IFBB DIAMOND CUP SERBIA -CACAK, SERBIA

OCTOBER 29th – 31st, 2021

ELITE PRO QUALIFIER (10 PRO CARDS!)
WORLD ELITE RANKING EVENT

INSPECTION REPORT

WELCOME:

The President of the Organizing Committee and the Serbian Bodybuilding and Fitness Federation, Mr. Goran Ivanovic, invites IFBB/EBFF-affiliated National Federations from Europe to participate in the **2021 IFBB DIAMOND CUP SERBIA to be held in:**

CACAK, SERBIA, ON OCTOBER 29th – 31st, 2021.

Serbia has connected West with East for centuries – a land in which civilizations, cultures, faiths, climates and landscapes meet and mingle.

It is located in the centre of the Balkan Peninsula, in southeastern Europe. The northern portion belongs to central Europe, but in terms of geography and climate it is also partly a Mediterranean country. Serbia is landlocked but as a Danube country it is connected to distant seas and oceans. Serbia is a crossroads of Europe and a geopolitically important territory. The international roads and railway lines, which run through the country's river valleys, form the shortest link between Western Europe and the Middle East.

From the agricultural regions of the Pannonian Plain in the north, across the fertile river valleys and orchard-covered hills of Šumadija, the landscape of Serbia continues southward, gradually giving way to mountains rich in canyons, gorges and caves, as well as well-preserved forests. Serbia's beautiful mountains, national parks, rivers and lakes are the perfect location for an active outdoor holiday – from hunting and fishing to extreme sports.

Many times during its rich, centuries-long history, Serbia has been at the centre of Europe's and the world's attention, out of all proportion to its modest size, economic might and number of inhabitants. Many lessons on bravery, patriotism and the struggle for freedom can be learned wherever you turn in Serbia, as you pass through its cities and regions.

The cultural and historical heritage of Serbia begins with prehistoric archaeological sites and its legacy from classical antiquity. Perhaps its greatest riches, though, are in the many mediaeval Serbian churches and monasteries, some of which are included on the UNESCO World Heritage list.

All year round, numerous cultural, entertainments, traditional and sporting events are held in Serbia, demonstrating the creative power and spiritual vitality of this country.

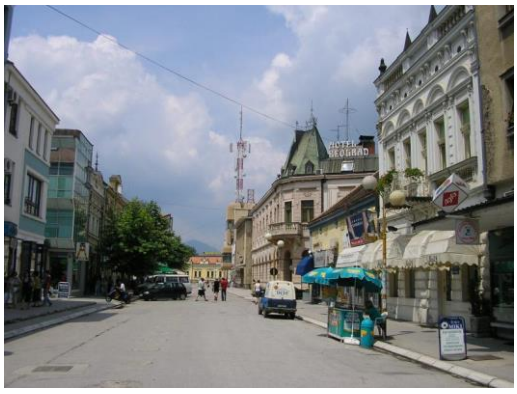
Today, Serbia is a modern, democratic European country, on the path to membership of the European Union, which a diverse range of visitors – from young backpackers to participants in congresses and fairs – visit every day.

CACAK – A HISTORICALLY RICH

Serbia can be felt in every pore, every brick and every tree of Cacak. It is a small town on the river Morava, enclosed by the mountains of Jelica, Vujan, Ovcar and Kablar. In historical and geographical sense, a lot can be seen in this town. Cacak was built on remains of a former Roman settlement. This fact was verified by many findings such as Roman hot baths, monuments to Jupiter, and numerous "villae rusticae", that is agricultural estates of the Roman Empire. Nearby, on the Jelica Mountain, there is a huge archaeological site, named Gradina, which is yet to reveal its hidden secrets.

As far as "newer history" is concerned, a protected natural attraction, packed with monasteries and churches and known as the Ovcar-Kablar canyon, lies near Cacak, making it the holy ground of Serbia. A neighboring town of Dragacevo, is placed nearby as well, and it is the venue of the famous Guca festival. Each year, the festival is visited by over half a million people.

