

AHMED ALY IFBB DIAMOND CUP EGYPT
MARCH 8th - 10th, 2020
CAIRO - EGYPT

IFBB Elite Professional Qualifier
2020 IFBB World Ranking event

- **INSPECTION REPORT**

The Egyptian Federation of Bodybuilding & Fitness E.F.B.F proudly invites all IFBB Federations to participate in Ahmed Aly IFBB Diamond Cup that will be held in the wonderful city of Cairo, Egypt.

The event will include Juniors Men's Bodybuilding, Men's Bodybuilding, Men's Classic Physique, Men's Physique & Masters Men's Bodybuilding,

- **ABOUT EGYPT:**

Egypt is probably the world's oldest civilization having emerged from the Nile Valley around 3,100 BC, historically. Egypt is probably one of the oldest vacation spots. Early Greeks, Romans and others went there just for fun, and to see the wonders of some of mankind's earliest triumphs. But Egypt is much more than Pyramids and monuments. It is also Red Sea scuba diving, hot night spots, luxury hotels and five-star restaurants.

It is romantic cruises down the Nile on festive river boats, a night at the grand opera and it is a cultural experience like none you have ever experienced.

Egypt is a land bustling with life, sound, visual beauty and excitement. More than anything else, we want you to think of Egypt as fun. For thousands of years, it has been the playground of emperors and kings, and we hope you will take the time to find out why.

The regularity and richness of the annual Nile River flood, coupled with semi-isolation provided by deserts to the east and west, allowed for the development of one of the world's great civilizations. A unified kingdom arose circa 3200 B.C. and a series of dynasties ruled in Egypt for the next three millennia. The last native dynasty fell to the Persians in 341 B.C., who in turn were replaced by the Greeks, Romans, and Byzantines. It was the Arabs who introduced Islam and the Arabic language in the 7th century and who ruled for the next six centuries.

A local military caste, the Mamluks took control about 1250 and continued to govern after the conquest of Egypt by the Ottoman Turks in 1517. Following the completion of the Suez Canal in 1869, Egypt became an important world transportation hub, but also fell heavily into debt.

Egypt acquired full sovereignty following World War II. The completion of the Aswan High Dam in 1971 and the resultant Lake Nasser have altered the time-honored place of the Nile River in the agriculture and ecology of Egypt. A rapidly growing population (the largest in the Arab world), limited arable land, and dependence on the Nile all continue to overtax resources and stress society. The government has struggled to ready the economy for the new millennium through economic reform and massive investment in communications and physical infrastructure.

- **OVERVIEW CAIRO:**

Despite ranking in the top 30 largest countries with its 1 million square kilometers of land, Egypt is a country that is notorious for its geographic ‘distribution.’ 99% of Egypt’s population utilizes only 5% of the total land area but nearly 100% of its aquatic resources as a result of the predominantly barren ecosystem. The lifeline of some 90 million human beings, the river Nile is the focal point of urban planning, an incredible 6,695 km gift of sustenance for Egypt and three other countries, making it the longest, and arguably most vital, river in the world.

The Nile enters Egypt a few kilometers north of a Sudanese town called Wadi Halfa through a narrow canyon that traverses sandstone and granite cliffs. The northward flowing direction of the river has thus earned Egypt’s southern border the name “Upper Egypt.” Within this stretch of the Nile is the world’s most intensive concentration of temples, tombs and palaces constructed over the span of 4,000 years.

This includes the temples of Abydos, Dendara, Karnak, Esna, Edfu, Kom Ombo, Philae and Abu Simbel, each conceived for their respective deities, further to the tombs in the Theban Necropolis within the Valley of the Kings across the river from Luxor. Absorbing the river-scape from the comfort of a felucca (small sail boat) is the epitome of pleasure, relished by locals and non-locals alike. This is easily arranged in Aswan, and larger Nile cruise boats can provide an even more luxurious experience.

As this river continues to flow upwards past major cities and temples, it begins to branch out into a flower-shaped formation known as the Nile delta, covering 240 km of the Mediterranean coastline. Home to 39 million people, this is Egypt's most agriculturally rich land with some of the most beautiful, soul-rejuvenating nature Egypt has to offer.

Much like the Nile, the Red Sea coast, a once microcosm of the world that hosted sailors from faraway lands, has also become a pivotal part of the country. Turquoise waves break against rocky capes and windswept beaches in the foreground of an endless mountain range, a much-needed escape for the people of Cairo. The real lure here, especially for the non-locals, are the fabulous island reefs near the resort of Hurghada and the smaller settlements of Port Safaga, El-Quseir and Marsa Alam to the south.

This entire region saw a rapid transformation in the past two decades, catalyzed by surges of annual tourists, with the most notable development being the future construction of Egypt's new capital city near this coastline.

These destinations pack a powerful punch when it comes to travel-seeking vacationers. Shark-diving, snorkeling, and kite-surfing are complemented by the revitalizing effects of 18-hole golf courses, private beaches, open-air cinemas, and unrivaled night life scenes.

