



# 2022 IFBB DIAMOND CUP OMAN

## MAIN INFORMATION



NAME OF THE EVENT: <b>2022 IFBB Diamond Cup Oman</b>		
CITY / COUNTRY: <b>Muscat / Oman</b>		
DATE: <b>September 23<sup>rd</sup> – 24<sup>th</sup>, 2022</b>		
EVENT OPEN FOR: <b>All IFBB-affiliated National Federations</b>		
IFBB ELITE PRO CARD QUALIFIER	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
IFBB INTERNATIONAL RANKING QUALIFIER <b>LEVEL 2</b>	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>
DAY OF ARRIVAL: <b>21/9/2022</b>		
DAY OF DEPARTURES: <b>25/9/2022</b>		
REGISTRATION AND WEIGH-IN DAY: <b>22/9/2022</b>	TIME: <b>09:00 - 19:00</b>	PLACE: <b>Sultan Qaboos Sports Complex</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>Muscat International Airport</b>		
<b>VISA INFORMATION:</b> Passport holders of 103 countries and regions are exempt from entry visas for stays up to 14 days. These countries are listed here: <a href="https://fm.gov.om/visitors/entry-visas/">https://fm.gov.om/visitors/entry-visas/</a> . The exemption is subject to certain requirements including a prior and confirmed hotel booking, health insurance, and a return ticket. Citizens of GCC countries (Bahrain, Kuwait, Qatar, Saudi Arabia and the United Arab Emirates) do not require visas to enter Oman. On May 22 <sup>nd</sup> Oman removes all Covid-19 travel restriction. Current info at: <a href="https://simpleflying.com/oman-drops-all-covid-19-travel-restrictions/">https://simpleflying.com/oman-drops-all-covid-19-travel-restrictions/</a>		
If necessary, contact the office below and they will help you for visa information you require: DUBAI TRAVEL OFFICE CONTACT: +96894066670 HI Name is Mujahid		
<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>		

PLACE: Sultan Qaboos Sports Complex /Muscat Bousher

## HOTEL INFORMATION

OFFICIAL HOTELS: The closest hotel to the event location is Levatio Hotel and Suits, which has a kitchen and a refrigerator. The price per day is 65.03 USD with breakfast included, but if we book more rooms, the price will be lower. Address: 133, Al Ghubrah Street, Muscat, <https://levatiohotels.com/>

## REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €200**.

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 **EUR €50**.

CROSSOVERS: **EUR €100** per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: **13/09/2022**

\*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 EUR €35/45\$ 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 & incl. 70 kg
- Up to & incl. 80 kg
- Up to & incl. 90 kg
- Over 90 kg
- Overall

Junior Men's Bodybuilding 16-23 yrs. - **OPEN**

Master Men's Bodybuilding 40-49 yrs. - **OPEN**

Master Men's Bodybuilding >50 yrs. - **OPEN**

Master Men's Bodybuilding - **Overall**

### Men's Classic Bodybuilding:

- Up to & incl. 171 cm
- Up to & incl. 175 cm
- Over 175 cm
- Overall

### Possible crossovers:

Classic Bodybuilding – Classic Physique – Bodybuilding.  
Also Juniors and Masters in the Senior categories.

### Men's Classic Physique:

- Up to 171 cm
- Up to 175 cm
- Up to 180 cm
- Over 180 cm
- Overall

### Men's physique:

- Up to & incl. 170 cm
- Up to & incl. 173 cm
- Up to & incl. 176 cm
- Up to & incl. 179 cm
- Over 179 cm
- Overall

Junior Men's Physique 16-23 yrs. - **OPEN**

Master Men's Physique >40 yrs. - **OPEN**

### Muscular Men's Physique:

- Up to & incl. 175 cm
- Over 175 cm
- Overall

## AWARDS:

Top three athletes in each category will be awarded with [medals](#) & [Certificate of Excellence](#)  
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 No: 8**

### DISTRIBUTION:

- Men's Bodybuilding – top 2 overall winners
- Master Men's Bodybuilding – overall winner
- Men's Classic Bodybuilding – overall winner
- Men's Classic Physique – overall winner
- Men's Physique – top 2 overall winners
- Muscular Men's Physique – overall winner

## \*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No**  
FINAL ENTRY FORM: **12/09/2022**

## 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.

## 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.

## CONTACT INFORMATION:

Please send Your Entry Form to:  
Organizing Committee  
Contact: **+96895486447**  
E-mail: [oman.everest@gmail.com](mailto:oman.everest@gmail.com)

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

Please send a copy to the IFBB Head Office:

E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:

**Mr. Ammar Al Hosni**  
**President of the Omani Bodybuilding Federation**  
E-mail: [oman.everest@gmail.com](mailto:oman.everest@gmail.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 Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/USD \$60 paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting