



CAGLIARI

BODYBUILDING CUP

Gian Enrico Pica IFBB Executive Member, along with Pierluigi Frau and Marco Pilia, introduces the **CAGLIARI BODYBUILDING CUP**.

It will take place Sunday May 26 2019.

These Contests will be open to ALL amateur athletes worldwide regardless of their federation affiliations.

CLASSES

- **Men's Classic Physique**
- **Men's Physique**
- **Men's BodyBuilding**
- **Bikini**
- **Figure**
- **Fitness**
- **Women's Physique**
- **Women's BodyBuilding**

Besides traditional Men's bodybuilding, our amateur competition will also include Men's Classic Physique, Men's Physique as well as Figure, Women's Physique, and Bikini – a full range of the physique categories within the IFBB amateur division.

AIRPORTS

SOGAER MAMELI CAGLIARI AIRPORT

7 km away from the venue event

Via dei Trasvolatori snc Cagliari (Italy)

Telephone: (+39) 070 211 211

Website: www.sogaer.it/en/

PARTICIPATION

This competition **IS OPEN TO ALL ATHLETES AND FEDERATIONS** Worldwide.

The IFBB Pro League Italy would like to inform you that participation in this regional event is open to all, the athlete does not require approval from other organizations.

REGISTRATION

The Official Athlete Registration will be conducted on:

Sunday May 26 2019– 9:00 am / 1:30 pm

at the **Cagliari Expo, (Mediterran Pavillion) Via Armando Diaz 221**
(Cagliari - Italy)

Remember that all athletes will have to provide a receipt of their payment during the registration.

IMPORTANT INFORMATION

All the costs of traveling, hotel accommodations, transport to and from the airport are the responsibility of the individual athletes.

all classes.



POSING MUSIC

All posing music must only be on an audio CD or usb (pendrive).
The posing music must also be at the start of the CD.
Each competitor must affix their name on their cd/pendrive for easy identification.
The use of profane, vulgar and offensive language is strictly prohibited in your posing routine music.

TANNING

Protan service will be available at the venue, please check their website to book, **click here:** www.ifbbproitaly.com/ or the day of registration.

IMPORTANT INFORMATION

The Open Contest has banned all tans that can be wiped off.
An official employee 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.

ELIO LOPEZ OFFICIAL PHOTOGRAPHER

Telephone: (+39) 320 7084967
Email: eliogor@hotmail.it



REGISTRATION FEE

The Regional Contest “Cagliari Bodybuilding Cup” Registration Fee is € 100 (Eur).

It must be paid online **to the following:**
www.ifbbproitaly.com/prodotto/regionals-cagliari/
through Paypal or Bank Transfer.

An athlete can participate in more categories.
(Master & Junior and another categories in the open class)

- **One Class: € 100** (including stage photos)
- **Any additional category: € 20**
the fee must be made on line, otherwise there will be an addition of € 20
- **Coach Ticket: € 10**
this ticket will allow the coach to access to the backstage and watch the show
- **Ticket: € 10**
to watch the show - 12€ paying the day of the competition

PAYMENT DETAILS

- **PAYPAL:** info@v-power.sm

- BANK TRANSFER:

ACCOUNT NAME: V-Power SpA

BANK: Banca Popolare dell' Emilia Romagna (Ag. Rimini)

IBAN: IT 29 L 05387 24201 000 002281253

SWIFT Code: BPMOIT22XXX

VENUE EVENT

CAGLIARI EXPO (MEDITERRANEAN PAVILLION)

Viale Diaz 221, 09126 Cagliari (Italy)

Telephone: (+39) 070 3496

Website: www.fieradellasardegna.it

800 available seats



BEAUTY ON STAGE HAIR AND MAKE-UP

Telephone: (+39) 347 8652373

E-mail: serena@truccare.com

- Women's make up (with eyelashes)
- Women's hair
- Men's make up
- Men's hair
- Cover tattoo



JUDGES

The IFBB Professional League will nominate the judges used in this contest.

ENTRY FORMS

Please download on the following link this **Entry Form** and print it out. We require it to be filled out on site during the day of registration.

www.ifbbproitaly.com/pdf/regional_form_2019.pdf

For more informations about the registration, **click on the next link:**
www.ifbbproitaly.com/

TICKETS

For the purchasing of tickets, you can do this directly online, **click on the following link:**

www.ifbbproitaly.com/prodotto/regionals-cagliari/

IMPORTANT INFORMATION

For any further inquiries:

info@ifbbproitaly.com

MEN'S REGIONALS

MEN'S BODYBUILDING
MEN'S CLASSIC PHYSIQUE
MEN'S PHYSIQUE

DIVISION	CATEGORY
Men's Bodybuilding Junior	Open
Master Men's Bodybuilding	Over 40
Master Men's Bodybuilding	Over 50
Men's Bodybuilding NOVICE	One Class
Men's Bodybuilding 1/4 LBS (75 kg)	Lightweight
Men's Bodybuilding 1/4 LBS (85 kg)	Middleweight
Men's Bodybuilding 1/4 LBS (+ 85 kg)	Heavyweight
Mens' Classic Physique NOVICE	One Class
Men's Classic Physique	Class A Up to and incl. 5'7" (170 cm)
Men's Classic Physique	Class B Over 5'7", up to and incl. 5'10" (178 cm)
Men's Classic Physique	Class C Over 5'10" (+ 178 cm)
Master Mens' Physique Over 40	One Class
NOVICE	One Class
Men's Physique	Class A Up to and incl. 5'7" (170 cm)
Men's Physique	Class B Over 5'7" and up to and incl. 5'10" (178 cm)
Men's Physique	Class C Over 5'10" (178 cm)



