



IFBB RANKING AND ELITE PRO QUALIFIER EVENT

IFBB DIAMOND CUP 2.0 SKOPJE-North MACEDONIA

12-14 October 2019, Skopje, North Macedonia

ELITE PRO MASTER EVENT



INSPECTION REPORT

**ELITE PRO CARDS
FOR OVERALL WINNERS**



BioTechUSA



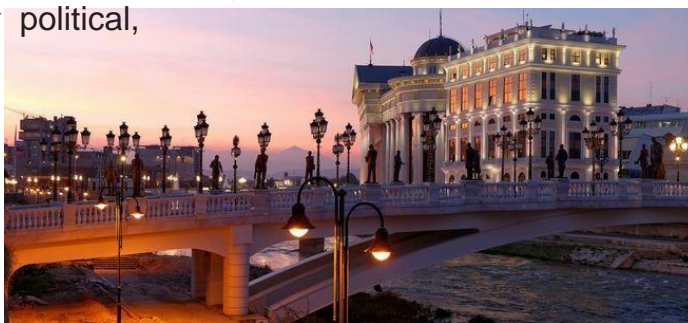
12-14 October 2019, Skopje, North Macedonia

W E L C O M E !!!

The IFBB international competition, DIAMOND CUP North Macedonia, will be held in October in Skopje. Last year, at the first edition of this international event, we had 24 countries who take a part of it. This is the most important bodybuilding and fitness competition in this region, providing points to the 2019 IFBB World Ranking and offering IFBB Elite Pro Cards for overall winners. This year we will have for the first time Elite Pro Masters, which is going to be qualification for the World Pro Master Championships, as well as arm wrestling and bench press tournament.

Skopje is the capital of the Republic of North Macedonia, the City that lies in the heart of the Balkan Peninsula, at the crossroad of important communications, a city with a 2000 years old tradition. Skopje is a modern city with population of almost one million and presents Macedonia's major political,

economical, educational and cultural center. It continues to be a focus for new residents, economic development, construction and refurbishment. Skopje urban area extends across the Skopje valley for approximately 30 kilometers (18.75 mi) in width and comprises 10 municipalities.



Skopje also is a very attractive tourist destination with its fortress, cultural and historical monuments, archaeological sites, sport halls, caves in the canyon of the River Treska and Lake Matka and a health spa in the eastern part of the city.

ARRIVALS AND AIRPORT

Official arrival day is Saturday, October 12th, 2019

Official departure day is Monday, October 14th, 2019

Official airport, INTERNATIONAL AIRPORT SKOPJE

Skopje Airport, (Macedonian: Аеродром Скопје, Aerodrom Skopje) or Skopje International Airport, (Macedonian: Меѓународен аеродром Скопје, Megjunaroden aerodrom Skopje), is the larger and busier of the two international airports in the Republic of Macedonia, with the other being the St. Paul the Apostle Airport in Ohrid. It is located 17 km (11 mi) southeast of the national capital Skopje in the Municipality of Petrovec.



VISA

A valid passport is required to enter the territory of FYR Macedonia. Citizens living in one of the European countries as well as the countries which are part of the Schengen Agreement can enter Macedonia and stay for up to 90 days during a six months period, **visa is not required**.

An Official Letter of Invitation will be made available if required. To receive Invitation Letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer. If the visa is not granted, the Cancellation Policies for the championship will still apply.

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 its 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.

Official hotel, ALEKSANDAR PALACE (<http://www.aleksandarpalace.com.mk/>)

The hotel Aleksandar Palace is located on the right bank of the river Vardar next to the city park, only 3 km away from the city center.

The hotel has 135 air-conditioned rooms including 22 suites: Junior Suite, Executive Suite and one Presidential Suite. Restaurant A la Carte and Aperitif Bar offer an exclusive selection of fine local and international cuisine and wide assortment of highly recommended local wine Skovin. 24-hour front desk and concierge. 24-hour room service, Car Rental Desk (Europcar, Sixt), Laundry and dry cleaning, Gift and souvenir shop. Stylish casino is an integral part of the hotel, offering entertainment and exciting gaming action to our guests. The Conference Center has equipment for simultaneous translation, acoustics, telephone lines and other equipment suitable for different usage: summits, congresses, conferences, seminars, fashion shows, presentations, music concerts and many other.



