

## WELCOME

IFBB Elite Pro Canada in coordination (cooperation of) with the Canadian Body Building Federation and the Association of Physiques Quebec, extend a warm welcome to ALL ATHLETES AROUND THE WORLD to compete at the IFBB Montreal Diamond Cup in Montreal, Quebec, Canada, October 5th 2019.

## LOCATION / VENU

Laval City (Montreal), Quebec, Canada  
Laval Junlor Academy  
2323 Daniel Johnson Blvd, Laval, Québec, H7T 1H8

## HOTELS

Sheraton Hotel, Laval  
2440 autoroutes Des Laurentides, Laval, Québec, Canada, H7T 1X5

Hotel reservation: Please contact: 1-800-667-2440



HILTON LAVAL  
2225 autoroutes Des Laurentides, Laval, Québec, Canada, H7T 1X5  
Hotel reservation: Please contact: 1-450-682-2225

HOLIDAY INN LAVAL  
2900 Boul. Le Carrefour, Laval, Québec, Canada, H7T 2K9  
Hotel reservation: Please contact: 1-877-660-8550

### IMPORTANT NOTICE

Every athlete, coach, judges and family, will be responsible for their own expenses

**No exceptions will be made under any circumstances**

## HOTEL SECURITY DEPOSIT

A hotel security deposit of CAD \$150.00 PER PERSON is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. 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 members of his or her team.

## CURRENCY

The national currency in Canada is the Canadian Dollar (CAD). USD 1.00 = CAD 1.30 (March 2019). Current rates at: <http://www.xe.com/currency/cad-canadian-dollar>

All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

## eTA / PASSPORT

A valid passport is required to enter in Canada.

Important: Every country (Except Canada) needs eTA (Electronic Travel Authorization) to enter Canada. <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html>

## ARRIVAL/AIRPORT

The official airport for arrivals is: Pierre Elliott Trudeau International Airport (YUL), Montreal (20 km from the Montreal Downtown).

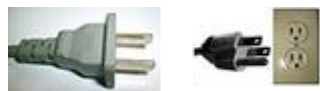
## TAXI TRANSPORTATION

The transportation from the Montreal - Trudeau Airport to the Sheraton Hotel (23.2 km) will be at your own charge.

Taxi estimation charge cost: CAD \$60.00.

## ELECTRICAL CURRENT

The electrical outlet is 120V, 60 Hz. Socket / plug of type A & B



## COMPETITOR ELIGIBILITY

The contest is open for all IFBB-affiliated National Federations from all over the world. Competitors should be entered by sending the Final Entry Form with their names directly to the contest promoter, 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. The number of participating athletes is unlimited.

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.

## OFFICIAL ATHLETE REGISTRATION

The registration, weigh-in and measurements will be conducted on Saturday, October 5th, 2019, between 8:00 and 10:00 hrs at Laval Junior Academy, Laval. 2323 Daniel Johnson Blvd, Laval, Québec, H7T 1H8

Registration of athletes will only be considered if they are entered by their National Federation. All athletes will have to produce their Passports and IFBB International Cards at the Registration.

Any athlete who has not yet purchased or renewed (for 2019) his/her IFBB International Card will have to do so at registration. IFBB International Cards are USD \$45 per year and are mandatory. Please make sure you bring cash.

All music for posing routines must be sent in the MP3 format by email: [cbbfgeorgina@eastlink.ca](mailto:cbbfgeorgina@eastlink.ca) The use of profanity, vulgar and offensive language is strictly prohibited in music for posing.

## CORRESPONDENCE / CONTACT INFORMATION

Please send all Final Entry Forms and correspondence to:

Joe Spinello, promoter

Email: [spinellojoe@hotmail.com](mailto:spinellojoe@hotmail.com)

Contact phone number: 514-806-8161

## REGISTRATION FEE

The Registration Fee is USD \$200 per athlete and should 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 online payment system will be switched off on October 1st, 2019 (Tuesday) at 24:00 hrs (midnight - Central European Summer Time, UTC +2).

If paying at the Registration in Montreal on October 5th, 2019, an extra fee of USD \$50 per participant will be charged.

