



# 2024 IFBB DIAMOND CUP LUSOFONIA

## MAIN INFORMATION

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|---|--|---|
| <b>NAME OF THE EVENT: 2024 IFBB DIAMOND CUP LUSOFONIA</b>   |  |   |
| <b>CITY / COUNTRY: SANTA MARIA, SAL ISLAND - CAPE VERDE</b>   |  |   |
| <b>DATE: SEPTEMBER 20<sup>th</sup> – 22<sup>nd</sup>, 2024</b>  |  |   |
| <b>EVENT OPEN FOR: ALL IFBB-AFFILIATED NATIONAL FEDERATIONS AND THEIR ATHLETES</b>  |  |   |
| <b>IFBB ELITE PRO CARD QUALIFIER</b>  | <b>YES <input checked="" type="checkbox"/></b> | <b>NO <input type="checkbox"/></b>  |
| <b>IFBB INTERNATIONAL RANKING QUALIFIER LEVEL 2</b>   | <b>YES <input checked="" type="checkbox"/></b> | <b>NO <input type="checkbox"/></b>  |
| <b>DAY OF ARRIVAL: SEPTEMBER 20<sup>th</sup>, 2024</b>  |  |   |
| <b>DAY OF DEPARTURES: SEPTEMBER 22<sup>nd</sup>, 2024</b>   |  |   |
| <b>REGISTRATION DAY: FRIDAY<br/>SEPTEMBER 20<sup>th</sup>, 2024</b>   | <b>TIME: 16:00 - 19:00</b>                     | <b>VENUE: HOTEL OASIS SALINAS SEA - CONFERENCE CENTER. SANTA MARIA – SAL ISLAND</b> |
| <b>WEIGH-IN DAY: FRIDAY<br/>SEPTEMBER 20<sup>th</sup>, 2024</b>   | <b>TIME: 16:00 - 19:00</b>                     | <b>VENUE: HOTEL OASIS SALINAS SEA - CONFERENCE CENTER. SANTA MARIA – SAL ISLAND</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>   |  |   |
| <b>RECOMMENDED AIRPORT: AMILCAR CABRAL INTERNATIONAL AIRPORT (SID)</b>  |  |   |
| <p><b>VISA INFORMATION:</b> A tourist visa for up to 30 days is required in Cape Verde, unless you come from one of the visa-exempt countries which are most in Africa or Europe. Applying for a tourist visa yourself is very simple. You can apply for a visa for Cape Verde in two ways:</p> <ul style="list-style-type: none"><li>• The <a href="#">Cape Verde embassy</a> or consulate in your own country. As a reference, the cost in Belgium are approximately 45,- euro per visa excluding shipping. For children under 12 years the visa is free of charge;</li><li>• At the airport at one of the international airports of Cape Verde (Sal, Boavista, Santiago or Sao Vicente). You first take the queue to buy a visa and then pass the customs. The costs per visa are around 25,- euro. You can pay with euros or with a credit card. You have to wait in the queue a little longer but it is a cheaper alternative.</li></ul> |  |   |
| <p>For a visa application, the following conditions are relevant:</p> <ul style="list-style-type: none"><li>• The passport must be valid for 6 months from the date of entry into Cape Verde. You can apply for a passport at your town hall. Do this in due time before leaving to the Cape Verde Islands;</li><li>• The passport data that you use when applying for the visa must correspond to your passport data;</li><li>• If you do the visa application through an embassy / consulate, you also must show the following: proof of return flight, proof of reservation of an accommodation or a reference and passport photo.</li></ul>   |  |   |
| <b>Visa exempt countries</b>  |  |   |

For short stays a visa to enter Cape Verde is not needed for citizens from:

- European Union (30 day stay);
- Other Europe: United Kingdom, Switzerland, Norway, Iceland, Lichtenstein, Vatican City, San Marino, Andorra, Monaco (30 day stay);
- Asia: Timor-Leste, Singapore (30 day stay);
- Russia (60 day stay);
- North America: United States, Canada (30 day stay);
- South America: Brasil (30 day stay);
- Africa: Angola, Benin, Burkino Faso, Cote 'd Lvoire, Gambia, Ghana, Guinea-Bissau, Guinea, Liberia, Mali, Mauritania, Mozambique, Niger, Nigeria, Senegal, Sierre Leone, Togo (30 day stay).