Hotel is located basically in the same yard with the Venue site.

For more info: Email: gjoroski@gmail.com

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, transport from and to the airport and meals, are the responsibilities of National Federations or individual athletes. Check with your National Federation for more information.

The Venue: VIP ARENA BORIS TRAJKOVSKI

https://en.wikipedia.org/wiki/Boris_Trajkovski_Sports_Center

The Boris Trajkovski Sports Center (Macedonian: Спортски центар Борис Трајковски, Sportski centar Boris Trajkovski) in Skopje is a multi-functional indoor sports arena. It is located in the Karpoš Municipality of Skopje, Macedonia, 50 meters from the official hotel. It is named after the former president, Boris Trajkovski, who died in a plane crash in 2004. It has a maximum seating capacity of 8,500 for handball, 10,000 for basketball and 12,000 for concerts.



The arena is home to the Macedonian national basketball team (men and women), Macedonian national handball team (men and women) and Macedonian national volleyball team (men and women). The venue also contains four restaurants and a sports bar. It was one of two venues used for the 2008 European Women's Handball Championship.

PARTICIPATION

The contest is open for [EBFF/IFBB-affiliated](#) National Federations from Europe. The number of competitors participating in these championships is unlimited.

Online Pre-Registration of athletes will only be considered if they are entered by the National Federation of the athlete 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 not later than October 7th, 2019. The final decision to allow an athlete to compete in this event rests with the IFBB.

Please be aware that it is 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.

OFFICIAL ATHLETE REGISTRATION

Official Athlete Registration will be conducted on Saturday, October 12th, 2019, from 12:00 till 18:00 hrs. at **ALEKSANDAR PALACE HOTEL**, Congress & Banquet Center. Only athletes entered by their National Federations can be registered.

All athletes will have to produce 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 €35 and are mandatory.



All posing music must be on an audio CD or USB Flash Drive in the MP3 format. The posing music must also be at the start of the CD. Each competitor must affix his/her name on the CD or USB for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music. Each athlete participating in the championship will be provided with a wristband at the Registration. This identification will allow daily admission and should not be removed.

TEAM MANAGERS & JUDGES MEETING

Will start at 18:15 in the registration area.

REGISTRATION FEE

Registration fee for athletes to enter this competition is **EUR €200** which have to be paid in advance by credit/debit card or PayPal at IFBB webpage:

<http://www.ifbb.com/competition-registration> for your best comfort and convenience.

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is October 7th, 2019 (Monday).

On October 7th, 24:00 hrs (midnight - Central European Summer Time, UTC +2 in summer) the online payment system will be switched off. If paying at the Registration on October 12th, 2019, an extra fee of EUR €50 per participant will be charged.

If an athlete wants to participate in the **second category** (like a master or junior in the senior class also), the registration fee for this second category is **EUR €100**.

Important note: Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

AWARDS

- Top 3 athletes in each category will be awarded with medals or trophies.
- Top 6 athletes in each category will be awarded with Certificates of Excellence.
- 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 2019 IFBB World Ranking, according to the World Ranking Rules.
- IFBB Elite Pro Cards for the overall category winners in Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Physique, Bodyfitness, Wellness Fitness and Bikini Fitness (after applications through their National Federations).
- Juniors and Masters overall winners as well as open category winners will be awarded with non-cash awards depending on the sponsors' generosity.

CATEGORIES OPEN AT THE 2019 IFBB DIAMOND CUP SKOPJE:

