



INSPECTION REPORT

IFBB INTERNATIONAL AMATEUR BODYBUILDING AND FITNESS

DIAMOND CUP OSTRAVA

AND

IFBB ELITE CZECHIA-PRO

JUNE 18th - 20th, 2021

OSTRAVA, CZECH REPUBLIC



CZECHIA-PRO

The Czech Bodybuilding & Fitness Federation offers IFBB-affiliated National Federations to participate in the IFBB Diamond Cup Ostrava. The event will include Men's Bodybuilding, Juniors (21-23 years) & Younger Juniors (16-20 years), Classic Bodybuilding, Classic Physique, Men's Physique, Women's Physique, Bodyfitness, Bikini and Wellness.

And the ELITE CZECHIA-PRO Men's Bodybuilding OVER and up to 95 kg, Men's Physique and Women Bikini, Bodyfitness.



INFORMATION

Welcome

The Organizing Committee of the **IFBB INTERNATIONAL AMATER BODYBUILDING AND FITNESS COMPETITION - DIAMOND CUP OSTRAVA AND ELITE CZECHIA-PRO. COMPETITION** the City of Ostrava and Mr. Stanislav Pesat take this opportunity to invite IFBB-affiliated National Federations from Europe to participate in the IFBB Diamond Cup Ostrava international competition to be held in Ostrava, Czech Republic, on June 18th - 20th, 2021.

Location

Ostrava, the third largest city in the Czech Republic, is situated in the northeast of the country and forms the heart of the Moravian-Silesian region. It is located close to the Slovak and Polish borders on the banks of Ostravice River and offers beautiful views of the Beskids Mountains.

The first written documentation about the founding of a village under the ownership of the Bishop Bruno originates from 1267. The city was established along the so-called Amber Trail, used by traders as the main route connecting the Baltic Sea to the Mediterranean Sea since time immemorial.

The discovery of coal in the 2nd half of the 18th century was to be a turning point in the history of the area, which would become an important European centre for the production of steel. Ostrava lost its heavy industrial appearance long ago. Coal mining in the city came to an end in 1994.



Venue Site

LUNA Movie Theater (Kino LUNA) , 113 Vyskovicka Str.



ACCOMMODATION

Reservation of the official Hotel BEST WESTERN HOTEL VISTA and PULS Hotel, Hotel MDH, Hotel Akord, Hotel LowCost, must be made by direct communication between the National Federation (the Client) and the hotel.

ATTENTION: Reservations and all costs of hotel accommodation, travel, airport transfers and meals are the responsibility of national federations or individual athletes.

Official Hotel

The Official Hotel of the IFBB Diamond Cup Ostrava is the

BEST WESTERN Hotel Vista - cca 1.5 km

Kpt. Vajdy 3046/2, 700 30 Ostrava-Zábřeh

www.hotelvista.cz.

From the nearby bus stop you can easily get to the train or bus station or to

OTHER HOTELS

LOWCOST Hotel Ostrava - cca 2 km

Hotel DMH - cca 0 km

Hotel Cujkovova - cca 1 km

Hotel Akord - cca 1.5 km

Hotel dum Areal - cca 2 km

Hotel Clarion - cca 2 km

Hotel PULS - cca 2 km

Ostrava-Mošnov International Airport (20 km).



Arrivals and Airport

Friday, June 18th, 2021, is an official arrival day.

LEOS JANACEK International Airport Ostrava (Czech Republic).

More information at: www.airport-ostrava.cz

Participation

The contest is open for IFBB affiliated National Federations from Europe. The number of competitors participating in these championships is unlimited.

Online Pre-Registration of athletes will only be considered if they are entered by National Federation of the athletes by sending the Final Entry Form with their names

directly to the Organizing Committee, IFBB Technical Committee and IFBB Head Office in Madrid **not later than Monday, June 14th, 2021.**

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

Official Athlete Registration will be conducted in the LUNA Movie Theater (Kino LUNA) Ostrava , on **Friday, June 18th, 2021, from 14:00 till 18:00 hrs.**

All athletes must be entered by their National Federations and 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 sent online in the MP3 format by competitors directly to the e-mail address: stanislav.pesat@czechia-pro.cz , following the approval of your participation by your National Federation.

