

23.000\$
TOTAL CASH PRIZES

Elite Pro Madrid

SATURDAY, OCT 19

**BODYBUILDING • MENS PHYSIQUE
CLASSIC BODIBUILDING • BIKINI FITNESS
WELLNESS FITNESS • BODYBUILDING MASTER**



18-20 OCTOBER

**IES ANTONIO MACHADO
ALCALÁ DE HENARES
MADRID**

and



Diamond Cup Madrid

**LAST TRAIN FOR
WORLD CHAMPIONSHIPS 2019**

OCTOBER 18-20

RANKING POINT EVENT • ELITE PRO QUALIFIER

Bodybuilding & Fitness Federation (IFBB) take this opportunity to welcome all IFBB affiliated National Federations from all over the world to participate in the 2nd Diamond Cup Madrid to be held in Alcalá de

Henares, Madrid , Spain, from Friday, October 18th to Monday, October 21th, 2019.

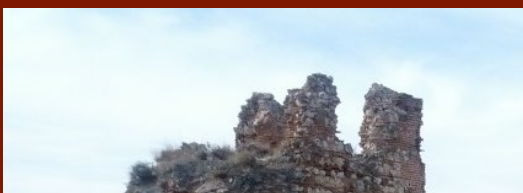
about Alcala de Henares

ALCALÁ DE HENARES:

Meaning *Citadel on the river Henares*, is a Spanish city located 35 kilometres (22 miles) northeast of the country's capital, Madrid. It stands out for its rich archaeology and was one of the first bishoprics founded in Spain. Locally, it is generally known simply as "Alcalá", but "de Henares" is appended when needed to differentiate it from a dozen Spanish cities sharing the name Alcalá (from the Arabic word *al-qal'a* , for fortification or citadel). The Latin name, *Complutum*, is sometimes used. The city is the capital of its namesake region, Comarca de Alcalá. Its historical centre is one of UNESCO's World Heritage Sites.



HISTORY The city boundaries have been inhabited since the Chalcolithic phase of the Bronze Age. Romans conquered the area in the 1st century BC, and built the town of Complutum near a previous Carpetanian settlement, called Iplacea. Thus, it became the only Roman town in the Madrid region. With 10,000 inhabitants, it reached the status of Municipium and had its own governing institutions. After the downfall of the Roman Empire, under the Visigoths, it declined, although it also became a pilgrimage destination in remembrance of the Saints Justo and Pastor.



Tower of the Old Castle of Alcalá La Vieja. When the Moors arrived in 711, they subdued the Visigothic city and founded another site, building an al-qal'a, which means "citadel" in Arabic, on a nearby hill, today known as Alcalá la Vieja (Old

Alcalá). On 3 May 1118, it was reconquered by the Archbishop of Toledo Bernard de Sedirac in the name of Castile. The Christians preferred the Burgo de Santiuste ("Saint Just's borough") on the original Roman site and the Arab one was abandoned. The city was ceded to the Bishopric of Toledo, which granted it ferial rights. Under Christian rule until the end of the Reconquista, the city had both a Jewish and a Moorish quarter and a renowned marketplace. Its central position allowed it to be a frequent residence of the Kings of Castile, when travelling south.

At some time in the 1480s, Christopher Columbus had his first meeting with the Reyes Católicos, Ferdinand and Isabella, who financed the travel for the Discovery of America. The city suffered severe damage during the Spanish Civil War.



HISTORIC FIGURES AND EVENTS:

The author Miguel de Cervantes was born in Alcalá de Henares, and baptized in the Church of Santa María in 1547, although his family moved from the city when he was still young. The city celebrates his birthday, 9 October, every year and organizes an annual Cervantes festival. The local university is acknowledged as a global leader in the study of Cervantes and his works.

Miguel de Cervantes (the author of) Don Quijote (Don Quixote) illustration by Gustave Doré

Every year on 23 April, the anniversary of Cervantes' death, the city of Alcalá hosts the ceremony awarding the Cervantes Prize, the Spanish-speaking world's most prestigious award for lifetime achievement in literature. The award is presented by the King of Spain at the University of Alcalá's historic "*Colegio de San Ildefonso*." Speeches about the importance of the Spanish language are customarily given by the King, the Minister of Culture and the laureate. The ceremony attracts a wide range of dignitaries to the city including members of the Royal Family, the Prime Minister, and others. During this ceremony the citizens of Alcalá can be heard singing the city's song, entitled "Alcalá de Henares."



