

# INSPECTION REPORT

## IFBB DIAMOND CUP



20-22 MAY 2016  
ZILINA, SLOVAKIA



FOR ADDITIONAL INFORMATION PLEASE FOLLOW  
WEBSITE [WWW.MOZOLANI.COM](http://WWW.MOZOLANI.COM)



# IFBB DIAMOND CUP 2016

## FIRST TIME EVER!

- › Men bodybuilding 6 categories
- › Men physique 4 categories
- › Women Fitness 1 category
- › Women Body fitness 2 categories
- › Women Bikini Fitness 5 categories

### Additional categories open for this event:

- › Men classic bodybuilding 2 categories
- › Bikini fitness masters over 1 category
- › Men bodybuilding masters 2 categories
- › Junior Men bodybuilding 1 category

6 PRO CARDS FOR ALL OVERALL WINNERS (2 PRO CARDS in Women Bikini-Fitness!)



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**MOZOLANI**  
THE FITNESS AUTHORITY

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# WELCOME

First time in the history, welcome to the IFBB DIAMOND CUP in SLOVAKIA.

Next to the traditional MOZOLANI CLASSIC competition from 2010 and professional competitions MOZOLANI PRO Classic already held 3 times in a row, the IFBB DIAMOND CUP will be the biggest contest ever in Slovakia, through the cooperation of Slovak Federation (SAKFST) & Mozolani the Fitness Authority.

This new project of the IFBB, developed in cooperation with the IFBB PRO LEAGUE, started with the beginning of this year and its inauguration will take place in Slovakia. All amateur overall winners will receive PRO CARDS.

Moreover, Bikini-Fitness and Men Bodybuilding overall category winners will also get a chance to compete with professionals during the same weekend!

Not only IFBB DIAMOND CUP and MOZOLANI PRO CLASSIC competitions will be held the same weekend but also the Fitness Expo will be a part of this big event! Everything in one place! Together with You, we can make this event successful!

## Location

Welcome to the metropolis of Northwest Slovakia

Žilina is a natural centre of north-western Slovakia and with a population of 84 604 inhabitants, it ranks among the largest cities in Slovakia. The city is situated around 200 km from Bratislava, the capital of Slovakia.

Žilina is located in the valley of the Vah river, surrounded by the mountains and Highlands.

This town is a centre of significant political, cultural, sport and public health care institutions. It is the seat of new Žilina Diocese, important business centre and entrance tourist gate into the Žilina Region.

Interesting events held in the city of Žilina and its surroundings during the year (Carnival Slovakia, Central European Festival of Concert Art, Old Town Festival, Folklore Festival in Terchová, Medieval Day, Rajec Marathon ...) make the development of the City tourism more dynamic.

The city of Žilina is a centre of theaters, museums, galleries, parks and sports facilities. Its historical centre is crossed by one of the longest and the most beautiful pedestrian zones in Slovakia. We are looking forward to seeing You soon here!

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# VENUE

Semifinals and finals of IFBB DIAMOND CUP will be held in DOXXBET arena with Fitness Expo.

DOXXbet arena is a multifunctional arena and also home of ice-hockey, fight galas, concerts and lots of competition for example as Mozolani Classic cups. The capacity of the venue for this event is approximately 3700 seats.



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# HOW TO GET THERE

## ŽILINA, SLOVAKIA

### By car:

From Bratislava there is the D1 highway directly to Zilina. Zilina is around 190 km away from Bratislava.

