



IFBB Persian Gulf Diamond Cup  
Tehran, Iran  
October 11-13, 2017

9 Elite  
Pro  
Cards

Elite  
Ranking



All foreigner  
athletes  
accommodation  
fees for 3 days and  
2 nights are Free!!

Inspection Report



Open for the IFBB-affiliated National Federations from Asia, Africa and Europe



# IFBB Persian Gulf Diamond Cup Tehran, Iran October 11-13, 2017



## Welcome:

The Organizing Committee of the Iranian Federation of Bodybuilding and Fitness wishes to take this opportunity to extend a warm welcome to all participants of the IFBB Persian Gulf Diamond Cup in Tehran, Iran, October 21-24.

## About Tehran

Tehran is the capital city of Iran. A bustling metropolis of 14 million people, it is situated at the foot of the towering Alborz mountain range. Tehran is a cosmopolitan city, with great museums, parks, restaurants, and warm friendly people.

Tehran Altitude between 1, 200 and 1, 700 meters. Mehrabad Airport to the west of city. Railway: European link through Tabriz and Istanbul, internal lines to Mashhad, Yazd and Khoramshahr. Regular coach services in all directions.

Capital and largest city of Iran and Tehran Province in an area of 600sq. km. since 200 years, is located in the northern part of the country. Tehran is Iran's administrative, economic, and cultural center as well as the major industrial and transportation center of the region. The city sits on the slopes of the Alborz Mountains at an elevation of about 12 10 m., on the northwestern fringes of the Dashte-e-Kavir, a desert in central Iran. Most of the growth is channeled along an east-west axis and toward the south, to the north, the city is constrained by the steep Alborz Mountains. Most commercial and government buildings are located in the center of the city. Residential structures predominate elsewhere. The climate has marked seasonal contrasts, with short springs and autumns separating cold winters and hot, dry



Golestan Palace

## Important places: Golestan Palace

diamonds, ivory and crystal pavilions as well as Salam pavilion in which the famous 'Takht-e-Tavoos' or 'the Peacock Throne' that Nader Shah took as ransom from India in his conquest in 1739, is placed.

This throne has seven jeweled stands with two steps. On its back there is a statue of a dragon. It has a delicate back seat which is ornamented by beautiful inscriptions.



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Azadi Monument

## Azadi Monument

Built in 1971 to commemorate the 2500th anniversary of the Persian Empire, is an inverted Y-shaped 45 m high monument. Upstairs, the Azadi Museum contains a small collection of art and archaeological finds.

The magnificent conical volcano of Mt Damavand (5671m) is the highest in the country. Shaped like Mt Fuji, the mountain is worth a closer look, even if you have no intention of climbing it.

The mountain is actually just in Mazandaran province, but is more easily accessible from Tehran.



MT Damavand

## Carpet Museum



Carpet Museum

This beautifully architecture structure, with the carpet shaped facade is located north West of Laleh Park. The display area covers 3,400 sq. m. and consists of two halls exhibiting carpets and Kilims.

It was inaugurated in 1977. Its library is enriched with 3500 books. The collection of carpet museum comprises of samples of Iranian carpets from the 9th century AH. Up to this date. About 135 master pieces of Iranian carpets are displayed in the ground floor. The art of carpet weaving in Iran, considering the 2500 year old 'Pazirik' which was discovered in southern Siberia in the year 1949, dates back to pre-Achaemenian period.



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## Airport

Tehran Imam Khomeini International Airport (Persian: فرودگاه بین‌المللی امام خمینی), also known as Tehran-IKIA or IKIA, is the main international airport of Iran, located 30 kilometers (19 mi) southwest of the city of Tehran.

E-mail: [ikia@airport.ir](mailto:ikia@airport.ir)

Phone number: +9821 51001- 5100118



## Venue site

Martyr Avini hall of Bahman cultural center, this hall is located in center of Bahman cultural center and included facilities such as VIP place, Warm-up Area, press room and restaurant. the spaces available are as follows that whole hall 5225 square meters and facilities of Hall includes the main hall with an area of 1747 square meters with a capacity of 1542 seats (1515 conventional seat, 19-seat especially important persons (VIP) and 8, the disabled and veterans (wheelchair), with dimensions of 12 × 25 m stage of the hall.