Other notable figures associated with the city are Ferdinand I of Aragon, cardinal Francisco Jiménez de Cisneros, the mystic John of the Cross, the theologian Gabriel Vázquez, the poet Juan Ruiz, Arcipreste de Hita, and Manuel Azaña Díaz, writer and politician, who was President of the Second Spanish Republic between 1936 and 1939. The historian Antonio de Solís was also probably born here. Ignatius of Loyola was once a student at the university, yet after several confrontations with the Spanish Inquisition, he left the city.

Alcalá hosts an annual "Noche en Blanco." During this festival the streets are filled with music, art, theatre, and dance as the city residents celebrate Alcalá's rich cultural heritage. The festival goes well into the night and centers

around the Plaza de Cervantes where stages are set up to host the performances



geography

A) Road communication channels with Alcalá

BY CAR:

Interurban roads

Highway A-2 (Madrid - Zaragoza - Barcelona).

R-2 (Madrid-Guadalajara).

M-300 (Loeches).

M-203 (Improved of the Field).

M-100 (Daganzo).

M-119 (Camarma).

M-121 (Meco).

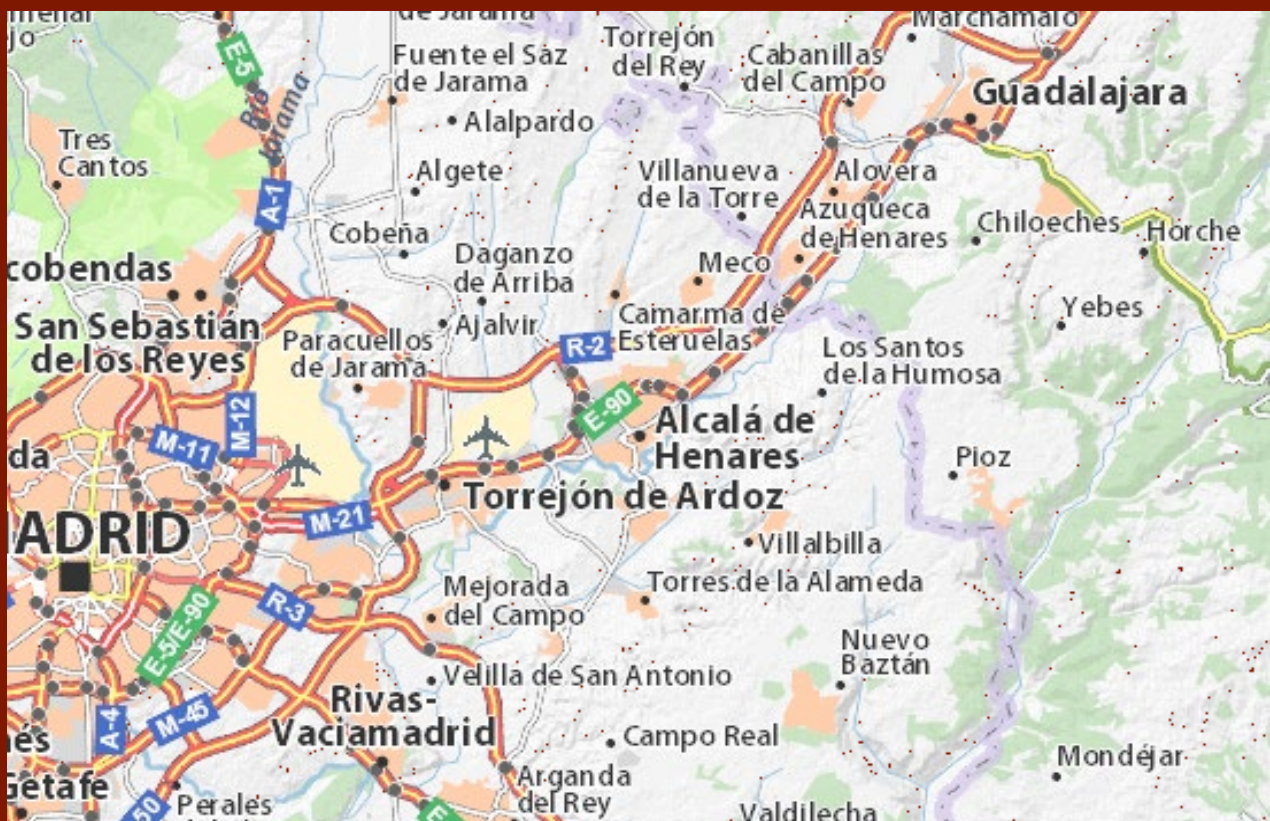
B) Way of communication

BY TRAIN:

By rail, the city of Alcalá has a magnificent railway link with Madrid, as well as Zaragoza and Barcelona.

