BFASM

Bodybuilding & Fitness Association of Saint Martin

Reservation: BFASM-IFBB2019@simpsonbayresort.com

Bienvenue, Welkom, Welcome, Bienvenidos

IFBB President, Dr. Rafael Santonja, CAC President Giovanni Arendzs and BFASM President, Francois Carty, of the Bodybuilding and Fitness Association of Saint Martin extend a warm welcome to all IFBB-affiliated, National Federations wishing to participate in the 2019 IFBB Diamond Cup Saint Martin to be held on 26-28 July 2019. In ***Saint Martin / St Maarten***

CAC President
Mr. Giovanni Arendzs
BFASM President
Mr Francois Carty
IFBB President
Dr. Rafael Santonja

CDURRENCY

EURO and US Dollar. EUR 1.00 = USD 1.11 (as for May 2019).

ENTRY REQUIREMENTS

All visitors required a valid passport and check your country for Visa to enter
St. Maarten Dutch West Indies at Immigration Department at the Princess Juliana International Airport (SXM).

LANGUAGES SPOKEN

French, Dutch, English and Spanish.

TEMPERATURE

The climate is tropical but not extreme, with a median and practically constant temperature of 82^0F (28^0C).

TRAVEL to ST.MAARTEN

Travel to St. Maarten from the USA, Canada, South America, Europe and the Caribbean is possible via most major carriers, either non-stop or with convenient connections. A current passport is required. American, Canadian, and EU citizens do not require visas, nor do most South Americans.

AN OFFICIAL LETTER of INVITATION will be made available if required.

It is the National Federation's responsibility to obtain an entry visa for St. Maarten Dutch West Indies. All National Federations could ask for an invitation letter either to the Championship Organizer or IFBB. This invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible for attendants' visas.

IMPORANT INFORMATION

All costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations and /or the individual athletes.
Check with your National Federation for more information.

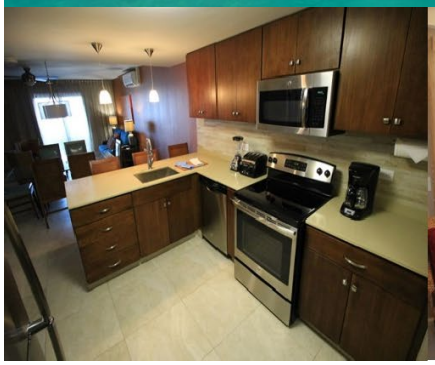
ACCOMMODATIONS / RESERVATIONS

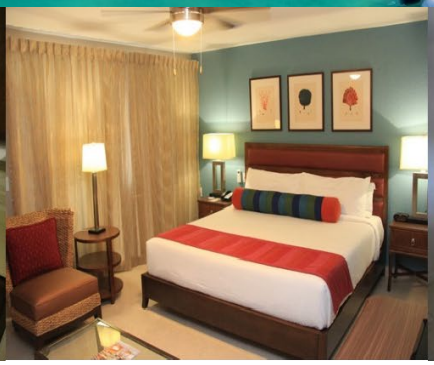
Reservations can be made directly with the hotel online using the links as indicated below.

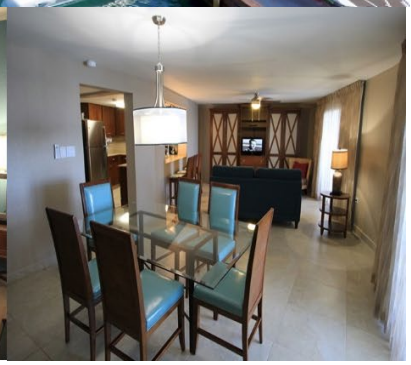
SIMPSON BAY RESORT AND MARINA

Billy Folly Road #23 Simpson Bay - St. Maarten

(Weigh-In Meeting Venue)







www.simpsonbayresort.com
Booking Contact:
BFASM-IFBB2019@simpsonbayresort.com cc/ bfasm2010@hotmail.com

