We are proud to present the XIII\textsuperscript{th} edition of the Tiger Classic - IFBB Diamond Cup Romania event!

ALL the IFBB-affiliated National Federations from Europe are very welcome to Bucharest!
**Romania's Climate**

The climate in Romania's capital is specific, temperate-contientental. There are specific seasons, winter, spring, summer and autumn. Winters are relatively mild in Bucharest with little snow and relatively high temperatures, while in recent years, summers are very hot, very hot (high temperature up to 45 degrees in the shade) and little precipitation. This causes temperature differences winter - summer will be up to 60 degrees.

**The landscape**

For those that visited Romania, they can say that nature was very generous with this land, giving not only varied landscape but also well distributed, with towering mountains, plains, Black Sea and beyond.

The landscape is arranged in three major levels which are very well-differentiated: the highest representatives are the Carpathian Mountains, the middle are SubCarpathians and hills and plateaus, and the lowest one of the plains are the rivers and Danube Delta and Black Sea beaches.

**Bucharest**

Bucharest, the capital of Romania, is a beautiful city and welcome you to enjoy it to the fullest.

The settlement was documented on 20 September 1459 in an act of Vlad Țepes, ruler of Romanian, which strengthens an estate of nobles.
In 1862, after Wallachia and Moldavia were united to form the Principality of Romania, Bucharest became the new nation's capital city. In 1881, it became the political centre of the newly proclaimed Kingdom of Romania under King Carol I. During this period, gas lighting, horse-drawn trams, and limited electrification were introduced. The extravagant architecture and cosmopolitan high culture of this period won Bucharest the nickname of "Little Paris" (Micul Paris) of the east, with Calea Victoriei as its Champs-Élysées.

After decades of neglect, major infrastructure renovation works have breathed new life into Bucharest’s Old Town. Many of its superb period buildings have been refurbished or restored, while others, whose beauty contrasts sharply with their state of degradation, are still waiting for their time. Nevertheless, the historic architecture, the old churches, the outdoor terraces and cafés and the romantic feel make the Old Town a most enticing area of the city.

**OFFICIAL DATE:**

*May 10:* Official weight-in registration for all athletes

*May 11:* Tiger Classic – DIAMOND CUP ROMANIA

**VENUE LOCATION:** Bucharest (Capital city of Romania) - *Beraria H, Șos. Kiseleff no. 32, București*
RECOMMENDED HOTELS:
There are numerous recommended hotels in the area, which you can choose from. We have reached agreements with some hotels, such as:

- **CROWNE PLAZA BUCHAREST****
  [https://www.ihg.com/crowneplaza/hotels/us/en/bucharest/buhrm/hoteldetail?cm_mmc=YextLocal-_-ROU-_-BUHRM&fbclid=IwAR0-VtoJHV9aMxF1eG-QRtj-gumEmRlfbbG9tCQyXgYHMo35MTgtTy3Ts](https://www.ihg.com/crowneplaza/hotels/us/en/bucharest/buhrm/hoteldetail?cm_mmc=YextLocal-_-ROU-_-BUHRM&fbclid=IwAR0-VtoJHV9aMxF1eG-QRtj-gumEmRlfbbG9tCQyXgYHMo35MTgtTy3Ts)
  - Special offer for Tiger Classic - DIAMOND CUP ROMANIA!
  - 25% OFF from standard prices
  - Send email to reservations@crowneplaza.ro and use the code TIGER CLASSIC

- **Radisson Blu Hotel*****

- **HILTON GARDEN INN****
IMPORTANT NOTICE: REGARDING THE HOTELS

There are many international conferences and meetings held in Bucharest every weekend, so hotels may be booked up quickly. Please reserve your rooms well in advance to avoid disappointment.

IMPORTANT ARRIVAL AND CHECK-IN NOTICIES

THE OFFICIAL ARRIVAL DAY IS FRIDAY, MAY 10th, 2019.

HOW TO TRAVEL TO BUCHAREST & Venue location


Direct access from the airport:

TAXI: we strongly recommend BLACK CAB Company, official partner Tiger Classic [https://www.blackcab.ro/en/]

REGISTRATION AND REGISTRATION FEE

Registration and weight in will take place Friday, May 10th, from 14:00 to 18:00 hrs. at Venue location: Beraria H, Șos. Kiseleff no. 32, București

All athletes will have to produce their Passports & 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 30 and are mandatory.

At IFBB Tiger Classic - Diamond Cup Romania, will not be accepted any direct registration from athletes, as these must be processed by their respective IFBB-affiliated National Federations.

Final Entry Forms with athletes names and categories will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Head Office in Madrid and IFBB Technical Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. All athletes must wear their posing attire during weight-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and Tanning must be in accordance with the IFBB rules. Any Tanning which can be wiped off is not allowed.