### By Train:

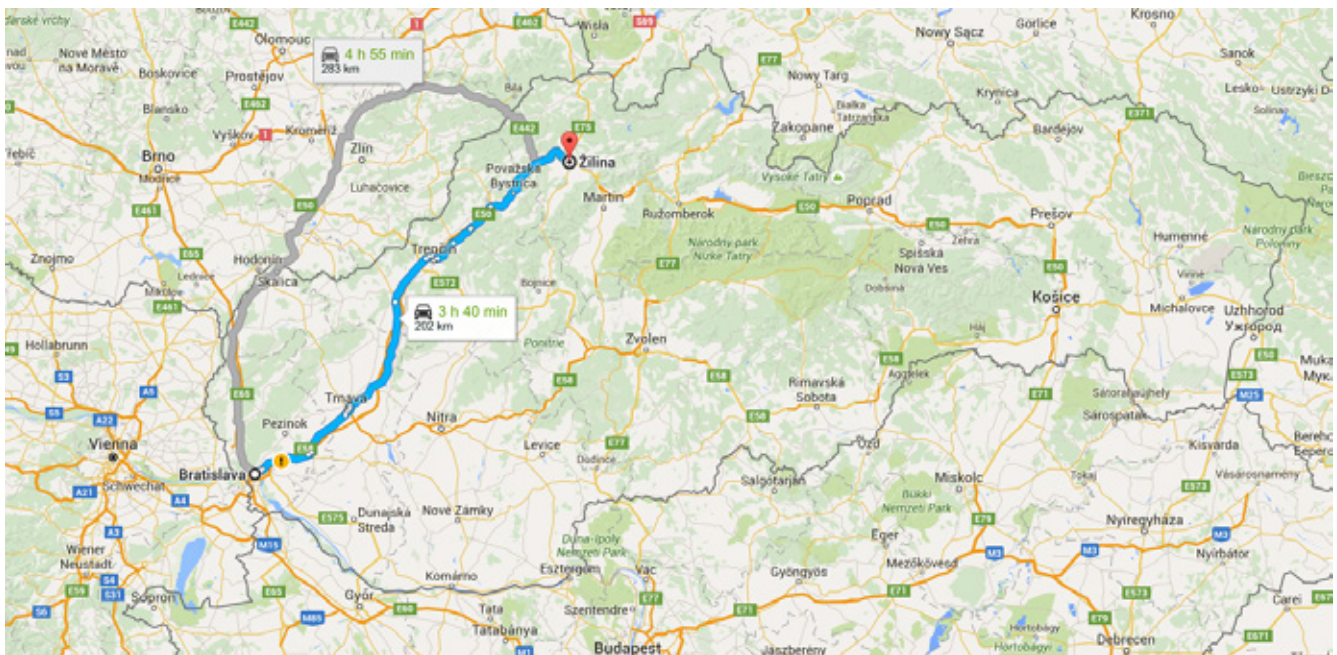
Every hour or two all day there are direct trains to or from Prague, Bratislava, Kosice and other towns. From Bratislava railway station You can take a direct train to Zilina.

### By plane:

The nearest airport is **BRATISLAVA airport (Slovakia)**. After arriving to Bratislava, You can take train to Zilina or Bus -which will take 1,5-2hrs. For information and help please contact [mpc@mozolani.com](mailto:mpc@mozolani.com)

Other closer airport is **Vienna airport**- which is only 85km far away from Bratislava. After arriving to Vienna airport You can take bus to Bratislava and Zilina. For information and help contact [mpc@mozolani.com](mailto:mpc@mozolani.com).

For information and help with transport, ordering transport contact [mpc@mozolani.com](mailto:mpc@mozolani.com).



# OFFICIAL HOTELS

## Holiday Inn 4\* hotel

Address: Športová Str.2, 010 01 Žilina

<http://www.holidayinn-zilina.sk/en/>

This four-star hotel, located nearby the town center, offers a pleasant stay in stylish and elegant surrounding.

**Holiday Inn is the official hotel of the IFBB DIAMOND CUP where athletes registration will take place.** Moreover, it is located next to DOXXbet Arena where the event and the Expo will be held.

The Hotel also offers tennis, mini gym and swimming pool facilities for relax. Free parking is available for guest.



### SPECIAL ATHLETES PACKAGE OFFER:

Make your reservation through the promoter's office and you will get free ticket to the event!