Tel: +1721-5442503

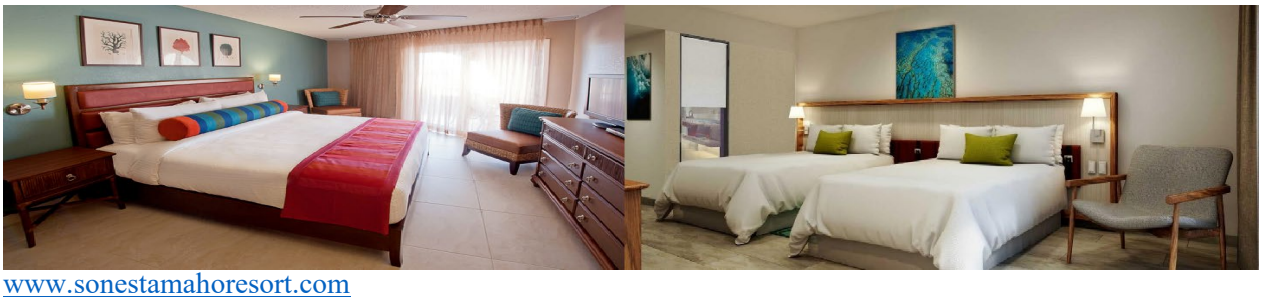
ACCOMMODATIONS / RESERVATIONS

Reservations can be made directly with the hotel online using the links as indicated below.

SONESTA RESORT AND CASINO

Rhine Road #1, Maho - St. Maarten

(Venue)



www.sonestamahoresort.com

Booking Contact: reservatios@sonestastmaarten.com Tel:+1721-545-2115

All-Inclusive (Breakfast, Lunch & Dinner)

$120.00 per person per night based on double occupancy - Run of House

$130.00 per person per night based on double occupancy – Garden view

$135.00 per person per night based on double occupancy - Premier Island View (floors 6-10)

$140.00 per person per night based on double occupancy - Pool View

$150.00 per person per night based on double occupancy - Premier Ocean View (floors 6-10)

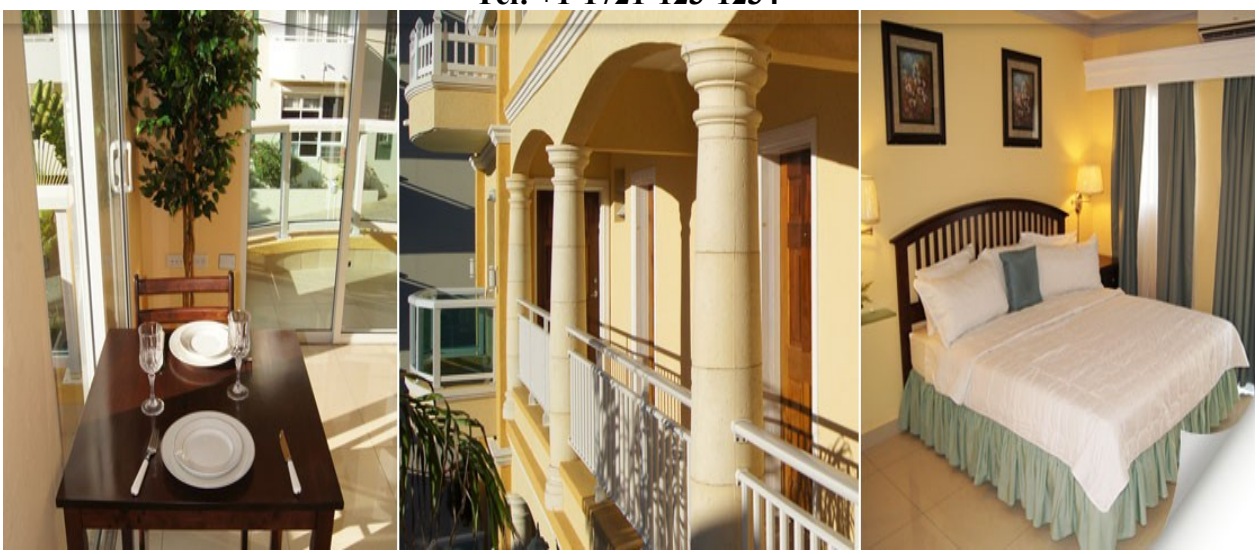
$185.00 per person per night based on double occupancy - Deluxe One Bedroom Suite

(Rates are quoted per person, per night, all-inclusive)

PLEASE UNDERSTAND THAT ONCE THE ROOMS HAVE BEEN REGISTERED FOR A CHECK-IN, PARTICIPANTS CAN NOT CHANGE THE # OF PERSONS OCCUPYING THE ROOM. (IT CAN NOT BE A QUAD FOR 2 DAYS AND A TRIPLE FOR 2 DAYS IF SOMEONE DEPARTS EARLY.

