



**2017 IFBB
DIAMOND CUP GREECE
November 18th - 19th 2017**

INSPECTION REPORT



**ELITE PRO QUALIFIER FOR MEN'S BODYBUILDING, MEN'S
PHYSIQUE, AND WOMEN'S PHYSIQUE, CLASSIC BODYBUILDING,
WOMEN WELLNESS, BODYFITNESS,**

BIKINI-FITNESS.

The Greek Bodybuilding and Fitness Federation organizes the
“IFBB Diamond Cup Greece” to be held in the City of Athens,
November 18th - 19th 2017

WELCOME

Greece, the blue gate between East and West, is welcoming all our friends from all over the world to enjoy sports and friendship. Greece has influenced Western and Eastern society more, and more fundamentally than any other nation known to history. No other culture has exerted so perennial and vitalizing impact on later ages, in so many spheres: faith, moral, literature, philosophy, science and aesthetics. Greek ideas, Greek art and architecture, and (even to a surprising extend) Greek language, are all with us today. Numberless banks, colleges and town halls still display formal devices (columns, dentils, pediments) first employed by the Greeks.



ATHENS: The host city of the 2017 IFBB DIAMOND CUP GREECE

Athens is the **historical capital of Europe**, with a long **history**, dating from the first settlement in the **Neolithic age**. In the 5th Century BC (the “Golden Age of Pericles”) – the culmination of Athens’ long, fascinating history – the city’s values and civilization acquired an universal significance. Over the years, a multitude of conquerors occupied Athens, and erected unique, **splendid monuments** - a rare

historical palimpsest. In 1834 it became the capital of the modern **Greek state** and in two centuries since it has become an attractive **modern metropolis** with unrivalled charm.

A large part of the town's **historic centre** has been converted into a 3-kilometre **pedestrian zone** (the largest in Europe), leading to the major **archaeological sites** (“archaeological park”), reconstructing – to a large degree – the ancient landscape.



Acropolis and Lycabettus

Around Acropolis

The tour starts at the temple of **Olympian Zeus** (6th c. B.C.), one of the largest in antiquity and close by **Hadrian's Arch** (131 A.D.), which forms the symbolic entrance to the city. From there, walking along **Dionysou Areopaghitou Street** (on the south side of the Acropolis) you pass the **ancient Theatre of Dionysos** (5th c. B.C.) where most of the works by Sophocles, Euripides, Aeschylus and Aristophanes were performed. Continuing, you will reach the **ruins of the Asklepieion** (5th c. B.C.) and the **Stoa of Eumenes** (2nd c. B.C.) and from there the **Odeion of Herodes Atticus**, which was built in 161 A.D. and is nowadays the venue of the performances of the **Athens Festival**.

Thanks to its rich morphology, Athens has plenty of places where you can admire stunning **panoramic views** of the city. Romantic or not, let yourself be captivated by the Athenian cityscape as seen from above.

More information on the top interesting places and sightseeing tours:
<http://www.visitgreece.gr/>

CONTEST INFO

ARRIVALS AND AIRPORT

Saturday , November 18th, 2017 is an official arrival day. **Athens International Airport "Eleftherios Venizelos"** is the primary international airport in the city, having 2 terminals. More information at: <https://www.aia.gr/en/traveler>

ACCOMMODATION



Visit <http://www.ask2travel.com/en/> , <https://el-gr.facebook.com/ask2travel/>

Or contact at the email address: info@ask2travel.com

Transportation



OPTION 1:

Trip 1 (Duration: 00:26:00*)

From: Airport (Suburban railway [Airport - Ano Liosia]), Direction: Ano Liosia

At station: Neratziotissa change from: Suburban railway [Airport - Ano Liosia]

to: Line 1 (ISAP) (Direction: Piraeus)

To: Station Irimi

Trip 2 (Duration: 00:05:00*)

From: Station Irimi

Bus line 444 to [OLYMPIAKO GYMNASTIRIO GALATSIOY \(GALATSI OLYMPIC HALL\)](#)

OPTION 2.

