



INSPECTION REPORT

IFBB DIAMOND CUP OSTRAVA

IFBB ELITE PRO

IFBB Professional and Amateur International Competition

07th- 08th, JUNE 2019

The Czech Bodybuilding & Fitness Federation offers IFBB-affiliated National Federations from Europe to participate in the Czechia-pro IFBB Diamond Cup Ostrava and IFBB ELITE PRO. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Physique, Women's Physique, Bodyfitness, Bikini-Fitness, Wellness Fitness, Fitness and Masters, Juniors & Younger Juniors (16- 19 years).

ELITE PRO categories Bodybuilding, Bikini Fitness and Bodyfitness.



INFORMATION

Welcome

The Organizing Committee of the IFBB Diamond Cup Czechia-Pro, Ostrava, the City of Ostrava and Mr. Stanislav this opportunity to invite all participate in the IFBB international competition to Republic, on May 07th - 08th,



Pesat and Mr. Jan Kubik take IFBB National Federations to Diamond Cup Ostrava be held in Ostrava, Czech 2019.

Location

Ostrava, the third largest city in the Czech Republic, is situated in the northeast of the country and forms the heart of the Moravian-Silesian region. It is located close to the Slovak and Polish borders on the banks of Ostravice River and offers beautiful views of the Beskydy Mountains.

The first written documentation about the founding of a village under the ownership of the Bishop Bruno originates from 1267. The city was established along the so-called Amber Trail, used by traders as the main route connecting the Baltic Sea to the Mediterranean Sea since time immemorial.

The discovery of coal in the 2nd half of the 18th century was to be a turning point in the history of the area, which would become an important European centre for the production of steel. Ostrava lost its heavy industrial appearance long ago. Coal mining in the city came to an end in 1994.



Venue Site

The Official Athlete Registration, Prejudging and Finals of the IFBB physique sports will take place at The **OSTRAVAR ARENA** in Ostrava, Ruská Str. 3077/135.

OSTRAVAR ARENA (formerly Culture and Sports Palace)

Modern multi-purpose arena, the most significant cultural, social events, corporate events, concert, 2004 and 2015 Ice Hockey World Championships stadium,

1992 European Bodybuilding Championships

2006 60. World Bodybuilding and Classic Bodybuilding Championships.

One of the dominating features of Ostrava was completed and officially opened in 1986.

Home stadium of the ice-hockey team **HC VITKOVICE STEEL.**

Between 2003 and 2004 the Arena underwent reconstruction and modernization works and since 2004 it has been called **OSTRAVAR ARENA.** Currently, the OSTRAVAR ARENA is one of the sports facilities owned by VITKOVICE ARENA, a.s. With a capacity of up to 12,500 spectators, it is one of the biggest multi-purpose arenas in the Czech Republic.



ACCOMMODATION

Hotel reservation must be done by direct communication between the National Federation and the hotels (list of recommended hotels below).

Official Hotel

The Official Hotel of the IFBB Diamond Cup Ostrava is the **CLARION HOTEL.**

Clarion Congress Hotel ** - cca 200 m**

The Clarion Congress Hotel **** Ostrava is a four-star, hotel which offers the largest hotel congress centre in Ostrava and in northern Moravia.

Clarion Hotel offers its guests the comfort of four-star standard in 169 modernly finished rooms and suites.

The hotel is located in a quiet part of Ostrava with excellent transport access to the city centre (4 km). From the nearby bus stop you can easily get to the train or bus station or to Ostrava-Mošnov International Airport (20 km).

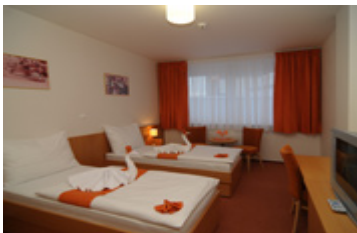
Clarion Congress Hotel lies in close proximity to the Ostravar Arena.



OTHER HOTELS

However there are many other hotels in the in surroundings.

Hotel PULS*** was opened on 2008 and offers comfortable and cost-effective accommodation directly adjoining the OSTRAVAR ARENA. The hotel has a capacity of 71 beds.



Hotels nearby

BEST WESTERN Hotel Vista - cca 1.5 km
Kpt. Vajdy 3046/2, 700 30 Ostrava-Zábřeh
www.hotelvista.cz

LOWCOST Hotel Ostrava -cca 1.5 km
Plzeňská 2622/2, 700 30 Ostrava-Zábřeh
www.lc-hotel.cz

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, transport from and to the airport and meals, are the responsibilities of National Federations or individual athletes. Check with your National Federation for more information

Arrivals and Airport

Friday, Jul 07th, 2019, is an official arrival day.

LEOS JANACEK **International Airport Ostrava** (Czech Republic).
More information at: www.airport-ostrava.cz

Participation

The contest is open for IFBB-affiliated National Federations. The number of competitors participating in these championships is **unlimited**



Registration

Official Athlete Registration will take place in the Ostravar Aréna, Ostrava , on **Friday, Jul 07th, 2019, from 13:00 till 18:00 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 promoter Czechia-pro, 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.

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 resentment in MP3 format along with the Final Entry Form.
CD will not be accepted.

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 Fee

Registration fee for athletes to enter this competition is as follows:

- EUR € 200 – for all categories**
- EUR € 100 – for all junior and masters categories**
- EUR € 50 – for younger junior categories (16 - 19 years old)**

The Registration Fee is 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.

If paying at the Registration in Ostrava on May 30th, 2019, an extra fee EUR € 50 per participant will be charged.

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

Along with the application form send to e-mail: stanislav.pesat@czechia-pro.cz his whole body photos, the best of success in competitions and posing music.



