



IFBB DIAMOND CUP CARIBE 2018

XXIV COPA INDEPENDENCIA

Amateur Bodybuilding & Fitness Championships

IFBB Elite Professional Qualifier

2018 IFBB World Ranking event

February 23-25, 2018

SANTO DOMINGO, DOMINICAN REPUBLIC

INSPECTION REPORT



WELCOME

IFBB president, Dr. Rafael Santonja and The Dominican Bodybuilding & Fitness Federation (DFFF) extend a warm welcome to all IFBB-affiliated National Federations wishing to participate in the IFBB Diamond Cup Caribe 2018 (XXIV Copa Independencia) to be held in Santo Domingo, Dominican Republic, February 23th-25th, 2018.

LOCATION

The **Dominican Republic** is a state occupying the eastern five-eighths of the island of Hispaniola, in the Greater Antilles archipelago in the Caribbean region. The western three-eighths of the island is occupied by the nation of Haiti. By area and population the Dominican Republic is the second-largest Caribbean nation (after Cuba), with 48,445 square kilometers (18,705 sq mi) and 10.08 million people, of which approximately three million live in the metropolitan area of Santo Domingo, the capital city.

After being discovered by Christopher Columbus on December 5, 1492, the island became the site of the first permanent European settlement in the Americas; and the first seat of the Spanish colonial rule in the New World.

The Dominican Republic people declared independence in February 1844. Then, in 1916, returned briefly to colonial status, being occupied by the United States between 1916 and 1924. The country is also the site of the first cathedral, castle, monastery, and fortress built in all of the Americas, located in Santo Domingo's Colonial Zone, an area declared as a World Heritage Site by UNESCO.



Santo Domingo is the capital and largest city in the Dominican Republic and the largest metropolitan area in the Caribbean by population counted as 2.9 million inhabitants. Founded in 1498 under the name of *La Nueva Isabela*, later on was renamed *Santo Domingo* in honor of Saint Dominic and became the oldest European city in the Americas. Santo Domingo has a subway and upway metro system. The metro consists of two lines. It is the most extensive metro in the Caribbean and Central American region by total length and number of stations. The first line was planned to relieve traffic congestion in the Máximo Gómez and Hermanas Mirabal Avenue. The second line, which opened in April 2013, is meant to relieve the congestion along the Duarte-Kennedy-Centenario Corridor in the city from west to east.



VISA NEEDS

All travelers will need a passport valid for at least 90 days following your departure date from Dominican Republic. However, it is strongly recommended traveling with 6 months validity on your passport at all times. You need to have at least two free pages in Visas section of your passport. Check with your airline in case you have connecting flights overseas as part of your journey to Dominican Republic. It may be the case that countries you pass through en route to your destination may require a separate transit visa.

Citizens of the following 8 countries do not require a visa or tourist card to enter the Dominican Republic up to 90 days: Argentina, Chile, Ecuador, Israel, Japan, Peru, Republic of Korea and Uruguay. Citizens of the next 99 countries and the European Union need to buy a tourist card which can be obtained upon arrival to the Dominican Republic but as there are often queues, it can be worth buying it in advance. The cost is US \$10 for 30 days. It may also be obtained online or by post from the Dominican Republic embassy or consulate.

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.

ARRIVAL AND AIRPORT

All delegations must arrive not later than February 23rd, 2018 early afternoon or earlier. Las Américas International Airport (SDQ) is located 20 km east of the city (40 minutes drive).

TRANSPORTATION

UBER is available in the Dominican Republic.

Also many taxi companies services 24 hour a day.

At the airport you can access to a taxi service "SICHALA"

THE VENUE

The event will be held in the Theater "La fiesta" of the REINAISSANCE SANTO DOMINGO JARAGUA HOTEL AND CASINO, 367 George Wshington Ave., Santo Domingo, Dominican Republic, +1-809-221-2222



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**.

All participating competitors and officials must be members in good standing of their IFBB/CACBBFF-affiliated National Federations. Such federations must not have any debts with the IFBB, CACBBFF and/or any of its promoters and agents. It is the responsibility of each federation that all dues are current to the IFBB and CACBBFF. Each federation is encouraged to verify with the CACBBFF Treasurer to confirm their status to avoid any disqualification from the competition.

Registration of athletes will only be considered if they are recommended 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 **February 12th, 2018 (Monday)**. The final decision to allow an athlete to compete in this event rests with the IFBB.

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.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually 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.

OFFICIAL ATHLETE REGISTRATION

Registration and weigh-in will be run on **Friday, February 23rd, 2018, from 10:00 to 20:00**, at the REINAISSANCE SANTO DOMINGO JARAGUA HOTEL AND CASINO, 367 George Washington Ave., Santo Domingo, Dominican Republic.

All athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchased or renewed his/her **IFBB International Card** will have to buy one at the registration. IFBB International Cards are **EUR €30 or USD \$40** per year and are mandatory.

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.

Each athlete participating in the Championship will be provided with an **accreditation card or wristband** at the weigh-in. This identification allows daily admission and should not be removed. IFBB amateur event starts on Saturday, February 24th and will continue on Sunday, February 25th. Athletes should begin warming up at 12:00 hrs on Saturday, competition will start at 14:00 hrs. More information about running order and other competition details will be available nearer the time. Please check www.ifbb.com for regular updates.

IFBB REGISTRATION FEE

The IFBB Registration Fee of **USD \$200** will have to be paid in advance online through credit/debit card or PayPal at <http://www.ifbb.com/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.

If an athlete wants to participate in the **second category** (like master or junior in the senior open class), the registration fee for this second category is **USD \$50**.