Optional Hotel

BAKER'S SUITE
Simpson Bay - St.Maarten
Tel: +1-1721-123-1234



www.bakersuite.com

CHECK – IN / CHECK – OUT Time

All Resorts check-in time is 15:00 and check-out is 10:00 hrs.

LINENS and TOWELS

Athletes using tanning products will be responsible for payment in full for all linens, towels, bedspreads, carpets and furniture stained by these products. Athletes are fully responsible for any damaged linens, towels or furnishings stained or damaged by tanning products. Athletes are also encouraged to be sensitive to cleaning up tanning stains after bathing; this is only respectful to the housekeeping staff of the hotel.

WALKING 5 to 8 minutes away:

Supermarkets, Pharmacies, Restaurants & Fast Food joint.
There is daily bus service all along the hotel strip. Fare USD $ 1.00 – 2.00

EVENT REGISTRATION INFORMATION

The IFBB Registration Fee for athletes entering this competition is USD $200 to be paid no later than July 15th, 2019. Payment will have to be made in advance online through credit/debit card or PayPal at **http://www.ifbb.com/competition-registration/** for your best comfort and convenience.
The online payment system will be switched off on July 15th, 2019, 24:00 (midnight, CEST). If paying at the Registration on July 27th, 2019, it will be USD $250 per participant.
Please add your name during online payment and bring a copy of your payment conformation to registration.

PARTICIPATION:

This competition is open to **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS** from all over the world. Registration of amateur athletes will only be considered if their IFBB-Affiliated National Federation nominates them. Such Federations must not have any debts with the IFBB and/or any of its promoters and agents. It is the responsibility of each Federation that all dues are current to the IFBB.

Entry Forms should be emailed to the IFBB Technical Committee and BFASM, with a copy to the IFBB Head Office in Madrid, Spain.

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.

REGISTRATION of Official Athlete(s):

Registration and weigh-in will be run on July 27th, 2019 from 10:00 until 18:00 hrs at the Simpson Bay Resort & Marina conference room.

All athletes will have to produce their IFBB International Cards at the registration.
Any athlete who has not yet purchased or renewed his/her IFBB International Card must purchase one at the registration desk. IFBB International Cards are USD $45 or EUR €35 per year 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/her name on the CD for easy identification.
The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

IMPORTANT NOTICE to Competitors

Each athlete participating in the Championship will be provided with an accreditation pass or a wristband at the weight-in.
This identification allows daily admission and should not be removed.

The IFBB amateur event starts on Sunday morning, July 28, 2019, at 10:00 hrs ??
More information about running order and other competitor details will be forwarded nearer to the time. Please check www.ifbb.com for regular updates.

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.

TANNING COMPANY available onsite

Jan Tana tanning products also available to purchase.
(Reserve yours now and receive on arrival at your hotel or at the weigh-in)
To book your appointment or for more information
Whatsapp +46 72 300 66 60 / +590-690-22-2719
www.onsitetan.com or email kristen@experttans.com

JUDGES

To be taken into consideration during selection of Judges' panels at the Championships,
IFBB International Judges (as well as test 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 email address pawellfilleborn@gmail.com
All International Judges must bring their International Judge's Cards to St. Maarten.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly Judges fee of USD $60 or EUR €50 paid for 2019. This fee may also be paid at the Championships in St. Maarten.

All Judges and Test-Judges must be present at the Team Managers and Judges Meeting.
Any judge absent at this Meeting will not be allowed to judge at these Championships.
If any of the above conditions have not been met, Judges will be unable to carry out their duties.