Service of Cercanías with capital Madrid, municipalities of all the region of Madrid and even Guadalajara and municipalities of this province.

Regional and medium-long distance train service.



competition venue

VENUE SITE:

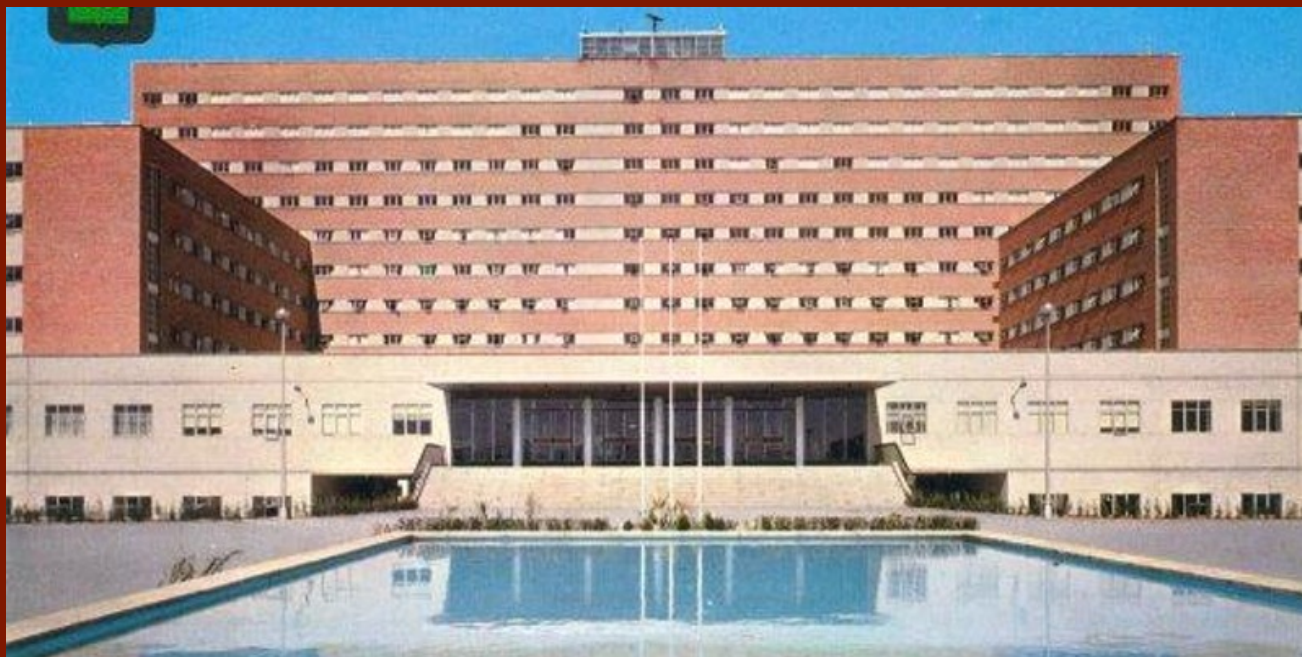
IES ANTONIO MACHADO College

CONGRESS HALL

ADDRESS: c/ Alalpardo s/n

Postal Code 28806

Phone: +34 91 889 24 50



official hotel

ALCALA PLAZA HOTEL:

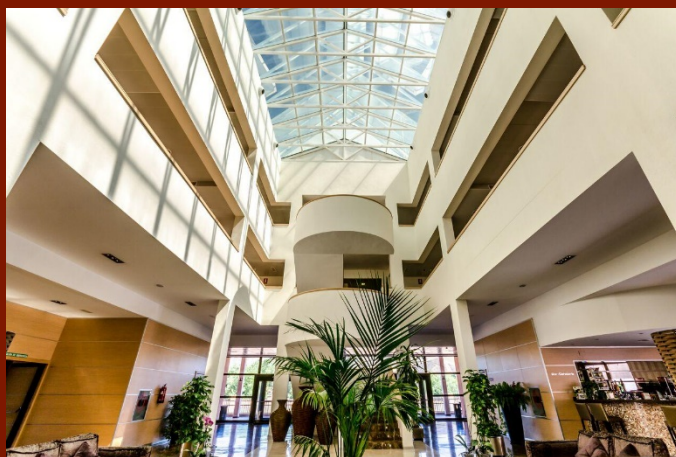
c/ Hita nº 4

Alcala de Henares

28805 Madrid – Spain

Phone: +34 91 878 34 00

Official Hotel to the IFBB Executive Council Officials and Guest



airport

Madrid-Barajas airport belongs to the Public Business Entity AENA, Aeropuertos Españoles y Navegación Aérea. It is located in the north-east of Madrid, Barajas district, only 12 km from Madrid city centre.

