2017 IFBB
DIAMOND CUP GREECE
November 18th - 19th 2017

INSPECTION REPORT

ELITE PRO QUALIFIER FOR MEN'S BODYBUILDING, MEN'S PHYSIQUE, AND WOMEN'S PHYSIQUE, CLASSIC BODYBUILDING, WOMEN WELLNESS, BODYFITNESS,

BIKINI-FITNESS.

The Greek Bodybuilding and Fitness Federation organizes the "IFBB Diamond Cup Greece" to be held in the City of Athens, November 18th - 19th 2017

WELCOME

Greece, the blue gate between East and West, is welcoming all our friends from all over the world to enjoy sports and friendship. Greece has influenced Western and Eastern society more, and more fundamentally than any other nation known to history. No other culture has exerted so perennial and vitalizing impact on later ages, in so many spheres: faith, moral, literature, philosophy, science and aesthetics. Greek ideas, Greek art and architecture, and (even to a surprising extend) Greek language, are all with us today. Numberless banks, colleges and town halls still display formal devices (columns, dentils, pediments) first employed by the Greeks.

ATHENS: The host city of the 2017 IFBB DIAMOND CUP GREECE

Athens is the **historical capital of Europe**, with a long history, dating from the first settlement in the **Neolithic age**. In the 5th Century BC (the "Golden Age of Pericles") – the culmination of Athens' long, fascinating history – the city's values and

civilization acquired an universal significance. Over the years, a multitude of conquerors occupied Athens, and erected unique, **splendid monuments** - a rare historical palimpsest. In 1834 it became the capital of the modern **Greek state** and in two centuries since it has become an attractive **modern metropolis** with unrivalled charm.

A large part of the town's **historic centre** has been converted into a 3-kilometre **pedestrian zone** (the largest in Europe), leading to the major **archaeological sites** ("archaeological park"), reconstructing – to a large degree – the ancient landscape.

Acropolis and Lycabetus

Around Acropolis

The tour starts at the temple of **Olympian Zeus** (6th c. B.C.), one of the largest in antiquity and close by **Hadrian's Arch** (131 A.D.), which forms the symbolic entrance to the city. From there, walking along **Dionysou Areopaghitou Street** (on the south side of the Acropolis) you pass the **ancient Theatre of Dionysos** (5th c. B.C.) where most of the works by Sophocles, Euripides, Aeschylos and Aristophanes were performed. Continuing, you will reach the **ruins of the Asklepieion** (5th c. B.C.) and the **Stoa of Eumenes** (2nd c. B.C.) and from there the **Odeion of Herodes** Atticus, which was built in 161 A.D. and is nowadays the venue of the performances of the **Athens Festival**.

Thanks to its rich morphology, Athens has plenty of places where you can admire stunning **panoramic views** of the city. Romantic or not, let yourself be captivated by the Athenian cityscape as seen from above.

More information on the top interesting places and sightseeing tours:
http://www.visitgreece.gr/

CONTEST INFO

ARRIVALS AND AIRPORT

Saturday , November 18th, 2017 is an official arrival day. **Athens International Airport "Eleftherios Venizelos"** is the primary international airport in the city, having 2 terminals. More information at: *https://www.aia.gr/en/traveler*

ACCOMMODATION

Visit http://www.ask2travel.com/en/ , https://el-gr.facebook.com/ask2travel/

Or contact at the email address: info@ask2travel.com

Transportation

OPTION 1:

Trip 1 (Duration: 00:26:00*)
From: Airport (Suburban railway [Airport - Ano Liosia]), Direction: Ano Liosia
At station: Neratziotissa change from: Suburban railway [Airport - Ano Liosia] to: Line 1 (ISAP) (Direction: Piraeus)
To: Station Irini
Trip 2 (Duration: 00:05:00*)
From: Station Irini
Bus line 444 to OLYMPIAKO GYMNASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

OPTION 2.
Taxi
From: Airport to GALATSI OLYMPIC HALL
Total distance is 34 km and can be covered in rougdly 27 minutes
Cost rougdly 30,00 €

From central Athens

OPTION 1.

Trips with one line change

Trip 1 (Duration: 00:22:30*)

From: Omonia (Line 1 (ISAP)), Direction: Kifissia

To: Irini

Trip 2 (Duration: 00:05:00*)

From: Station Irini

Bus line 444 to OLYMPIAKO GYMMASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

OPTION 2.