Up to & including 80 kgUp to & including 80 kgJudges

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

All international judges must bring their International Judge's Cards to Ostrava. **IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR € 50 paid for 2019. This fee may also be paid at the Championships in Czech Republic.**

Categories open at these Championships:

YOUNGER JUNIOR MEN'S BODYBUILDING 16-19 YEARS - 1 open category
JUNIOR MEN'S BODYBUILDING 16-23 YEARS:

Up to & including 75 kg,
Over 75 kg

MASTER MEN'S BODYBUILDING 40-49 YEARS - 1 open category
MASTER MEN'S BODYBUILDING 50-59 YEARS - 1 open category
MASTER MEN'S BODYBUILDING OVER 60 YEARS - 1 open category

MEN'S BODYBUILDING:

Up to & including 70 kg
Up to & including 75 kg
Up to & including 80 kg
Up to & including 85 kg
Up to & including 90 kg
Up to & including 95 kg
Up to & including 100 kg
Over 100 kg

IFBB Pro Card for two overall winner

JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YEARS - 1 open category

MASTER MEN'S CLASSIC BODYBUILDING OVER 40 YEARS - 1 open category

MEN'S CLASSIC BODYBUILDING

Up to & including 170 cm

Up to & including 175 cm
Up to & including 180 cm
Over 180 cm

IFBB Pro Card for two overall winner

YOUNGER JUNIOR MEN'S PHYSIQUE 16-19 YEARS - 1 open category

JUNIOR MEN'S PHYSIQUE 16-23 YEARS:

Up to & including 175 cm,
Over 175 cm

MASTER MEN'S PHYSIQUE OVER 40 YEARS - 1 open category

MEN'S PHYSIQUE:

Up to & including 170 cm
Up to & including 173 cm
Up to & including 176 cm
Up to & including 179 cm
Up to & including 182 cm
Over 182 cm

IFBB Pro Card for two overall winner

MEN'S CLASSIC PHYSIQUE

Up to & including 75 kg,
Over 75 kg

GAMES CLASSIC BODYBUILDING

MUSCULAR MEN'S PHYSIQUE

FITNESS MEN'S

- 1 open category

- 1 open category

- 1 open category

JUNIOR WOMEN'S BODYFITNESS 16-23 YEARS

MASTER WOMEN'S BODYFITNESS OVER 35 YEARS

WOMEN'S BODYFITNESS:

Up to & including 158 cm
Up to & including 163 cm
Up to & including 168 cm
Over 168 cm

- 1 open category

- 1 open category

IFBB Pro Card for two overall winner

YOUNGER JUNIOR'S BIKINI 16-19 YEARS

JUNIOR BIKINI-FITNESS 16-23 YEARS

Up to & including 163 cm,
Over 163 cm

MASTER BIKINI-FITNESS OVER 35 YEARS

WOMEN'S BIKINI-FITNESS:

Up to & including 158 cm
Up to & including 160 cm
Up to & including 166 cm
Up to & including 169 cm
Up to & including 172 cm
Over 172 cm

- 1 open category

- 1 open category

IFBB Pro Card for two overall winner

WOMEN'S WELNESS FITNESS

Up to & including 165 cm,

Over 165 cm

WOMEN'S FITNESS

WOMEN'S PHYSIQUE

MIXED PAIRS

- 1 open category

- 1 open category

- 1 open category

Important note: If less than 6 athletes in a category, categories will be combined, wherever possible.



IFBB ELITE Pro Cards

The overall winners in Men's Bodybuilding, Classic Bodybuilding, Men's Physique, Bikini Fitness, Body Fitness are eligible to apply for the Pro Card.

Backstage Access

Green Cards for Backstage Access will be distributed at the Team Managers and Judges Meeting.

Visas

EU-country citizens do not need to obtain a visa. All other countries should consult the Czech Republic's diplomatic missions in their countries to determine if they need a visa. Detailed information at:

http://www.mzv.cz/jnp/en/information_for_alien/general_visa_information/

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

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.

Spray paint on competition makes Pro Tan.

Language

Czech language is an official language in the Czech Republic.

Time Difference

UTC/GMT +1 hour (CET - Central European Time Zone)

Currency

The official currency in Czech Republic is Czech Koruna (CZK). In some shops, restaurants and services can pay with euros (EUR).

EUR 1.0 = CZK 26.00 (as for January 29th, 2019). Current rates available at:

<http://www.xe.com/currencyconverter/convert/?Amount=1&From=EUR&To=CZK>

Electrical Current

230 V, 50 Hz. Plugs and sockets of type C and E.

Better to check at: <http://www.worldstandards.eu>



Correspondence and Information

Further information can be requested by email addressed to the promoter Mr. Stanislav Pesat: stanislav.pesat@czechia-pro.cz

Final Entry Forms Sending Details

Along with the Final Entry Form, please send your picture, best success in competitions and posing music (MP3 format).

<u>Please send your Entry Form no later than May 30nd, 2019 to:</u> Czechia-pro Promoter: Mr. Stanislav Pesat: E-mail: stanislav.pesat@czechia-pro.cz IFBB Technical Committee Eng. Andrew Michalak E-mail : amichalak5@gmail.com	<u>Please Send a copy to:</u> International Federation of Bodybuilding and Fitness Head Office: Phone: +34 91 535 2819 E-mail: info@ifbb.com
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Tentative Program

Friday, June 07, 2019

- 14:00-18:00 - Official Athletes Registration (Weigh-in) at the Ostravar Arena**
- 18:30 - Team Managers and Judges Meeting at the Ostravar Arena**
- 19:00 - Official Meeting ELITE PRO Athletes and Judges**

Saturday, June 08, 2019

09:00

**- Prejudging and Finals at The Ostravar
Arena, detailed schedule will be released
closer to the event.**