**Single room EUR €65 € / per room/ per night**

**Double room EUR €85 € / per room/ per night**

**Triple room EUR €95 / per room/ per night**

**Apartment for 4 persons: EUR €100 per night**

- if You stay one night in double room - You will get 1 free ticket per night, 2 nights - 2 tickets;
- If You stay in triple room/Apartment- You will get 2 tickets per night - for more information contact **[mpc@mozolani.com](mailto:mpc@mozolani.com)**

\*Price include - city tax & VAT; breakfast specially formed for athletes, ticket to the show (Expo included)

## Central Park 3\* hotel

Address: Sad Snp 663/18, 010 01 Žilina

This hotel is located in the center of Žilina and features its own wellness center with an indoor pool, steam room and Finish sauna. Žilina railway station in only 5 minutes walk from the hotel.

**Single room EUR €60 / per room/ per night**

**Double room EUR €65 / per room/ per night**

**Triple room EUR €70 / per room/ per night**

\*Price include - city tax & VAT; breakfast specially formed for athletes, ticket on the show (expo included)



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# OFFICIAL HOTELS

## Econo 3\* hotel

Address: Vojtecha Spanyola 1739 / 43 F, 010 01 Žilina

This hotel, located in quiet part of Žilina, offers accommodation, feature a daily bar, kitchens, free private parking. Hotel is situated only 5-minute walk from the shopping center with many restaurants. The downtown is appr.1 km far away



**Double room EUR €65 / per room/ per night**

**Triple room EUR €70 / per room/ per night**

\*Price include- city tax & VAT; breakfast, ticket on the show(expo included)

**In case you are interested in more accommodation possibilities in other hotels please contact [mpc@mozolani.com](mailto:mpc@mozolani.com) AFTER 10th OF MAY, WE CAN NOT guarantee the availability of the rooms!**

All rooms reservation should be booked latest with the deadline of the nomination - till 10th of May 2016! This date is also the latest date for any changes in the Final Entry Form as well as accommodation and cancellation of the booked hotel.

In case you don't use your accommodation and don't cancel your room reservation till May 10th, 2016, you will have to pay the cancellations fee 30% of the full price of reservation after arrival at registration.

Please note that all this official hotels are fully booked for this event! Make your reservation via promoter of the event and you will get the best price with more benefits. There is a summer season in this area at the contest's dates, so prices are normally higher than we offer.



**Make Your reservation today at [mpc@mozolani.com](mailto:mpc@mozolani.com)  
We are ready to help You!**

## Important notice! HOTEL DEPOSIT

An initial deposit of 50€ per person is required upon check-in for incidental and personal expenses which may arise (telephone, mini bar, laundry, room service, etc) or any damages in room. This deposit will be refunded at check-out. In order to facilitate matters, the chief of delegation will be fully responsible for all expenses incurred by any member of his team!



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# PARTICIPATION

The contest is open for IFBB-affiliated National Federations from Europe. Participation in this competition is unlimited. All Entry Forms should be sent via National Federation of athletes. ONLY ATHLETES ACCEPTED AND NOMINATED BY THEIR NATIONAL FEDERATION WILL BE ELIGIBLE TO COMPETE. The final decision to allow an athlete to compete in this event rests with the IFBB.

Entry Forms should be e-mailed to the **Organizing Committee office; IFBB Head Office and IFBB Press Commission.**

## IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations and meals, as well as local transportations including transfers from and to the airport) must be covered by National Federations and/or athletes themselves.

Hotel reservation(s) must be done by direct communication between a National Federation and promoter (list of recommended hotels including are provided in this Report). Neither the promoter, its organizing committee, nor the IFBB will be responsible for any reservation or payment for the hotel accommodations, logistical arrangements, meals, or any other costs born by the event's participants.

# REGISTRATION

**The official arrival day for the athletes is Friday, May 20th, 2016.**

**Official Athletes Registration** will take place at the Congress Hall of the Holiday Inn Hotel, Športová Str.2, Žilina, on Friday, May 20th, 2016, from 10:00 till 20:00 hrs.

