





# MAIN INFORMATION

|   | NAME OF THE EVENT: 2023 IFBB DIAMOND CUP ROME  |                       |   |  |  |  |  |
|---|--|-----------------------|---|--|--|--|--|
|   | CITY / COUNTRY: ROME / ITALY   |                       |   |  |  |  |  |
|   | DATE: DECEMBER 02 <sup>nd</sup> – 04 <sup>th</sup> , 2023  |                       |   |  |  |  |  |
|   | EVENT OPEN FOR : ALL IFBB-AFFILIATED NATIONAL FEDERATIONS  |                       |   |  |  |  |  |
|   | IFBB ELITE PRO CARD QUALIFIER  | YES X NO 🗆            | 1   |  |  |  |  |
|   | IFBB INTERNATIONAL RANKING QUA   | ALIFIER LEVEL 2 YES X | NO 🗆  |  |  |  |  |
| DAY OF ARRIVAL SATURDAY, DECEMBER 02 <sup>nd</sup> , 2023 |  |                       |   |  |  |  |  |
|   | DAY OF DEPARTURES MONDAY, DECEMBER 04 <sup>th</sup> , 2023   |                       |   |  |  |  |  |
|   | REGISTRATION DAY: SATURDAY, DECEMBER 02 <sup>nd</sup>  | TIME: 14:00-20:00     | PLACE: HOTEL PRINCIPE VIA DEI CASTELLI ROMANI,<br>14A POMEZIA, ROMA |  |  |  |  |
|   | WEIGH-IN DAY: SATURDAY, DECEMBER 02 <sup>nd</sup>  | TIME: 14:00-20:00     | PLACE: HOTEL PRINCIPE VIA DEI CASTELLI ROMANI,<br>14A POMEZIA, ROMA |  |  |  |  |
|   | *All Athletes must wear their posing attire during weigh in for inspection. Female competitors must also bring their |                       |   |  |  |  |  |

\*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: FIUMICINO AIRPORT, ROME

VISA INFORMATION: EU citizens do no need to obtain a visa. Athletes coming from other countries kindly consult Italian Embassy/Consulate in your country to determine if you need a Visa. Invitation letters will be issued as requested. Detailed information can be found at:

https://www.esteri.it/en/sportello info/domandefrequenti/sezione visti entrare in italia/

- \* There are currently no COVID-19-related entry restrictions in Italy.
- \*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: HOTEL PRINCIPE VIA DEI CASTELLI ROMANI, 14A POMEZIA, ROME

#### **HOTEL INFORMATION**

#### **RECOMMENDED HOTELS:**

HOTEL PRINCIPE VIA DEI CASTELLI ROMANI 14A POMEZIA ROME TEL +39 069122330 HOTEL L'AQUILA VIA DEI CASTELLI ROMANI 14 POMEZIA ROME TEL +39 069121691 HOTEL AL CASTELLO VIA DEI CASTELLI ROMANI 47 POMEZIA ROME TEL +39 069107532

#### **REGISTRATION FEE:**

Each athlete must pay the IFBB registration fee of **EUR €250**.

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <a href="http://www.ifbb.com/competition-registration">http://www.ifbb.com/competition-registration</a>. 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: **NOVEMBER 21**st, **2023.**

\*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 €40/USD \$50** 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:**

## JUNIOR MEN (16 - 23 YEARS OLD):

- MEN'S BODYBUILDING OPEN
- MEN'S PHYSIQUE OPEN
- WOMEN'S BIKINI OPEN

#### MASTERS MEN >40 YEARS OLD:

- MASTERS MEN'S CLASSIC BODYBUILDING OPEN
- MASTERS MEN'S CLASSIC PHYSIQUE OPEN
- MASTERS MEN'S BODYBUILDING 40-49 YEARS OPEN
- MASTERS MEN'S BODYBUILDING >50 YEARS OPEN
- MASTER MEN'S BODYBUILDING OVERALL
- MASTERS MEN'S PHYSIQUE 40-49 YEARS OPEN
- MASTERS MEN'S PHYSIQUE >50 YEARS OPEN
- MASTERS MASTER MEN'S PHYSIQUE OVERALL

