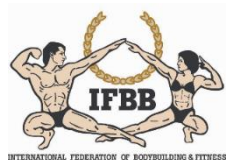




# IFBB DIAMOND CUP LUSOFONIA

## MAIN INFORMATION



|   |                            |   |
|---|----------------------------|---|
| NAME OF THE EVENT: <b>2021 IFBB DIAMOND CUP LUSOFONIA</b>   |                            |   |
| CITY / COUNTRY: <b>PÓVOA DE LANHOSO, PORTUGAL</b>   |                            |   |
| DATE: <b>NOVEMBER 19th -21st, 2021</b>  |                            |   |
| EVENT OPEN FOR: <b>OPEN TO ALL NATIONAL FEDERATIONS AFFILIATED TO THE IFBB.</b>   |                            |   |
| IFBB ELITE PRO CARD QUALIFIER      YES <input checked="" type="checkbox"/>  |                            |   |
| IFBB INTERNATIONAL RANKING QUALIFIER      YES <input checked="" type="checkbox"/>   |                            |   |
| DAY OF ARRIVAL <b>19/11/2021</b>  |                            |   |
| DAY OF DEPARTURES <b>22/08/2021</b>   |                            |   |
| REGISTRATION DAY:<br><b>19/11/2021</b>  | TIME: <b>10:00 – 20:00</b> | PLACE: <b>POVOA DE LANHOSO UNIVERSITY RESIDENCE</b> |
| WEIGH-IN DAY:<br><b>19/11/2021</b>  | TIME: <b>10:00 – 20:00</b> | PLACE: <b>POVOA DE LANHOSO UNIVERSITY RESIDENCE</b> |
| <p>*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.</p>   |                            |   |
| RECOMMENDED AIRPORT: <b>AEROPORTO SÁ CARNEIRO (OPORTO). 4470-558 VILA NOVA DA TELHA</b>   |                            |   |
| VISA INFORMATION: Information regarding visa requirements and Covid-19 restrictions to enter Portugal are available at: <a href="https://www.schengenvisainfo.com/portugal-visa/">https://www.schengenvisainfo.com/portugal-visa/</a>   |                            |   |
| <p>*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.</p>  |                            |   |
| <p>*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.</p> |                            |   |
| VENUE: <b>SECUNDÁRIA (HIGH SCHOOL) DA POVOA DE LANHOSO N205 226, PÓVOA DE LANHOSO</b>   |                            |   |

## HOTEL INFORMATION

RECOMMENDED HOTEL: **Diver Lanhoso Lugar de, 4830-602 Porto de Bois**

RESERVATIONS: **acpbraga21@gmail.com**

**[https://www.diver.com.pt/?it=housing\\_type\\_list](https://www.diver.com.pt/?it=housing_type_list)**

**(CONTACT JOSÉ MONTEIRO)**

**FREE FOR THE FIRST 100 ATHELETES**

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **200 € (EUROS)** each.

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)** .

**CROSSOVERS: 100 € (EUROS)**

**DEADLINE FOR ONLINE PAYMENT: 08/11/2021**

\*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 on an USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

## CATEGORIES:

### MEN'S BODYBUILDING:

Up to & including 75 kg  
Up to & including 80 kg  
Up to & including 85 kg  
Up to & including 90 kg  
Up to & including 100 kg  
Over 100 kg  
OVERALL

### MASTERS MEN'S BODYBUILDING:

40-49 years: 1 open category  
>50 years: 1 open category  
OVERALL

### MEN'S CLASSIC BODYBUILDING:

Up to & including 175 cm

### WOMEN'S FIT-MODEL:

1 open category

### WOMEN'S BODYFITNESS:

Up to & including 163 cm  
Over 163 cm  
OVERALL

### MASTER WOMEN'S BODYFITNESS

>35 years:1 open category

### WOMEN'S BIKINI:

Up to & including 160 cm  
Up to & including 164 cm  
Up to & including 169 cm  
Up to & including 172 cm

Over 175 cm  
OVERALL

MASTERS MEN'S CLASSIC BODYBUILDING  
>40 years: 1 open category

MEN'S PHYSIQUE:  
Up to & including 170 cm  
Up to & including 176 cm  
Up to & including 182 cm  
Over 182 cm  
OVERALL

JUNIORS MEN'S PHYSIQUE 16-23 YEARS:  
1 open category

MASTERS MEN'S PHYSIQUE  
40-49 years: 1 open category  
>50 years: 1 open category  
OVERALL

MUSCULAR MEN'S PHYSIQUE:  
1 open category

MEN'S CLASSIC PHYSIQUE:  
Up to & including 175 cm  
Over 175 cm  
OVERALL

MASTER MEN'S CLASSIC PHYSIQUE:  
1 open category

Over 172 cm  
OVERALL

JUNIORS WOMEN'S BIKINI 16-23 YEARS:  
1 open category

MASTERS WOMEN'S BIKINI >35 YEARS:  
1 open category

WOMEN'S WELLNESS:  
1 open category

Fit Pairs  
1 open category

#### 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:

**16 IFBB ELITE PRO CARDS WILL BE AWARDED (2 FOR EACH OF THE FOLLOWING CATEGORIES)**

DISTRIBUTION

- **Men's Bodybuilding Overall**
- **Men's Classic Bodybuilding Overall**
- **Men's Physique Overall**
- **Muscular Men's Physique Open**
- **Men's Classic Physique Overall**
- **Women's Bodyfitness Overall**
- **Women's Bikini Overall**
- **Women's Wellness Open**

## \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **NO**

FINAL ENTRY FORM: **08/11/2021**

## 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: **50 € (EUROS)** each.

## TANNING NEEDS

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.

PROFESSIONAL TANNING SERVICE: Elite Tan

Contact: [patriciatanning@gmail.com](mailto:patriciatanning@gmail.com)

## CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: **Mr. JOSÉ MONTEIRO**  
E-mail: [josemonteiro.ifbb@gmail.com](mailto:josemonteiro.ifbb@gmail.com)

Please send a copy to IFBB Technical Committee:  
Eng. Andrew Michalak  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

Please send a copy to IFBB Head Office:  
Ms. Alba Sanchez  
E-mail: [info@ifbb.com](mailto:info@ifbb.com)

## 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](mailto: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.