**IFBB Registration Fee of EUR €180 per competitor will have to be paid online at least till MAY 10th, 2016. If paid later, till May 18th, 2016, it will be EUR €200. If paid at the Registration, it will be EUR €230.**

**We fully recommend you to make advance payment by credit/debit card or paypal at <http://www.ifbb.com/registration> for your best comfort, convenience and better earlier price!**

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



# CATEGORIES

The following divisions and categories are open for competition at the 2016 IFBB DIAMOND CUP in Zilina, Slovakia:

## Women's Fitness

Open category

## Women's Bodyfitness

Up to & incl. 163 cm

Over 163 cm

## Women's Bikini fitness

Up to & incl. 160 cm

Up to & incl. 163 cm

Up to & incl. 166 cm

Up to & incl. 169 cm

Over 169 cm

## Master Women's Bikini-Fitness > 35 yrs

Open category

## Junior Men's Bodybuilding

Open category

## Men's Bodybuilding

Up to & incl. 75 kg

Up to & incl. 85 kg

Up to & incl. 90 kg

Up to & incl. 95 kg

Up to & incl. 100 kg

Over 100 kg

## Men's Physique

Up to & incl. 170 cm

Up to & incl. 174 cm

Up to & incl. 178 cm

Over 178 cm

## Men's Classic Bodybuilding

Up to & incl. 175 cm

Over 175 cm

## Master Men's Bodybuilding

Age 40 - 50 yrs : open

Age > 50 yrs : open



# GENERAL INFORMATION

- FITNESS EXPO starts on Saturday, May 21st, 2016, at 08:30 in DOXXbet Arena (next to the Holiday Inn Hotel).
- IFBB DIAMOND CUP prejudging starts on Saturday, May 21st, 2016, at 09:00 in the DOXXbet Arena (next to the Holiday Inn Hotel).
- IFBB DIAMOND CUP Finals will take place on Saturday, some categories on Sunday in DOXXbet Arena (next to the Holiday Inn Hotel).
- Gala show with overall winners and pro athletes starts on Sunday, May 22nd, 2016, at 16:30 in Doxxbet arena
- JOINT BANQUET of Diamond Cup and Mozolani Pro, with all professionals, shall take place on Sunday, May 22nd, 2016, at 21:30 in hotel Holiday Inn. BANQUET TICKETS sales is limited! Necessary to make reservation (online purchase) via website [mozolani.com](http://mozolani.com) till May 16th, 2016. Banquet ticket 20€ per person.

## SECRETARIAT

The Organizing Committee will maintain a Secretariat in a specially made CHECK POINT located in the Holiday Inn 4\* Hotel, 2 Športová Str., 010 01 Žilina, from Friday, May 20th, 10:00 till Monday, May 23rd, 10:00 hrs.

For more information about the event, time-table and other contest details, please visit [www.mozolani.com](http://www.mozolani.com) and [www.ifbb.com](http://www.ifbb.com) for regular updates. The organizer reserves the right to change the start time of some categories.

## TANING 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. **Official TAN** for this event is PRO TAN. Tanning service available on place. For booking contact [mpc@mozolani.com](mailto:mpc@mozolani.com).

## AWARDS

The overall winners of the following divisions will receive PRO CARDS:

**Men's Bodybuilding - 1 PRO CARD**

**Men's Physique - 1 PRO CARD**

**Women's Fitness - 1 PRO CARD**

**Women's Body-fitness - 1 PRO CARD**

**Women Bikini-Fitness - 2 PRO CARDS !**



# GENERAL INFORMATION

## JUDGES

All National Federations are reminded that their nominations for judges must be also included in the Entry Forms according to the IFBB Rules. For more information, please contact **Mr. Pawel Filleborn** at [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com).

## PRESS ACCREDITATION

Any media representatives that wish to obtain press accreditation for this event should contact and send their application to: [redaktor@mpc.com](mailto:redaktor@mpc.com) not later than May 10th, 2016 !