WOMEN'S REGIONALS

WOMEN'S BODYBUILDING
FITNESS
WOMEN'S PHYSIQUE
FIGURE
WOMEN'S BIKINI

DIVISION	CATEGORY
Women's Bodybuilding	Open
Fitness	Open
Women's Physique	Open
Figure	Open
Women's Bikini	Over 35
Women's Bikini	Class A Up to and incl. 5'4" (163 cm)
Women's Bikini	Class B Over 5'4" (163cm), up to and incl. 5'6" (168 cm)
Women's Bikini	Class C Over 5'6" (168 cm)

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** Maximum bodyweight limits for Men's Classic Physique

Class "A" (up to and including 5' 7"/170 cm)

Up to and including 5' 4" (163 cm)	Up to and including 160 lbs (73 kg)
Over 5' 4", up to and including 5' 5" (165 cm)	Up to and including 165 lbs (75 kg)
Over 5' 5", up to and including 5' 6" (168 cm)	Up to and including 170 lbs (77 kg)
Over 5' 6", up to and including 5' 7" (170 cm)	Up to and including 175 lbs (79 kg)

Class "B" (over 5' 7", up to and including 5' 10"/178 cm)

Over 5' 7", up to and including 5' 8" (173 cm)	Up to and including 182 lbs (83 kg)
Over 5' 8", up to and including 5' 9" (175 cm)	Up to and including 190 lbs (86 kg)
Over 5' 9", up to and including 5' 10" (178 cm)	Up to and including 197 lbs (89 kg)

Class "C" (over 5' 10", up to and including 6' 0"/183 cm)

Over 5' 10", up to and including 5' 11" (180 cm)	Up to and including 205 lbs (93 kg)
Over 5' 11", up to and including 6' 0" (183 cm)	Up to and including 212 lbs (96 kg)

Class "D" (over 6' 0" / 183 cm)

Over 6' 0", up to and including 6' 1" (185 cm)	Up to and including 220 lbs (100kg)
Over 6' 1", up to and including 6' 2" (188 cm)	Up to and including 230 lbs (104kg)

IMPORTANT INFORMATION

The athlete can compete in the NOVICE division just as long as they have never won an NPC Overall title, Pro Qualifier and Olympia Amateur class.

If less than 6 athletes in a class, classes will be combined, wherever possible.

Junior class are aged between 16 and 23 years old.

WOMEN'S RULES

BIKINI - www.ifbbproitaly.com/bikini

FIGURE - www.ifbbproitaly.com/figure

FITNESS - www.ifbbproitaly.com/fitness

WOMEN'S PHYSIQUE - www.ifbbproitaly.com/women's_physique

WOMEN'S BODYBUILDING - www.ifbbproitaly.com/women's_bb

MEN'S RULES

MEN'S BODYBUILDING - www.ifbbproitaly.com/men's_bb

MEN'S PHYSIQUE - www.ifbbproitaly.com/men's_physique

MEN'S CLASSIC PHYSIQUE - www.ifbbproitaly.com/classic_physique

MEN'S CLASSIC PHYSIQUE (short)

Starting January 1, 2019, ALL Men's Classic Physique competitors, both IFBB Pro and NPC, will be competing in Classic Physique Posing Trunks!

Competitors are required to wear the same type of cut and all Classic Physique Posing Trunks that are worn in competition must be black and no less than 4-1/2 Inches on the sides/hips.

See the photo examples.



USEFUL INFORMATION

VISAS

TIME DIFFERENCE

UTC/GMT +1 hour (CET)

CURRENCY

The national currency in Italy is the EURO. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the month of November/December, the daily mean temperature is 7°C.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C, F or L.



Detailed information online at website, **click on the following link:**

www.worldstandards.eu/electricity/plugs-and-sockets/

LANGUAGE

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

A valid passport is required to enter Italy. There are no border formalities.

EU-country citizens do not need to obtain a visa. All other countries should consult the Italian Embassy in their country to determine if they need a visa. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB Professional League. The invitation letter does not mean you are granted your visa. The IFBB Professional League and Championship organizers are not responsible of attendants' visas. An athlete, who requested and received an invitation from the IFBB Professional League Head Office or the Organizing Committee of an IFBB Professional League sanctioned event for visa purposes and used this visa to unlawfully stay in the host country or any other country, will be subjected to disciplinary proceedings and measures.

VISA request sent email to: info@ifbbproitaly.com

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB Professional League. All persons wishing to obtain media accreditation for this event must register with the IFBB Professional League by completing and signing an IFBB Professional League Media Accreditation Form, said form which must be remitted to the IFBB Professional League by e-mail at info@ifbbproitaly.com no later than **May 26 2019**.

COMPETITORS INFORMATION

Athletes will be given a goodie bag and wristband at the registration on **Sunday May 26 2019**. This wristband has to be worn during your whole stay and will allow you in and at of the venue during the weekend. There is a special athlete seating area close to the stage and backstage.

The athletes coach will be given a backstage pass.



PROMOTER: Gian Enrico Pica

IFBB Professional League Executive Member

IFBB Promoter Professional League

IFBB Promoter Pro Qualifier

Email: info@ifbbproitaly.com

Pierluigi Frau

Email: pi.frau@libero.it

Marco Pilia

Email: maycolpilia@gmail.com

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to changes

SUNDAY MAY 26 2019

9:00 am - 1:30 pm

Official athletes registration

SUNDAY MAY 26 2019

4:00 pm

Novice Contest Prejudging / Final

Women's BodyBuilding

Fitness

Women's Physique

Figure

Men's Physique

Men's Classic Physique

Bikini

Men's BodyBuilding