The airport changed its name after 83 years of use to Madrid-Barajas by Adolfo Suárez Madrid-Barajas, a tribute to a former Spanish president who died in 2014.

participation

The DIAMOND CUP MADRID are open to all IFBB-affiliated National Federations worldwide. The number of participating competitors is **unlimited**. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible.
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.*

registration

Registration will take place in the Alcala Plaza Hotel, Calle Hita 4, 28805, Alcala de Henares, Madrid, Spain, on Friday, October 18th, from 10:00 till 20:00 h.

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names to the Organizing Committee, IFBB Head Office and IFBB Technical Committee.

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** 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.

You will receive your tags or wrist band for athletes and coaches at the registration



IFBB registration fees

Registration fee for athletes to enter this competition is **EUR €300,00** which have to be paid in advance by credit/debit card or PayPal at IFBB webpage: <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 Monday, October 14th, 2019, 24:00 hrs (midnight - Central European Time, UTC +2) the online payment system will be switched off.

If paying at the Registration on October 18th, 2019, an **extra fee of EUR €50** per participant will be charged.

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

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 their 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 IFBB Judge's Cards with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the Diamond Cup in Spain.

All international judges must bring their International Cards to Spain.

team managers and judges meeting

The Team Managers and Judges Meeting will be held **on Friday, October 18th, 2019, at 18:00 hrs** in the

All Judges and Delegates are obliged to attend this meeting

categories

| | <i>DISCIPLINE</i> | <i>CATEGORY</i> |
|----|---------------------------------|--------------------------------|
| 1 | Men Bodybuilding | Up to & incl. 75 kg |
| 2 | Men Bodybuilding | Up to & incl. 80 kg |
| 3 | Men Bodybuilding | Up to & incl. 85 kg |
| 4 | Men Bodybuilding | Up to & incl. 90 kg |
| 5 | Men Bodybuilding | Up to & incl. 100 kg |
| 6 | Men Bodybuilding | Over 100 kg |
| 7 | Men Classic Bodybuilding * | Up to & incl. 171 cm |
| 8 | Men Classic Bodybuilding * | Up to & incl. 175 cm |
| 9 | Men Classic Bodybuilding * | Up to & incl. 180 cm |
| 10 | Men Classic Bodybuilding * | Over 180 cm (see notes below*) |
| 11 | Men's Classic Physique | Up to & incl. 171 cm |
| 12 | Men's Classic Physique | Up to & incl. 175 cm |
| 13 | Men's Classic Physique | Over 175 cm (see notes below*) |
| 14 | Women's Physique (60 s routine) | Open Class |
| 15 | Women Bodyfitness | Up to & incl. 163 cm |
| 16 | Women Bodyfitness | Up to & incl. 168 cm |
| 17 | Women Bodyfitness | Over 168 cm |
| 18 | Women Bikini-Fitness | Up to & incl. 158 cm |
| 19 | Women Bikini-Fitness | Up to & incl. 160 cm |
| 20 | Women Bikini-Fitness | Up to & incl. 162 cm |
| 21 | Women Bikini-Fitness | Up to & incl. 164 cm |
| 22 | Women Bikini-Fitness | Up to & incl. 166 cm |
| 23 | Women Bikini-Fitness | Up to & incl. 169 cm |
| 24 | Women Bikini-Fitness | Up to & incl. 172 cm |
| 25 | Women Bikini-Fitness | Over 172 cm |
| 26 | Women Wellness Fitness | Up to & incl. 163 cm |
| 27 | Women Wellness Fitness | Over & incl. 163 cm |
| 28 | Men's Physique | Up to & incl. 170 cm |
| 29 | Men's Physique | Up to & incl. 173 cm |
| 30 | Men's Physique | Up to & incl. 176 cm |
| 31 | Men's Physique | Up to & incl. 179 cm |
| 32 | Men's Physique | Over 179 cm |
| 33 | Muscular Men's Physique | Open Class |