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## Suggested Hotels:

Espinash Palace Hotel\*\*\*\*\*:

Address: Tehran Province, Tehran, District 2, 21, 33 Ave, Behroud Sq. St. Saadat abad

Tel: +98 21 7567 0000



Reservation Email: [reservation.p@espinashotels.com](mailto:reservation.p@espinashotels.com)

Parsian Azadi Hotel \*\*\*\*\*:

Address: Yadegar-e-Emam Intersection, Chamran Highway, Tehran, Iran

P.O Box: 348-14655

Tel: + 98 21 29112

Reservation Fax: +98 21 22344465

Reservation Email: [Reservation@azadihotel.com](mailto:Reservation@azadihotel.com)





# IFBB Persian Gulf Diamond Cup Tehran, Iran October 11-13, 2017



Aramis Hotel\*\*\*\*: **(free accommodation for foreigner athletes and officials)**

Address: Tehran Province 'Tehran 'District 6 'Valiasr Street, No. 1752

Phone: +98 (21) 8893 3402



Email: [booking@aramis-hotel.com](mailto:booking@aramis-hotel.com)

## **PARTICIPATION**

This competition is open for the IFBB-affiliated National Federations from:

ASIA, AFRICA AND EUROPE

**The number of competitors participating in this competition is unlimited!**

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms should be e-mailed to the Iranian Federation office, with a

**IMPORTANT NOTICE:** All the costs for traveling and meals are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

copy to the IFBB Head Office in Madrid.

*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. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the athlete and the National Federation will be subject to sanctions according to the World Anti-Doping Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules.*



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*It is also the FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL THE ATHLETES from your country affiliated to your 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.*

## **REGISTRATION and REGISTRATION FEE**

All foreign athletes' hotel accommodation for 3 days and 2 nights is Free!! (Aramis Hotel)

Participants Forms should be sent as soon as possible but not later than September 20th, 2017.

Registration, weigh-in and measurements will be run at the Martyr Avini hall of Bahman cultural center. The Registration Fee is USD 200 per athlete and will have to be paid to the IFBB Official when registering. All athletes will have to produce their Passports and their IFBB International Card at the registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at registration. IFBB International Cards are 30 Euros per year and are mandatory.

**IMPORTANT NOTICE:** The Registration Fee is USD 200 per athlete and will have to be paid during Official Registration.

## **Prize money awards in each category**

1st place: USD 1000  
2nd place: USD 600  
3rd place: USD 400  
Overall winners: additional USD 2000 (plus IFBB Elite Pro Card)

**AWARDS:** The three overall winners of each category will be awarded the right to turn Pro and apply for the IFBB Elite Pro Card.



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## **POSING MUSIC**

All competitors must provide their music on CD, at the beginning of CD, at registration. **IMPORTANT NOTICE:** The use of profane, vulgar or offensive language is strictly prohibited in posing music.

## **INFORMATION**

The Organizing Committee will have an information desk in the lobby of the Martyr Avini hall of Bahman cultural center. You can obtain information and assistance from Secretariat when required.

## **ATHLETES WITHOUT DELEGATES**

All Athletes competing at 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.

## **JUDGES**

All National Federations are reminded that their nominations for judges must be also included in the Final Entry Forms, failing which the individual will not be allowed to judge. All IFBB International Judges must be in possession of a valid Judging Card.

## **VISA**

**A valid passport (for 6 months) is required to enter Iran. 8 countries can visit Iran without a visa: Armenia, Azerbaijan, Bolivia, Georgia, Malaysia, Syria, Turkey and Venezuela. Citizens of most of countries may obtain a visa on arrival. Check at:**

**[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_Iran](https://en.wikipedia.org/wiki/Visa_policy_of_Iran) and/or  
<http://www.irantravelingcenter.com/iran-visa-on-arrival/>**

## **PRESS ACCREDITATION**

Any media representatives that wish to obtain press accreditation for this event have to contact the Organization Committee.

