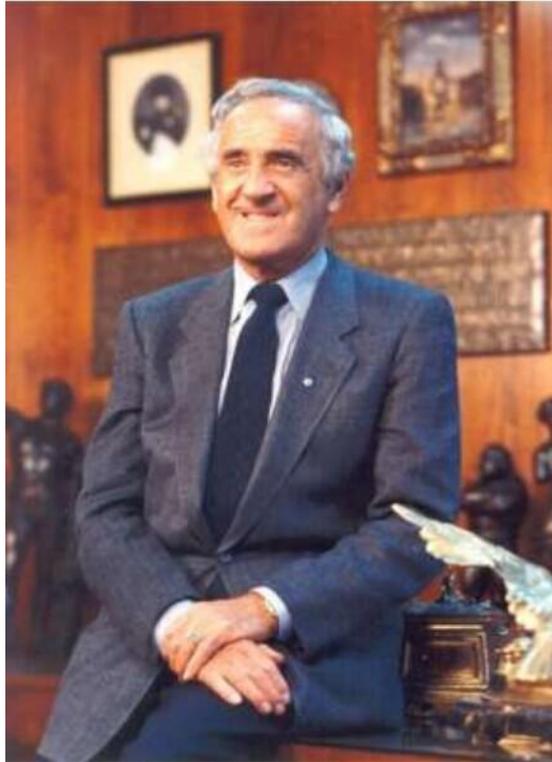


3rd Ben Weider Diamond Cup

Tribute to Ben Weider, the Founder of the IFBB
and modern bodybuilding & fitness sports

Kish Island, Iran
October 7- 10, 2015



Inspection Report



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

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 Ben Weider Diamond Cup in Kish Island, Iran, October 7-10

Kish, Gem of the Persian Gulf



Kish is a 91.5-square-kilometre (35.3 sq mi) resort island in the Persian Gulf. It is part of the Hormozgān Province of Iran. Due to its free trade zone status it is touted as a consumer's paradise, with numerous malls, shopping centers, tourist attractions, and resort hotels. It has an estimated population of 20,000 residents and about 1 million people visit the island annually. Kish Island was ranked among the world's 10 most beautiful islands by The New York Times in 2010, and is the fourth most visited vacation destination in Southwest Asia after Dubai, United Arab Emirates, and Sharm el-Sheikh. Foreign nationals wishing to enter Kish Free Zone from legal ports are not required to obtain visas prior to travel. Valid travel permits are stamped for 14 days by airport and Kish port police officials.

Kish Island has a unique situation in the strategic Persian Gulf region among tens of large and small islands. This island is so beautiful and attractive that it has become known as the Pearl of the Persian Gulf since ancient times.

Its calm coasts are covered with coral sands that shine in the sunlight, creating a unique and fascinating sight. The clear coastal waters allow one to view several meters deep into the sea and watch the beautiful movement of the fish. Diverse plants and native trees, as well as a pleasant climate seven months a year are among the outstanding characteristics of the island.

The island has attracted many tourists, travelers and writers throughout history due to these very characteristics. Among those who have written in praise of this island are Niarkhous, the Greek navy commander who traveled to Kish in 225 B.C., and wrote about its beautiful palm fields, Marco Polo, Ibn Batuta and Hamdullah Mostofi, as well as Ms. Fatemeh Al Ali the contemporary Kuwaiti writer who traveled to Kish in February 2002 and compared the island to a "gem on a king's crown."

Geography



Kish lies between the 53 degrees and 53 minutes, to 54 degrees and 4 minutes of the eastern longitude of the Greenwich Meridian, and 26 degrees and 29 minutes, and 26 degrees and 35 minutes of the northern latitude.

With an area of 90 square kilometers, the island is located only 18 km off the southern coast of the Islamic Republic of Iran. This beautiful oval-shaped island is 15 km long and seven km wide.

The map below shows the distance between Kish and a number of islands, ports, cities and the nearest country: The distance from Kish to Tehran is 1052 km by air and 1600 km by land. Kish is at a distance of 1200 km from Isfahan, Iran's historic and tourist destination city which attracts thousands of international visitors each year.

Topography



Kish is an almost flat island with an average altitude of 22 meters above the sea level. The highest region of the island (in the east) is 45 meters above the sea level. The island has shallow fissures formed as a result of erosion by heavy winter showers.

People



Based on the census carried out in 2001, Kish has a population of 16501 comprising 4454 households. The increase in population is the result of the migration of Iranians from all parts of the country who come to work or invest in Kish. This has created considerable job opportunities and encouraged more migration to the island. According to the programs envisaged for the Comprehensive Development Plan of Kish, in terms of urban infrastructure, public facilities and local resources, the island will be capable of providing for an estimated population of 200,000.

Climate



Kish has a warm and humid climate with an average temperature of 30 degrees Celsius. The weather is temperate and pleasant in fall, winter and two months into the spring. The humidity is high in the majority of the months of the year. The humid season begins in mid April and continues for nine months.

Kish receives little and varying rainfall like in other parts of the Persian Gulf. The average annual rainfall in the island is 170 mm, 82 % of which falls in winter, 10 % in fall and the rest in spring and summer. The rain falls in the form of strong drizzle in spring and summer, and in small continuous drops in winter.

Weather



Kish's climate is considered to be a very dry semi equatorial climate. For an 8 years span of time, the median annual rainfall in Kish has been 145 mm (5.7 in) (54% in winter, 28% autumn and 14% in summer) and the annual temperature 26.6 °C (79.9 °F).

The relative atmospheric humidity in Kish makes it like a sea island except in cold seasons. The humidity is about 60% most of the year. In the months of October to April, Kish's weather is mild, ranging from 18 °C (64 °F) to 25 °C (77 °F). The statistical data in the Kish free zone's archives show that the island's temperature varies from very hot to moderately hot, accompanied by relatively high humidity often interspersed by heavy rains of short durations in certain seasons. With the exception of some southeastern coastal areas and a few other islands in the Persian Gulf, Kish Island has the longest sunny hours in the region which is roughly 3100 hours a year. Based on climatological classification and general weather conditions and nearness to the Tropic of Cancer and exposure to high tropical pressure system and being in the midst of hot and shallow waters, the island tends to be hot and humid most of the year.

Tourist attractions



Kish is a small island but it has numerous tourist attractions. The Greek ship is the wreck of a 1943 cargo steamship, the *Koula F*, on a beach on Kish's south-west coast. She was originally a British ship, *Empire Trumpet*, and was built in Scotland. She ran aground in 1966 and all attempts to salvage her failed. When *Koula F*'s crew abandoned her they set her on fire, and all that remains is her steel hulk.

Another attraction is the ancient underground aqueduct, also called the 'Underground City', which is partly open for tourists. It was built about 1,000 years ago for transportation and water supply across the different parts of the island. Other attractions are the beautiful beaches that captivate the eye with their bluish tint and the long shoreline that allures many tourists during the winter season. The water is so clear that fish can be seen swimming in the sea all year long.

Airport



Kish International Airport is an international airport on Kish Island, Iran.

It serves as the entry point for the hundreds of thousands of tourists who come to Kish Island. The airport grants 14-day tourism visas to foreign citizens who enter from a foreign country under a different scheme from that of mainland Iran.

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Air France considered Kish as a destination to be served from Paris by a sub-fleet of longhaul Airbus A319s to serve Iran's oil and gas industry. However the service never started.

Prior to the Iranian Revolution, Iran had an outstanding order for two Concorde aircraft. These aircrafts were supposed to be used on Kish-Paris and Kish-London routes to serve the luxury tourism market that Kish was supposed to serve.

Venue site



The Kish International Conference Center consists of a number of multi-functional halls and facilities with 13,000 square meters of built-up space. The complex possesses all the peripheral facilities and equipment and offers a world-class venue ideal for conferences and a variety of other events and functions. Among unique features of the Center are its convenient location in the beautiful and tranquil coastal environment of the Kish Island. Wide range of amenities, recreational, tourism and accommodation facilities and the ability to draw on the special privileges offered by the Free Trade Zone. All ministries, organizations, associations, institutions, governmental centers and private sector companies are welcome to hold their domestic/international gatherings, symposia, training workshops, exhibitions and meetings in this matchless complex.

Suggested Hotels:

Official Hotel: Marina Park Hotel *****

**Address:**

Marjan Blvd., Kish Island

Tel : +98 764 446500

Site: www.marinaparkhotel.ir



- Comfort and Relaxation in Modern Facilities.
- Lotus Restaurant
- Café marine
- Lobby lounge
- Accommodation units including modern luxurious suites equipped with Central Air System, Audio and Video Systems, Telephone, Wireless High-Speed Internet and Access to Satellite TV.
- Most modern equipment and halls available for hosting your international celebrations, conferences and seminars in our magnificent and luxurious halls.

