



## **Diamond Cup AUSTRIA**

**15th - 16th of September 2018**

**St. Pölten/St. Poelten  
AUSTRIA**



## Welcome

The Organizing Committee of the Austrian Amateur Bodybuilding and Fitness Federation extends a warm welcome to all European IFBB National Federations to participate in the 2018 IFBB Diamond Cup in St. Pölten/St. Poelten, Austria on 15<sup>th</sup> - 16th of September 2018.

This Diamond Cup will be a part of the IFBB ELITE RANKING TOUR. In addition the IFBB grants the organiser the right to offer **twelve IFBB ELITE PRO cards** in total that means two ELITE PRO Cards for the overall winner and second placed of the categories listed below in that Inspection Report.

Be a part of the perfect check for the Arnold Classic Europe 2018 which will take place 14 days later.

## Your Host Country [Austria - The Country of the Waltz](#)

The **Republic of Austria** is a landlocked country of roughly 8.8 million people in Central Europe. It is bordered by the Czech Republic and Germany to the north, Hungary and Slovakia to the east, Slovenia and Italy to the south, and Switzerland and Liechtenstein to the west. The territory of Austria covers 83,855 square kilometers and has a temperate and alpine climate. German is the country's official language. Other local official languages are Hungarian, Burgenland Croatian, and Slovene.

The origins of modern-day Austria date back to the time of the Habsburg dynasty when the vast majority of the country was a part of the Holy Roman Empire of the German Nation. During the 17th and 18th centuries, Austria became one of the great powers of Europe and, in response to the

coronation of Napoleon I as the Emperor of the French, the Austrian Empire was officially proclaimed in 1804. In 1867, the empire was reformed into Austria-Hungary.

The First Austrian Republic was established in 1919. In the 1938 Anschluss, Austria was occupied and annexed by Nazi Germany. This lasted until the end of World War II in 1945. Austria's former democratic constitution was restored. In 1955, the Austrian State Treaty re-established Austria as a sovereign state. In the same year, the Austrian Parliament created the Declaration of Neutrality, which declared that the Second Austrian Republic would become permanently neutral.

Today, Austria is a parliamentary representative democracy comprising nine federal states. The capital and largest city, with a population exceeding 1.8 million, is Vienna. The country has developed a high standard of living. Austria has been a member of the United Nations since 1955, joined the European Union in 1995, and is a founder of the OECD. Austria also signed the Schengen Agreement in 1995, and adopted the European currency, the Euro, in 1999.

## **St. Pölten, the Host City**



St. Pölten is the provincial capital of Lower Austria, the region that surrounds Vienna. It is located directly on the Autobahn 1 (A1 = E 60).

Discover the diverseness of the newest Austrian Provincial Capital. Be it just for a day or a whole week, a stay in St. Pölten is always rewarding. Not many cities are so rich in contrast. Whether you are exploring the beautiful Old Town and its Baroque and Jugendstil buildings or the hypermodern Government Quarter and Culture District - you'll have the feeling of taking part in a treasure hunt!



Just a few convincing facts why the newest regional capital city of Austria won't let you down:

- a gorgeous, fully intact, historically preserved old city
- a slew of architecturally significant buildings from Contemporary Austrian

## Architecture

- a diverse, year round art and performance program within its own Cultural District
- St. Poelten, a popular shopping destination features Austria's second oldest pedestrian zone
- Unspoiled nature area within the city limits sporting - top sports and recreational facilities
- a broad selection of eating choices and accommodations

St. Poelten's central location in Lower Austria makes it an ideal starting point for daytrips

## **The Venue Site – Veranstaltungszentrum (VAZ)**

The Diamond Cup will be held at VAZ at Kelsengasse 9, 3100 St. Poelten. Use A1 (= E 60) exit number 58 "St. Pölten Süd" and follow the signposts VAZ. The Diamond Cup will take place in its biggest hall offering 3.200 m<sup>2</sup> of space, located on the ground floor. The Hall capacity is about 1400 seats, It has movable walls, movable equipment and air-conditioning. It has been the venue for an enormous number of concerts, balls and other types of amusement. The IFBB World Championships 2013 in Classic Bodybuilding were organized at the VAZ.





