches, full of light and color, many other attractions: it has the oldest Golf Course of the Iberian Peninsula, an Aerodrome, Casino, Multipurpose Ship, Complex of Tennis, Horse Riding, Swimming Pools, Multimedia Center, Art and Culture Forum integrating the Municipal Museum, High Quality Hotels, Youth Hostel, Camping, the largest Weekly Country Fair in Portugal and a Thalassotherapy Marine Spa, unique in Portugal.



## Hotel Proposal

**PraiaGolfe Hotel** is located in the center of Espinho City, facing the ocean, with Espinho Station just 500 meters away. Next door is the Casino de Espinho.

4-star hotel unit with Meeting Rooms, 1 Panoramic Restaurant, Bar and Spa (indoor heated pool, Jacuzzi, Sauna, Massages, Turkish Bath, cardio-fitness room and Ocean Lounge - Outdoor Terrace).

Site: <http://www.praiagolfe.com/>





With a stunning view of Bahia Beach and the Atlantic Ocean, **Hotel Apartamento Solverde** enjoys a central location in Espinho, next to the Casino and with several cultural and leisure attractions nearby.

It offers spacious and comfortable apartments with well-equipped kitchens and private balconies. Due to the various accommodation configurations and the autonomy due to its characteristics, it is especially suitable for family holidays, work stays, sports groups and, in general, long stays.

Site: [www.solveverde.pt](http://www.solveverde.pt)



### Competition Venue

The competition venue, Nave Polivalente, is located at: Lugar de Sales – Silvalde - 4500-474, Espinho, Portugal

Capacity: 6.000 to 12.000

Parking: 8.000

Security: Emergency plan and fire prevention, Medical station, infirmary, 6 spas.





## Airport

The Francisco Sá Carneiro Airport also called Aeroporto do Porto is located in the Greater Porto.

It was inaugurated in 1945, on December 3, as Pedras Rubras Airport and, in 1990, it went to Francisco Sá Carneiro Airport, honoring the Prime Minister Francisco Sá Carneiro.

In 2007, the Francisco Sá Carneiro Airport was awarded as the best in Europe in the category of airports up to 5 million passengers.



### **Participation**

The Diamond Cup, Portugal is open to all National Federations, in European, North African Countries and Brazil, affiliated in the IFBB. Competitors must be current members of their IFBB-affiliated National Federation at the time of the competition to be eligible.

Registration of international athletes will only be considered if they are nominated by their IFBB- affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: [ifbb@ifbb-portugal.com](mailto:ifbb@ifbb-portugal.com) and [info.ifbbportugal@gmail.com](mailto:info.ifbbportugal@gmail.com)
- IFBB Head Office at: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)
- IFBB Press Commission at: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

The deadline for submitting the Final Entry Forms is May 15th, 2017. The final decision to allow an athlete to compete in this event rests with the IFBB.

### **IFBB Registration**

Registration will take place in the Nave Polivalente: Lugar de Sales – Silvalde – 4500-474, Espinho, Portugal; Friday 02nd June from 10:00 till 20:00 h (<https://goo.gl/maps/h31fW2rFKgE2>)

### **IFBB Registration Fees**

Each athlete (both A and B team) and Official Delegate must pay the IFBB registration fee of EUR €200.00 each (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay EUR €230.00, which includes the International Card (EUR €30.00) and the registration fee (EUR €200.00).

The second category will be EUR €50.00.

**Payment of IFBB registration fee and IFBB international card  
!!! THE REGISTRATION SHOULD BE PAID BEFOREHAND ONLINE**

**<http://www.ifbb.com/competition-registration/>**

**!!!! IF YOU HAVE NOT PAID BEFORE THE CHAMPIONSHIP, AND YOU PAY THE REGISTRATION FEE AT THE ARRIVAL, THE REGISTRATION FEE WILL BE €50.00 FOR ANY EXTRA PERSON.**

	Discipline	Category
1	Men's Bodybuilding	Up to & incl. 75 kg
2	Men's Bodybuilding	Up to & incl. 80 kg
3	Men's Bodybuilding	Up to & incl. 85 kg
4	Men's Bodybuilding	Up to & incl. 90 kg
5	Men's Bodybuilding	Up to & incl. 95 kg
6	Men's Bodybuilding	Up to & incl. 100 kg
7	Men's Bodybuilding	Over 100 kg
8	Men's Classic Bodybuilding*	Up to & incl. 175 cm
9	Men's Classic Bodybuilding*	Up to & incl. 180 cm
10	Men's Classic Bodybuilding*	Over 180 cm
11	Women's Physique	Open
12	Women's Bodyfitness	Up to & incl. 163 cm
13	Women's Bodyfitness	Up to & incl. 168 cm
14	Women's Bodyfitness	Over 168 cm
15	Women's Bikini Fitness	Up to & incl. 160 cm
16	Women's Bikini Fitness	Up to & incl. 163 cm
17	Women's Bikini Fitness	Up to & incl. 166 cm
18	Women's Bikini Fitness	Up to & incl. 169
19	Women's Bikini Fitness	Up to & incl. 172 cm
20	Women's Bikini Fitness	Over 172 cm
21	Women's Wellness Fitness	Open
22	Men's Physique	Up to & incl. 170 cm
23	Men's Physique	Up to & incl. 173 cm
24	Men's Physique	Up to & incl. 176 cm
25	Men's Physique	Up to & incl. 179 cm
26	Men's Physique	Up to & incl. 182 cm
27	Men's Physique	Over 182 cm
28	Muscular Men's Physique	Open