A tribute to its elusive splendor, the Egyptian landscape is quite remarkable, especially considering it's a country composed mostly of sand and dust.

- **THE VENUE:**

Cairo International Stadium - Indoor Complex Hall (2)

The Cairo International Stadium is the first of its kind with Olympic standards in the Middle East and Africa. It is located in the Nasr City area of northeast Cairo & just 10 km from Cairo International Airport and 30 km from downtown Cairo. It was designed by the German architect Werner Mars, the same architect who designed the Olympic Stadium in Berlin, 1936, completed in 1960. This great edifice was designed by the architecture center "Magd Al- Masara" and the engineering house for designing and technical consultation "shaer and co". "Egypt consultancy office" "Dr. Hassan Roshdy" supervised the project establishment.

“Arab Contractors Company” “Uthman Ahmed Uthman” met the challenge of establishing this complex in less than 18 months. It comprises 4 main halls, main hall no. (1) holds 16900 spectators, medium size hall (2) holds 1620 spectators, small hall (3) holds 720 spectators, and small hall (4) holds 720 spectators.

ARRIVALS AND AIRPORT

Sunday, March 8th, 2020, is the official arrival day. **Cairo International Airport** is the primary international airport.

Cairo International Airport is the mainstay of EgyptAir, as well as being the busiest Egyptian **Airport**. **Cairo Airport** is located towards the north-eastern part of the city and about 15 kilometers from the heart of the City's business area. The tonnage of airfreight passing through the **airport** was about 275,000.

You can use Uber application to book a Taxi by your phone, it is easy, fast & cheap.

- **ACCOMMODATION**

The official hotel of the event is Fairmont Tower, Heliopolis.

All athletes, delegates & supporters kindly book your accommodation through <http://www.fairmontmoments.com/destinations/middle-east-africa/fairmont-towers-heliopolis-cairo/fairmont-towers-heliopolis>

There are many other hotels and apartments in the vicinities.

The Hotel is located in 15 minute drive from Cairo international airport & 30 minute from city center.

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, 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.

- **PARTICIPATION**

The contest is open for all National Federations Affiliated to. The IFBB.
The number of competitors participating in these championships is **unlimited**.

Participating athletes have to be recommended by their National Federation by sending the Final Entry Form with their names directly to the Egyptian Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than **Monday, February 24th, 2020**. The final decision to allow an athlete to compete in this event rests with the IFBB.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

- **REGISTRATION**

Official Athlete Registration will take place at Cairo International Stadium, indoor Complex Hall (2) on Sunday, March 08th, 2020, **from 10:00 till 20:00 hrs**.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Egyptian Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid.

All athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. Any athlete who has not yet purchased or renewed his/her

IFBB International Card will have to buy one at registration. IFBB Cards are EUR €35 and are mandatory.

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. **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

All Athletes must wear their posing attire during weigh-in for inspection. Posing attire and tanning must be in accordance to IFBB rules. Any tanning which can be wiped off is not allowed.

You will receive your tags for athletes and coaches at the registration.

- **REGISTRATION FEE**

Registration fee for athletes to enter this competition is **EUR €200** which has to be paid in advance by credit/debit card or PayPal at IFBB webpage:

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

for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is Tuesday, February 25th, 2020. (midnight - Central European Time, UTC +1) the online payment system will be switched off.

If paying at the Registration on March 08th, 2020, an **extra fee of EUR €50** per participant will be charged.

If an athlete wants to participate in the second category (like a master or junior in the senior class also), the registration fee for this second category is **EUR €100**.

- **JUDGES**

To be taken into consideration during selection of judge's panels at the competition, IFBB International Judges **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules.

For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

All international judges must bring their International Judge's Cards to Egypt.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2020. This fee may also be paid at the Championships in Egypt.

CATEGORIES OPEN AT THESE CHAMPIONSHIPS:

- **JUNIORS MEN'S BODYBUILDING (16- 23 years):**

- Up to & including 80 kg
- Over 80 kg

- **MEN'S BODYBUILDING:**

- Up to & including 70 kg
- Up to & including 80 kg
- Up to & including 90 kg
- Over 90 kg

- **OVERALL: 4 PRO CARDS**

- **MASTERS MEN'S BODYBUILDING 40 - 49 yrs:**

- Up to & including 75 kg
- Up to & including 90 kg
- Over 90 kg

- **MASTERS MEN'S BODYBUILDING over 50 years:**

- Up to & including 80 kg
- Over 80 kg

- **Overall: 2 MATER PRO CARDS -**

- **MEN'S CLASSIC PHYSIQUE:**
 - Up to & including 170 cm
 - Up to & including 178 cm
 - Over 178 cm
 - **Overall: 3 PRO CARDS**

- **MEN'S PHYSIQUE:**
 - Up to & including 170 cm
 - Up to & including 178 cm
 - Over 178 cm
 - **Overall: 3 PRO CARDS**