## **SENIORS MEN'S**

- MEN'S BODYBUILDING UP TO 70 KG
- MEN'S BODYBUILDING UP TO 80 KG
- MEN'S BODYBUILDING UP TO 90 KG
- MEN'S BODYBUILDING OVER 90 KG
- MEN'S BODYBUILDING OVERALL
- MEN'S CLASSIC BODY BUILDING UP TO 175 CM
- MEN'S CLASSIC BODY BUILDING OVER 175 CM
- MEN'S CLASSIC BODY BUILDING OVERALL
- MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- MEN'S CLASSIC PHYSIQUE OVER 175 CM
- MEN'S CLASSIC PHYSIQUE OVERALL
- MEN'S PHYSIQUE UP TO 170 CM
- MEN'S PHYSIQUE UP TO 176 CM
- MEN'S PHYSIQUE UP TO 179 CM
- MEN'S PHYSIQUE UP TO 182 CM
- MEN'S PHYSIQUE OVER 182 CM
- MEN'S PHYSIQUE OVERALL
- MUSCULAR MEN'S PHYSIQUE OPEN

## JUNIOR WOMEN (16 - 23 YEARS OLD):

- WOMEN'S BIKINÎ - OPEN

#### MASTERS WOMEN >35 YEARS OLD:

- MASTER WOMEN'S BIKINI 35-39 YEARS OPEN
- MASTER WOMEN'S BIKINI >40 YEARS OPEN
- MASTER WOMEN'S BIKINI OVERALL
- MASTER WOMEN'S BODYFITNESS OPEN
- MASTER WOMEN'S WELLNESS OPEN

#### **SENIOR WOMEN'S**

- WOMEN'S PHYSIQUE OPEN
- WOMEN'S BODYFITNESS UP TO 163 CM
- WOMEN'S BODYFITNESS OVER 163 CM
- WOMEN'S BODYFITNESS OVERALL
- WOMEN'S BIKINI UP TO 158 CM
- WOMEN'S BIKINI UP TO 160 CM
- WOMEN'S BIKINI UP TO 166 CM
- WOMEN'S BIKINI UP TO 169 CM
- WOMEN'S BIKINI OVER 169 CM
- WOMEN'S BIKINI OVERALL
- WOMEN'S WELLNESS UP TO 163 CM
- WOMEN'S WELLNESS OVER 163 CM
- WOMEN'S WELLNESS OVERALL

#### **POSSIBLE CROSSOVER:**

CLASSIC BODYBUILDING - CLASSIC PHYSIQUE - BODYBUILDING

ALSO JUNIORS AND MASTERS IN SENIOR CLASSES

## **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:

#### 12 PRO CARDS:

#### TWO PRO CARDS FOR THE TOP OVERALL WINNERS:

- MEN'S PHYSIQUE
- MEN'S BODYBUILDING
- WOMEN'S BIKINI

## ONE PRO CARD FOR THE OVERALL WINNER:

- MEN'S CLASSIC PHYSIQUE
- MEN'S CLASSIC BODYBUILDING
- WOMEN'S BODYFITNESS
- WOMEN'S WELLNESS
- MASTER MEN'S BODYBUILDING
- MASTER WOMEN'S BIKINI

## \*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: NO

FINAL ENTRY FORM: November 20th, 2023

## **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.

## **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: Contact: Benedetto Mondello

E-mail: bettomondello@gmail.com

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. Daria

E-mail: contact@ifbb.com

## Contact details for additional correspondence:

Mr. Benedetto Mondello - President of the Italian Federation

E-mail: bettomondello@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: <a href="mailto:pawelfilleborn@gmail.com">pawelfilleborn@gmail.com</a>

All international judges must bring their International Judge's Cards to the Team Managers & Judges 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 Team Managers & Judges Meeting.