CD will not be accepted.

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

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

Registration Fee

Registration fee for athletes to enter this competition is as follows:

- EUR €200 - for all senior and masters categories

The Registration Fee is to 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 June 15th, 2021 (Tuesday) at 24:00 hrs (midnight - Central European Summer Time, UTC +2).

If paying at the Registration in Ostrava on June 18th, 2021, an extra fee **EUR €50 per participant (junior category - EUR €25)** will be charged.

If an athlete wants to participate in more than one category, the registration fee is EUR €100 per each of additional categories, except juniors who pay EUR €50. Possible crossovers:

Classic Bodybuilding – Classic Physique – Bodybuilding.
Master or junior in a the senior open class.
Send your posing music to e-mail address: stanislav.pesat@czechia-pro.cz

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 International Judge's Cards to Ostrava.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2021. This fee may also be paid at the Championships in the Czech Republic.

Categories open at these Championships:

YOUNGER JUNIOR MEN'S BODYBUILDING 16-20 YEARS – 1 open category
JUNIOR MEN'S BODYBUILDING 21-23 YEARS – 1 open category

MEN'S BODYBUILDING:

Up to & including 75 kg

Up to & including 80 kg

Up to & including 90 kg

Up to & including 100 kg

Over 100 kg

OVERALL: IFBB Elite Pro Cards for the top TWO

MASTER MEN'S BODYBUILDING OVER 40 YEARS - 1 open category

IFBB Master Elite Pro Card for the WINNER

JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YEARS* – 1 open category

MASTER MEN'S CLASSIC BODYBUILDING OVER 40 YEARS - 1 open category

MEN'S CLASSIC BODYBUILDING*

Up to & including 175 cm

Up to & including 180 cm

Over 180 cm

OVERALL: IFBB Elite Pro Cards for the top TWO

JUNIOR MEN'S PHYSIQUE 16-23 YEARS - 1 open category

MASTER MEN'S PHYSIQUE OVER 40 YEARS - 1 open category

MEN'S PHYSIQUE:

Up to & including 173 cm

Up to & including 176 cm

Up to & including 179 cm

Up to & including 182 cm

Over 182 cm

OVERALL: IFBB Pro Cards for the top TWO

MUSCULAR MEN'S PHYSIQUE - 1 open category

IFBB Pro Card for the WINNER

MEN'S CLASSIC PHYSIQUE - 1 open category

IFBB Pro Card for the WINNER

WOMEN'S BODYFITNESS:

Up to & including 163 cm

Over 163 cm

OVERALL: IFBB Pro Card for the top TWO

MASTER WOMEN'S BODYFITNESS OVER 35 YEARS - 1 open category

IFBB Master Elite Pro Card for the WINNER

YOUNGER JUNIOR WOMEN'S BIKINI 16-20 YEARS – 1 open category

JUNIOR WOMEN'S BIKINI 21-23 YEARS - 1 open category

WOMEN'S BIKINI:

Up to & including 158 cm

Up to & including 162 cm

Up to & including 166 cm

Up to & including 169 cm

Up to & including 172 cm

Over 172 cm

OVERALL: IFBB Pro Cards for the top TWO

MASTER WOMEN'S BIKINI OVER 35 YEARS - 1 open category

IFBB Master Elite Pro Card for the WINNER

WOMEN'S PHYSIQUE – 1 open category

WOMEN'S WELNESS - 1 open category

IFBB Pro Card for the WINNER

JUNIOR CLASSIC BODYBUILDING (16-23 YEARS OLD) WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]

Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

MEN & MASTERS CLASSIC BODYBUILDING WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]

Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]

Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]

Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]
Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

MEN & MATERS CLASSIC PHYSIQUE WEIGHT / HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]
Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]
Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]

Important note: Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.