29	Junior Women's Bikini Fitness	Open
30	Junior Women's Bodyfitness	Open
31	Junior Men's Physique	Up to & incl. 178 cm
32	Junior Men's Physique	Over 178 cm
33	Junior Men's Bodybuilding	Open
34	Master Women's Bikini Fitness >35 yrs	Up to & incl. 163 cm
35	Master Women's Bikini Fitness >35 yrs	Over 163 cm
36	Master Women's Bodyfitness >35-44yrs	Open
37	Master Women's Bodyfitness >45 yrs	Open
38	Master Women's Physique >35 yrs	Open
39	Master Men's Physique >40-45 yrs	Open
40	Master Men's Physique +45 yrs	Open
41	Master Men's Classic Bodybuilding* >40 yrs	Open
42	Master Men's Bodybuilding >40-44 yrs	Open
43	Master Men's Bodybuilding >45-50 yrs	Open
44	Master Men's Bodybuilding +50 yrs	Open

Example: If athlete is 165cm tall, his weight should be below and NOT MORE than 65kg ( $165-100=65$ )

Example: If athlete is 170,5cm tall, his weight should be below and NOT MORE than 72,5kg ( $170,5-70,5+2=72,5$ ).

### Judges and delegates meeting

There will be a Team Managers and Judges Meeting prior to the official athlete registration (weigh-in) on Friday, June 02nd at 18:00 hrs. All Judges and Delegates will be obliged to attend this meeting.

### Camera/Video Tape Equipment

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

### Posing Music

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

**IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.**

### Tanning Needs

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

### Green Cards

Green cards are used to limit access in the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

### Judges

In order to assist the Judges Committee in their selection of the judges at the Diamond Cup, Portugal please forward your nominations for judges



from your Federation as soon as possible but no later than May 15th, 2017 (deadline for sending the Final Entry Forms) to:

- Mr. Pawel Filleborn - Chairman, IFBB Judges Committee, Email: pawelfilleborn@gmail.com

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their International Cards to Portugal.

**PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS!**

#### **IMPORTANT NOTICE**

*All judges who wish to be included in the judge panels at these championships should be specified on the Final Entry Form. The test judges should also be specified on the Final Entry Form. If a judge do not attend the Judges Meeting, they will not be permitted to participate.*

#### **Visas**

A valid passport is required to enter Portugal (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days).

Detailed information at:

[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_the\\_Schengen\\_Area](https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area)

**Please contact the Portuguese Embassy in your country to determine if you need a visa!**

It is the National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy of passport;
- Where the attendant will have his or her accommodation.

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

### General Information

**Currency:** The official currency of Portugal is the Euro (€). Approx €1,00 = 1,13 US Dollar. Current rates at: <http://www.xe.com/currencyconverter/>

**Credit Cards:** International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

**Time Zone:** GMT/UTC.

**Climate:** In June the average daily temperature is 17°C.

**Electrical Current:** 220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

**Language:** The official language is Portuguese but English is widely spoken & understood.

### 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 register with the IFBB by completing and signing an IFBB Media Accreditation Form not later than May 15th, 2017. You may contact the IFBB Press Commission to obtain this form: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

### Athletes Without Delegates

All athletes competing at the Diamond Cup, Portugal must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending



the Final Entry Form, failing which the athlete will not be allowed to participate.

### **Final Entry Form (FEF)**

The deadline for the Final Entry Form is Monday, May 15th, 2017. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges).

### **CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS**

**PLEASE SEND YOUR ENTRY FORM TO:**

**Portuguese Bodybuilding and Fitness Federation Co-Organizing Committee**

**Phone: +351 96 239 3569**

**E-mail: [ifbb@ifbb-portugal.com](mailto:ifbb@ifbb-portugal.com) AND [info.ifbbportugal@gmail.com](mailto:info.ifbbportugal@gmail.com)**

**Website: [www.ifbb-portugal.com](http://www.ifbb-portugal.com)**

**Mr. Vitor Reis, President**

**COPY ALL CORRESPONDENCE TO:**

**IFBB Head Of ce - Madrid, Spain Ernesto Pérez**

**Phone: +34 91 535 2819**

**E-mail: [officemanager@ifbb.com](mailto:officemanager@ifbb.com)**

**And: EBFF Bodybuilding Committee Andrew Michalak**

**E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)**

It is the responsibility of the President or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.

<b>FRIDAY, JUNE 02nd, 2017</b>		
<b>10:00 - 13:00</b>	<b>Official Registration and Weigh-in. Each competitor must provide his passport, IFBB International Card and music at registration</b>	<b>Nave Polivalente, Espinho</b>
<b>13:00 - 15:00</b>	<b>Lunch</b>	<b>Nave Polivalente, Espinho</b>
<b>15:00 - 20:00</b>	<b>Official Registration and Weigh-in. Each competitor must provide his passport, IFBB International Card and music at registration</b>	<b>Nave Polivalente, Espinho</b>
<b>18:00 - 21:00</b>	<b>Team Managers and Judges Meeting</b>	<b>Nave Polivalente, Espinho</b>
<b>SATURDAY, JUNE 03rd, 2017</b>		
<b>10:00 - 19:00</b>	<b>Eliminations Semifinals Finals</b>	<b>Nave Polivalente, Espinho</b>
<b>SUNDAY, JUNE 04th, 2017</b>		
<b>10:00 - 19:00</b>	<b>Eliminations Semifinals Finals</b>	<b>Nave Polivalente, Espinho</b>