The deadline date to do the online payment is February 13th, 2018 (Tuesday). On February 13th, 24:00 (midnight - Central European Time, UTC +1) the online payment system will be switched off. If paying after this date or at the Registration on February 23rd, 2018, an **extra fee of USD \$50** per participant will be charged.

IMPORTANT INFORMATION

All the costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

CATEGORIES OPEN FOR THIS COMPETITION

MEN BODYBUILDING

- Up to & including 70 kg
- Up to & including 80 kg
- Up to & including 85 kg
- Up to & including 90 kg
- Up to & including 100 kg
- Over 100 kg

MEN CLASSIC BODYBUILDING

- Up to & including 171 cm
- Up to & including 175 cm
- Up to & including 180 cm
- Over 180 cm

MEN'S PHYSIQUE

- JUNIOR (16-23 years old) OPEN
- Up to & including 170 cm
- Up to & including 173 cm
- Up to & including 176 cm
- Up to & including 179 cm
- Over 179 cm

MUSCULAR MEN'S PHYSIQUE

- Up to & including 173 cm
- Over 173 cm

WOMEN BODYFITNESS

- Up to & including 163 cm
- Over 163 cm

WOMEN BIKINI-FITNESS

- Up to & including 160 cm
- Up to & including 162 cm
- Up to & including 164 cm
- Up to & including 166 cm
- Up to & including 169 cm
- Up to & including 172 cm
- Over 172 cm
- MASTERS (+35 years old) open

WOMEN'S PHYSIQUE

- Open category
(Posing routines up to 60 seconds)

WOMEN'S WELLNESS FITNESS

- Up to & including 163 cm
- Over 163 cm

* Classic Bodybuilding new height/weight limits:

- Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] – 100) + 0 [kg]

- Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] – 100) + 2 [kg]

- Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] – 100) + 4 [kg]

- Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] – 100) + 7 [kg]

- Over 180 cm:

a. Over 180 cm and up to & incl. 190 cm:

Max Weight [kg] = (Height [cm] – 100) + 9 [kg]

b. Over 190 cm and up to & incl. 198 cm:

Max Weight [kg] = (Height [cm] – 100) + 11 [kg]

c. Over 198 cm:

Max Weight [kg] = (Height [cm] – 100) + 13 [kg]

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.

AWARDS

- **Top six athletes** in each category will be awarded with medal or trophy and a certificate.
- **Overall** in each discipline will have a trophy
- **Top 5 athletes** in Men's and Women's senior categories will be awarded points to the **2018 IFBB World Ranking** according to the World Ranking Rules.
- **Top 3 National Teams** will receive a trophy
- **1st and 2nd places of the Overall** in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Physique, Bodyfitness, Bikini Fitness and Wellness Fitness are eligible to apply for the **IFBB Elite Pro Card**.

BACKSTAGE & DRESSING ROOMS ACCESS:

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

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.

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 Santo Domingo.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2018. Test-judges must pay the IFBB judge's test fee of EUR €50. These fees may be paid at the Championships in Santo Domingo.

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 these Championships. If any of the above conditions has not been met, Judges will be unable to carry out their duties.

CURRENCY

The national currency in the Dominican Republic is the Dominican peso (DOP or RD\$)

1 EUR = 58.90 DOP (as for December 2017)

1 USD = 48.01 DOP (as for December 2017)

Current rates may be checked at: <http://www.xe.com/currency/dop-dominican-peso>

All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

Santo Domingo has a tropical monsoon climate. The average temperature in Santo Domingo varies little, because the tropical trade winds help mitigate the heat and humidity throughout the year. December through March are the coolest months with hot days with less humidity and fresh nights. The daily mean temperature for December is 24.9°C (76.8°F), with average high 29.6°C (85.3°F) and average low 20.3°C (68.5°F). Average rainy days: 9.0, average relative humidity 83.3%.

TIME DIFFERENCE

UTC - 4 hours (AST - Atlantic Standard Time Zone)

ELECTRIC CURRENT

General electrical service is delivered at 110 V alternating at 60 Hz. Electrically powered items from the United States work with no modifications. Plugs/sockets of type A, B and C. Coming from other countries, you may need a plug adapter and, possibly, a power converter (laptop computers handle well a range of 100 to 240 V and a frequency of 50 to 60 Hz but you must check on the manufacturer plate of your power supply).

- Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE

The official language in the Dominican Republic is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

PRELIMINARY ENTRY FORM (PEF)

National Federations are required to notify the Organizing Committee in Santo Domingo, Dominican Republic, of their intention to participate by sending the Preliminary Entry Form as soon as possible but no later than **January 21st, 2018**, including the amount of athletes and delegates. This Form as well as other correspondence should be sent to the Organizing Committee Office: tonyfdff@hotmail.com and Silvano.guzman@gmail.com

FINAL ENTRY FORM (FEF)

Final Entry Forms should be e-mailed no later than February 12th, 2018. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including Judges).

The Final Entry Form should be sent to:

- The Organizing Committee: tonyfdff@hotmail.com and Silvano.guzman@gmail.com
- IFBB Headquarters: info@ifbb.com (Ms. Diana Mozos)
- IFBB Technical Committee: amichalak5@gmail.com (Eng. Andrew Michalak)

TENTATIVE SCHEDULE

February 23rd, 2018 (Friday)

- Arrivals

10:00 – 20:00 – Registration / weigh-in, Jaragua Hotel & Casino, Santo Domingo

18:00 – Team Managers and Judges Meeting, Jaragua Hotel & Casino, Santo Domingo

February 24th, 2018 (Saturday)

14:00 – Prejudging & Finals – Part 1 („La Fiesta” Theater, Jaragua Hotel & Casino)

February 25th, 2018 (Sunday)

10:00 – Prejudging & Finals – Part 2 („La Fiesta” Theater, Jaragua Hotel & Casino)

February 26th, 2018 (Monday)

- Departures