Crossovers : 100.00 USD for the second category

# CATEGORIES OPEN FOR COMPETITION

## BODYBUILDING

### **Bodybuilding Junior 16 to 23**

Lightweight: up to and including 75 kg

Heavyweight: over 75 kg

### **Bodybuilding Master 40 to 44**

Lightweight: Up to and incl. 70 kg

Middleweight: Up to and incl. 80 kg

Light-Heavyweight: Up to and incl. 90 kg

Heavyweight: Over 90 kg

### **Bodybuilding Master 45 to 49**

Lightweight: Up to and incl. 70 kg

Middleweight: Up to and incl. 80 kg

Light-Heavyweight: Up to and incl. 90 kg

Heavyweight: Over 90 kg

### **Bodybuilding Master 50 to 54**

Middleweight: Up to and incl. 80 kg

Heavyweight: Over 80 kg

### **Bodybuilding Master 55 and over**

Middleweight: Up to and incl. 75 kg

Heavyweight: Over 75 kg

### **Bodybuilding**

Lightweight: Up to and incl. 70 kg

Welterweight: Up to and incl. 75 kg

Middleweight: Up to and incl. 80 kg

Light-Heavyweight: Up to and incl. 90kg

Heavyweight: Up to and incl. 100 kg

Super-Heavyweight: Over 100 kg

## CLASSIC BODYBUILDING

### **Classic Bodybuilding Junior 16 to 23**

one open category

### **Classic Bodybuilding Master 40 to 44**

one open category

### **Classic Bodybuilding Master 45 to 49**

one open category

### **Classic Bodybuilding Master 50 and over**

one open category

**Classic Bodybuilding** Up to & incl. 168cm

**Classic Bodybuilding** Up to & incl. 171cm

**Classic Bodybuilding** Up to & incl. 175cm

**Classic Bodybuilding** Up to & incl. 180cm

**Classic Bodybuilding** Over 180cm

## MEN'S PHYSIQUE

### **Juniors Men's Physique 16 to 23**

Class A: Up to & including 174 cm

Class B: Up to & including 178 cm

Class C: Over 178 cm

### **Men's Physique Master 40 to 44**

one open category

### **Men's Physique Master 45 and over**

one open category

### **Men's Physique**

Class A: Up to & including 170 cm

Class B: Up to & including 173 cm

Class C: Up to & including 176 cm

Class D: Up to & including 179 cm

Class E: Up to & including 182 cm

Class F: Over 182 cm

### **Muscular men's physique**

one open category

## CLASSIC PHYSIQUE

### **Juniors Men's Classic Physique 16 to 23**

one open category

### **Master Men's Classic Physique 40 to 44**

one open category

### **Master Men's Classic Physique 45 to 49**

one open category

### **Master Men's Classic Physique 45 to 49**

one open category

### **Master Men's Classic Physique 50 and over**

one open category

### **Men's Classic Physique**

**Men's Classic Physique** : Up to & incl. 168 cm

**Men's Classic Physique** : Up to & incl. 171 cm

**Men's Classic Physique** : Up to & incl. 175 cm

**Men's Classic Physique** : Up to & incl. 180 cm

**Men's Classic Physique** : Over 180 cm:

## BODYFITNESS (FIGURE)

**Bodyfitness Junlor 16 to 23** one open category

**Bodyfitness Master 35 to 44** one open category

**Bodyfitness Master 45 and over** one open category

### **Bodyfitness**

Class A: Up to and incl. 158 cm

Class B: Up to and incl. 163 cm

Class C: Up to and incl. 168 cm

Class D: Over 168 cm

## WOMEN FITNESS

### **Women fitness junior 16 to 23**

Class A: Up to and incl. 163 cm

Class B: Over 163 cm

### **Women fitness**

Class A: Up to and incl. 163 cm

Class B: Over 163 cm

## WOMEN PHYSIQUE

**Women physique Master 35 and over**  
one open category

### **Women physique**

Class A: Up to and incl. 163 cm

Class D: Over 163 cm

## WOMEN WELLNESS FITNESS

### **Women wellness fitness**

Class A: Up to and incl. 158 cm

Class B: Up to and incl. 163 cm

Class C: Up to and incl. 168 cm

Class D: Over 168 cm

## MIXED-PAIRS

one open category

## BIKINI FITNESS

### **Bikini fitness junior 16 to 23**

Class A: Up to and incl. 164 cm

Class B: Up to and incl. 166 cm

Class C: Over 166 cm

### **Bikini fitness Master 35 and over**

Class A: Up to and incl. 164 cm

Class B: Over 164 cm

### **Bikini fitness**

Class A: Up to and incl. 158 cm

Class B: Up to and incl. 160 cm

Class C: Up to and incl. 162 cm

Class D: Up to and incl. 164 cm

Class E: Up to and incl. 166 cm

Class F: Up to and incl. 169 cm

Class G: Up to and incl. 172 cm

Class H: Over 172 cm

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the category will be combined with the next heavier/taller class, wherever possible. Juniors and masters age divisions will not be combined; however, categories inside the same age division may be combined, if less than 5 athletes per category.