Cacak from the air



A street in Cacak city center

Cacak by night

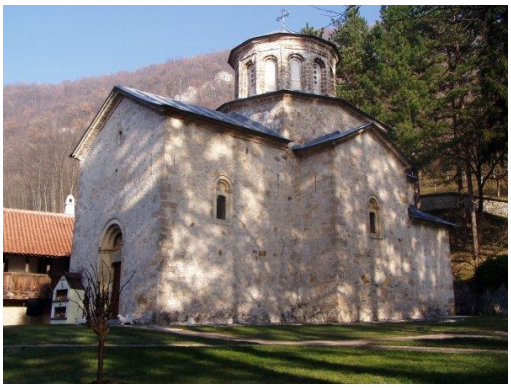
CULTURAL AND HISTORIC SIGHTS

The National museum, The Jovana Obrenovic residence (1835), The "Nadezda Petrovic" art gallery, The Town library, Roman hot baths (4th century), A unique monument dedicated to the soldiers of the First World War (1934), The Tanasko Rajic monument, A monument dedicated to participants of the Hadzi-Prodan rebellion, The duke Stepa Stepanovic monument. There are also the monasteries of Ovcar and Kablar such as: St. John's Monastery (1536), St. Nicholas Monastery (14th century), The Vujan Monastery, The Holy Trinity Monastery (16th century), St. Sava's church (1938).

The National Museum in Cacak

The Tanasko Rajić monument

The Nikolje Monastery



The Monastery of the Holy Trinity

EVENTS

The Vladislav Petkovic Dis Spring (May), The Assembly of Serbia's pipers "Oj Moravo" (July), The Nadezda Petrovic memorial (Autumn), The "Cacak" art colony (Summer), The "Serbian holy mountain" festival in the Ovcar spa (July).

CACAK SURROUNDINGS

It may as well be concluded that a town like Cacak, surrounded by such dazzling slopes of Jelica, Vujan, Ovcar and Kablar, has a surplus of natural attractions. When speaking about the Ovcar-Kablar canyon, its monasteries are of exceptional beauty, and sights that shouldn't be missed! Of course, there is the "Grujine livade" picnic site, situated on the Jelica Mountain, and unavoidable healing waters of Ovcar, Slatina and Gornja Trepca spas. The latter being famous for its mineral water, thus often referred to as the "Atomic spa".

Ovcar-Kablar Gorge near Cacak

View from Kablar mountain

ACCOMMODATION

OFFICIAL HOTEL: Hotel „Livade“, Preljina, Cacak

Hotel "Livade"
Preljina b.b. 32000 Čačak, Srbija
Telefon: +381 32 381 088
Telefon: +381 32 381 095
Fax: +381 32 381 954
Mob: +381 63 665 142
E-mail: info@hotellivade.com
http://hotellivade.com

Official delegates and competitors will be accommodated at the Hotel “Livade”. Hotel has enough beds and is also available for all extra delegates and supporters that wish to be at the same Hotel as the athletes and official delegates.

“CENTRUM” HOSTEL, CACAK
Tel. +381 32 310 460
Mob. +381 69 310 0460
Fax: +381 32 310 460
www.hostelcentrum.rs
Email: centrumcacak@gmail.com

HOTEL AVENY
Tel. +381 32 331 660
Mob. +381 62 802 9622
Fax. +381 32 331 680
Email: info@hotelaveny.rs

HOTEL GARNI LAKE
Tel. +381 32 5461030
www.lakehotel.rs
Email: recepcija@lakehotel.rs

IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE HOTEL'S E-MAILS IN ORDER TO BENEFIT FROM THE SPECIAL RATES!!

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.

HOTEL DEPOSITS: An initial deposit of EUR **€100** per person is required upon check-in for incidental and personal expenses which may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the **entire team.** This individual will be fully responsible for all expenses incurred by any member of his team. **PLEASE INFORM YOUR ATHLETES BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES FOR YOUR FEDERATION.**

THE VENUE

CULTURAL CENTER - Cacak

PARTICIPATION

The contest is open for IFBB/EBFF-affiliated National Federations from Europe. 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 Serbian Federation, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.
The online Pre–Registration is done by National Federations trought the Final Entry Forms available on the IFBB website.
Final Entry Forms should be sent to :

- **Dr. Predrag Bićanin: serbiaifbb@gmail.com**
- **IFBB Head Office at: info@ifbb.com**
- **IFBB Technical Comittee at : amichalak5@gmail.com**

The deadline to send the Final Entry Form is OCTOBER 19th, 2021.

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.

