



2023 DIAMOND CUP LUSOFONIA



MAIN INFORMATION

NAME OF THE EVENT: DIAMOND CUP LUSOFONIA / JOSE MONTEIRO INTERNATIONAL CUP

CITY / COUNTRY: POVOA DE LANHOSO / PORTUGAL

DATE: NOVEMBER 17th - 19th, 2023

EVENT OPEN FOR: All IFBB-affiliated National Federations

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2 YES NO

DAY OF ARRIVAL: 17/11/2023

DAY OF DEPARTURES: 19/11/2023

REGISTRATION DAY: 17/11/2023

TIME: 09:30 - 18:00

PLACE: MULTI-SPORTS
PÓVOA DE LANHOSO

WEIGH-IN DAY: 17/11/2023

TIME: 09:30 - 18:00

PLACE: ESCOLA SECUNDARIA DA POVOA
DE LANHOSO

*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: AEROPORTO FRANCISCO SA CARNEIRO, PORTO

VISA INFORMATION: Passport holders of Member States of the European Union (EU), the European Economic Area (EEA) or Switzerland don't need a visa. Citizens of other countries may apply for a short-term Schengen visa: <https://eportugal.gov.pt/en/servicos/pedir-um-visto-schengen-de-curta-duracao>

* It is no longer required a proof of a negative COVID test or to present a COVID-EU digital certificate or vaccination or recovery certificate issued by third countries, accepted or recognized in Portugal. More info: <https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

*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: MULTI-SPORTS POVOA DE LANHOSO , ESCOLA SECUNDARIA POVOA DE LANHOSORUA PTE. DE PEREIRO POVOA DE LANHOSO.

HOTEL INFORMATION

RECOMMENDED HOTEL: HOTEL DAS TAIPAS GUIMARÃES
BOOKING: HOTELDASTAIPAS@GMAIL.COM
(+351) 253479980

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €200** (for two competitions).

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: 07/11/2023

*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 WOMEN'S BIKINI 16-23 YEARS - OPEN
MASTER WOMEN'S BIKINI >35 YEARS - OPEN
WOMEN'S BIKINI 160, 163, +163 cm
MASTER WOMEN'S BODYFITNESS >35 YRS - OPEN
WOMEN'S BODYFITNESS 163 cm, +163 cm
JUNIOR WOMEN'S WELLNESS 16-23 YEARS - OPEN
WOMEN'S WELLNESS 163 cm, +163 cm
MASTER WOMEN'S WELLNESS >35 YRS - OPEN
WOMEN'S FIT-MODEL - OPEN
WOMEN'S ARTISTIC FITNESS - OPEN
FIT-PAIRS
MIXED-PAIRS

JUNIOR MEN'S PHYSIQUE 16-23 YRS - OPEN
MASTER MEN'S PHYSIQUE >40 YRS - OPEN
MEN'S PHYSIQUE 170, 173, 176, 179 cm, +179 cm
MUSCULAR MEN'S PHYSIQUE - OPEN
JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YRS - OPEN
MEN'S CLASSIC BODYBUILDING 175 cm, +175 cm
MASTER MEN'S CLASSIC BODYBUILDING >40 YRS - OPEN
JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YRS - OPEN
MEN'S CLASSIC PHYSIQUE 175 cm, +175 cm
MASTER MEN'S CLASSIC PHYSIQUE >40 YRS - OPEN
JUNIOR MEN'S BODYBUILDING 16-23 YRS - OPEN
MASTER MEN'S BODYBUILDING MEN'S >40 YRS - OPEN
BODYBUILDING 75, 80, 85, 90, +90 kg

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:

DISTRIBUTION

DIAMOND CUP LUSOFONIA: 12 IN TOTAL

Women's Bikini – 1 for the Overall winner
Women's Bodyfitness - 1 for the Overall winner
Women's Wellness - 1 for the Overall winner
Men Physique - 3 for the top 3 in Overall
Muscular Men's Physique – 1 for the category winner
Classic Bodybuilding – 1 for the Overall winner
Classic Physique - 1 for the Overall winner
Bodybuilding - 3 for the top 3 in Overall

JOSE MONTEIRO CUP: 10 IN TOTAL

Women's Bikini - 1 for the Overall winner
Women's Bodyfitness - 1 for the Overall winner
Women's Wellness - 1 for the Overall winner
Men Physique - 3 for the top 3 in Overall
Muscular Men's Physique - 1 for the winner
Classic Bodybuilding - 1 for the Overall winner
Classic Physique - 1 for the Overall winner
Bodybuilding - 1 for the Overall winner

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging and 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:

Mr. Daniel Morais

E-mail: portugalifbb@gmail.com

OR

INSTAGRAM: [ifbb@portugal](https://www.instagram.com/ifbb@portugal)

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. Daniel Morais

President of Portuguese Federation

E-mail: portugalifbb@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

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.