Taxi

From: Omonia Square to GALATSI OLYMPIC HALL

Total distance is 6,1 km and can be covered in roughly 21minutes

Cost roughly 10,00 €

Trip 1 (Duration: 00:25:30*)

From: Syntagma (Line 2), Direction: Anthoupoli

At station: Omonia change from: Line 2 to: Line 1 (ISAP) (Direction: Kifissia)

To: Irini

Trip 2 (Duration: 00:05:00*)

From: Station Irini

Bus line 444 to OLYMPIAKO GYMNASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

OPTION 2

Taxi

From: Syntagma Square to GALATSI OLYMPIC HALL

Total distance is 7,34 km and can be covered in roughly 24 minutes

Cost roughly 11,00 €

Bus Connections from central Athens

SYNTAGMA-OAKA (Athens Olympic Sports Complex- Station Irini)

From: Station Irini

Bus line 444 to OLYMPIAKO GYMNASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

E14 SYNTAGMA-OAKA (EXPRESS) - Station Irini
From: Station Irini
Bus line 444 to OLYMPIAKO GYMNASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

X14 SYNTAGMA-KIFISIA (Bus Stop : Athens Olympic Sports Complex-Station Irini)
From: Station Irini
Bus line 444 to OLYMPIAKO GYMNASTIRIO GALATSIOY (GALATSI OLYMPIC HALL)

THE VENUE

Galatsi Olympic Hall, Athens: https://en.wikipedia.org/wiki/Galatsi_Olympic_Hall
The **Galatsi Olympic Hall** is a mult-use indoor arena that is located in Galatsi, Athens. It was the site of table tennis and rhythmic gymnastics at the 2004 Summer Olympics. The Galatsi Olympic Hall has a seating capacity of 6,200, which includes 5,141 permanent seats in the upper tier, and the removable lower tier seat

IMPORTANT ARRIVAL AND CHECK-IN NOTICES
COMPETITOR NOTIFICATION

Once the Entry Form from a National Federation has been received and accepted, an official letter will be sent confirming your participation in the 2017 IFBB Diamond Cup Greece. Those athletes who have not met the established requirements, who missed the deadline for registration, will also be notified that they will be unable to participate in this competition. We strongly encourage you to register early and make the appropriate arrangements to compete in Athens. Hotels will be booked up quickly as this is a very popular event.

PARTICIPATION

The contest is open for all IFBB-affiliated National Federations from all over the world. Participation in this competition is unlimited. 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 Greek Federation, 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.

REGISTRATION AND REGISTRATION FEE

Official Athlete Registration will be run on Saturday, November 18th, 2017, from 15:00 till 21:00 at the venue (Galatsi Olympic Hall, Athens). **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

Registration fee for athletes to enter this competition is EUR €200 which will be collected at the time of registration.

All athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. IFBB International Cards are EUR €30 per year and are mandatory. Any athlete who has not yet purchased this Card will have to buy one at Registration.

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 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 a **competitor wristband** at the weigh-in. This wristband allows daily admission to the venue and should not be removed.

- HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN THE NATIONAL FEDERATION AND THE HOTEL.

- THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELLING ARRANGEMENTS AND MEALS.

CATEGORIES OPEN FOR COMPETITION AT THE 2017 IFBB DIAMOND CUP GREECE

MEN'S CATEGORIES	WOMEN'S CATEGORIES
MEN'S BODYBUILDING Up to & including 70 kg Up to & including 80 kg Up to & including 90 kg Up to & including 100 kg Over 100 kg	**WOMEN'S BODYFITNESS** Up to & including 163 cm Up to & including 168 cm Over 168 cm **MASTER WOMEN'S BODYFITNESS** Over 35 years : one open class
MASTER MEN'S BODYBUILDING 40-44 years old Up to & including 90 kg Over 90 kg 45-49 years old Up to & including 90 kg Over 90 kg 50-54 years old One open class 55 years old One open class	**WOMEN'S BIKINI-FITNESS** Up to & including 160 cm Up to & including 164 cm Up to & including 169 cm Over 169 cm **MASTER WOMEN BIKINI FITNESS** One open class

MEN'S CLASSIC BODYBUILDING*	**WOMEN'S PHYSIQUE**
Up to & including 175 cm	**One open class**
Up to & including 180 cm	**Master Women's Physique**
Over 180 cm	**One open category**
MEN'S PHYSIQUE	**WOMEN'S WELLNESS**
Up to & including 173 cm	**Up to and incl. 163 cm**
Up to & including 176 cm	**Over 163 cm**
Up to & including 179 cm	
Over 179 cm	
MUSCULAR MEN'S PHYSIQUE	
Open category	

. A category can only be run if there are not less than 6 athletes in this category. If less than 6 athletes, categories will be combined and run as one open class

***- See the table below:**

Maximum bodyweight limits [in kg] for classic bodybuilding

1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
2. Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
3. Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) + 4 [kg]
4. Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) + 6 [kg]
5. Over 180 cm
a) over 180 cm up to & incl. 190 cm: Max Weight [kg] = (Height [cm] -100) + 8 [kg]
b) over 190 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) + 9 [kg]
c) over 198 cm: Max Weight [kg] = (Height [cm] – 100) + 10 [kg]

AWARDS

IFBB ATHLETES ELIGIBLE FOR A ELITE PRO CARD

INTERNATIONAL REQUIREMENTS

• To be placed amongst the Top 15 in the Elite Ranking on the 1st October

• To be placed amongst the Top 15 in the Elite Ranking from 1st October till the 31st December (or the date of the last Elite Ranking event)

