



# IFBB DIAMOND CUP

## WARSAW FIWE

**September 13<sup>th</sup> – 15<sup>th</sup>, 2019**

**ELITE PRO QUALIFIER (14 PRO CARDS!)**

**2019 IFBB WORLD RANKING EVENT**

# INSPECTION REPORT

## **WELCOME!!!**

The IFBB international competition DIAMOND CUP WARSAW FIWE will be held in September in Warsaw! Poland is becoming an unquestionable leader in organization of prestigious bodybuilding and fitness international competitions. IFBB Diamond Cup in Warsaw will be one of the most important bodybuilding and fitness event in our country in the second half of the year, providing points to the 2019 IFBB World Ranking and offering 14 IFBB Elite Pro Cards for the overall winners. Additionally, the date of the competition will be very convenient for athletes, as it will take place a week before Arnold Classic Europe in Barcelona. There is no doubt that this event will shake the international fitness scene.

The promoters have already announced a record budget spent on the organization of the event, being a part of the big fitness expo FIWE. We can expect that the IFBB top international stars from all over the world will visit the capital city of Poland in September.

## ABOUT FIWE

This will be the 6<sup>th</sup> edition of FIWE – the fastest growing fitness expo in Central and Eastern Europe. The main goal of FIWE is to present the wide spectrum of the fitness and wellness training equipment, food supplements, services and accessories to business and individual visitors coming from Poland and abroad. This is also a perfect opportunity to meet bodybuilding and fitness international stars and icons. All visitors may select from a wide range of educational activities including FIWE Fans Conference, FIWE Personal Trainers and FIWE Experts as well as participate in bodybuilding event, CrossFit event, Street Workout and MMA or watch these events as a spectator.

## THE VENUE

The IFBB Diamond Cup competition will take place at one of the most popular exhibition hall in Warsaw:

### **Expo XXI**

12/14 Pradzynskiego Str.

Warsaw, Poland

## ARRIVALS AND AIRPORT

**Official arrival day is Friday, September 13<sup>th</sup>, 2019**

**Official departure day is Monday, September 16<sup>th</sup>, 2019**

### **WARSAW FREDERIC CHOPIN INTERNATIONAL AIRPORT (WAW)**

Is the Poland's largest and busiest airport, handles just under 40% of the country's air passenger traffic (16 million passengers in 2017). Warsaw Chopin Airport handles approximately 300 scheduled flights daily. Warsaw Chopin Airport is located in the south-west part of Warsaw, approximately 10 km (6.21 mi) from the city center. The airport is easy to access by train, local buses or taxi. Information on connecting flights can be found here:

[https://en.wikipedia.org/wiki/Warsaw\\_Chopin\\_Airport](https://en.wikipedia.org/wiki/Warsaw_Chopin_Airport)

### **WARSAW MODLIN AIRPORT (WMI)**

The second available airport is Warsaw Modlin Airport (WMI) located 40 km (25 miles) north of Warsaw's city centre. Warsaw Modlin Airport is the first airport in Poland created particularly for low-cost airlines and charters. The airport handles international short-distance and medium-distance flights. On July 15<sup>th</sup>, 2012 the biggest low-cost carrier - Ryanair - started its operations at Warsaw Modlin Airport. It operates regular international passenger flights to over 30 European cities including: Barcelona, Glasgow, Brussels, Paris, Eindhoven, Milan, Liverpool, Stockholm, Oslo, London, Rome, Bologna, Bristol, Manchester, East Midlands, Dublin, Madrid and Gothenburg. More info at:

[https://en.wikipedia.org/wiki/Warsaw\\_Modlin\\_Airport](https://en.wikipedia.org/wiki/Warsaw_Modlin_Airport)

## RECOMMENDED HOTELS

**The City Comfort Aparthotel** is the official hotel of the 2019 FIWE Expo. It is located at 165 Wolska Str., 1.6 km from the venue, with comfortable interior and high quality for a reasonable price. Detailed info at: <https://www.citycomfort.pl/>