- A diverse menu of the most tasteful international meals along with Mediterranean and Persian authentic meals with the flawless five star service of our deluxe restaurants .
- Fully equipped fitness center built with a deluxe and energetic design
- Delightful lobby with coffee shop and live piano creating the atmosphere and comfort.
- Excellent professional customer service.
- 300 private parking places for guests and visitors of the Marina Park Hotel.



Kish Shayan Hotel *****

**Address:**

Sahel Square, Kish Island

Tel : +98 764 442238771-5

Site: www.pars-hotels.com

Distance from hotel
to airport: 7 km



- Comfort and Relaxation in Modern Facilities.
- Accommodation units including modern luxurious suites equipped with Central Air System, Audio and Video Systems, Telephone, Wireless High-Speed Internet and Access to Satellite TV.
- Most modern equipment and halls available for hosting your international celebrations, conferences and seminars in our magnificent and luxurious halls.
- A diverse menu of the most tasteful international meals along with Mediterranean and Persian authentic meals with the flawless five star service of our deluxe restaurants.
- Fully equipped fitness center built with a deluxe and energetic design
- Delightful lobby with coffee shop and live piano creating the atmosphere and comfort.
- Excellent professional customer service.
- 300 private parking places for guests and visitors of the Shayan Hotel.

Sadaf Hotel*****



Address:

Amir Kabir Square,
Kish Island

Tel : +98 764 4420590-7

Site:

www.sorinetgrouphotels.ir

ARRIVALS AND VISA POLICY

Due to the Kish Island strategic situation (Free Zone) , there is **no need to get visa** for the participants.

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 copy to the IFBB Head Office in Madrid.

IMPORTANT NOTICE:

All the costs for 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.

REGISTRATION and REGISTRATION FEE

Registration, weigh-in and measurements will be run at the official hotel (Marina Park Hotel) on Wednesday 7th, from 10:00 till 17:00. **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.

AWARDS

Overall winners, except Classic Bodybuilding, will be awarded the right to turn Pro and apply for the **IFBB Pro League Pro Card**.

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 Pro Card)

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.

SECRETARIAT

The Organizing Committee will have a secretariat desk in the **lobby of the Marina Park Hotel**. You can obtain information and assistance from Secretariat when required.

JUDGES

All National Federations are reminded that their nominations for judges must be also included in the 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**.

Judges Meeting: will take place on Wednesday 7th, at 18.00 at the Marina Park Hotel. If a judge is absent from this meeting, he or she will not judge.

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.

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

GMT (UTC) +3.30 hours (in October).

CURRENCY

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

1 EUR = 32,840.0 IRR (as for 10 July 2015)

1 USD = 29,437.0 IRR (as for 10 July 2015)

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, asking for 20,000 and 50,000-Rial notes. 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 Entry Forms should be sent as soon as possible but **not later than September 17th, 2015.**

Please send your Entry Form to:

Iranian Bodybuilding and Fitness Federation:

- Fax: +98 21 88348287

- Email: iran.bodybuilding.federation@gmail.com

Please send a copy to:

International Federation of Bodybuilding and Fitness

Phone: +34 91 535 2819

Fax: +34 91 6361270

E-mail: headquarters@ifbb.com

TENTATIVE SCHEDULE OF ACTIVITIES

Tuesday, October 6 st	
Arrivals of National Teams	
Wednesday, October 7 nd	
Registration / weigh-in (Marina Park Hotel):	10:00 – 17:00
Technical and Judges Meeting (Marina Park Hotel):	18:00
Thursday, October 8 rd	
Eliminations and Semifinals – Morning Session	10:00-13:00
Lunch	13:30-14:30
Eliminations and Semifinals – Afternoon Session	15:00

Friday, October 9th

Finals

14:00

Saturday, October 10th

Departures

CATEGORIES

MEN'S CLASSIC BODYBUILDING

	Division	Category
1	Men's Classic Bodybuilding	Up to 168 cm
2	Men's Classic Bodybuilding	Up to 171 cm
3	Men's Classic Bodybuilding	Up to 175 cm
4	Men's Classic Bodybuilding	Up to 180 cm
5	Men's Classic Bodybuilding	Over 180 cm

MEN'S PHYSIQUE

	Division	Category
6	Me's Physique	Up to 170 cm
7	Me's Physique	Up to 174 cm
8	Me's Physique	Up to 178 cm
9	Me's Physique	Up to 181 cm
10	Me's Physique	Over 181 cm

