



IFBB DIAMOND CUP LEBANON

MAIN INFORMATION



NAME OF THE EVENT: IFBB DIAMOND CUP LEBANON		
CITY / COUNTRY: BEIRUT / LEBANON		
DATE: AUGUST 19TH – 22ND, 2021		
EVENT OPEN FOR: ALL IFBB-AFFILIATED NATIONAL FEDERATIONS		
IFBB ELITE PRO CARD QUALIFIER YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
IFBB INTERNATIONAL RANKING QUALIFIER YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
DAY OF ARRIVAL 19/08/2021		
DAY OF DEPARTURES 23/08/2021		
REGISTRATION DAY: 20/08/2021	TIME: 9:00 – 20:00	PLACE: GENERAL EMILE LAHOUD SPORTS COMPLEX
WEIGHT-IN DAY: 20/08/2021	TIME: 9:00 – 20:00	PLACE: GENERAL EMILE LAHOUD SPORTS COMPLEX
<p>*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 which can be wiped off is not allowed.</p>		
RECOMMENDED AIRPORT: BEIRUT RAFIC AL HARIRI INTERNATIONAL AIRPORT (Code BEY)		
VISA INFORMATION: Detailed information on which countries need a visa to enter Lebanon: https://www.worldtravelguide.net/guides/middle-east/lebanon/passport-visa/		
<p>*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.</p>		
<p>*An Official Letter of Invitation will be made 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.</p>		
VENUE: GENERAL EMILE LAHOUD SPORTS COMPLEX		

HOTEL INFORMATION

RECOMMENDED HOTEL: The Organizing Committee has once again established a full special package rate in order to encourage athletes to participate and facilitate their preparations and stay in Lebanon.

The rate per athlete is **USD \$400** and includes:

- Registration Fee (one category)
- Pro Tan Tanning Service
- 4-night accommodation at a 4* hotel
- Transportation

- **USD \$100** to be added per each of additional categories

- **USD \$100** to be added for 5* Hotel Upgrade

All athletes, delegates and supporters are strongly advised to book the accommodation through the Lebanese Federation to benefit from the special rates and packages. Rooms are limited. Contact lebanon_bbp@hotmail.com for more information.

REGISTRATION FEE:

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

Registration fee 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 **50 \$ (USD)**.

CROSSOVERS: 100 \$ (USD)

DEADLINE FOR ONLINE PAYMENT: 10/08/2021

*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 **45 \$ (USD)** and are 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.

CATEGORIES:

MEN'S BODYBUILDING:

- UP TO & INCLUDING 70 kg
- UP TO & INCLUDING 75 kg
- UP TO & INCLUDING 80 kg
- UP TO & INCLUDING 85 kg
- UP TO & INCLUDING 90 kg
- UP TO & INCLUDING 100 kg
- OVER 100 kg

WOMEN'S BIKINI:

- UP TO & INCLUDING 160 cm
- UP TO & INCLUDING 164 cm
- UP TO & INCLUDING 169 cm
- OVER 169 cm

JUNIOR WOMEN'S BIKINI 16-23 YRS - OPEN

MASTER WOMEN'S BIKINI +35 YRS - OPEN

JUNIOR MEN'S BODYBUILDING 16-23 YRS - OPEN

MASTER MEN'S BODYBUILDING 40-49 YRS:

- UP TO & INCLUDING 80 kg
- UP TO & INCLUDING 90 kg
- Over 90 kg

MASTER MEN'S BODYBUILDING +50 YRS - OPEN

MEN'S PHYSIQUE:

- UP TO & INCLUDING 173 cm
- UP TO & INCLUDING 176 cm
- UP TO & INCLUDING 179 cm
- UP TO & INCLUDING 182 cm
- OVER 182 cm

JUNIOR MEN'S PHYSIQUE 16-23 YRS - OPEN

MASTER MEN'S PHYSIQUE +40 YRS – OPEN

MUSCULAR MEN'S PHYSIQUE - OPEN

MEN'S FIT- MODEL - OPEN

WOMEN'S FIT- MODEL - OPEN

FIT- PAIRS - OPEN

MEN'S CLASSIC PHYSIQUE**

- UP TO & INCLUDING 171 cm
- UP TO & INCLUDING 175 cm
- UP TO & INCLUDING 180 cm
- OVER 180 cm

MASTER MEN'S CLASSIC PHYSIQUE +40 YRS - OPEN

MEN'S CLASSIC BODYBUILDING*

- UP TO & INCLUDING 171 cm
- UP TO & INCLUDING 175 cm
- UP TO & INCLUDING 180 cm
- OVER 180 cm

JUNIOR MEN'S CLASSIC BODYBUILDING 16-23 YRS - OPEN

MASTER MEN'S CLASSIC BODYBUILDING +40 YRS - OPEN

WOMEN'S BODYFITNESS:

- UP TO & INCLUDING 163 cm
- OVER 163 cm

WOMEN'S WELLNESS - OPEN

MEN'S WHEELCHAIR BODYBUILDING - OPEN

WOMEN'S PHYSIQUE - OPEN

Possible crossovers

Men's Classic Bodybuilding – Men's Physique – Men's Bodybuilding

Classic Physique and Classic Bodybuilding and Bodybuilding

Women's Bikini – Women's Fit-Model

Women's Wellness – Women's Fit-Model

Juniors and Masters in senior classes.

AWARDS:

Top three athletes in each category will be awarded with **medals**.

Top six athletes in each category will be awarded with a **Certificate of Excellence** and **trophies**.

Overall winner will have a **trophy**.

IFBB ELITE PRO CARDS:

16 SENIOR + 3 MASTER IFBB ELITE PRO CARDS

DISTRIBUTION

- Men's Bodybuilding (IFBB Elite Pro Cards for the top 3 overall winners)
- Men's Classic Bodybuilding (IFBB Elite Pro Cards for the top 2 overall winners)
- Men's Classic Physique (IFBB Elite Pro Cards for the top 2 overall winners)
- Men's Physique (IFBB Elite Pro Cards for the top 3 overall winners)
- Muscular Men's Physique (IFBB Elite Pro Card for the winner)
- Women's Bodyfitness (IFBB Elite Pro Card for the overall winner)
- Women's Bikini (IFBB Elite Pro Cards for the top 2 overall winners)
- Women's Physique (IFBB Elite Pro Card for the winner)
- Women's Wellness (IFBB Elite Pro Card for the winner)
- Master Bodybuilding (IFBB Master Elite Pro Cards for the top 2 overall winners)
- Master Bikini (IFBB Master Elite Pro Card for the winner)

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **no**

FINAL ENTRY FORM: **09/08/2021**

CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment shall be 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.

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: **20 \$ (USD)** each.

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.

PROFESSIONAL TANNING SERVICE: **YES** **NO**

Contact: **Lebanon_bbp@hotmai.com**

CONTACT INFORMATION:

Please send Your Entry Form to:
Contact: **Mr. Hassenen Moukaled**
E-mail: **Lebanon_bbp@hotmai.com**

Please send a copy to IFBB Technical Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:
Ms. Alba Sanchez
E-mail: info@ifbb.com

Contact details for additional correspondence:
President of **The Lebanese Federation of Bodybuilding & Fitness - LFBB**
Mr. Hassenen Moukaled
E-mail: Lebanon_bbp@hotmai.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 **60 \$ (USD)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.