Other offers may be found at: <https://www.booking.com/city/pl/warsaw>

**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.**

## **VISA**

A valid passport is required to enter the territory of the European Union (Schengen Zone). Schengen Area nowadays covers most of the European Countries with an exception made for the United Kingdom and the countries that are soon to be part of this agreement as Romania, Bulgaria, Croatia, Cyprus and Ireland. Although not members of the European Union, the following countries like Norway, Iceland, Switzerland and Lichtenstein are also part of the Schengen Zone enjoying the same freedom of movement policy as the others EU-country citizens do not require a visa.

**Citizens of the following 90 countries are not required to be in possession of a visa when entering Poland for less than 90 days:**

[http://www.msz.gov.pl/en/travel\\_to\\_poland/entering\\_poland/visa\\_free/visa\\_free\\_countries](http://www.msz.gov.pl/en/travel_to_poland/entering_poland/visa_free/visa_free_countries)

All other persons should consult the Polish Embassy in their country to determine if they require a visa.

More info at: <http://www.schengenvisainfo.com/poland-visa/> .

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.

## **PARTICIPATION**

The contest is open for **all IFBB-affiliated National Federations** from **all over the world**.

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 September 02<sup>nd</sup>, 2019. The final decision to allow an athlete to compete in this event rests with the IFBB.

Polish competitors representing PZKFITS will register through the Polish Federation website.

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.

## **REGISTRATION**

Official Athlete Registration will be conducted on **Friday, September 13<sup>th</sup>, 2019, from 11:00 till 18:00 hrs at EXPO XXI, Hall no. 2, room C, 2<sup>nd</sup> floor.**

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 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 September 03<sup>rd</sup>, 2019 (Tuesday).** On September 03<sup>rd</sup>, 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 September 14<sup>th</sup>, 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**.

## CATEGORIES OPEN AT THE 2019 IFBB DIAMOND CUP WARSAW FIWE:

<b>MEN BODYBUILDING:</b>	<b>WOMEN BODYFITNESS:</b>	<b>MEN'S PHYSIQUE:</b>
Up to & including 75 kg	Up to & including 163 cm	Up to & including 173 cm
Up to & including 80 kg	Over 163 cm	Up to & including 176 cm
Up to & including 85 kg	<b>Overall (2 Pro Cards)</b>	Up to & including 179 cm
Up to & including 90 kg		Up to & including 182 cm
Up to & including 100 kg	<b>WOMEN BIKINI-FITNESS:</b>	Over 182 cm
Over 100 kg	Up to & including 158 cm	<b>Overall (2 Pro Cards)</b>
<b>Overall (2 Pro Cards)</b>	Up to & including 162 cm	
	Up to & including 166 cm	<b>JUNIOR MEN'S PHYSIQUE:</b>
<b>JUNIOR MEN BODYBUILDING:</b>	Up to & including 169 cm	One open category
One open category	Up to & including 172 cm	
	Over 172 cm	<b>MUSCULAR MEN'S PHYSIQUE:</b>
<b>MASTER MEN BODYBUILDING +40 YRS</b>	<b>Overall (2 Pro Cards)</b>	Up to & including 175 cm
One open category		Over 175 cm
	<b>JUNIOR WOMEN BIKINI-FITNESS:</b>	<b>Overall (2 Pro Cards)</b>
<b>MEN CLASSIC BODYBUILDING*</b>	One open category	
Up to & including 175 cm		<b>WOMEN'S WELLNESS FITNESS:</b>
Up to & including 180 cm	<b>MASTER WOMEN BIKINI-FITNESS:</b>	Up to & including 163 cm
Over 180 cm	One open category	Over 163 cm
<b>Overall (2 Pro Cards)</b>		
	<b>JUNIOR CLASSIC BODYBUILDING**</b>	<b>WOMEN'S PHYSIQUE:</b>
<b>MEN CLASSIC PHYSIQUE*</b>	One open category	One open category
Up to & including 175 cm		
Over 175 cm	<b>WOMEN'S FITNESS:</b>	
<b>Overall (2 Pro Cards)</b>	One open category	

