

# IFBB MUSCLETECH EGYPT DIAMOND CUP

IFBB ELITE PROFESSIONAL QUALIFIER

2021 IFBB WORLD RANKING EVENT

18th - 20th Feb 2021

CAIRO, EGYPT



MUSCLETECH



FIRST  
NUTRITION

## **WELCOME**

**Dear Brothers, Friends & Colleagues,**

The Egyptian Federation of Bodybuilding & Fitness (E.F.B.F) is proudly inviting all athletes from IFBB-affiliated National Federations from Europe, Africa and Asia to participate in the Muscle Tech Egypt IFBB Diamond Cup that will be held in the wonderful city of Cairo, Egypt during the period from the 18<sup>th</sup> till the 20<sup>th</sup> of February, 2021.



Special Thanks to Dr. Rafael Santonja, the President of the International Federation of Bodybuilding and Fitness (IFBB) for his continuous support for our beloved sport and his special care of these championships.

We are all proud of our great leader whom we learned from him a lot, and experienced from his great talented character.

I would also like to convey my sincere thanks & gratitude to Mr. Abdelazeem Hegazy, the Chairman of the Muscletech Egypt for sponsoring such an important sports event, confirming his vision to support bodybuilding sport as a healthy lifestyle.

The event will include Junior Men's Bodybuilding, Men's Bodybuilding, Men's Classic Physique, Men's Physique & Masters Men's Bodybuilding.

Once again welcome to the marvelous Cairo; one of the most attractive cities all over the world; and I hope that your stay in our country will be a memory of joy and pleasure.

Dr. Eng. Adel Fahim

Executive Assistant & Vice-President, IFBB  
President Egyptian, Arab & African Federations

## **ABOUT EGYPT:**

Egypt, country located in the northeastern corner of Africa. Egypt's heartland, the Nile River valley and delta, was the home of one of the principal civilizations of the ancient Middle East and, like Mesopotamia farther east, was the site of one of the world's earliest urban and literate societies. Pharaonic Egypt thrived for some 3,000 years through a series of native dynasties that were interspersed with brief periods of foreign rule. After Alexander the Great conquered the region in 323 BC, urban Egypt became an integral part of the Hellenistic world. Under the Greek Ptolemaic dynasty, an advanced literate society thrived in the city of Alexandria, but what is now Egypt was conquered by the Romans in 30 BC. It remained part of the Roman Republic and Empire and then part of Rome's successor state, the Byzantine Empire, until its conquest by Arab Muslim armies in AD 639–642.

Until the Muslim conquest, great continuity had typified Egyptian rural life. Despite the incongruent ethnicity of successive ruling groups and the cosmopolitan nature of Egypt's larger urban centers, the language and culture of the rural, agrarian masses—whose lives were largely measured by the annual rise and fall of the Nile River, with its annual inundation—had changed only marginally throughout the centuries. Following the conquests, both urban and rural culture began to adopt elements of Arab culture, and an Arabic vernacular eventually replaced the Egyptian language as the common means of spoken discourse. Moreover, since that time, Egypt's history has been part of the broader Islamic world, and though Egyptians continued to be ruled by foreign elite—whether Arab, Kurdish, Circassian, or Turkish—the country's cultural milieu remained predominantly Arab.

Egypt eventually became one of the intellectual and cultural centers of the Arab and Islamic world, a status that was fortified in the mid-13th century when Mongol armies sacked Baghdad and ended the 'Abbāsid caliphate. The Mamlūk sultans of Egypt, under whom the country thrived for several centuries, established a pseudo-caliphate of dubious legitimacy. But in 1517 the Ottoman Empire defeated the Mamlūks and established control over Egypt that lasted until 1798, when Napoleon I led a French army in a short occupation of the country.

The French occupation, which ended in 1801, marked the first time a European power had conquered and occupied Egypt, and it set the stage for further European

involvement. Egypt's strategic location has always made it a hub for trade routes between Africa, Europe, and Asia, but this natural advantage was enhanced in 1869 by the opening of the Suez Canal, connecting the Mediterranean Sea to the Red Sea. The concern of the European powers (namely France and the United Kingdom, which were major shareholders in the canal) to safeguard the canal for strategic and commercial reasons became one of the most important factors influencing the subsequent history of Egypt.

In 1952 a military coup installed a revolutionary regime that promoted a combination of socialism and Pan-Arab nationalism. The new regime's extreme political rhetoric and its nationalization of the Suez Canal Company prompted the Suez Crisis of 1956, which was only resolved by the intervention of the United States and the Soviet Union, whose presence in the Mediterranean region thereafter kept Egypt in the international spotlight.

The ancient Greek historian Herodotus called Egypt the "gift of the Nile." Indeed, the country's rich agricultural productivity—it is one of the region's major food producers—has long supported a large rural population devoted to working the land. Present-day Egypt, however, is largely urban. The capital city, Cairo, is one of the world's largest urban agglomerations, and manufacturing and trade have increasingly outstripped agriculture as the largest sectors of the national economy. Tourism has traditionally provided an enormous portion of foreign exchange, but that industry has been subject to fluctuations during times of political and civil unrest in the region.

## **LAND:**

Egypt's land frontiers border Libya to the west, Sudan to the south, and Israel to the northeast. Egypt's border with Sudan is notable for two areas, the Hala'ib Triangle along the Red Sea and Bir Tawil further inland, that are subject to differing claims by the two countries (*see* Researcher's Note). In the north its Mediterranean coastline is about 620 miles (1,000 km), and in the east its coastline on the Red Sea and the Gulf of Aqaba is about 1,200 miles (1,900 km).

## **RELIEF**

The topography of Egypt is dominated by the Nile. For about 750 miles (1,200 km) of its northward course through the country, the river cuts its way through bare desert, its narrow valley a sharply delineated strip of green, abundantly fecund in contrast to the desolation that surrounds it. From Lake Nasser, the river's entrance into southern Egypt, to Cairo in the north, the Nile is hemmed into its trenchlike valley by bordering cliffs, but at Cairo these disappear, and the river begins to fan out into its delta. The Nile and the delta form the first of four physiographic regions, the others being the Western Desert (Arabic *Al-Ṣaḥrā' al-Gharbiyyah*), the Eastern Desert (*Al-Ṣaḥrā' al-Sharqiyyah*), and the Sinai Peninsula.

The Nile divides the desert plateau through which it flows into two unequal sections—the Western Desert, between the river and the Libyan frontier, and the Eastern Desert, extending to the Suez Canal, the Gulf of Suez, and the Red Sea. Each of the two has a distinctive character, as does the third and smallest of the Egyptian deserts, the Sinai. The Western Desert (a branch of the Libyan Desert) is arid and without wadis (dry beds of seasonal rivers), while the Eastern Desert is extensively dissected by wadis and fringed by rugged mountains in the east. The desert of central Sinai is open country, broken by isolated hills and scored by wadis.

Egypt is not, as is often believed, an entirely flat country. In addition to the mountains along the Red Sea, mountainous areas occur in the extreme southwest of the Western Desert and in the southern Sinai Peninsula. The high ground in the southwest is associated with the 'Uwaynāt mountain mass, which lies just outside Egyptian territory.

The coastal regions of Egypt, with the exception of the delta, are everywhere hemmed in either by desert or by mountain; they are arid or of very limited fertility. The coastal plain in both the north and east tends to be narrow; it seldom exceeds a width of 30 miles (48 km). With the exception of the cities of Alexandria, Port Said, and Suez and a few small ports and resorts such as Marsā Maṭrūh and Al-Alamayn (El-Alamein), the coastal regions are sparsely populated and underdeveloped.

## **OVERVIEW CAIRO:**

**Cairo**, the capital of Egypt, and one of the largest cities in Africa. Cairo has stood for more than 1,000 years on the same site on the banks of the Nile, primarily on the eastern shore, some 500 miles (800 km) downstream from the Aswān High Dam. Located in the northeast of the country, Cairo is the gateway to the Nile delta, where the lower Nile separates into the Rosetta and Damietta branches. Metropolitan Cairo is made up of the Cairo *muḥāfazah* (governorate), as well as other districts, some of which belong to neighboring governorates such as Al-Jīzah and Qalūbiyyah. Area governorate, 83 square miles (214 square km).