## BACKSTAGE ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited. The manager of each national federation (1 person) will get one free ticket on the show Saturday / Sunday and one backstage pass (super final not included). To get the BACKSTAGE PASS, other persons will have to pay an extra fee at Registration.

**Each athlete accommodated in the official hotel will receive ONE BACKSTAGE PASS for one person (this PASS is only to backstage). BACKSTAGE PASS costs EUR €15/ per person for All athletes, who are not accomodate in official hotels. BACKSTAGE passes are limited! Payment will be on the Registration!**

Camera and/or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives (only backstage), and in any event, these devices shall be strictly prohibited in dressing room areas.

## TIME DIFFERENCE

ZILINA is in the Central European Time (CET) zone: UTC + 1 hour (daylight saving time in summer).

## CURRENCY

The currency in SLOVAKIA is Euro (€). All major credit cards are widely accepted at most hotels, department stores, restaurants around.

## ELECTRIC CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.

Detailed info at: <http://www.worldstandards.eu>

## LANGUAGE

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

# GENERAL INFORMATION

## VISAS

For EU-country citizens a valid passport or personal ID is required to enter Slovakia. All other countries should consult the Slovak Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required (in this matter contact the Organizing Committee office: [mpc@mozolani.com](mailto:mpc@mozolani.com)).

**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.**

## CLIMATE

During the month of May, the daily average temperature is 15-20 °C.

# ENTRY FORM SENDING DETAILS

All Entry Forms and correspondence should be addressed to Organizing Committee office, IFBB Head Office and IFBB Representative.

**THE DEADLINE DATE FOR SUBMITTING THE ENTRY FORM IS TUESDAY, MAY 10th, 2016!**

We strongly encourage you to register early through your National Federation.

PLEASE SEND THE ENTRY FORMS NO LATER THAN May 10th, 2016, to:

**Organizing Committee office:**  
**Co-promoter of the Diamond Cup**  
**Michaela Kovacova: [mpc@mozolani.com](mailto:mpc@mozolani.com)**

**IFBB Head Office, Celia: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)**  
**Phone: +34915352819**  
**Fax: +34916361270**

**IFBB representative, Andrew: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)**

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# 2016 IFBB DIAMOND CUP

## TENTATIVE SCHEDULE

### FRIDAY MAY 20<sup>TH</sup>, HOTEL HOLIDAY INN

10:00 - 08:00	<b>Official Athletes Registration, accreditation of delegates, press...</b>
All day	Information desk in the Holiday Inn Hotel lobby
18:00	Technical and Judges Meeting

### SATURDAY MAY 21<sup>ST</sup>, DOXXBET ARENA (next to hotel Holiday Inn)

08:30	<b>FITNESS EXPO opening</b>
09:00 - 14:00	Final part 1 (overall women fitness, men's physique)
14:00 - 15:00	Break (EXPO CHALLENGE)
15:10	Final part 2 (overall women bodyfitness)

### SUNDAY MAY 22<sup>ND</sup>, DOXXBET ARENA

08:30	<b>FITNESS EXPO opening</b>
09:00 - 16:00	Final part 3 (mens bodybuilding, bikini Fitness)
13:00 - 14:00	<b>Meet &amp; greet PRO ATHLETE</b> (EXPO)
14:00 - 15:00	Expo CHALLENGE BIKINI
16:30	<b>Opening ceremony of Gala Show</b> (overall mens bodybuilding, bikini fitness), start MOZOLANI PRO SHOW
21:30	Banquet with PRO ATHLETES (ticket on sale - <a href="http://www.mozolani.com">www.mozolani.com</a> )

**ALL WINNERS OF PRO CARDS ARE REQUESTED TO TAKE A PART ON SUNDAY GALA SHOW at 16:30 (STAGE AND BACKSTAGE PHOTOS AND INTERVIEW) by PROMOTER.**