



JUST CLEAR

IFBB DIAMOND CUP

&

**IFBB WOMEN'S BIKINI & FIT-MODEL
EUROPEAN CUP**

INSPECTION REPORT



BUDAPEST, HUNGARY

June 3rd – 5th, 2023

WELCOME

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations to participate in the IFBB Diamond Cup and European Cup in Budapest, Hungary, June 3-5, 2023.

ABOUT BUDAPEST



The phrase „Central European” is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe’s Carpatian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian peoples and shared certain anthropological and cultural traits with the Turks.

Budapest’s most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the „City of Festivals”; several major cultural events are held in and

around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections include: the Museum of Applied Arts, the Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It is definitely worth mentioning the Synagogue on Budapest's Dohány Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has an unique collection of traditional Jewish artifacts.

<https://www.youtube.com/watch?v=e0wkokaybWA>

OFFICIAL HOTEL

Courtyard by Marriott Budapest City Center

Address: Budapest, József krt. 5, 1088

www.marriott.com/en-us/hotels/budcy-courtyard-budapest-city-center/overview/

Enjoy a 4-star stay at our downtown Budapest, Hungary

Courtyard by Marriott Budapest City Center is located on the Grand boulevard in the city center, easily accessible by car or public transport. The hotel is just 30 minutes away from the airport and 10 minutes from East Railway station. For guests arriving on their own transport - we provide a garage with a capacity of up to 200 cars. Public transportation: underground, bus, tram stop - a few steps from the hotel. Andrássy Avenue, the main shopping street of Budapest is nearby the hotel and the Europeum shopping mall is located in the same building. The hotel is in walking distance to the Jewish Quarter of Budapest, several museums, pubs, and ruin pubs can be found in the area. High-end restaurants and major sights of the city are also within walking distance. The hotel offers spacious guestrooms with a size of a minimum of 28 sqm. Indulge in expertly crafted Mediterranean Oléo Pazzo Bar for dinner and stay fit and focused at our fitness-center or relax our on-site sauna and steam room.



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.

THE VENUE

PAPP LÁSZLÓ BUDAPEST SPORTARÉNA

Address: Budapest, Stefánia út 2, 1143 .

The Budapest Arena is the most modern venue in Central Europe. It is a convenient location for International Concerts and events - with a capacity of 12,500 pax - more than half million visitors enjoy our concerts, exhibitions, family and sport programmes yearly.

So then the construction of the Budapest Sportarena started on 30th June 2001. The building contains 50,000 tons of concrete, 2,300 tons of steel structure, more than 11,000,000 bolts and several kilometres of cable. The building complex is as heavy as the Erzsébet Bridge and Szabadság Bridge together. If you could pick it up and put it on some scales it would weight 200,000 tons. The pedestrian area of the complex is covered by Hungary's largest continuous granite surface, which is 25,000 m².

The building was officially opened by the Ministry of Youth and Sports on **March 13th, 2003.**

On the same day the greatest stars of Hungarian popular music entertained the building's first audience.

The opening gala on March 14th was closed with a spectacular classical event: Beethoven Symphony No.9, as a symbol of Hungary's accession into the European Union. <https://www.budapestarena.hu/?lang=en>





ARRIVALS AND AIRPORT

Saturday, June 3rd, 2023, is the official arrival day. Budapest **Ferenc Liszt International Airport** is the primary international airport . More information at: www.bud.hu

PARTICIPATION

The contest is open for National Federations from all over the world. 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 Hungarian Federation, 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.

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 the:

Courtyard by Marriott Budapest City Center

Budapest, József krt. 5, 1088 on Saturday, June 03rd, 2023, from 12:00 till 18:00 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 Hungarian Federation, 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 **USB drive in MP3 format**. The posing music must also be at the start of the 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.**

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 the IFBB Diamond Cup or European Cup 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.

Registration fee for Fitness Challenge category is **EUR €50**.

The deadline date to do the online payment is **May 23rd, 2023**. On **May 23rd, 24:00 hrs** (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off.

If paying at the Registration on **June 03rd, 2023**, an extra fee of **EUR €50** per participant will be charged.

If an athlete wants to participate in an additional category (like a master or junior in the senior class also; or Diamond Cup and European Cup as well), the registration fee for each of the additional categories is **EUR €50** (applicable also to the Diamond Cup athletes who want to participate in the European Cup as well).

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 Hungary.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2023. This fee may also be paid at the Championships in Budapest.

CATEGORIES OPEN AT THESE CHAMPIONSHIPS:

DIAMOND CUP CATEGORIES:

MEN'S BODYBUILDING:

UP TO 80 kg

UP TO 90 kg

UP TO 100 kg

OVER 100 kg

OVERALL (**Elite Pro Card for the winner**)

MEN'S GAMES CLASSIC BODYBUILDING: 1 OPEN CATEGORY

MEN'S CLASSIC BODYBUILDING: 1 OPEN CATEGORY (Elite Pro Card for the winner)

JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YRS: 1 OPEN CATEGORY

MEN'S CLASSIC PHYSIQUE: 1 OPEN CATEGORY

MEN'S PHYSIQUE:

UP TO 170 cm

UP TO 176 cm

UP TO 182 cm

OVER 182 cm

OVERALL (Elite Pro Card for the winner)

JUNIOR'S MEN'S PHYSIQUE 16-23 YRS: 1 OPEN CATEGORY

MASTERS MEN'S PHYSIQUE >40 YRS: 1 OPEN CATEGORY

WOMEN'S ACROBATIC FITNESS:

UP TO 163 cm

OVER 163 cm

OVERALL

WOMEN'S ARTISTIC FITNESS:

UP TO 163 cm

OVER 163 cm

OVERALL

WOMEN'S BODYFITNESS:

UP TO 163 cm

OVER 163 cm

OVERALL (Elite Pro Card for the winner)

MASTERS WOMEN'S BODYFITNESS >35 YRS: 1 OPEN CATEGORY

WOMEN'S WELLNESS: 1 OPEN CATEGORY

WOMEN'S PHYSIQUE: 1 OPEN CATEGORY

WOMEN'S BIKINI:

UP TO 160 cm

UP TO 164 cm

UP TO 169 cm

UP TO 172 cm

OVER 172 cm

OVERALL (Elite Pro Card for the winner)

JUNIORS WOMEN'S BIKINI 16-23 YRS: 1 OPEN CATEGORY

MASTERS WOMEN'S BIKINI >35 YRS: 1 OPEN CATEGORY

WOMEN'S FIT-MODEL:

UP TO 163 cm

OVER 163 cm

OVERALL

MASTERS WOMEN'S FIT-MODEL >35 YRS: 1 OPEN CATEGORY

FITNESS CHALLENGE:

- Men's Fitness Challenge individual (Gold standard)
- Women's Fitness Challenge individual (Gold standard)
- Men's Fitness Challenge individual (Silver standard)
- Women's Fitness Challenge individual (Silver standard)

IFBB ELITE PRO CARDS: TOTAL NO: 5 DISTRIBUTION :

MEN'S BODYBUILDING – 1 for the Overall winner ; MEN'S CLASSIC

BODYBUILDING: 1 for the Overall winner ; MEN'S PHYSIQUE: 1 for the Overall winner ;

WOMEN'S BIKINI: 1 for the Overall winner ; WOMEN'S BODYFITNESS: 1 for the Overall winner

EUROPEAN CUP CATEGORIES:

WOMEN'S BIKINI:

UP TO 163 cm

OVER 163 cm

OVERALL

WOMEN'S FIT-MODEL:

UP TO 163 cm

OVER 163 cm

OVERALL

Minimum number of competitors to run a category should be 3. If less than 3 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

AWARDS

- **Top six athletes** in each category will be awarded with medal and a certificate.
- **Winners** in each category will be awarded with medal and trophy
- **Overall** in each discipline will have a trophy and medal
- **Top 5 athletes** in Men's and Women's senior categories from both events will be awarded points to the **2023 IFBB World Ranking according to the World Ranking Rules.**
5 IFBB Elite Pro Cards will be awarded at **Diamond Cup**: Men's Physique(1), Bodybuilding(1) Classic Bodybuilding (1), Bodyfitness(1), Bikini Fitness(1).

BACKSTAGE ACCESS

A limited number of backstage passes will be for sale during registration.
The entrance ticket into the backstage is EUR €25.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Hungarian Embassy in their country to determine if they require 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.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/height measurement, failing which the competitor will not be registered. The music must be on USB. The Athletes's name must be affixed on the USB for identification purposes.

IMPORTANT NOTICE

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

more informations: www.smartsportexpo.hu ,

TANNING, HAIR & MAKE-UP SERVICES

Tanning and other beauty services will be provided by our official partner, **Jantana**.

more informations: www.smartsportexpo.hu ,

Tanning: Robin Balogh : +36205412711, info@jantanahungary.com

Beauty Service: Agnes Faludi: +36302224065, agi.faludi.makeup@gmail.com

FOTO&VIDEO

The exclusive media partner of the event for photo and video shooting: Dunavolgyi Media Team.

<https://www.facebook.com/DunavolgyiPhotography> or Zsolt, WhatsApp: 0036203204278 zsolt@mediateam.hu You can contact them for high quality stage or studio photos or several kinds of video shooting! Contact them for your team discounts!

TIME DIFFERENCE

UTC/GMT +2 hours

CURRENCY

The national currency in Hungary is the Hungarian Forint. One Euro is approximately equal to 370 Forint (one USD is approximately equal to 338 Forint) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the month of June, the average temperature is 22 – 24⁰ C.

ELECTRIC CURRENT

The electric outlet are 220 V, 50 Hz. Socket / plug of type C plug, with two round prongs, popularly known as the europlug and used in all continental Europe countries.

LANGUAGE

The official language in Budapest is Hungarian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

CORRESPONDENCE AND INFORMATION

Further information can be requested by email addressed to ifbb.huber@gmail.com

info@justclear.hu

<p><u>Please send your Final Entry Form not later than May 22nd, 2023 to:</u></p> <hr/> <p>Hungarian Federation of Bodybuilding and Fitness General Secretary Mrs. Viola Vargha: E-mail: ifbb.huber@gmail.com</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail : amichalak5@gmail.com</p>	<p><u>Please send a copy to:</u></p> <p>International Federation of Bodybuilding and Fitness Head Office:</p> <p>E-mail: info@ifbb.com</p>
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TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.
Please check regularly for updates:

		WEIGH-IN, REGISTRATION
		Courtyard by Marriott Budapest City Center
Saturday June 03	12:00 - 18:00	
	19:00	Judges & Team Managers Meeting
		IFBB DIAMOND CUP
		&
Sunday June 04	09:30-18:00	IFBB BIKINI and FIT-MODEL EUROPEAN CUP
		Prejudging and Finals