Cairo In Arabic called "El Qahira" the name means the victorious, **Cairo** also known the city of 1000 minarets because a lot of mosques in Cairo "El Moaz Lden Allah" founded it and there is famous street in Cairo in same name you can enjoy to see lot of mosques like those that "El Hakim and El Aqmer" very close to Khan El Khalili one of the oldest market in Cairo.

## **CHARACTER OF THE CITY**

Cairo is a place of physical contrast. Along the well-irrigated shoreline, lush vegetation shares the landscape with tall skyscrapers. In the older inland quarters to the east, however, beneath the foothills of the Eastern Desert and the rocky promontories of the Muqaṭṭam Hills and the Al-Jabal al-Aḥmar (Arabic: Red Mountain), browns and ochres are the dominant hues of land and buildings.

The city juxtaposes ancient and new, East and West. The Pyramids of Giza, near Memphis, stand at the southwestern edge of the metropolis, and an obelisk in

the northeast marks the site of Heliopolis, where Plato once studied; modern landmarks of Western-style high-rise hotels and apartment buildings overlook the Nile River. Between these extremes are other architectural monuments, dating from Roman, Arab, and Turkish times. In addition to department stores, cinemas, hotels, and town houses, Cairo contains a large functioning bazaar and an extensive, semi-walled medieval city endowed with more than 400 registered historic monuments—including mosques, mausoleums, and massive stone gates—dating to 130 CE.

## **CITY SITE:**

Cairo is fan-shaped, narrowest in the south, where the river valley is wedged between desert escarpments, and widest in the north, where the valley blends into the delta. Over the centuries the city expanded westward, as a receding river channel left land flood-free. In response to heightened demand, however, the city also has been elongated to the north and south and has developed an expanding annex on the Nile's western shore.

## **THE VENUE:**

Mövenpick Hotel Cairo-Media City

### **Nile Ballroom**

- Second-largest meeting room in Egypt, accommodating up to 2,250 guests or more based on the setup.
- 1740 sq.m
- High-tech facilities are available such as light dimmers, retractable wall-mounted projection screens, ample telephone sockets and most modern audio-visual equipment.

## **ARRIVALS AND AIRPORT**

Thursday, February 18<sup>th</sup>, 2021, is the official arrival day. **Cairo International Airport** is the primary international airport.

**Cairo International Airport** is the mainstay of EgyptAir, as well as being the busiest Egyptian **Airport**. **Cairo Airport** is located towards the north-eastern part of the city and about 15 kilometers from the heart of the City's business area. The tonnage of airfreight passing through the **airport** was about 275,000. You can use Uber application to book a Taxi by your phone, it is easy, fast & cheap.

## **ACCOMMODATION**

The official hotel of the event is Mövenpick Hotel Cairo Media City. The Hotel is located in the cosmopolitan 6<sup>th</sup> of October City, on the outskirts of Cairo and 45 kilometers from the city center and just 65 kilometers from Cairo International Airport. Relaxation and recreation are also close at hand. The hotel is only 20 kilometers from the Great Pyramids of Giza and Sphinx, and just a short stroll from Dream Park, one of the Middle East's most famous amusement parks. Closer still is a 27-hole golf course. A 20-km drive will take you to the new Egyptian Museum so you can wander through the different eras of the ancient Egyptian history.

The unique location alongside the Media Production City studios blends fantasy and tradition and gives guests the chance to relive the history of the Egyptian cinema, while the hotel's captivating architecture, wide pools and lush landscaped gardens would not be out of place in a movie. Laying on the opposite side to Mall of Egypt and being adjacent to Mall of Arabia, two of the largest shopping arcades in Egypt, adds to the vitality of its location. With the first Aqua Park in a 5-star hotel in the region, we have created an unforgettable experience alongside our personal service and irresistible cuisine.