AWARDS

- Top 3 athletes in each category will be awarded with medals and trophies.
- Top 6 athletes in each category will be awarded with Certificate of Excellence.
- **2021 IFBB WORLD RANKING POINTS for the top 5 athletes** in senior categories, according to the World Ranking Rules.
- **IFBB ELITE PRO CARDS** :
 - Men's Bodybuilding (2 IFBB Elite Pro Cards)
 - Men's Classic Bodybuilding (2 IFBB Elite Pro Cards)
 - Men's Physique (2 IFBB Elite Pro Cards)
 - Women's Bodyfitness (2 IFBB Elite Pro Cards)
 - Women's Bikini Fitness (2 IFBB Elite Pro Cards)
 - Men's Muscular Physique (1 IFBB Elite Pro Card)
 - Men's Classic Physique (1 IFBB Elite Pro Card)
 - Women's Wellness (1 IFBB Elite Pro Card)
 - Master Bikini Fitness (1 IFBB Elite Pro Card)
 - Master Bodyfitness (1 IFBB Elite Pro Card)
 - Master Bodybuilding (1 IFBB Elite Pro Card)

Backstage Access

Green cards for backstage access will be available for purchase during registration at the cost of EUR €20 per person.

Visas

A valid passport is required to enter the Czech Republic. EU citizens and passport holders of Iceland, Norway, Lichtenstein, and Switzerland as well as around other 90 countries don't need visa to enter Czech Republic up to 90 days.

Detailed information for each country available here:

[http://www.mzv.cz/jnp/en/information for aliens/general visa information/](http://www.mzv.cz/jnp/en/information%20for%20aliens/general%20visa%20information/)

Visa-free regime applies to citizens of Albania, Bosnia and Herzegovina, Georgia,

Macedonia, Moldova, Montenegro, Serbia and Ukraine **only if** they are holders of biometric passports.

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 attendant's 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.

COVID-19 restrictions

There are different requirements depending on the country you are coming from. Detailed requirements and list of countries available at the website of the Ministry of Interior of the Czech Republic:

<https://www.mvcr.cz/mvcren/article/coronavirus-information-of-moi.aspx>

Check regularly before planning your travel!

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.

Tanning services at this competition will be offered by Pro Tan - info@protanczech.cz

Language

Czech language is an official language in the Czech Republic.

Time Difference

UTC+2 hour (CEST - Central European Summer Time Zone)

Currency

The official currency in the Czech Republic is Czech Koruna (CZK). In some shops, restaurants and services can pay with euros (EUR).

EUR 1.0 = CZK 26 (as for April 2021). Current rates available at:

<http://www.xe.com/currencyconverter/convert/?Amount=1&From=EUR&To=CZK>

Electrical Current

230 V, 50 Hz. Plugs and sockets of type C and E.

Better to check at: <http://www.worldstandards.eu>

Correspondence and Information

Further information can be requested by email addressed to the contest promoter

Mr. Stanislav Pesat: stanislav.pesat@czechia-pro.cz

Final Entry Forms Sending Details

Following the approval by your National Federation, please send online your posing music (MP3 format).

<p><u>Please send your Entry Form no later than June 15th, 2021 to:</u></p> <p>Czechia-Pro Promoter: Mr. Stanislav Pesat: E-mail: stanislav.pesat@czechia-pro.cz</p> <p>Czech Federation President Ms. Ludmila Cizova E-mail: ludmila.cizova@skfcr.cz</p>	<p><u>Please send a copy to:</u> International Federation of Bodybuilding and Fitness Head Office: Ms. Alba Sanchez Phone: +34 91 535 2819 E-mail: info@ifbb.com</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail : amichalak5@gmail.com</p>
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Tentative Program

Friday, June 18th, 2021

14:00-18:00 - Official Athlete Registration (Weigh-in) at the Kino LUNA (cinema)

18:00 - Team Managers and Judges Meeting at the Kino LUNA (cinema)

Saturday, June 19th, 2021

09:00 - Prejudging and Finals of all categories at the Kino LUNA, detailed schedule will be released closer to the event.