

DETAILED RUNNING ORDER OF THE
2018 IFBB DIAMOND CUP AUSTRIA

Saturday, SEPTEMBER 15th, 2018

10:00 – 18:00

**OFFICIAL ATHLETE REGISTRATION AT VAZ (Kelsengasse 9,
3100 St. Pölten)**

18:30- 19:45

TEAM MANAGERS & JUDGES MEETING AT VAZ

20:00 – 21:30

Registration of IFBB ELITE PROS for the “AUSTRIAN OAK”

Sunday, SEPTEMBER 16th, 2018

MAIN STAGE  **10:00 – 17:00**





ONE CONTINUOUS SESSION

**(Men´s Physique, Classic Bodybuilding, Classic Physique,
Bodybuilding, Bodyfitness, Wellness Fitness, Bikini Fitness)**

(If there are 6 or less athletes in a category, there will be no pre-judging rounds)

It's in the athletes responsibility to be backstage before their category starts,
Please be aware that some categories might run very fast, so athletes must be
long in advance ready at the venue.

ELIMINATION ROUNDS & SEMIFINALS

1. **Men's Physique up to 176 cm Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage 
2. **Men's Physique over 176 cm Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage 
3. **Classic Bodybuilding open Elimination Round (if >15)**
(4 Compulsory Poses in groups of 3-5) > List of the Semifinalists backstage
4. **Classic Physique open Elimination Round (if >15)**
(4 Compulsory Poses in groups of 3-5) > List of the Semifinalists backstage
5. **Men's Physique up to 176 cm Semifinals**
(4 Quarter Turns in groups of 5) > List of the Finalists backstage 
6. **Men's Physique over 176 cm Semifinals**
(4 Quarter Turns in groups of 5) > List of the Finalists backstage 
7. **Classic Bodybuilding open Semifinals**
(4 Compulsory Poses + Comparisons in 4 Quarter Turns and 7 Compulsory Poses) > List of the Finalists backstage
8. **Classic Physique open Semifinals**
(4 Compulsory Poses + Comparisons in 4 Quarter Turns and 6 Compulsory Poses) > List of the Finalists backstage
9. **Bodybuilding up to 90 kg, Elimination Round (if >15)**
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
10. **Bodybuilding up to 100 kg, Elimination Round (if >15)**
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage
11. **Bodybuilding over 100 kg, Elimination Round (if >15)**
(4 Compulsory Poses in groups of 5) > List of the Semifinalists backstage

12. **Bodybuilding up to 90 kg, Semifinals**
(7 Compulsory Poses in groups of 5) > List of the Finalists backstage
13. **Bodybuilding up to 100 kg, Semifinals**
(7 Compulsory Poses in groups of 5) > List of the Finalists backstage
14. **Bodybuilding over 100 kg, Semifinals**
(7 Compulsory Poses in groups of 5) > List of the Finalists backstage
15. **Bodyfitness open Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage SEP
16. **Wellness Fitness open Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage SEP
17. **Bikini Fitness up to 164 cm Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage SEP
18. **Bikini Fitness up to 169 cm Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage
19. **Bikini Fitness over 169 cm Elimination Round (if >15)**
(4 Quarter Turns in groups of 3-5) > List of the Semifinalists backstage
20. **Bodyfitness open Semifinals** (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
21. **Wellness Fitness open Semifinals** (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
22. **Bikini Fitness up to 164 cm Semifinals** (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
23. **Bikini Fitness up to 169 cm Semifinals** (4 Quarter Turns in groups of 5 + Comparisons) > List of the Finalists backstage
24. **Bikini Fitness over 169 cm Semifinals** (4 Quarter Turns in groups

of 5 + Comparisons) > List of the Finalists backstage

FINALS & VICTORY CEREMONIES & OVERALLS

25. Men's Physique up to 176 cm Finals (Individual Presentation and Quarter turns x 2)
26. Men's Physique over 176 cm Finals (Individual Presentation and Quarter turns x 2)
27. Classic Bodybuilding open (Quarter turns, 7 Compulsory Poses x 2, Posedown)
28. Classic Bodybuilding open (1 min. Free Posing Routine)
29. Classic Physique open (Quarter turns, 6 Compulsory Poses x 2, Posedown)
30. Classic Physique open (1 min. Free Posing Routine)
31. Bodybuilding up to 90 kg (7 Compulsory Poses x 2, Posedown)
32. Bodybuilding up to 90 kg (1 min. Free Posing Routine)
33. Bodybuilding up to 100 kg (7 Compulsory Poses x 2, Posedown)
34. Bodybuilding up to 100 kg (1 min. Free Posing Routine)
35. Bodybuilding over 100 kg (7 Compulsory Poses x 2, Posedown)
36. Bodybuilding over 100 kg (1 min. Free Posing Routine)
37. Bodyfitness open (I-Walking and Quarter turns x 2)
38. Wellness Fitness open (I-Walking and Quarter turns x 2)
39. Bikini Fitness up to 164 cm (I-Walking and Quarter turns x 2)

40. Bikini Fitness up to 169 cm (I-Walking and Quarter turns x 2)
41. Bikini Fitness over 169 cm (I-Walking and Quarter turns x 2)

Victory Ceremonies: Men

42. Men's Physique up to 176 cm
43. Men's Physique over 176 cm
44. Classic Bodybuilding open
45. Classic Physique open
46. Bodybuilding up to 90 kg
47. Bodybuilding up to 100 kg
48. Bodybuilding over 100 kg

Victory Ceremonies: Women

49. Bodyfitness open
50. Wellness Fitness open
51. Bikini Fitness up to 164 cm
52. Bikini Fitness up to 169 cm
53. Bikini Fitness over 169 cm

OVERALLS

54. Men's Physique + Awarding Ceremony
55. Bikini Fitness + Awarding Ceremony
56. Bodybuilding + Awarding Ceremony

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.

All together 12 IFBB ELITE PRO CARDS can be won.

Athletes who win the IFBB ELITE PRO CARDS in Men's Physique, Bodybuilding and Bikini Fitness at the DIAMOND CUP AUSTRIA 2018 will get a WILD CARD. With that they can compete at the "AUSTRIAN OAK" the IFBB ELITE PRO SHOW that will be held right after the Diamond Cup Austria.

THE ORGANIZING COMMITTEE OF THE IFBB-AUSTRIA WISHES THE BEST OF LUCK TO ALL ATHLETES.

MAY THE BEST WIN!