| | | |
|-----------|------------------------------------|--------------------------------|
| 34 | Junior Women Bikini-Fitness | Open Class |
| 35 | Junior Men Bodybuilding | Open Class |
| 36 | Junior Men's Physique | Open Class |
| 37 | Master Women Bikini-Fitness | Open Class |
| 38 | Master Women Bodyfitness | Open Class |
| 39 | Master Women's Physique | Open Class |
| 40 | Master Men's Physique | Open Class |
| 41 | Master Men Bodybuilding | Up to & incl. 70 kg |
| 42 | Master Men Bodybuilding | Up to & incl. 80 kg |
| 43 | Master Men Bodybuilding | Up to & incl. 90 kg |
| 44 | Master Men Bodybuilding | Over 90 kg |
| 45 | Master Men Classic BB | Open Class |
| 46 | Men's Classic Physique | Open Class |

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.

awards

- **Top six athletes** in each category will be awarded with medals and a certificates.
- **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 **2019 IFBB World Ranking** according to the World Ranking Rules.
- **Overall winners or open category winners** in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Women's Physique, Women's Bodyfitness, Women's Bikini Fitness and Women's Wellness Fitness are eligible to apply for the IFBB Elite Pro Card through their National Federations.

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.

camera/video tape equipment

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

tanning needs



IMPORTANT INFORMATION FOR ATHLETES:

We are excited to inform you, the **Jan Tana Team** will be providing **Tanning, Hair & Makeup** services at the contest venue!

We Recommend purchasing services from **Jan Tana** to insure you **Look Your Best**.

Jan Tana is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pros.

Link: <http://www.onsitetan.com/book-here/>

green cards

Green cards or wristbands for access to backstage area during the prejudging & finals, will be on sale at weigh-in.

Visas

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

Please contact the Spanish Embassy in your country to determine if you need a visa.

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 attendants visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy of passport
- Where the attendant will have his or her accommodation

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.

currency

The official currency of Spain is the Euro (€). Approx EUR €1,00 = USD \$1.18 . Current rates at:

<http://www.xe.com/currencyconverter/>

credit cards

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

time difference

UTC +2 (daylight saving time in summer)

climate

In October the average daily temperature is 20°C.

electrical current

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs. Detailed info at:
<http://www.worldstandards.eu/electricity/plugs-and-sockets/>



language

The official language is Spanish.

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 not later than October **11th, 2019**. You may contact the IFBB Press Commission to obtain this form: amichalak5@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 accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

preliminary entry form (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is **September 30th, 2019**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (athletes and delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the competition.

final entry form (FEF)

The deadline for sending the Final Entry Form is Monday, **October 14th, 2019**. National Federations must submit the actual names of all Official Participants (athletes by discipline and category and delegates, including judges). Final Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: secretaria@ifbb-spain.com
- IFBB Head Office at: info@ifbb.com
- IFBB **Technical Committee** at: amichalak5@gmail.com

The Final Entry Form must be returned not later than the deadline. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS

PLEASE SEND YOUR ENTRY FORM TO:

Spanish Bodybuilding and Fitness Federation Co-organizing
Committee

Address : c/ Esglesia 357 3^o 2^a – Calella – Barcelona - Spain Phone: +34
766 41 44

Email : secretaria@ifbb-spain.com Website : www.ifbbspain.com

Mr. José Tomás Ramos Muñoz, President

COPY ALL CORRESPONDENCE TO:

IFBB Head Office - Madrid, Spain

Ms. Diana Mozos

Phone: +34 91 535 2819

E-mail: info@ifbb.com

| FRIDAY, OCTOBER 18 th , 2019 | | |
|---|--|-----------------------------|
| 10:00 – 20:00 hrs | Official Registration and Weigh-in. Each competitor must provide his PASSPORT, IFBB INTERNATIONAL CARD and at Registration. MUSIC | Hotel Alcala Plaza |
| 18:00 – 19:00 hrs | Team Managers and Judges Meeting | Hotel Alcala Plaza |
| SATURDAY, OCTOBER 19 th , 2019 | | |
| 09:30 - 17:30 hrs | Elimination Round - Semifinals- Finals (FIRST PART) | IES Antonio Machado College |
| 18:30 - 21:30 hrs | IFBB ELITE PRO SPAIN 2019 Elimination Round - Semifinals- Finals | IES Antonio Machado College |
| SUNDAY, OCTOBER 20 th , 2019 | | |
| 09:30 - 16:00 hrs | Elimination - Semifinals- Finals (SECOND PART) | IES Antonio Machado College |

It is the responsibility of the President or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at this event, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.