## The Official Hotel

The ALFRED is St. Poeltens First Design Budget Hotel just a one minute walk away from the VAZ.



### Adress:

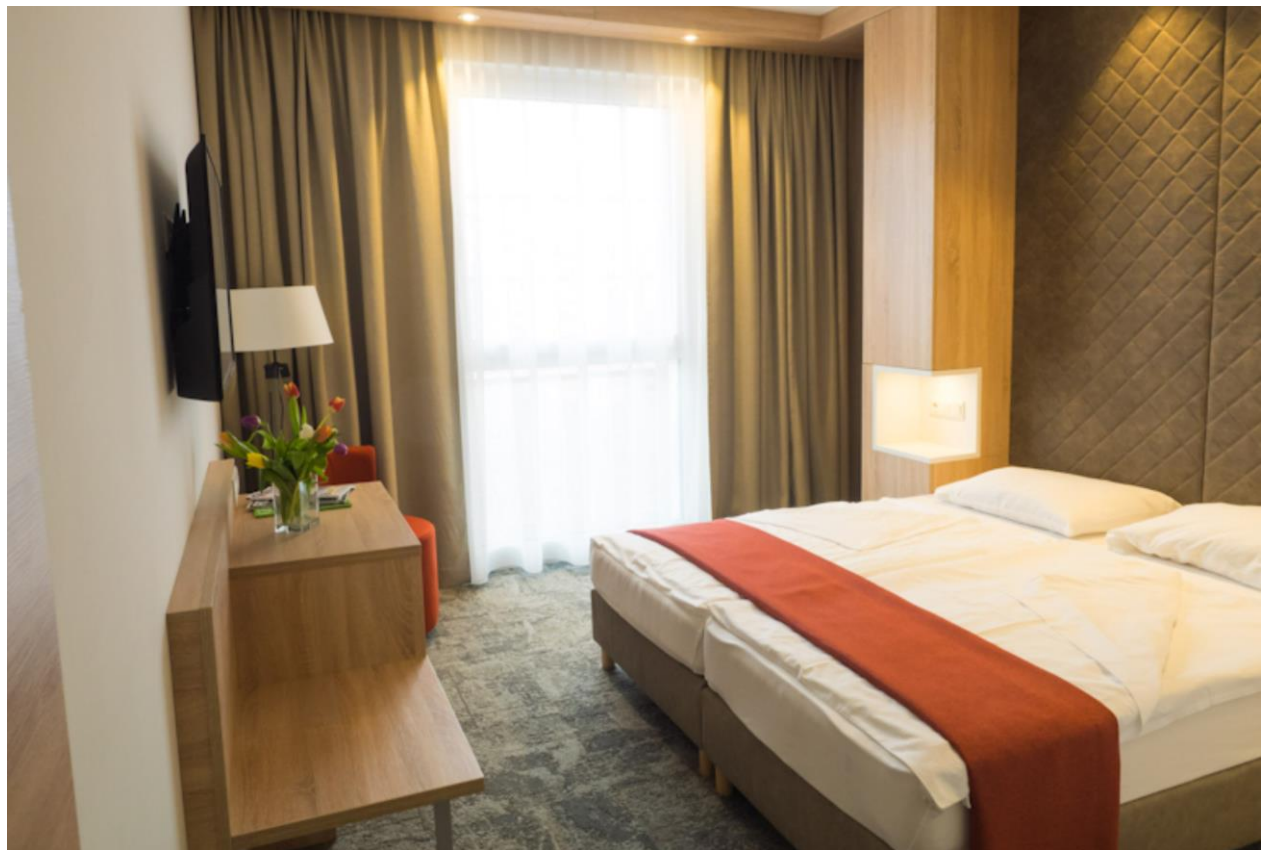
Rödlgasse 11  
A-3100 St. Pölten

**web:** [www.dasalfred.at](http://www.dasalfred.at)

**mail:** [office@dasalfred.at](mailto:office@dasalfred.at)

phone: +43 2742 / 289 90

**Bodybuilding diet food is offered on request**



Double room



Roof-Lounge of “The Alfred”

Big supermarket is around the corner of “The Alfred”.