## AWARDS

- Top six athletes in each category will be awarded with trophies and a Certificates of Excellent.
- Overall in each discipline will have a trophy.
- Top 5 athletes in each senior (open) category will be awarded points to the 2019 IFBB World Ranking (according to the Ranking Rules).
- IFBB Elite Pro Cards for the top three overall category winners in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Physique, Bodyfitness, Bikini Fitness and Wellness Fitness and (after applications through their National Federations).

## ENTRY FORM AND CORRESPONDENCE

The deadline date for sending the Final Entry Forms is Tuesday, October 1st, 2019. Please, send your Entry Form to:

Pro Qualifier Promoter:

Mr. Joe Spinello:

E-mail: [spinellojoe@hotmail.com](mailto:spinellojoe@hotmail.com)

International Federation of Bodybuilding and Fitness

Head Office:

Ms. Diana Mozos

E-mail: [info@ifbb.com](mailto:info@ifbb.com)

IFBB Technical Committee

Eng. Andrew Michalak

E-mail : [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

## TENTATIVE SCHEDULE

October 5th, 2019 (Saturday):

8:00 - 10:00 hrs. : Official Athlete Registration, Laval Junior Academy

October 5th, 2019 (Saturday):

12:00 - Prejudging

16:00 - Finals (top 6)

## MUSIC

All music must be sent by email: [cbbfgeorgina@eastlink.ca](mailto:cbbfgeorgina@eastlink.ca)

### IMPORTANT NOTICE

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

## **MEDIA ACCREDITATION**

Will be approved by official representative of the IFBB and the promoter.

Joe Spinello, promoter

Email: [spinellojoe@hotmail.com](mailto:spinellojoe@hotmail.com)

## **BACKSTAGE ACCESS/DRESSING ROOM ACCESS**

Backstage access: USD \$75.00 (included a ticket for Pre-judging and Finals) Available at the registration

## **PHOTOGRAPHERS**

Glen Grant will be onsite as the official photographer. The cost for pictures of your performance on stage is CAD \$115.00. Order forms for those pictures will be available at the official registration. Only cash payment is accepted

## **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, in any event, these devices shall be strictly prohibited in the dressing room area.

## **TANNING SERVICES**

Team Ultra Spray Tan is the official and exclusive tanner for the MONTREAL IFBB DIAMOND CUP, OCTOBER 5th, 2019. You may contact them for an appointment at: [teamultratan@gmail.com](mailto:teamultratan@gmail.com) Call or text. 819-816-6042. Website: [www.ultraspraytan.ca](http://www.ultraspraytan.ca)

## **HAIR / MAKEUP**

Stephanie Pouliot is the official and exclusive makeup and hair for the MONTREAL IFBB DIAMOND CUP, OCTOBER 5th, 2019. You may contact her and her team for an appointment by calling 514-913-2675 or email [pouliotstephanie@me.com](mailto:pouliotstephanie@me.com) Bookings: <http://shinebystephanie.com>

## JUDGES

Each of the participating National Federations may nominate IFBB International Judges. All National Federations are reminded that their nominations of judges for the competition must be also included in the Final Entry Forms, failing to do so judge will not be allowed to judge. All IFBB International Judges must be in possession of a IFBB Judge's Card, with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the competition in Laval.

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.

For more information, please contact IFBB Judges Committee Chairman Mr. Pawel Filleborn at [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

## MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

## TICKETS

Contact phone number: 514-806-8161

Contact:

Promotor Joe Spinello

Email: [spinellojoe@hotmail.com](mailto:spinellojoe@hotmail.com)

Contact phone number: 514-806-8161

Prices: Pre-judging: \$20.00 CAN

Finals: \$40.00 CAN