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. Female competitors must also bring their shoes 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
Official Athlete Registration and weigh-in will be conducted at the "Livade" Hotel, on Friday, October 29th, 2021, from 18:30 till 20:30 hrs. "Livade" Hotel is located in Konjevići, on the highway Belgrade – Podgorica, 3 km out of Cacak. **With the new highway you can reach Cacak from Belgrade in an hour!**
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 Serbian Federation, 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. IFBB International Card annual fee of **EUR €35** should be paid in advance via **http://www.ifbb.com/competition-registration.** IFBB Cards are mandatory.
Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration.

How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
3. Register as an International Athlete, paying your IFBB Blue Book at https://www.ifbb.gbisportinnovation.com/affiliation-ifbb
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.
7. Attend the event.

All competitors must provide their posing music (on CD, with one track) at weigh-in. 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/her name on the CD for easy identification.
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REGISTRATION FEE:
Each participating athlete will have to pay a registration (participation) fee of EUR €200. Crossovers (participation in the second category) - an additional fee of EUR €100 will be charged.

!!!! THE REGISTRATION SHOULD BE PAID BEFOREHAND ONLINE !!!!
http://www.ifbb.com/competition-registration

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, October 19th, 2021. The online payment system will be switched off on Tuesday, October 19th, at 24:00 (midnight, Central European Summer Time, UTC+2). If paying at the Registration in Cacak, on October 29th, 2021, it will be EUR €250 per participant.

This Participation Fee is completely separate from the Hotel Deposit mentioned above.

Categories open at the 2021 IFBB Diamond Cup Serbia - Cacak, Serbia:

Men's Bodybuilding 2 ELITE PRO CARDS FOR THE OVERALL WINNERS	**Women's Bikini** 2 ELITE PRO CARDS FOR THE OVERALL WINNERS
Up & incl. 75 kg	**Up & incl. 160 cm**
Up & incl. 80 kg	**Up & incl. 164 cm**
Up & incl. 90 kg	**Up & incl. 169 cm**
Up & incl. 100 kg	**Up & incl. 172 cm**
Over 100 kg	**Over 172 cm**
Men's Physique 2 ELITE PRO CARDS FOR THE OVERALL WINNERS	**Women's Bodyfitness** 2 ELITE PRO CARDS FOR THE OVERALL WINNERS

Up & incl. 170 cm	**Up & incl. 163 cm**
Up & incl. 173 cm	**Over 163 cm**
Up & incl. 176 cm	**Women's Wellness**
Up & incl. 179 cm	**Open**
Up & incl. 182 cm	**Women's Physique**
Over 182 cm	**Open**
Men's Classic Bodybuilding **2 ELITE PRO CARDS FOR THE OVERALL WINNERS**	**Junior Bikini 16-23 years**
Up & incl. 168 cm	**Open**
Up & incl. 171 cm	**Master Bikini over 35 years**
Up & incl. 175 cm	**Open**
Up & incl. 180 cm	**Master Bodyfitness over 35 years**
Over 180 cm	**Open**
Muscular Men's Physique	**Master Men's Physique over 40 years**
Open	**Open**
Master Bodybuilding over 40 years	**Junior Men's Physique 16-23 years**
Open	**Open**
Master Classic Bodybuilding over 40 years	**Junior Men's Bodybuilding 16-23 years**
Open	**Open**

Important note: Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.

Note: Men's & Masters Classic Bodybuilding weigh / heigh limits

Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	(Athlete's height [in cm] minus 100) + 2
Up to 175 cm	(Athlete's height [in cm] minus 100) + 4
Up to 180 cm	(Athlete's height [in cm] minus 100) + 7
Up to 188 cm	(Athlete's height [in cm] minus 100) + 9
Up to 196 cm	(Athlete's height [in cm] minus 100) + 11
Over 196 cm	(Athlete's height [in cm] minus 100) + 13

AWARDS

-**Top six athletes** in each category will be awarded with certificates.

-**Top three athletes** in each category will be awarded with medals.

-**Overall** in each discipline will have a trophy

-**Top 5 athletes** in Men's and Women's senior categories will be awarded points to the

-**2021 IFBB World Ranking** according to the World Ranking Rules.

-**IFBB Elite Pro Cards for the top two overall category winners** in Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Bodyfitness and Women's Bikini (after applications through their National Federations).