Taxi

From: Airport to [GALATSI OLYMPIC HALL](#)

Total distance is 34 km and can be covered in roughly 27 minutes

Cost roughly 30,00 €

From central Athens

OPTION 1.

Trips with one line change

Trip 1 (Duration: 00:22:30*)

From: Omonia (Line 1 (ISAP)), Direction: Kifissia

To: Irimi

Trip 2 (Duration: 00:05:00*)

From: Station Irimi

Bus line 444 to [OLYMPIAKO GYMMASTIRIO GALATSIOY \(GALATSI OLYMPIC HALL\)](#)

OPTION 2.

Taxi

From: Omonia Square to [GALATSI OLYMPIC HALL](#)

Total distance is 6,1 km and can be covered in roughly 21minutes

Cost roughly 10,00 €

Trip 1 (Duration: 00:25:30*)

From: Syntagma (Line 2), Direction: Anthoupoli

At station: Omonia change from: Line 2 to: Line 1 (ISAP) (Direction: Kifissia)

To: Irimi

Trip 2 (Duration: 00:05:00*)

From: Station Irimi

Bus line 444 to [OLYMPIAKO GYMNASIRIO GALATSIOY \(GALATSI OLYMPIC HALL\)](#)

OPTION 2

Taxi

From: Syntagma Square to [GALATSI OLYMPIC HALL](#)

Total distance is 7,34 km and can be covered in roughly 24 minutes

Cost roughly 11,00 €

Bus Connections from central Athens

SYNTAGMA-OAKA (Athens Olympic Sports Complex- Station Irimi)

From: Station Irimi

Bus line 444 to [OLYMPIAKO GYMNASIRIO GALATSIOY \(GALATSI OLYMPIC HALL\)](#)

E14 SYNTAGMA-OAKA (EXPRESS) - Station Irimi

From: Station Irimi

Bus line 444 to OLYMPIAKO GYMNASIRIO GALATSIOY (GALATSI OLYMPIC HALL)

**X14 SYNTAGMA-KIFISIA (Bus Stop : Athens Olympic Sports Complex-
Station Irimi)**

From: Station Irimi

Bus line 444 to [OLYMPIAKO GYMNASTIRO GALATSI](#) ([GALATSI OLYMPIC HALL](#))

THE VENUE

Galatsi Olympic Hall, Athens: https://en.wikipedia.org/wiki/Galatsi_Olympic_Hall

The **Galatsi Olympic Hall** is a multi-use indoor arena that is located in Galatsi, Athens. It was the site of table tennis and rhythmic gymnastics at the 2004 Summer Olympics. The Galatsi Olympic Hall has a seating capacity of 6,200, which includes 5,141 permanent seats in the upper tier, and the removable lower tier seat



IMPORTANT ARRIVAL AND CHECK-IN NOTICES COMPETITOR NOTIFICATION

Once the Entry Form from a National Federation has been received and accepted, an official letter will be sent confirming your participation in the 2017 IFBB Diamond Cup Greece. Those athletes who have not met the established requirements, who missed the deadline for registration, will also be notified that they will be unable to participate in this competition. We strongly encourage you to register early and make the appropriate arrangements to compete in Athens. Hotels will be booked up quickly as this is a very popular event.

PARTICIPATION

The contest is open for all IFBB-affiliated National Federations from all over the world. Participation in this competition is unlimited. 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 Greek Federation, 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.

REGISTRATION AND REGISTRATION FEE

Official Athlete Registration will be run on Saturday, November 18th, 2017, from 15:00 till 21:00 at the venue (Galatsi Olympic Hall, Athens). **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

Registration fee for athletes to enter this competition is EUR €200 which will be collected at the time of registration.

All athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. IFBB International Cards are EUR €30 per year and are mandatory. Any athlete who has not yet purchased this Card will have to buy one at Registration.

All **posing music** must be on an **audio CD only**. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. **The use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

Important notice to competitors

Each athlete participating in the championship will be provided with a **competitor wristband** at the weigh-in. This wristband allows daily admission to the venue and should not be removed.

- HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN THE NATIONAL FEDERATION AND THE HOTEL.

- THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELLING ARRANGEMENTS AND MEALS.

CATEGORIES OPEN FOR COMPETITION AT THE 2017 IFBB DIAMOND CUP GREECE

MEN'S CATEGORIES	WOMEN'S CATEGORIES
<p><u>MEN'S BODYBUILDING</u> Up to & including 70 kg Up to & including 80 kg Up to & including 90 kg Up to & including 100 kg Over 100 kg</p>	<p><u>WOMEN'S BODYFITNESS</u> Up to & including 163 cm Up to & including 168 cm Over 168 cm <u>MASTER WOMEN'S BODYFITNESS</u> Over 35 years : one open class</p>
<p><u>MASTER MEN'S BODYBUILDING</u> <u>40-44 years old</u> Up to & including 90 kg Over 90 kg <u>45-49 years old</u> Up to & including 90 kg Over 90 kg <u>50-54 years old</u> One open class <u>55 years old</u> One open class</p>	<p><u>WOMEN'S BIKINI-FITNESS</u> Up to & including 160 cm Up to & including 164 cm Up to & including 169 cm Over 169 cm <u>MASTER WOMEN BIKINI FITNESS</u> One open class</p>
<p><u>MEN'S CLASSIC BODYBUILDING*</u> Up to & including 175 cm Up to & including 180 cm Over 180 cm</p>	<p><u>WOMEN'S PHYSIQUE</u> One open class <u>Master Women's Physique</u> One open category</p>
<p><u>MEN'S PHYSIQUE</u> Up to & including 173 cm Up to & including 176 cm</p>	<p><u>WOMEN'S WELLNESS</u> Up to and incl. 163 cm Over 163 cm</p>

Up to & including 179 cm Over 179 cm <u>MUSCULAR MEN'S PHYSIQUE</u> Open category	

- . A category can only be run if there are not less than 6 athletes in this category. If less than 6 athletes, categories will be combined and run as one open class

*- See the table below:

Maximum bodyweight limits [in kg] for classic bodybuilding

1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
2. Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
3. Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) + 4 [kg]
4. Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) + 6 [kg]
5. Over 180 cm
a) over 180 cm up to & incl. 190 cm: Max Weight [kg] = (Height [cm] -100) + 8 [kg]
b) over 190 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) + 9 [kg]
c) over 198 cm: Max Weight [kg] = (Height [cm] – 100) + 10 [kg]

AWARDS



IFBB ATHLETES ELIGIBLE FOR A ELITE PRO CARD

INTERNATIONAL REQUIREMENTS

- To be placed amongst the Top 15 in the Elite Ranking on the 1st October

- To be placed amongst the Top 15 in the Elite Ranking from 1st October till the 31st December (or the date of the last Elite Ranking event)

- To be placed amongst the Top 3 in all the Elite Pro Qualifiers

IFBB ELITE PRO CARD can be granted to the following athletes in their national championships

- **Bodybuilding OVERALL**
- **Classic Bodybuilding OVERALL**
- **Men's Physique OVERALL**
- **Muscular Men's Physique OVERALL**
- **Bikini-Fitness OVERALL**
- **Bodyfitness OVERALL**
- **Wellness OVERALL**
- **Women's Physique OVERALL**

3. CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS

Please send the Final Entry Form no later than November 10th 2017 to:

Greek Bodybuilding & Fitness Federation
General Secretary
Mrs. Penny Ioannidou-Leventeli
Mobile: +30 6977 473 503
 E-mail: info@bodybuilding-eosd.gr
or
 E-mail: peles59@yahoo.gr

Please Send a copy to:

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

and

IFBB Head Office: Ms. Diana Mozos:
 E-mail: info@ifbb.com

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 Athens.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2017. This fee may also be paid at the Championships in Athens.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the Championships in Athens.

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 hasn't been met, judges will be unable to carry out their duties at the competition

VISAS

A valid passport is required to enter Greece. Citizens of around **90 countries** don't need visa to enter Greece up to 90 days. Detailed information for each country available here:

<http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/countries-requiring-or-not-requiring-visa.html>

For more information contact the Greek Embassy in your country, please.