MEN BODYBUILDING	WOMEN BODYFITNESS:	MEN'S PHYSIQUE:
Up to & including 70 kg	Up to & including 163 cm	Up to & 173 cm
Up to & including 80 kg	Over 163 cm	Up to & 176 cm
Up to & including 90 kg	Overall (1 Pro Card)	Up to & 179 cm
Up to & including 100 kg		Up to & 182 cm
Over 100 kg	WOMEN BIKINI-FITNESS	Over 182 cm
Overall (1 Pro Card)	Up to & including 160 cm	Overall (1 Pro Card)
	Up to & including 164 cm	JUNIOR MEN'S PHYSIQUE:
JUNIOR MEN BODYBUILDING	Up to & including 169 cm	Up to & 178 cm
One open category	Up to & including 172 cm	Over 178 cm
	Over 172 cm	Overall
MASTER MEN BODYBUILDING	Overall (1 Pro Card)	MUSCULAR MEN'S PHYSIQUE:
40-49 years - open		One open category
Over 50 years - open	JUNIOR WOMEN BIKINI-FITNESS:	
Overall	One open category	JUNIOR WELLNES FITNESS
		One open category
MEN CLASSIC BODYBUILDING*	MASTER WOMEN BIKINI-FITNESS:	WOMEN'S WELLNESS FITNESS:
Up to & including 175 cm	One open category	Up to 163 cm
Up to & including 180 cm		Over 163 cm
Over 180 cm	JUNIOR CLASSIC BODYBUILDING:	Overall (1 Pro Card)
Overall (1 Pro Card)	One open category	
		WOMEN'S PHYSIQUE:
MEN'S CLASSIC PHYSIQUE**	WOMEN'S FITNESS	One open category
1 Open category	One open category	(1 Pro Card)

*- Masters and Men Classic Bodybuilding bodyweight limits [in kg]:

Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]
Over 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]

** - Junior Men Classic Bodybuilding bodyweight limits:

Up to & incl. 162 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]
Up to & incl. 165 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
Over 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

***- Men Classic Physique bodyweight limits [in kg]:**

Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 15 [kg]
Over 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 17 [kg]

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges (as well as test-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 Macedonia.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2019. Test-judges must pay the IFBB judge's test fee of EUR €50. These fees may be paid at the competition in Macedonia.

TANNING

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.

There will be professional tanning services available at the competition, provided by Jan Tana – Onsite Tan is the official tanning service provider and athletes can book there tanning through the following link: <https://www.o.bokamera.se/onsitetan/BookTime>

TICKETS

Entry tickets to the contest may be purchased at the door of the venue.

BACKSTAGE ACCESS

To limit access to the backstage area during Prejudging and Finals, backstage passes (wristbands) will be available (not more than 2 per competitor) at the Registration. To get the backstage pass you will need to buy the entry ticket for the competition and pay additional EUR €10 per person.

ATHLETES WITHOUT DELEGATES

All Athletes competing to these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

LANGUAGE

The official language in Macedonia is Macedonian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

TIME DIFFERENCE

UTC + 02:00 hours (summer)

CLIMATE

During the month of October the daily high temperatures decrease by 8°C, from 23°C to 16°C, rarely falling below 9°C or exceeding 29°C. Daily low temperatures decrease by 6°C, from 10°C to 5°C, rarely falling below -1°C or exceeding 14°C. Rainy day possible.

CURRENCY

The national currency in Macedonia is the Macedonian Denar (MKD).
EUR 1.0 = MKD 60,89 (as for July 24th, 2019).

ELECTRIC CURRENT

In Macedonia the power sockets are of type F. The standard voltage is 230 V and the standard frequency is 50 Hz. This socket also works with plug C and plug E.

CORRESPONDENCE AND INFORMATION

Further information can be requested by e-mail addressed to the Organizing Committee President, Mr. Boban Gjoroski
E-mail: gjoroski@gmail.com

FINAL ENTRY FORM SENDING DETAILS

The deadline date for sending the Final Entry Form is Monday, October 7th, 2019. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges).

Please send your Entry Form no later than
October 7th, 2019 to:

Organizing Committee President
Mr. Boban Gjoroski
E-mail: gjoroski@gmail.com

IFBB Technical Committee
Eng. Andrew Michalak
E-mail : amichalak5@gmail.com

Please Send a copy to:
International Federation of Bodybuilding and Fitness

Head Office:

Ms. Diana Mozos
Phone: +34 91 535 2819
E-mail: info@ifbb.com

Tentative Schedule

October 12th, 2019 (Saturday)

- Arrivals

12:00 – 18:00 – Athlete Registration / weigh-in - **Aleksandar Palace Hotel**,
Congress & Banquet Center

18:15 – Team Managers and Judges Meeting – in the registration area

October 13th, 2019 (Sunday)

10:00 – 17:00: One continuous session (prejudging & finals) – VIP Arena
Boris Trajkovski

October 14th, 2019 (Monday)

- Departures

