



2024 IFBB DIAMOND CUP LEBANON

MAIN INFORMATION



NAME OF THE EVENT: **2024 IFBB DIAMOND CUP LEBANON**

CITY / COUNTRY: **BEIRUT / LEBANON**

DATE: **AUGUST 23rd - 25th, 2024**

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: **AUGUST 23rd, 2024** COMPETITION: **AUGUST 24th, 2024**

DAY OF DEPARTURES: **AUGUST 25th, 2024**

REGISTRATION DAY: 23/08/2024	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT HABTOOR GRAND
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WEIGH-IN DAY: 23/08/2024	TIME: 09:00 – 20:00	PLACE: HILTON BEIRUT HABTOOR GRAND
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- 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 that can be wiped off is not allowed.

RECOMMENDED AIRPORT: BEIRUT RAFIC AL HARIRI INTERNATIONAL AIRPORT (Code BEY)

Rafic Hariri International Airport is located in the Southern Suburbs of Beirut, Lebanon, 9 km from the city center, and 8 km from competition venue Hilton – Beirut Habtour Grand.

Transportation fees from / to the Airport: **USD \$25** per person.

VISA INFORMATION: In order to visit Lebanon, most people will have to get a Lebanon Visa. Only Lebanese nationals and citizens of GCC countries are exempt from visa requirements. Fortunately, the Lebanon visa is fairly easy to obtain for a large number of people, as it can be obtained on arrival. Those who are not eligible for a Lebanon visa on arrival will have to get one in advance at the nearest embassy. Detailed information on countries need a visa to enter Lebanon:

<https://www.worldtravelguide.net/guides/middle-east/lebanon/passport-visa/>

- All Covid-19 health restrictions measures to enter Lebanon have been removed on September 28, 2022.
- An Official Letter of Invitation will be 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: **HILTON BEIRUT HABTOOR GRAND – EMIRATES HALL** – Charles de Gaulle Str. Beirut, Lebanon

<https://www.hilton.com/en/hotels/beyhghi-hilton-beirut-habtoor-grand/>



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HOTEL INFORMATION:

RECOMMENDED HOTEL:

- **5-Stars HILTON BEIRUT HABTOOR GRAND**, Charles De Gaulle St., Horsh Tabet Beirut, 55555, Lebanon
(competition Venue):
 - **USD \$110** per day (Single Room – 1 person).
 - **USD \$120** per day (Twin Room – 2 persons).
 - **USD \$145** per day (Triple Room – 3 persons).
- **4-Stars PADOVA HOTEL BEIRUT**, Horsh Tabet Beirut, Sin El Fil
 - **USD \$70** per day (Single Room – 1 person).
 - **USD \$80** per day (Twin Room – 2 persons).

REGISTRATION FEES:

Each athlete must pay the IFBB registration fee of **USD \$200**.

Registration fees 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 **USD \$50**.

CROSSOVERS: **USD \$100 per each of the additional categories.**

Deadline for online payment : AUGUST 13th, 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 per year** and 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.



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19 IFBB ELITE PRO CARDS will be distributed as follows:

MEN'S BODYBUILDING OVERALL: PRO CARDS FOR THE TOP 3

MASTERS MEN'S BODYBUILDING OVERALL: MASTER PRO CARDS FOR THE TOP 2

MEN'S CLASSIC BODYBUILDING OVERALL: PRO CARDS FOR THE TOP 2

MEN'S CLASSIC PHYSIQUE OVERALL: PRO CARDS FOR THE TOP 2

MEN'S PHYSIQUE OVERALL: PRO CARDS FOR THE TOP 3

MUSCULAR MEN'S PHYSIQUE OVERALL: PRO CARD FOR THE WINNER

WOMEN'S BODYFITNESS OVERALL: PRO CARD FOR THE WINNER

WOMEN'S BIKINI OVERALL: PRO CARDS FOR THE TOP 2

MASTERS WOMEN'S BIKINI OVERALL: MASTER PRO CARD FOR THE WINNER

WOMEN'S PHYSIQUE OVERALL: PRO CARD FOR THE WINNER

WOMEN'S WELLNESS OPEN: PRO CARD FOR THE WINNER

ONLINE REGISTRATION DEADLINE:

FINAL ENTRY FORM: AUGUST 12th, 2024

CAMERA / VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment are 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.

Athletes who wish to obtain their competition / posing photos, must book with the organizer :

FEE: USD\$40

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.