The IFBB registration fees are as follows: **200.00 €** (two hundred euros) will be applied to seniors and masters categories, and **50.00 €** (fifty euro) for all juniors categories. If wishing to compete in the second category, the additional fee of **100 €** (one hundred euro) will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at IFBB webpage: [http://www.ifbb.com/competition-registration](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.
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The deadline date to do the online payment is April 26th, 2019 (Friday). On April 26th, 24:00 hrs (midnight-Central European Summer Time, UTC +2) the online payment system will be switched off.

We strongly encourage you to register early and make the appropriate arrangements to compete in this 13th Edition of Tiger Classic!

EXPO & CHAMPIONSHIPS SCHEDULE

Friday, 10.05.2019, from 14:00 to 18:00 hrs: - Official weight-in registration for all athletes

Saturday, 11.05.2019, from 10:00 to 18:00 hrs: Tiger Classic – DIAMOND CUP ROMANIA

PARTICIPATING

The contest is open for all IFBB/EBFF-affiliated National Federations from Europe. The number of participating athletes is unlimited. Online Pre-Registration of athletes will only be considered if they are recommended by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than April 26th, 2018 (Friday).

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.

SECRETARIAT

The organizing committee will have a desk in the Venue location on May 10-11, 2019.

IMPORTANT NOTICE TO COMPETITORS

Athletes participating at Tiger Classic will be given a goodie bag and the wristband at the Official Athlete Registration run on Friday, May 10-11, 2019. This wristband has to be worn during your whole stay, will allow you in and out of the backstage area, and should not be removed.
IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations, 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.

JUDGES

Each of the participating national federations may nominate IFBB International 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

All international judges must bring their 2019 valid International Judge Card to Bucharest. The yearly judge fee for 2019 of EUR 50 may also be paid at the IFBB Tiger Classic.

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.

All judges must be present at the Team Managers and Judges Meeting. Any judge absents at this Meeting, will not be allowed to judge at these Championships. If any of the above conditions hasn’t been met, judges will be unable to carry out their duties.

The Team Managers & Judges Meeting will start at 19:00 hrs on Friday, May 10th, 2019 in the venue.

For more information, please contact Mr. Adrian Nedelcu, General Secretary of The Romanian Bodybuilding and Fitness Federation, under address: secretariat@frcf.ro

POSSING MUSIC

All posing music must be on CD audio/MP3 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.

MEDIA ACREDITATION

All media accreditation, including local media, shall be controlled by the IFBB. All professionals wishing to obtain media accreditation for this event must register with the IFBB by e-mail at tigersportsfestival@gmail.com no later than May 8th, 2019.

BACKSTAGE ACCESS

A limited number of backstage passes will be for sale during registration, May 10th.

Only official Delegates/Trainers possessing the Backstage Pass will be allowed to enter the backstage area.

Please NOTE: There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased for 25 € /each person. This pass will allow the holder to go in and out of the venue during the weekend and will give access ONLY in backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!
CAMERA/VIDEO EQUIPMENT

Camera and/or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives, and in any event, these devices shall be strictly prohibited in dressing room areas.

TIME DIFFERENCE

Bucharest is in the South-East European Time zone (UTC +2 hour – in summer).

CLIMATE

Using the milder isotherm of 0 °C (32 °F) for the coldest month, Bucharest has a humid continental climate Dfa. Using the –3 °C (27 °F) isotherm, instead, the climate is crossover between continental and the extreme varieties of warm oceanic and cool subtropical.

In summer, the average temperature is 23 °C (73 °F) (the average for July and August). Temperatures frequently reach 35 to 40 °C (95 to 104 °F) in midsummer in the city centre. Although average precipitation and humidity during summer are low, occasional heavy storms occur. During spring and autumn, daytime temperatures vary between 17 and 22 °C (63 and 72 °F), and precipitation during spring tends to be higher than in summer, with more frequent yet milder periods of rain.

CURRENCY

The national currency in Romania is Romanian Leu (RON). 1 EUR = 4,65 RON as for July 2018. All major credit cards are widely accepted at most major hotels, department stores and restaurants.

ELECTRIC CURRENT

The voltage in Romania is 230 V, 50 Hz, and the plugs/outlets are the standard round two-prong Euro-plug (type C and F) used in most European countries (not UK or Ireland).

Detailed info at: https://www.worldstandards.eu/electricity/plugs-and-sockets/

VISAS

A valid passport is required to enter Romania. EU country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required. It is 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 attendant’s visas. To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer a copy (scan) of his/her passport.

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.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by its 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.

RULES

IFBB Tiger Classic - Diamond Cup Romania is arranged according to the rules set by the IFBB, EBFF and FRCF.
CATEGORIES

JUNIOR’S CATEGORIES (16 - 23 years old)

- Women's Bikini-Fitness (open category);
- Juniors Men's Physique (open category);
- Juniors Men's Bodybuilding (open category).