**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.

**\*- 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]

## AWARDS

- Top 3 athletes in each category will be awarded with medals and trophies.
- Top 6 athletes in each category will be awarded with trophies and Certificates of Excellence.
- Overall winner in each discipline will have a medal and 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 **top 2** overall category winners in **Men's Physique, Muscular Men's Physique, Classic Bodybuilding, Classic Physique and Bodybuilding** as well as **Women's Bodyfitness 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.

## 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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to Poland.

**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 Poland.

**All Judges and Test-Judges must be present at the Team Managers and Judges Meeting.** Any Judge absent at this meeting will not be allowed to judge at this competition. If any of the above conditions has not been met, Judges will be unable to carry out their duties.

## **TICKETS**

Entry tickets to the FIWE Expo may be purchased online under the address:

<http://fiwe.pl/en/tickets/>

## **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 to the Expo 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 Poland is Polish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

## **TIME DIFFERENCE**

UTC +2 hours (CEST - Central European Summer Time Zone)

## **CLIMATE**

During the month of September the daily mean temperature is 13.5°C (56.3°F), with average high 18.4°C (65.1°F) and average low 9.1°C (48.4°F) with low humidity. Rainy day possible.

## **CURRENCY**

The national currency in Poland is the Polish Zloty (PLN).

EUR 1.0 = PLN 4.25 (as for July 24<sup>th</sup>, 2019)

USD 1.0 = PLN 3.81 (as for July 24<sup>th</sup>, 2019)

Current rates may be checked at: <http://www.xe.com/currency/pln-polish-zloty>



## ELECTRIC CURRENT

The electrical outlets are 220 V, 50 Hz. Socket/plug of type C, with two round prongs, popularly known as the europlug and used in all continental Europe countries. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## CORRESPONDENCE AND INFORMATION

Further information can be requested by e-mail addressed to the Organizing Committee Secretary:

Mr. Artur Moczarski

E-mail: [a.moczarski@icevents.pl](mailto:a.moczarski@icevents.pl)

## FINAL ENTRY FORM SENDING DETAILS

The deadline date for sending the Final Entry Form is **Monday, September 02<sup>nd</sup>, 2019**. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges).

<p><b><u>Please send your Entry Form no later than</u></b> <b><u>September 02<sup>nd</sup>, 2019 to:</u></b></p> <p><b>Organizing Committee Secretary</b> <b>Mr. Artur Moczarski</b> E-mail: <a href="mailto:a.moczarski@icevents.pl">a.moczarski@icevents.pl</a></p> <p><b>IFBB Technical Committee</b> <b>Eng. Andrew Michalak</b> E-mail : <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p>	<p><b><u>Please Send a copy to:</u></b></p> <p><b>International Federation of Bodybuilding and Fitness</b> <b>Head Office:</b></p> <p><b>Ms. Diana Mozos</b> Phone: +34 91 535 2819 E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a></p>
--	--

# Tentative Schedule

## September 13<sup>th</sup>, 2019 (Friday)

### - Arrivals

11:00 – 18:00 – Athlete Registration / weigh-in – Expo XXI, Hall no. 2, room C, 2<sup>nd</sup> floor

18:15 – Team Managers and Judges Meeting – Expo XXI, Hall no. 2, 2<sup>nd</sup> floor

## September 14<sup>th</sup>, 2019 (Saturday)

10:00 – 18:00: Cup of Poland (**only for Polish athletes**) - one continuous session (prejudging & finals) – Expo XXI

## September 15<sup>th</sup>, 2019 (Sunday)

10:00 – 18:00: IFBB Diamond Cup - one continuous session (prejudging & finals) – Expo XXI

## September 16<sup>th</sup>, 2019 (Monday)

### - Departures