### **Other hotels in St. Pölten**

In a walking distance to VAZ

Motel 267 <http://www.motel267.at/de/pages/motel-st-poelten.aspx>

Hotel Roter Hahn: <http://www.hotel-boeck.at/en/index.htm>

Hotels close to the center of St. Pölten

Hotel Graf: <https://www.hotel-graf.at/en/index.php>

Hotel Metropol <http://www.hotel-metropol.at/de/pages/hotel-st-poelten.aspx>

City Hotel <http://www.cityhotel-dc.at/de/pages/hotel-st-poelten.aspx>



## Training Opportunities

On 15th and 16th of September you can do your work out at no costs at **Gym „Gesund und Fit“**

**Adresse:** Mariazellerstraße 7-9, 3100 St. Pölten

**Telefon:** +43 (0) 2742 – 70 9 70

## Competition Tan

A Jan Tana Competition Tanning Team will be at venue.

<http://www.onsitetan.com>

## Airport

The arrival airport is Vienna International Airport. It is located about a 60 minutes drive from St. Poelten.

There is also a train-station directly at the Vienna International Airport. Time by train to St. Pölten is about 45 minutes

## Categories Open for Competition

Men´s Physique up to 176 cm

Men´s Physique over 176 cm

Classic Bodybuilding open class

Classic Physique open class

Bodybuilding up to 90 kg

Bodybuilding up to 100 kg

Bodybuilding over 100 kg

Bodyfitness open class

Wellness Fitness open class

Bikini Fitness up to 164 cm

Bikini Fitness up to 169 cm

Bikini Fitness over 169 cm

## **Participation**

The DIAMOND CUP AUSTRIA is open to all IFBB-affiliated National Federations in Europe. The number of participating competitors is **unlimited**. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible.<sup>[1]</sup><sub>[SEP]</sub>The final

decision to allow an athlete to compete in this event rests with the IFBB.

***Please be aware that it is the 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.***

## **Registration/ Music**

Registration will be at VAZ on 15<sup>th</sup> of September from 10 to 18 h at the VAZ. (Please follow info arrows.)

The Registration Fee will be 200.- Euro. which have to be paid in advance by credit/debit card or PayPal at IFBB webpage:

<http://www.ifbb.com/competition-registration>

Please add your name during online payment and bring a copy of your payment confirmation to the registration.<sup>[SEP]</sup> **The deadline to do the online payment is Monday, 3<sup>rd</sup> of September, 2018**, On Monday 3<sup>rd</sup> of September 2018, 24:00 hrs (midnight - Central European Time) the online payment system will be switched off.

If paying at the Registration on September 15<sup>th</sup>, 2018, an **extra fee of EUR €50** per participant will be charged.<sup>[SEP]</sup>

All competitors must be nominated by their national IFBB-Federation. No “individual nominations” will be accepted. Athletes will have to provide

either their passport or the IFBB International Card at the weigh-in and registration. Any athlete who has not yet purchased or renewed his International Card will have to buy one at registration. International Cards are 30.- Euro and are mandatory.

Music for Bodybuilding and Classic Bodybuilding finalists must be on a CD, at the beginning of the CD. The athlete's name + starting number must be affixed on the CD for identification purposes, and will get handed out to the DJ by the finalist right before entering the stage. *IMPORTANT NOTICE: The use of profane, vulgar or offensive language is strictly prohibited in posing music.*

## Judges

All National Federations are reminded that their nominations of judges and test judges must be forwarded as soon as possible but no later than **September 01, 2018** to Mr. Pawel Filleborn, EBFF Vice-President

E-mail: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

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 their National Federations.