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

- **AWARDS:**
 - **Top six athletes** in each category will be awarded with medals and certificates.
 - **Overall** in each discipline will have a trophy.
 - **Top 5 athletes in Men's senior categories will be awarded points to the 2020 IFBB World Ranking** according to the World Ranking Rules.
 - **12 IFBB Elite Pro Cards will be awarded as follows:**
 - **Master Men's Bodybuilding - (2)**
 - Men's Bodybuilding - (4)
 - Men's Physique - (3)
 - Men's Classic Physique - (3)
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- **PRIZE MONEY (over USD \$ 33,999 in total):**
 - **JUNIORS MEN'S BODYBUILDING 16- 23 years:**

○ 1st Place	1500 \$
○ 2 nd Place	1000 \$
○ 3 rd Place	625 \$
○ 4 th Place	325 \$
○ 5 th Place	200 \$
○ 6 th Place	125 \$

- **MEN'S BODYBUILDING:**

- 1st Place 3000 \$
- 2nd Place 2000 \$
- 3rd Place 1250 \$
- 4th Place 1000 \$
- 5th Place 650 \$
- 6th Place 325 \$

- **MASTERS MEN'S BODYBUILDING 40-49 years:**

- 1st Place 1500 \$
- 2nd Place 1000 \$
- 3rd Place 625 \$
- 4th Place 325 \$
- 5th Place 200 \$
- 6th Place 125 \$
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- **MASTERS MEN'S BODYBUILDING over 50 years**

- 1st Place 625 \$
- 2nd Place 325 \$
- 3rd Place 250 \$
- 4th Place 200 \$
- 5th Place 125 \$
- 6th Place 65 \$

- **MEN'S CLASSIC PHYSIQUE:**

- 1st Place 3000 \$
- 2nd Place 2000 \$
- 3rd Place 1250 \$
- 4th Place 1000 \$
- 5th Place 650 \$
- 6th Place 325 \$

- **MEN'S PHYSIQUE:**

- 1st Place 3000 \$
- 2nd Place 2000 \$
- 3rd Place 1250 \$
- 4th Place 1000 \$
- 5th Place 650 \$
- 6th Place 325 \$

- **BACKSTAGE ACCESS**

Access to the backstage area and/or dressing room area is strictly limited to essential personal only.

- **VISAS**

A valid passport is required to enter the Republic of Egypt. The passport should be valid for at least 90 days following your departure date from Egypt and should have at least one blank page for visas.

EU-country citizens do not need to obtain a visa as they will grant it in Cairo International Airport. All other countries should consult the Egyptian embassies in their countries to determine if they need a visa.

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

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

- **TANNING**

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.

LANGUAGE

Egypt has two official languages: Arabic and English.

- **TIME DIFFERENCE**

UTC/GMT +2 hour (Eastern European Time Zone)

- **CLIMATE**

The daytime temperature typically reaches a high of 25°C around mid-March, though the average is a degree or two higher than that towards the end of the month. The temperature typically falls only to 16°C at night, and temperatures are often conducive to staying out late into the evenings.

- **CURRENCY**

The official currency in Egypt is Egyptian Pound (EGP)

1.0 USD = 15.77 EGP

1.0 EUR = 17.34 EGP

Current rates at: <https://www.xe.com/currency/egp-egyptian-pound>

- **ELECTRICAL CURRENT**

In Egypt, there are two associated plug types C and F. Plug type C is the plug which has two round pins and plug type F is the plug which has two round pins with two earth clips on the side. Egypt operates on a 220V supply voltage and 50Hz. Detailed info at:

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

- **CORRESPONDENCE AND INFORMATION**

Further information can be requested by email addressed to the efbf President Dr. Eng. Adel Fahim: ifbbcairo@gmail.com

ENTRY FORMS SENDING DETAILS

Please send your Entry Form not later than **Monday, February 24th, 2020**

- Egyptian Bodybuilding & Fitness Federation - EFBF
 - Dr. Eng. Adel Fahim
 - E-mail: ifbbcairo@gmail.com
- IFBB Technical Committee
 - Eng. Andrew Michalak
 - E-mail : amichalak5@gmail.com

Please Send a copy to:

- International Federation of Bodybuilding and Fitness - Head Office:
 - Ms. Diana Mozos
 - E-mail: info@ifbb.com

- **TENTATIVE PROGRAM**

Sunday, March 8th, 2020

10:00-20:00 - Diamond Cup Official Athlete Registration (Weigh-in) & Judges Meeting at Indoor Complex Hall (2) - Cairo International Stadium

Monday, March 9th, 2020

9:00-18:00: Prejudging and Finals of the Diamond Cup at Indoor Complex Hall (2) - Cairo International Stadium (PART 1)

*Official Running order will be released closer to the event

Tuesday, March 10th, 2020

9:00-18:00: Prejudging and Finals of the Diamond Cup at Indoor Complex Hall (2) - Cairo International Stadium (PART 2)