• To be placed amongst the Top 3 in all the Elite Pro Qualifiers

IFBB ELITE PRO CARD can be granted to the following athletes in their national championships

• Bodybuilding OVERALL

• Classic Bodybuilding OVERALL

• Men's Physique OVERALL

• Muscular Men's Physique OVERALL

• Bikini-Fitness OVERALL

• Bodyfitness OVERALL

• Wellness OVERALL

• Women's Physique OVERALL

3. CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS

Please send the Final Entry Form no later than November 10th 2017 to:	Please Send a copy to:
Greek Bodybuilding & Fitness Federation **General Secretary** **Mrs. Penny Ioannidou-Leventeli** **Mobile:** +30 6977 473 503 E-mail: info@bodybuilding-eosd.gr *or* E-mail: peles59@yahoo.gr	**IFBB Technical Committee,** **Eng. Andrew Michalak:** E-mail: amichalak5@gmail.com *and* **IFBB Head Office: Ms. Diana Mozos:** E-mail: info@ifbb.com

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB Internatioanl 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 address:
pawelfilleborn@gmail.com
All international judges must bring their International Judge's Cards to Athens.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2017. This fee may also be paid at the Championships in Athens.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the Championships in Athens.

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 this competition.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the competition

VISAS

A valid passport is required to enter Greece. Citizens of around **90 countries** don't need visa to enter Greece up to 90 days. Detailed information for each country available here:
http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/countries-requiring-or-not-requiring-visa.html

For more information contact the Greek Embassy in your country, please.
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 Competition Organizer or IFBB. The invitation letter does not

mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer.
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.

OFFICIAL LANGUAGE

The official language in Greece is Greek, but English is widely used. The staff of hotels, travel agencies and shops usually speaks English.

CURRENCY

The official currency in Greece is Euro (€). The current rates of EUR to other currencies available here: http://www.x-rates.com/table/?from=EUR&amount=1

CLIMATE

During the month of December the weather is cold, but with sunny days. The daily mean temperature is 11.5^0C (52.7^0F). Average rainy days: 12.1; average humidity: 71.8%.

TIME DIFFERENCE

UTC/GMT + 2 hours (Eastern European Time Zone).

ELECTRIC CURRENT

220 volts, 50 Hz, plugs/sockets of type C and F. More information at:
http://www.worldstandards.eu/electricity/plugs-and-sockets/

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

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

CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

PRESS ACCREDITATION

Any press representatives that wish to obtain press accreditation for this event have to

register upon arrival and contact the Organizing Committee.

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.

For Tanning, Makeup & Hair appointments please contact at

info@bodybuilding-eosd.gr

SECRETARIAT

You may obtain information and assistance from the IFBB Secretariat at the venue, when required.

TENTATIVE SCHEDULE

Saturday, November 18th, 2017		
15:00 - 21:00	Official ARRIVAL DAY of National Teams & Official Athlete Registration , Weigh – in	Galatsi Olympic Hall
Sunday, November 19th, 2017		
9:00 - 9:30	Team Managers and Judges Meeting	Galatsi Olympic Hall
10:00	Prejudging & Finals	Galatsi Olympic Hall
Monday, November 20th, 2017		
Up to 12:00	Departures	

COMPETITION RUNNING ORDER

Sunday, November 19th, 2017

MASTER MEN'S BODYBUILDING

40-44 years old:

Up to & including 90 kg

Over 90 kg

45-49 years old:

Up to & including 90 kg

Over 90 kg

50-54 years old

Open

55 years old

Open

WOMEN'S BIKINI-FITNESS

Up to & including 160 cm

Up to & including 164 cm

Up to & including 169 cm

Over 169 cm

MASTER WOMEN BIKINI FITNESS

Open

OVERALL Bikini Fitness

WOMEN'S BODYFITNESS

Up to & including 163 cm

Up to & including 168 cm

Over 168 cm

MASTER WOMEN'S BODYFITNESS

Open

OVERALL Bodyfitness

WOMEN'S PHYSIQUE

Open

Master Women's Physique

Open

OVERALL Women's Physique

WOMEN'S WELLNESS

Up to and incl. 163 cm

Over 163 cm

MEN'S PHYSIQUE

Up to & including 173 cm

Up to & including 176 cm

Up to & including 179 cm

Over 179 cm

MUSCULAR MEN'S PHYSIQUE

Open

OVERALL Men's Physique

MEN'S CLASSIC BODYBUILDING

Up to & including 175 cm

Up to & including 180 cm

Over 198 cm

OVERALL Men's Classic Bodybuilding

MEN'S BODYBUILDING

Up to & including 70 kg

Up to & including 80 kg

Up to & including 90 kg

Up to & including 100 kg

Over 100 kg

OVERALL Men's Bodybuilding