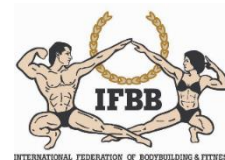


IFBB DIAMOND CUP OSTRAVA

MAIN INFORMATION



NAME OF THE EVENT: **2021 IFBB DIAMOND CAP OSTRAVA**

CITY / COUNTRY: **OSTRAVA, CZECH REPUBLIC**

DATE: **June 18th- 20th, 2021.**

EVENT OPEN FOR: **IFBB-AFFILIATED NATIONAL FEDERATIONS FROM EUROPE**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL **18/06/2021**

DAY OF DEPARTURES **20/06/2021**

REGISTRATION DAY:
18/06/2021

TIME:**14:00 - 18:00**

PLACE: **BEST WESTERN HOTEL, OSTRAVA**

WEIGHT-IN DAY:
18/06/2021

TIME:**14:00 – 18:00**

PLACE: **BEST WESTERN HOTEL, OSTRAVA**

*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 with the IFBB rules. Any tanning which can be wiped off is not allowed.

RECOMMENDED AIRPORT: **AIRPORT LEOS JANACEK OSTRAVA MOSNOV**

VISA INFORMATION:

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_alien/general_visainformation/

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.

* 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!

*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned EVENT for visa purposes, and uses that visa to unlawfully 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 his/her 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.

VENUE: **MOVIE THEATER KINO LUNA , 113 VYSKOVICKA Str, OSTRAVA**

HOTEL INFORMATION

RECOMMENDED HOTEL: **Hotel Best Western Hotel Vista**

Room booking by the direct contact with the hotel.

REGISTRATION FEE:

- Each athlete must pay the IFBB registration fee of **200 € (EUROS)**.
- *Each athlete masters and juniors who do not have an Elite PRO Card awarded in their category must pay the IFBB registration fee of **100 € (EUROS)**.*
- *An IFBB registration fee of **50 € (EUROS)** must be paid by juniors in categories 16-20 years.*

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of **50 € (EUROS)**. Only younger juniors pay **25 € (EUROS)**.

CROSSOVERS: **100 € (EUROS) for seniors & masters, 50 € for juniors.**

DEADLINE FOR ONLINE PAYMENT: **15/06/2021**

*Participating athletes must be recommended by their National Federation 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.

The final decision to allow an athlete to compete in this EVENT rests with the IFBB.

*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are 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.

*All athletes will have to present 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 **35 € (EUROS)** 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.

CATEGORIES:

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 Pro Cards for the top TWO
MASTER MEN'S BODYBUILDING OVER
40 YEARS - 1 open category - IFBB Master Pro
Card for the WINNER

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

MEN'S CLASSIC PHYSIQUE - 1 open category
IFBB Pro Card for the WINNER

MUSCULAR MEN'S PHYSIQUE - 1 open category
IFBB Pro Card for the WINNER

WOMEN'S BODYFITNESS:
Up to & including 163 cm
Over 163 cm

OVERALL: IFBB Pro Cards for the top TWO
MASTER WOMEN'S BODYFITNESS OVER 35 YEARS -
1 open category - IFBB Master 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:

<p>MEN'S CLASSIC BODYBUILDING* Up to & including 170 cm Up to & including 175 cm Up to & including 180 cm Over 180 cm</p> <p>OVERAL: IFBB Elite Pro Cards for the top TWO MASTER MEN'S CLASSIC BODYBUILDING OVER 40 YEARS - 1 open category</p> <p>JUNIOR MEN'S PHYSIQUE 16-23 YEARS Up to & including 175 cm Over 175 cm</p> <p>MEN'S PHYSIQUE: Up to & including 170 cm Up to & including 174 cm Up to & including 178 cm Up to & including 182 cm Over 182 cm</p> <p>OVERALL: IFBB Pro Cards for the top TWO MASTER MEN'S PHYSIQUE OVER 40 YEARS - 1 open category</p>	<p>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</p> <p>OVERALL: IFBB Pro Cards for the top TWO MASTER WOMEN'S BIKINI OVER 35 YEARS - 1 open category - IFBB Master Pro Card for the WINNER</p> <p>WOMEN'S WELLNESS: - 1 open category IFBB Pro Cards for the WINNER</p> <p>WOMEN'S PHYSIQUE – 1 open category</p> <p>Important note: Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible.</p>
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AWARDS:

Top three athletes in each category will be awarded with medals.
Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.
Overall winner will have a trophy.

IFBB ELITE PRO CARDS:

TOTAL NUMBER OF IFBB ELITE PRO CARDS : 16
DISTRIBUTION
MEN'S BODYBUILDING – TWO
MEN'S CLASSIC BODYBUILDING – TWO
MEN'S PHYSIQUE – TWO
MEN'S CLASSIC PHYSIQUE – ONE
MEN'S MUSCULAR PHYSIQUE - ONE
WOMEN'S BODYFITNESS – TWO
WOMEN'S BIKINI – TWO
WOMEN'S WELLNESS – ONE
MASTER MEN'S BODYBUILDING – ONE
MASTER WOMEN'S BODYFITNESS – ONE
MASTER WOMEN'S BIKINI – ONE

***REGISTRATION DEADLINE**

PRELIMINARY ENTRY FORM: **No.**
FINAL ENTRY FORM: **14/06/2021**

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.

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: **YES** **NO** **N/A**

PRICE: **20 € (EUROS)** each.

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

PROFESSIONAL TANNING SERVICE: **YES** **NO**

Contact: info@protanczech.cz

CONTACT INFORMATION:

Please send Your Entry Form to:

Contact: **Stanislav PESAT**

E-mail: stanislav.pesat@czechia-pro.cz

Please send a copy to Czech Federation
President:

Ms. Ludmila Cizova

E-mail: ludmila.cizova@skfcr.cz

Please send a copy to IFBB Technical
Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Alba Sanchez

E-mail: info@ifbb.com

Contact details for additional information and correspondence:

Contest promoter Mr. Stanislav PESAT

E-mail: 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 the Team Managers and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **50 € (EUROS)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.