EXTRA GREEN CARDS: YES NO N/A

PRICE: **USD\$20 each.**



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CATEGORIES

MEN'S BODYBUILDING

<p>SENIOR</p> <ul style="list-style-type: none"> * UP TO & INCL. 60 KG * UP TO & INCL. 65 KG * UP TO & INCL. 70 KG * UP TO & INCL. 75 KG * UP TO & INCL. 80 KG * UP TO & INCL. 85 KG * UP TO & INCL. 90 KG * UP TO & INCL. 100 KG * OVER 100 KG 	<p>MASTER MEN'S BODYBUILDING 40-44 yrs:</p> <ul style="list-style-type: none"> * UP TO & INCL. 70 KG * UP TO & INCL. 80 KG * UP TO & INCL. 90 KG * OVER 90 KG
<p>JUNIOR MEN'S BODYBUILDING 16-20 yrs:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY 	<p>MASTER MEN'S BODYBUILDING 45-49 yrs:</p> <ul style="list-style-type: none"> * UP TO & INCL. 70 KG * UP TO & INCL. 80 KG * UP TO & INCL. 90 KG * OVER 90 KG
<p>JUNIOR MEN'S BODYBUILDING 21-23 yrs:</p> <ul style="list-style-type: none"> * UP TO & INCL. 75 KG * OVER 75 KG 	<p>MASTER MEN'S BODYBUILDING Over 50 yrs:</p> <ul style="list-style-type: none"> * UP TO & INCL. 80 KG * Over 80 KG

MEN'S PHYSIQUE

<p>SENIOR</p> <ul style="list-style-type: none"> * UP TO & INCL. 170 CM * UP TO & INCL. 173 CM * UP TO & INCL. 176 CM * UP TO & INCL. 179 CM * UP TO & INCL. 182 CM * OVER 182 CM 	<p>MASTER MEN'S PHYSIQUE 40-44 years:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY <p>MASTER MEN'S PHYSIQUE 45-49 years:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY <p>MASTER MEN'S PHYSIQUE Over 50 years:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY
<p>SUB JUNIOR MEN'S PHYSIQUE 15-17 years:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY 	<p>JUNIOR MEN'S PHYSIQUE 21-23 years:</p> <ul style="list-style-type: none"> * UP TO & INCL. 174 CM * UP TO & INCL. 178 CM * OVER 178 CM
<p>SUB JUNIOR MEN'S PHYSIQUE 18-20 years:</p> <ul style="list-style-type: none"> * ONE OPEN CATEGORY 	

MUSCULAR MEN'S PHYSIQUE

- * UP TO & INCL. 178 CM
- * OVER 178 CM



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MEN'S CLASSIC PHYSIQUE	
SENIOR <ul style="list-style-type: none">* UP TO & INCL. 171 CM* UP TO & INCL. 175 CM* UP TO & INCL. 180 CM* OVER 180 CM	MASTER MEN'S CLASSIC PHYSIQUE 40-44 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY
	MASTER MEN'S CLASSIC PHYSIQUE 45-49 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY
JUNIOR MEN'S CLASSIC PHYSIQUE <ul style="list-style-type: none">* 16-20 YEARS (OPEN)* 21-23 YEARS (OPEN)	MASTER MEN'S CLASSIC PHYSIQUE >50 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY

MEN'S CLASSIC BODYBUILDING	
SENIOR <ul style="list-style-type: none">* UP TO & INCL. 168 CM* UP TO & INCL. 171 CM* UP TO & INCL. 175 CM* UP TO & INCL. 180 CM* OVER 180 CM	MASTER MEN'S CLASSIC BODYBUILDING 40-44 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY
	MASTER MEN'S CLASSIC BODYBUILDING 45-49 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY
JUNIOR MEN'S CLASSIC BODYBUILDING <ul style="list-style-type: none">* 16-20 YEARS (OPEN)* 21-23 YEARS (OPEN)	MASTER MEN'S CLASSIC BODYBUILDING >50 yrs <ul style="list-style-type: none">* ONE OPEN CATEGORY

MEN'S FIT- MODEL – OPEN
FIT- PAIRS – OPEN
WOMEN'S WELLNESS – OPEN

WOMEN'S BIKINI	
SENIOR <ul style="list-style-type: none">* UP TO & INCL. 160 CM* UP TO & INCL. 164 CM* UP TO & INCL. 169 CM* OVER 169 CM	JUNIOR WOMEN'S BIKINI 16-23 years - OPEN
	MASTER WOMEN'S BIKINI >35 years - OPEN