## **LANGUAGE**

The majority of the population speaks the Persian (Farsi) language, which is also the official language of the country but English is widely used at hotels, museums, tourist centers.





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## **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.

## **TIME DIFFERENCE**

UTC +4:30 hours (GMT + 3:30) in October.

## **CURRENCY**

The Iranian Rial (IRR) is the currency of Iran.

1.0 EUR ~ 47,000 IRR

1.0 USD ~ 39,000 IRR

## **PAYMENTS AND CREDIT CARDS**

In general, foreign credit or debit cards are not accepted in Iran. Bring Euro, USD or British Pounds in cash (clean notes) and convert as much as you need at banks. Iranian traveler cheques are an interesting solution as you can even pay with them at carpet shops, hotels or travel agencies.

## **ELECTRIC CURRENT**

The electric outlets are 230 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the euro plug or type F (with 2 pins grounded).

## **ENTRY FORMS**

All Entry Forms and correspondence should be addressed to the Iranian Bodybuilding and Fitness Federation: [iran.bodybuilding.federation@gmail.com](mailto:iran.bodybuilding.federation@gmail.com) Entry Forms should be sent as soon as possible but not later than September 17th, 2015.

Please send your Entry Form to international affairs of Iranian Bodybuilding and Fitness Federation, Dr. Sadeh Hashemi: Email: [iran.bodybuilding.federation@gmail.com](mailto:iran.bodybuilding.federation@gmail.com)

Fax: +98 21 88348287 –

Please send a copy to:

IFBB Head Office, Ms. Diana Mozos: e-mail: [info@ifbb.com](mailto:info@ifbb.com)

IFBB Technical Committee, Eng. Andrew Michalak: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)



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**CATEGORIES**

<b>Men's Classic Bodybuilding</b>		
	<b>Category</b>	<b>Weight/ Height limit</b>
<b>1</b>	Up to 168 cm	Height [cm] – 100
<b>2</b>	Up to 171 cm	(Height [cm] – 100)+2
<b>3</b>	Up to 175 cm	(Height [cm] – 100)+4
<b>4</b>	Up to 180 cm	(Height [cm] – 100)+6
<b>5</b>	Over 180 cm - up to 190 cm	(Height [cm] – 100)+8
	Over 190 cm - up to 198 cm	(Height [cm] – 100)+9
	Over 198 cm	(Height [cm] – 100)+10

<b>Men's Physique</b>	
	<b>Category</b>
<b>1</b>	Up to 173 cm
<b>2</b>	Up to 176 cm
<b>3</b>	Up to 179 cm
<b>4</b>	Up to 182 cm
<b>5</b>	Over 182 cm

<b>Men's Bodybuilding</b>	
	<b>Category</b>
<b>1</b>	Up to 70 kg
<b>2</b>	Up to 80 kg
<b>3</b>	Up to 90 kg
<b>4</b>	Up to 100 kg
<b>5</b>	Over 100 kg



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**2017 PERSIAN GULF DIAMOND CUP**

**TENTATIVE SCHEDULE OF ACTIVITIES**

**Wednesday, October 11, 2017**

- |               |  |
|---------------|--|
| 6:00 – 10:00  | Check in                                   |
| 15:00         | Team Managers and Judges Meeting           |
| 16:00 – 20:00 | Official Athlete Registration and weigh-in |

**Thursday, October 12, 2017**

- |       |   |
|-------|---|
| 9:00  | Classic Bodybuilding competition<br>Prejudging, finals, overall and awarding. |
| 11:00 | Men's physique competition<br>Prejudging, finals, overall and awarding.       |
| 15:00 | Men's bodybuilding competition<br>Prejudging, finals, overall and awarding.   |

**Friday, October 13, 2017**

**Departures**