VISAS:

All participants require a valid passport for entry to Serbia. The Government of the Republic of Serbia adopted the Decision on **visa free entry** to the Republic of Serbia for holders of foreign passports having a valid Schengen, UK and other Member States' visa, or visa of the United States of America, and for holders of foreign passports having residence permit in the countries of the **Schengen area, EU** or the United States of America.

Detailed info at: http://www.mfa.gov.rs/en/consular-affairs/entry-serbia/visa-regime/81-consular-foreigners-to-serbia/11334-cameroon-for-cons

All National Federations could ask for an invitation letter either to the Championships Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championships Organizer are not responsible of attendant's visas.

OFFICIAL LANGUAGE:
The official language is Serbian, but English is widely used. The staff of hotels, travel agencies and shops with whom the visitors will be in contact will speak English.

TIME DIFFERENCE:
The time in Cacak is in CEST (UTC +2) in summer.

CURRENCY:
The official currency in Serbia is Serbian Dinar (RSD)
1.00 EUR = 118 RSD.

CLIMATE:
During the month of October the weather is average warm. The average temperature is 18°C.

ELECTRICAL CURRENT:
220 V, 50 Hz, plug/sockets C and F types.

AIRPORT ARRIVALS:
The official arrival/departure airport is the "Nikola Tesla" International Airport in Belgrade. The Organizing Committee may pick you up at the arrival and transport your team to Cacak (135 km). The cost of one way transportation is **EUR €30** per person. **Declare as soon as possible, please, if you want the Organizing Committee to arrange transport for your team from Belgrade to Cacak and back. Provide your arrival and/departure flight details.** Your cooperation with the Organizing Committee in this matter is essential.
WITH THE NEW HIGHWAY YOU CAN REACH CACAK FROM BELGRADE IN AN HOUR!

JUDGES:
To be taken into consideration during selection of judges 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**
IFBB International Judges must have a valid Judge's Cards with the IFBB yearly judge's fee of EUR €50 paid for 2021. This fee may also be paid at the Chamionships in Cacak.

BACKSTAGE ACCESS/DRESSING ROOM ACESS:
Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

CAMERAS/VIDEOTAPES:
Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personnel.

PRESS ACCREDITATION:
Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact the Organization Committee.

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.

SECRETARIAT:
The Organizing Committee will have a desk in the "Livade" Hotel lobby on October 29th – 31st, 2021. You may obtain information and assistance from the Secretariat when required.

FLIGHT RECONFIRMATION:
For the reconfirmation of your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight upon arrival at the "Livade" Hotel - Cacak to avoid last minute problems.

ENTRY FORMS:

You must return the **Final Entry Form** **NO LATER THAN October 19th, 2021. Please indicate the name and exact category of each competitor as well as names of delegates, including judges, and other people from your national team that will attend the Championships.**
Also confirm, please, if your team needs the transport from the Belgrade airport to Cacak.

ENTRY FORMS AND CORRESPONDENCE SENDING DETAILS:

- **IFBB Serbia General Secretary, Dr. Predrag Bicanin: serbiaifbb@gmail.com**
  Mob. +381603303031

with a copy to:

- **IFBB Head Office in Madrid, Spain, Ms. Diana Mozos, E-mail: info@ifbb.com**
- **IFBB Technical Committee, Eng. Andrew Michalak, E-mail: amichalak5@gmail.com**

Consequences of failure to cooperate with the contest organizer:
Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending national federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the participation fee will be charged as a fine to the offending national federation.

2021 IFBB DIAMOND CUP SERBIA
Cacak, Serbia, October 29th – 31st, 2021.

TENTATIVE SCHEDULE		
October 29th, 2021. – Friday		
10:00 - 17:00	**Arrivals, check-in of delegates and athletes**	**"Livade"Hotel**
17:30 - 18:30	**Team Managers & Judges Meeting**	**"Livade" Hotel**
18:30 - 20:30	**Official Athlete Registration, Weigh-in**	**"Livade"Hotel**
October 30th, 2021. – Saturday		
10:00	**Prejudging and Finals (FIRST PART)**	**CULTURAL CENTER**
16:00	**2020 Diamond Cup Opening Ceremony**	**CULTURAL CENTER**
16:30	**Prejudging and Finals (SECOND PART)**	**CULTURAL CENTER**
October 31st, 2021. – Sunday		
	Departure of competitors and delegates	