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WOMEN'S FIT- MODEL	
SENIOR * UP TO & INCL. 163 CM * UP TO & INCL. 168 CM * OVER 168 CM	JUNIOR 16 - 23 yrs (OPEN)
	MASTERS Over 35 yrs (OPEN)

WOMEN'S BODYFITNESS	
WOMEN'S BODYFITNESS: * UP TO & INCL. 158 CM * UP TO & INCL. 163 CM * UP TO & INCL. 168 CM * OVER 168 CM	JUNIOR WOMEN'S BODYFITNESS : * 16 - 20 YEARS (OPEN) * 21 - 23 YEARS (OPEN) MASTERS WOMEN'S BODYFITNESS : * 35 - 39 YEARS (OPEN) * 40 - 44 YEARS (OPEN) * Over 45 YEARS (OPEN)

WOMEN'S PHYSIQUE	
SENIOR * UP TO & INCL. 163 CM * OVER 163 CM	MASTERS WOMEN'S PHYSIQUE – Over 35 years: * ONE OPEN CATEGORY

UNIVERSITY CATEGORY
REQUIREMENTS: Approval letter from the National University Sports Federation. Participants age must be under 25 years old. CATEGORIES: UNIVERSITY MEN'S PHYSIQUE – OPEN UNIVERSITY MEN'S FITNESS – OPEN UNIVERSITY MEN'S & WOMEN'S FITNESS CHALLENGE : - GOLD LEVEL (INDIVIDUAL / COUPLES / TEAM) - SILVER LEVEL (INDIVIDUAL / COUPLES / TEAM)

POSSIBLE CROSSOVERS:
CLASSIC PHYSIQUE - CLASSIC BODYBUILDING – BODYBUILDING WOMEN'S BIKINI – WOMEN'S FIT-MODEL; WOMEN'S WELLNESS – WOMEN'S FIT-MODEL JUNIOR AND MASTERS IN SENIOR CLASSES



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FITNESS CHALLENGE

MEN'S CATEGORIES

1. Men's Fitness Challenge (24 - 40 years)
2. Junior Men's Fitness Challenge (up to 23 years)
3. Masters Men's Fitness Challenge (over 40 years)

FITNESS CHALLENGE

WOMEN'S CATEGORIES

1. Women's Fitness Challenge (24 - 35 years)
2. Junior Women's Fitness Challenge (under 23 years)
3. Masters Women's Fitness Challenge (over 35 years)

FITNESS CHALLENGE

COUPLES & TEAMS

1. Couples Fitness Challenge (same sex - M/F couples and mixed couples)
2. Team Fitness Challenge (team of 6 athletes of the same sex or mixed)

FITNESS CHALLENGE - TECHNICAL REGULATIONS OF THE EXERCISES

GOLD STANDARD

- | | |
|------------------------------|------------------------------------|
| 1. Chin Ups (prone & strict) | 4. Walking Lunges (with a barbell) |
| 2. KB Squat + upright row | 5. Toes to bar |
| 3. Dips (feet forward) | 6. Burpees & Devil Press |

SILVER STANDARD

- | | |
|---------------------------------|---|
| 1. Pull Ups (lying position) | 4. Lunges (non-walking, with dumbbells) |
| 2. Jefferson Squat | 5. Toes to bar |
| 3. Dips on Bench (feet forward) | 6. Snatches (with kettlebell) |

AWARDS – MEDALS & TROPHIES:

Top three athletes in each category are awarded with [medals](#).

Top six athletes in each category are awarded with a [Certificate of Excellence](#) and [trophies](#).

Overall winner will have a [trophy](#).



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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.

It is MANDATORY to book for Tanning thru the Lebanese Federation.
No personal Tanning allowed.

PROFESSIONAL TANNING SERVICE: YES NO

PRICE: **USD \$70**

Contact: Lebanon_bbpf@hotmail.com

CONTACT INFORMATION:

Please send Your Entry Form to: **Mr. HASSENEN MOUKALED**

E-mail: lebanon_bbpf@hotmail.com

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to the IFBB Head Office:

E-mail: contact@ifbb.com

Contact details for additional correspondence:

Mr. HASSENEN MOUKALED

President of Lebanese Bodybuilding and Powerlifting Federation

E-mail: lebanon_bbpf@hotmail.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 and 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 and Judges Meeting.