MEN'S BODYBUILDING

	Division	Category
11	Men's Bodybuilding	Up to 70 kg
12	Men's Bodybuilding	Up to 80 kg
13	Men's Bodybuilding	Up to 85 kg
14	Men's Bodybuilding	Up to 90 kg
15	Men's Bodybuilding	Up to 100 kg
16	Men's Bodybuilding	Over 100 kg

The weight / height limits for Classic Bodybuilding are as follows:

Height:	Bodyweight limit [kg]:
Up to 168 cm	Height [cm] – 100
Up to 171 cm	(Height [cm] – 100) + 2
Up to 175 cm	(Height [cm] – 100) + 4
Up to 180 cm	(Height [cm] – 100) + 6
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

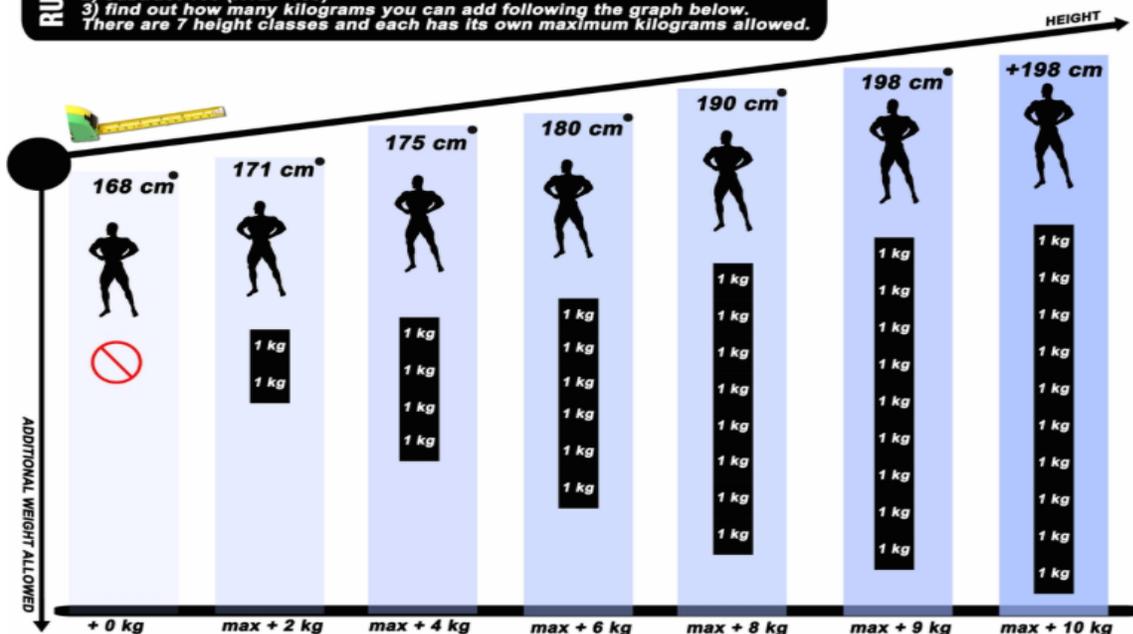


by Rossella Pruneti
www.rossellapruneti.com

HOW TO CALCULATE THE WEIGHT TO HEIGHT LIMITS IN IFBB CLASSIC BODYBUILDING



RULE
 To find your limit:
 1) measure your height in centimeters: XYZ cm
 2) subtract 100 (XYZ - 100)
 3) find out how many kilograms you can add following the graph below.
 There are 7 height classes and each has its own maximum kilograms allowed.



3/28/2014

FROM THE IFBB RULES:

The weight to height limits for Seniors and Masters Classic Bodybuilding are as follows:

- | Height | Bodyweight limit [kg] |
|---------------------------|---|
| Up to & including 168 cm: | athlete's height [in cm] minus 100 |
| Up to & including 171 cm: | (athlete's height [in cm] minus 100) + 2 |
| Up to & including 175 cm: | (athlete's height [in cm] minus 100) + 4 |
| Up to & including 180 cm: | (athlete's height [in cm] minus 100) + 6 |
| Up to & including 190 cm: | (athlete's height [in cm] minus 100) + 8 |
| Up to & including 198 cm: | (athlete's height [in cm] minus 100) + 9 |
| Over 198 cm: | (athlete's height [in cm] minus 100) + 10 |