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Competition Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendants visas.

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, who requested and received an invitation from the IFBB Head Office or the Organizing, Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

OFFICIAL LANGUAGE

The official language in Greece is Greek, but English is widely used. The staff of hotels, travel agencies and shops usually speaks English.

CURRENCY

The official currency in Greece is Euro (€). The current rates of EUR to other currencies available here: <http://www.x-rates.com/table/?from=EUR&amount=1>

CLIMATE

During the month of December the weather is cold, but with sunny days. The daily mean temperature is 11.5⁰C (52.7⁰F). Average rainy days: 12.1; average humidity: 71.8%.

TIME DIFFERENCE

UTC/GMT + 2 hours (Eastern European Time Zone).

ELECTRIC CURRENT

220 volts, 50 Hz, plugs/sockets of type C and F. More information at:
<http://www.worldstandards.eu/electricity/plugs-and-sockets/>

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only. Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

PRESS ACCREDITATION

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact the Organizing Committee.

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.

For Tanning, Makeup & Hair appointments please contact at

info@bodybuilding-eosd.gr

SECRETARIAT

You may obtain information and assistance from the IFBB Secretariat at the venue, when required.

TENTATIVE SCHEDULE

Saturday, November 18th, 2017		
15:00 - 21:00	Official ARRIVAL DAY of National Teams & Official Athlete Registration , Weigh – in	Galatsi Olympic Hall
Sunday, November 19th, 2017		
9:00 - 9:30	Team Managers and Judges Meeting	Galatsi Olympic Hall
10:00	Prejudging & Finals	Galatsi Olympic Hall
Monday, November 20th, 2017		
Up to 12:00	Departures	

COMPETITION RUNNING ORDER

Sunday, November 19th, 2017	
<p><u>MASTER MEN’S BODYBUILDING</u></p> <p style="padding-left: 20px;"><u>40-44 years old:</u> Up to & including 90 kg Over 90 kg</p> <p style="padding-left: 20px;"><u>45-49 years old:</u> Up to & including 90 kg Over 90 kg</p> <p style="padding-left: 20px;"><u>50-54 years old</u> Open</p> <p style="padding-left: 20px;"><u>55 years old</u> Open</p> <p style="padding-left: 20px;"><u>WOMEN’S BIKINI-FITNESS</u> Up to & including 160 cm Up to & including 164 cm Up to & including 169 cm Over 169 cm</p> <p style="padding-left: 20px;"><u>MASTER WOMEN BIKINI FITNESS</u> Open</p> <p style="padding-left: 20px;">OVERALL Bikini Fitness</p> <p style="padding-left: 20px;"><u>WOMEN’S BODYFITNESS</u> Up to & including 163 cm Up to & including 168 cm Over 168 cm</p> <p style="padding-left: 20px;"><u>MASTER WOMEN’S BODYFITNESS</u></p>	<p><u>MEN’S CLASSIC BODYBUILDING</u></p> <p style="padding-left: 20px;">Up to & including 175 cm Up to & including 180 cm Over 198 cm</p> <p style="padding-left: 20px;">OVERALL Men’s Classic Bodybuilding</p> <p style="padding-left: 20px;"><u>MEN’S BODYBUILDING</u> Up to & including 70 kg Up to & including 80 kg Up to & including 90 kg Up to & including 100 kg Over 100 kg</p> <p style="padding-left: 20px;">OVERALL Men’s Bodybuilding</p>

Open
OVERALL Bodyfitness

WOMEN'S PHYSIQUE

Open
Master Women's Physique
Open
OVERALL Women's Physique

WOMEN'S WELLNESS

Up to and incl. 163 cm
Over 163 cm

MEN'S PHYSIQUE

Up to & including 173 cm
Up to & including 176 cm
Up to & including 179 cm
Over 179 cm

MUSCULAR MEN'S PHYSIQUE

Open
OVERALL Men's Physique