WOMEN’S CATEGORIES

- BodyFitness (open category): IFBB Elite ProCard for category winner
- Wellness Fitness (open category): IFBB Elite ProCard for category winner
- Bikini-Fitness (cat.162 cm, 169 cm and +169 cm): IFBB Elite ProCard for category winners

MEN’S CATEGORIES

- Men's Bodybuilding (cat. 80 kg, 90 kg and +90 kg): IFBB Elite ProCard for category winners
- Classic Men's Bodybuilding* (categories 175 cm and +175 cm): IFBB Elite ProCard for category winners
- Men's Physique** (categories 173 cm, 179 cm and +179 cm): IFBB Elite ProCard for category winners
- Muscular Men's Physique** (open category);
- Classic Physique* (open category);
- Games Classic Bodybuilding (open category).

MASTER'S CATEGORIES

- Fitness – Bikini (open category);
- Men's Bodybuilding (categories 85 kg & + 85 kg);
- Classic Men's Bodybuilding (open category);
- Men's Physique (open category).

IMPORTANT NOTE:

At Tiger Classic, athletes from following senior classes will may compete also in a second category:
- Classic Men's Bodybuilding* → Classic Physique*
- Men's Physique** → Muscular Men's Physique**
Awards

- Top three athletes in each category will be awarded with custom medals, official T-shirt (by Aesthetic Unleashed), trophies and certificates;

- will give to all athletes at official registration a goodie bag, and nutritional supplements to all category’s champions & overall winners!

- Overall winner in each discipline will have a trophy and a custom T-SHIRT;

- Top six athletes in each category will be awarded with finalist medals and certificates;

- Top 5 athletes in Men’s & Women senior categories will be awarded elite ranking points to the 2019 IFBB World Ranking, according to the World Ranking Rules;

- The best club from Romania will receive a trophy, for the results of their athletes;

- Top 3 athletes from each category, will may photo sessions with discounts, awarded by XmediaStudio, such as: 1st Place – 100%, 2nd Place – 50%, 3rd Place – 30%;

- 13 IFBB ELITE PRO CARDS will be awarded, according to IFBB rules: Bikini Fitness (3), BodyFitness (1), Wellness Fitness (1), Bodybuilding (3), Classic Bodybuilding (2) and Men’s Physique (3).
TANNING NEEDS & PROFESSIONAL MAKE-UP

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.

For ALL tanning details, send an email to mezcom@pro-gym.ro

For professional make-up (50 eur) & hair (30 eur), send an email to makeupevents@yahoo.com

More details & prices about tanning, hair and makeup services will be available soon on the official website www.tigerclassic.ro

OFFICIAL PHOTOGRAPHER

CvalFit (XmediaStudio): http://www.xms.ro/, Mr. Valentin Ciucu: +4 0721 249 845 / +4 0762 117 887

OFFICIAL GRAPHIC DESIGNER

Mr. Eugen Golumbeanu http://eggostudio.com/

ENTRY FORM AND CONTACT DETAILS

WE STRONGLY ENCOURAGE YOU TO REGISTER EARLY THROUGH YOUR NATIONAL FEDERATIONS

Please send your Final Entry Form no later than Friday, April 26th, 2019 to:

- IFBB Technical Committee
  Eng. Andrew Michalak
  E-mail: amichalak5@gmail.com
- Romanian Bodybuilding & Fitness Federation:
  Mr. Adrian Nedelcu,
  E-mail: secretariat@frcf.ro

- Please send a copy to the International Bodybuilding and Fitness Federation Head Office
  Ms. Diana Mozos
  E-mail: info@ifbb.com

- Organizer Committee
  E-mail: tigersportsfestival@gmail.com
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At the **IFBB Tiger Classic - Diamond Cup Romania** only athletes who are approved and registered by their IFBB affiliated National Federations will be allowed to compete. Entries should be made through National Federations!

**TENTATIVE SCHEDULE**

✔ **May 10th, 2019** (Friday): Arrivals
  - 14:00 – 18:00 - Registration & weight-in, at the Venue location: Beraria H

✔ **May 11th, 2019** (Saturday), at BERARIA H, from 10:00 to 18:00 hrs - Prejudging & Finals for ALL **Tiger Classic – DIAMOND CUP ROMANIA** categories:
  - Bikini-Fitness *(junior’s category)*;
  - Men's Bodybuilding *(junior's category)*;
  - Men's Bodybuilding *(senior's categories)*;
  - BodyFitness *(senior’s category)*;
  - Classic Physique *(senior’s category)*;
  - Men's Bodybuilding *(master’s categories)*;
  - Muscular Men's Physique *(senior’s category)*.

  **TECHNICAL PAUSE**
  - Fitness – Bikini *(master’s category)*;
  - Games Classic Bodybuilding *(senior’s category)*;
  - Men's Physique *(junior’s category)*;
  - Classic Men's Bodybuilding *(senior’s categories)*;
  - Wellness Fitness *(senior’s category)*;
  - Classic Men's Bodybuilding *(master’s category)*;
  - Bikini-Fitness *(senior’s categories)*;
  - Men's Physique *(master’s category)*;
  - Men's Physique *(senior’s categories)*.