**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.**

## **PARTICIPATION**

The contest is open for National Federations from Europe, Africa and Asia. The number of competitors participating in these championships is **unlimited**.



Participating athletes have to be recommended by their National Federation by sending the Final Entry Form with their names directly to the Egyptian Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than Monday, February 01<sup>st</sup>, 2021. 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**

Official Athlete Registration will take place at Mövenpick Hotel Cairo Media City, Nile Ballroom on Thursday, February 18<sup>th</sup>, 2021, **from 10:00 till 20:00 hrs.**

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 Egyptian Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid.

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 name on the CD for easy

identification. **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. 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 **EUR €200** which has 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 deadline date to do the online payment is Tuesday, February 02<sup>nd</sup>, 2021.** (midnight - Central European Time, UTC +1) the online payment system will be switched off.

If paying at the Registration on February 18<sup>th</sup>, 2021, an **extra fee of EUR €50** per participant will be charged.

Crossovers (Classic Bodybuilding-Bodybuilding-Classic Physique): additional **EUR €100** per each of additional categories will be charged.

## **JUDGES**

To be taken into consideration during selection of judge's 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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to Egypt.

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 Egypt.

## **CATEGORIES OPEN AT THESE CHAMPIONSHIPS:**

- **JUNIORS MEN'S BODYBUILDING 16-23 YEARS:**
  - Up to & including 80 kg
  - Over 80 kg
  - Overall (top 2 from each category)
  
- **MEN'S BODYBUILDING:**
  - Up to & including 70 kg
  - Up to & including 80 kg
  - Up to & including 90 kg
  - Over 90 kg
  - Overall (top 2 from each category)
  
- **MASTER MEN'S BODYBUILDING 40 - 49 YEARS:**
  - Up to & including 80 kg
  - Over 80 kg
  - Overall (top 3 from each category)
  
- **MASTER MEN'S BODYBUILDING 50 YEARS AND OVER:**
  - Up to & including 80 kg
  - Over 80 kg
  - Overall (top 3 from each category)
  
- **MEN'S CLASSIC PHYSIQUE\*:**
  - Up to & including 173 cm
  - Up to & including 178 cm
  - Over 178 cm
  - Overall (top 2 from each category)
  
- **MEN'S PHYSIQUE:**
  - Up to & including 173 cm
  - Up to & including 178 cm
  - Over 178 cm
  - Overall (top 2 from each category)

\*- categories with weight/height limits:

### **MEN'S 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]

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

### **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 participation.
- **Overall winner** in each division will have a trophy.
- **Top 5 athletes in Men's senior categories will be awarded points to the 2021 IFBB World Ranking** according to the World Ranking Rules.
- **10 IFBB Elite Pro Cards will be awarded as follows:**
  - Men's Bodybuilding Overall – top 4
  - Master Men's Bodybuilding Overall – the winner
  - Men's Physique Overall – top 3
  - Men's Classic Physique Overall – top 3
  - 4 Elite Pro Cards distributed by the Muscle Tech Team

### **PRIZE MONEY (in USD):**

- **JUNIORS MEN'S BODYBUILDING 16 - 23 YEARS OPEN:**
  - 1st Place                   \$1500
  - 2<sup>nd</sup> Place                   \$1000
  - 3<sup>rd</sup> Place                   \$625
  - 4<sup>th</sup> Place                   \$310

- **MEN'S BODYBUILDING (PER CATEGORY):**

- 1st Place \$2530
- 2<sup>nd</sup> Place \$1895
- 3<sup>rd</sup> Place \$1265
- 4<sup>th</sup> Place \$950
- 5<sup>th</sup> Place \$625
- 6<sup>th</sup> Place \$310

- **MASTERS MEN'S BODYBUILDING 40-49 YEARS OPEN:**

- 1st Place \$1580
- 2<sup>nd</sup> Place \$950
- 3<sup>rd</sup> Place \$625
- 4<sup>th</sup> Place \$440
- 5<sup>th</sup> Place \$310
- 6<sup>th</sup> Place \$250