IFBB OFFICIAL PHOTOGRAPHER

WHAT WILL YOU GET?

Individual photos (elimination, semifinals) · Comparison photos (finals)
I-walk or posing routine · Award ceremony · **Everything in high-resolution**



HOW MANY PICTURES WILL I GET FOR 20 €?

It depends on many factors - your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

HOW LONG IT WILL TAKE TO GET PHOTOS?

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

HOW DO I GET PHOTOS?

During payment process you have to enter correct e-mail address - we will send you download link (Dropbox) where you can download all photos in digital format.



¿CUÁNTAS FOTOS OBTENDRÉ POR 20 €?

Depende de muchos factores de tu sesión, la cantidad de fotógrafos que tenemos en la competencia, la velocidad de evaluación, etc. Por ejemplo, si termina en eliminación, puede esperar al menos 4 fotos (4 poses) pero si está en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER FOTOS?

Puede tomar hasta 7 días después del último día del espectáculo para competiciones pequeñas (por ejemplo, Diamond Cup) o 14 días para grandes competiciones (European Championships, World Championships, Arnold Classic).

¿CÓMO CONSIGO FOTOS?

Durante el proceso de pago, debe ingresar la dirección de correo electrónico correcta: le enviaremos el enlace de descarga (Dropbox) donde podrá descargar todas las fotos en formato digital.



ILE ZDJĘĆ DOSTANE ZA 20 €?

Zależy to od wielu czynników, od tego jak wypadniesz, liczby fotografów, których mamy w konkursie, szybkości oceniania itp. Na przykład, jeśli skończysz w eliminacjach, możesz spodziewać się co najmniej 4 zdjęć (4 pozy), ale jeśli dotrzesz do finału może to być do 30-40 zdjęć. Minimalna liczba zdjęć to 3.

KIEDY BĘDZIE MOŻLIWE ODEBRANIE ZDJĘĆ?

Może potrwać do 7 dni od ostatniego dnia pokazu w przypadku małych konkursów (np. Diamond Cup) lub 14 dni w przypadku dużych zawodów (European Championships, World Championships, Arnold Classic).

JAK MOŻE UZYSKAĆ ZDJĘCIA?

Podczas procesu płatności należy podać prawidłowy adres e-mail - wyślemy Ci link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.



QUANTE FOTOGRAFIE POTRÒ AVERE PER 20 €?

Dipende da diversi fattori: la tua performance, il numero di fotografi di cui disponiamo alla competizione, la velocità della valutazione ecc. Ad esempio, se finisci in eliminazione, puoi aspettarti almeno 4 fotografie (4 pose), ma se sei in finale può essere fino a 30-40 fotografie. Il numero minimo di foto è 3.

QUANTO CI VORRÀ PER OTTENERE LE FOTOGRAFIE?

Possono trascorrere fino a 7 giorni dopo l'ultimo giorno dello spettacolo per le piccole competizioni (ad es. Diamond Cup) oppure 14 giorni per le grandi competizioni (European Championships, World Championships, Arnold Classic).

COME POSSO OTTENERE LE FOTOGRAFIE?

Durante il processo di pagamento, devi inserire il tuo indirizzo e-mail corretto. Dopodiché, ti invieremo il link per il download (Dropbox) col quale potrai scaricare tutte le fotografie in formato digitale.



СКОЛЬКО ФОТОГРАФИЙ Я ПОЛУЧУ ЗА 20 €?

Это зависит от многих факторов - вашей работы, количества фотографов, которые будут на соревнованиях, скорости суждения. Например, если вы закончите выступление на этапе отсева, вы можете ожидать как минимум 4 фотографии (4 позы), но если вы находитесь в финале, то может быть до 30-40 фотографий. Минимальное количество фотографий - 3.

СКОЛЬКО ВРЕМЕНИ ПОТРЕБУЕТСЯ, ЧТОБЫ ПОЛУЧИТЬ ФОТОГРАФИИ?

Это может занять до 7 дней после последнего дня показа на небольших соревнованиях (например, Diamond Cup) или 14 дней для крупных соревнований (European Championships, World Championships, Arnold Classic).

КАК МНЕ ПОЛУЧИТЬ ФОТОГРАФИИ?

Во время процедуры оплаты вы должны ввести правильный адрес электронной почты - мы вышлем вам ссылку для скачивания (Dropbox), где вы можете загрузить все фотографии в цифровом формате.