JUDGES SEMINAR

Judges Seminar will be conducted on Saturday, July 27th, 2019.
Judges Seminar registration fee is USD $100 per participant.
Payment must be done in cash on the day of the seminar.
For more information contact bfasm2010@hotmail.com

ENTRY FORMS contact details

All Final Entry Forms and correspondence should be addressed to

- IFBB Technical Committee
  Eng. Andrew Michalak, amichalak5@gmail.com

- Bodybuilding and Fitness Association of Saint Martin
  President Francois N. Carty, bfasm2010@hotmail.com

The deadline date for submitting the entry forms is July 15th, 2019.

Please send copy of Entry Form to:
International Federations of Bodybuilding and Fitness
Head Office
Ms. Diana Mozos
Madrid, Spain
Phone: +34 91 535 2819
Email: info@ifbb.com

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. Said Form must be remitted to the IFBB by email at the info@ifbb.com no later than **July 15th, 2019.**

BACKSTAGE Access / DRESSING ROOM Access

Green cards are used to limit access to the backstage area during Pre-judging and Finals. They will be distributed at the Team Managers and Judges Meeting as follows:

Five (5) or more competitors – two (2) green cards
Less than five (5) competitors – one (1) green card

If National Federation Officials do not attend the Team Managers and Judges Meeting, this Federation will not be issued a green card.

Access to the backstage and / or dressing room shall be strictly limited to essential personnel only. Coaches and Trainers who assist athletes in the dressing room area, must be of the same sex as the athlete's they are assisting.

CAMERA / VIDEOTAPE Equipment

Camera and/ or videotape equipment shall be strictly prohibited in the backstage and/ or dressing room areas except when used by IFBB-authorized media persons and, at the event; these devices shall be strictly prohibited in the dressing room area.

TIME Difference

UTC/GMT – 4 hours

ELECTRICAL CURRENT

110 V, 60 Hz, plugs A/B Dutch Side and 220 V, 60 Hz, plugs C/E French Side. Detailed info at: https://www.worldstandards.eu/electricity/plugs-and-sockets/

ATHLETES without Delegates

All athletes competing at these Championships must be **Members in Good Standing** of their National Federations. Their National Federations must nominate all athletes by sending the Final Entry Form with their names.

AWARDS and PROFESSIONAL CARDS

- **AMATEUR Event**

Top three places in each category will be awarded with medals and certificates.
Overall winners in each division will receive a trophy and a **IFBB Elite Pro Card.**
Top 5 athletes in Men's and Women's senior categories will be awarded points to the **2019 IFBB World Ranking** according to the World Ranking Rules.

- **PRO Event**

The top 6 placed in each category will be awarded with medals and certificates.
Top 3 winners in each division will receive a trophy and prize money.

Overall winners in Men's Bodybuilding, Men's Physique Women's Physique, Women's Bodyfitness, Women's Wellness Fitness, Women's Bikini Fitness are eligible to qualify for the IFBB ELITE PRO Card (application to be sent through National Federation of the athlete).

IFBB 2019 Diamond Cup Saint Martin
Elite Pro Qualifier & Elite Pro Event
Categories Open for this Competition
(Dependent on Athlete Registration)

Men's Bodybuilding
Up to & including 70 kg
Up to & including 80 kg
Up to & including 90 kg
Over 90 kg

Men's Physique
Up to & including 170 cm
Up to & including 174 cm
Up to & including 178 cm
Over 178 cm

Women's Bikini Fitness
Up to & including 163 cm
Over 163 cm

Women's Bodyfitness
Open

Women's Wellness Fitness
Open

Women's Physique
Open

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.

TENTATIVE SCHEDULE

- **July 26th, (Friday)**

Arrival of all National Teams and Elite Pro Athletes
19:00 - Welcome cocktail party for officials, Judges, Coaches and Presidents of NF
(Bus depart hotel front desk at 18:15)

- **July 27th, (Saturday)**

09:00 -10:00 - Breakfast meeting (Presidents, Coaches and Judges) Simpson Bay conference room

10:00 – 18:00 – Official Athlete Registration & Weigh-in at Simpson Bay Resort & Marina Conference room.

18:15 – Team Managers and Judges Meeting at the place of Registration.

- **July 28th, (Sunday)**

10:00 – IFBB Diamond Cup Pre-judging and Finals at Sonesta Maho Resort & Casino Conference Hall.
19:00 – IFBB Elite Pro Event.

- **July 29th, (Monday)**

Departure of ALL National Delegations

" One Island, One People, One Love, One Destiny "