Note: You still *need* to register. See section 'Mandatory registration & Airport Security Fee (TSA)' at the end of this article.

### **Mandatory registration & Airport Security Fee (TSA)**

Before travelling to Cape Verde you should register with the Cape Verde authorities via the online platform EASE. This is an electronic travel authorization for air passengers arriving on the Cape Verde islands, regardless of nationality or the need for a visa or not. Furthermore, when arriving by air – in most cases – you have to pay a security fee (Airport Security Fee – TSA). Registration and the security surcharge can be paid via the online platform EASE (preference). This can be also arranged at the border (customs). For more information read the article about the [Airport Security Fee](#).

\* Since September 15<sup>th</sup>, 2022, Cape Verde removed All COVID-19 restrictions.

\*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 OASIS SALINAS SEA - CONFERENCE CENTER. SANTA MARIA – SAL ISLAND**

### **HOTEL INFORMATION**

**RECOMMENDED HOTEL: HOTEL OASIS SALINAS SEA**

<https://oasisatlantico.com/destinos/cabo-verde/ilha-do-sal/oasis-salinas-sea/>

### **REGISTRATION FEE:**

Each athlete and Delegate or Extra Delegate 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: September 10<sup>th</sup>, 2024**

\*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:

Beginner Men Bodybuilding - **OPEN**  
Junior Men Bodybuilding 16 -23 years - **OPEN**  
Master Men Bodybuilding 40-49 years - **OPEN**  
Master Men Bodybuilding >50 years - **OPEN**  
Men Bodybuilding up to & incl. 75 kg  
Men Bodybuilding up to & incl. 80 kg  
Men Bodybuilding up to & incl. 90 kg  
Men Bodybuilding up to & incl. 100 kg  
Men Bodybuilding over 100 kg  
Beginner Men Classic Physique - **OPEN**  
Master Men Classic Physique >40 years - **OPEN**  
Men Classic Physique up to & incl. 175 cm  
Men Classic Physique over 175 cm  
Muscular Men's Physique - **OPEN**  
Beginner Men's Physique - **OPEN**  
Junior Men's Physique 15-23 years - **OPEN**  
Master Men Physique >40 years - **OPEN**  
Men's Physique up to & incl. 173 cm  
Men's Physique up to & incl. 176 cm  
Men's Physique up to & incl. 182 cm  
Men Physique over 182 cm  
Men Classic Bodybuilding up to & incl. 175 cm  
Men Classic Bodybuilding over 175 cm

Beginner Women Bodyfitness - **OPEN**  
Master Women Bodyfitness >35 years - **OPEN**  
Women Bodyfitness up to & incl. 163 cm  
Women Bodyfitness over 163 cm  
Women Physique - **OPEN**  
Beginner Women Wellness - **OPEN**  
Women Wellness up to & incl. 163 cm  
Women Wellness over 163 cm  
Beginner Women Bikini - **OPEN**  
Junior Women Bikini 16-23 years - **OPEN**  
Master Women Bikini >35 years - **OPEN**  
Women Bikini up to & incl. 162 cm  
Women Bikini up to & incl. 166 cm  
Women Bikini up to & incl. 169 cm  
Women Bikini over 169 cm  
Women Fit-Model - **OPEN**

### Possible crossovers :

Men's Classic Bodybuilding - Classic Physique – Bodybuilding;  
Women's Bikini – Women's Fit-Model;  
Women's Wellness – Women's Fit-Model;  
Juniors & 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:

**2 Elite Pro Cards in total**

### **DISTRIBUTION :**

**Men Classic Physique Overall - ELITE PRO CARD for the winner**

**Men Physique Overall - ELITE PRO CARD for the winner**

## \*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No.**

FINAL ENTRY FORM: **MONDAY, SEPTEMBER 09<sup>th</sup>, 2024**

## 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 & amp, 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. Bino Santos  
E-mail: [fecahalter@gmail.com](mailto:fecahalter@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 IFBB Head Office:  
Ms. Daria  
E-mail: [contact@ifbb.com](mailto:contact@ifbb.com)

Contact details for additional correspondence:

Mr. Bino Santos  
President of the Capeverdean Weightlifting, Powerlifting, Bodybuildin & Fitness Federation  
E-mail: [fecahalter@gmail.com](mailto:fecahalter@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 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.



Scan this code to see the rules for attires of Men's Physique and Bikini.