IFBB International Judges must bring along their valid IFBB Judge's Card with the IFBB annual judges fee of EUR €50 paid for 2018. This fee may also be paid at the Diamond Cup in Austria.

## Team Managers and Judges Meeting


Will be held on 15th of September at the VAZ. Please see info on time and room at venue.

## **Awards**

**Top six athletes** in each category will be awarded certificates.

Top three athletes in each category will be awarded trophies.

**Overall** in each discipline will have a trophy.

**Top 5 athletes** in Men's and Women's senior categories will be awarded points to the  **2018 IFBB World Ranking** according to the World Ranking Rules.

**Overall winners or open category winners** in Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Women's Bodyfitness, Women's Bikini Fitness and Women's Wellness Fitness are eligible to apply for the **IFBB Elite Pro Card** through their National Federations.

## **Important Notice**

**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.

## **Media Accreditation**



All media accreditation, except Austrian media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation must contact Mr. Andrew Michalak (IFBB Press Commission) not later than September 1<sup>st</sup>, 2018. He will provide all necessary information. [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

## **Access to Backstage**

Stamps for access to backstage area during the prejudging & finals, will be on sale at weigh-in/registration for 35.- Euro. Per athlete is one coach allowed.

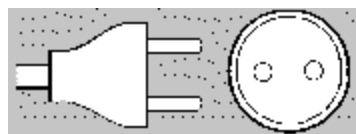
## **Camera / Videotape Equipment**

Camera and videotape equipment shall be strictly prohibited in the backstage area except when used by IFBB-authorized media persons. In any event, these devices shall be strictly prohibited in the dressing room area.

## **Useful Information**

Time: Central European Time

Electrical outlets: 220 Volts



Plug Type C

Currency: Euro

Language: German. English is widely spoken in hotels, shopping and sports centers, tourist areas.

## **Athletes without Delegates**

All athletes competing at IFBB Championships must be “Members in Good Standing” of their National Federations. Any athlete who arrives without a delegate must carry an Official Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

## **Medical Withdrawal**

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for withdrawal.

## **Failure to Cooperate**

Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by IFBB against the offending National Federation.

## **Preliminary Entry Form**

**The deadline for sending the Preliminary Entry Form is August 1<sup>st</sup> 2018.** National Federations must return the Preliminary Entry Form to the

Organizing Committee as soon as possible but no later than the deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the official participants, please indicate the estimated number of individuals from your National Federation who will participate in the Championships.

## **Final Entry Form**

The deadline for the Final Entry Form is September 1<sup>st</sup>, 2018. National Federations must submit the actual names of all official participants (Athletes by discipline and category, Delegates, including judges).

## **Contact Details**

Final Entry Forms will only be accepted if they are e-mailed by the National Federation of the athlete to:

Organizing Committee: [dc-austria@ifbb-austria.at](mailto:dc-austria@ifbb-austria.at)

IFBB Head Office: [info@ifbb.com](mailto:info@ifbb.com)

IFBB Technical Committee: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

### **Very important notice:**

*It is the responsibility of the President or General Secretary of each participating National Federation to ensure that all National Team members (athletes, delegate, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report.*

*If any of the athletes or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.*

## **Tentative Schedule of Activities**

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

### **Saturday, September 15<sup>th</sup>**

10:00 - 20:00 Registration at the VAZ  
18:00 Judges and Team Managers Meeting

### **Sunday, September 16<sup>th</sup>**

10:00 - 17:00: Prejudging, Finals and Victory Ceremonies for all categories  
18:00 - 2100: IFBB ELITE PRO SHOW "THE AUSTRIAN OAK"

The IFBB-AUSTRIA is looking forward to meet you right in the heart of Europe.