- **MASTERS MEN'S BODYBUILDING 50 YEARS & OVER OPEN:**

- 1st Place \$630
- 2<sup>nd</sup> Place \$315
- 3<sup>rd</sup> Place \$250
- 4<sup>th</sup> Place \$190
- 5<sup>th</sup> Place \$160
- 6<sup>th</sup> Place \$125

- **MEN'S CLASSIC PHYSIQUE (PER CATEGORY):**

- 1st Place \$1895
- 2<sup>nd</sup> Place \$1265
- 3<sup>rd</sup> Place \$630
- 4<sup>th</sup> Place \$440
- 5<sup>th</sup> Place \$310
- 6<sup>th</sup> Place \$250

- **MEN'S PHYSIQUE (PER CATEGORY):**

- 1st Place \$1895
- 2<sup>nd</sup> Place \$1265
- 3<sup>rd</sup> Place \$630

- 4<sup>th</sup> Place                      \$440
- 5<sup>th</sup> Place                        \$310
- 6<sup>th</sup> Place                        \$250

*This in addition to gifts from Muscle Tech to the athletes from the 7th to the 10th places in all divisions.*

## **BACKSTAGE ACCESS**

Access to the backstage area and/or dressing room area is strictly limited to essential personal only.

## **VISAS**

A valid passport is required to enter the Republic of Egypt. The passport should be valid for at least 90 days following your departure date from Egypt and should have at least one blank page for visas.

EU-country citizens do not need to obtain a visa as they will grant it in Cairo International Airport. All other countries should consult the Egyptian embassies in their countries to determine if they need a visa.

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.

## **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.

## **LANGUAGE**

Egypt has two official languages: Arabic and English.

## **TIME DIFFERENCE**

UTC + 2 hours

## **CLIMATE**

The daytime temperature typically reaches a high of 20°C around mid-February, though the average is a degree or two higher than that towards the end of the month. The temperature typically falls only to 10°C at night, and temperatures are often conducive to staying out late into the evenings.

## **CURRENCY**

The official currency in Egypt is Egyptian Pound (EGP)

1.00 USD = 15.81 EGP

1.00 EUR = 18.72 EGP

Current rates at: <https://www.xe.com/currency/egp-egyptian-pound>

## **ELECTRIC CURRENT**

In Egypt, there are two associated plug types C and F. Plug type C is the plug which has two round pins and plug type F is the plug which has two round pins with two earth clips on the side. Egypt operates on a 220V supply voltage and 50Hz. Detailed info at:

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

## **CORRESPONDENCE AND INFORMATION**

Further information can be requested by email addressed to the EFBB President  
Dr. Eng. Adel Fahim: [ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)

## **ENTRY FORMS SENDING DETAILS**

Please send your Entry Form not later than February 01<sup>st</sup>, 2021

- Egyptian Bodybuilding & Fitness Federation - EFBB
  - Dr. Eng. Adel Fahim
  - E-mail: [ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)
- IFBB Technical Committee
  - Eng. Andrew Michalak
  - E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please Send a copy to:

- International Federation of Bodybuilding and Fitness - Head Office:
  - Ms. Alba Sanchez
  - E-mail: [info@ifbb.com](mailto:info@ifbb.com)



# **TENTATIVE PROGRAM**

## **Thursday, February 18<sup>th</sup>, 2021**

10:00-20:00 – Muscletech Egypt IFBB Diamond Cup Official Athlete Registration (Weigh-in) & Team Managers and Judges Meeting at Mövenpick Hotel Cairo-Media City, Nile Ballroom

## **Friday, February 19<sup>th</sup>, 2021**

09:00-18:00: Prejudging and Finals of Muscletech Egypt IFBB Diamond Cup at Mövenpick Hotel Cairo-Media City, Nile Ballroom

*\*Official Running order will be released closer to the event*

## **Saturday, February 20<sup>th</sup>, 2021**

9:00-18:00: Prejudging and Finals of Muscletech Egypt IFBB Diamond Cup at Mövenpick Hotel Cairo-Media City, Nile Ballroom