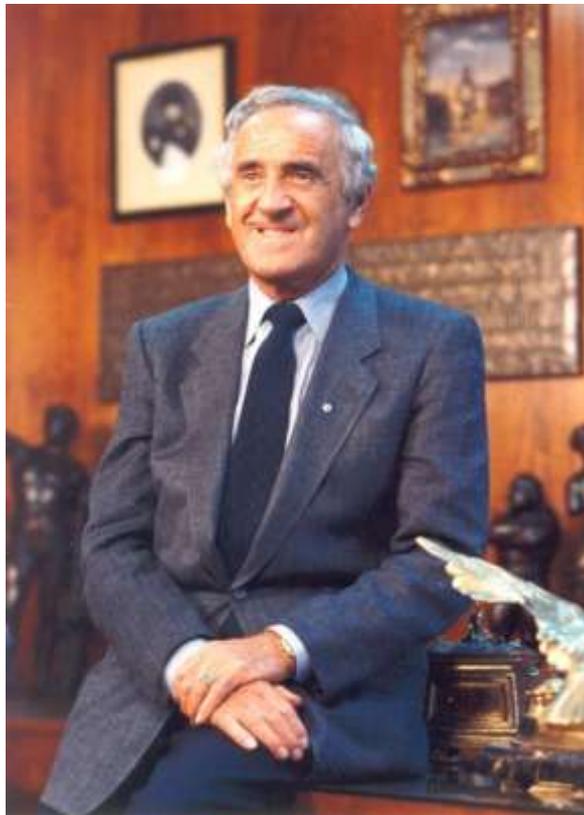




INSPECTION REPORT

Tribute to Ben Weider, the Founder of the modern bodybuilding
& fitness sports
The loving mentor and life-long friend



1st BEN WEIDER Diamond Cup

**Bodybuilding, Classic Bodybuilding, Men's Physique
& Women's Fitness, Physique, Body Fitness, Bikini,
Men, Women, Juniors, Seniors, & Masters**

Athens, 13, 14, & 15 December 2013

VELODROME
OLYMPIC ATHLETIC CENTER OF ATHENS
MUNICIPALITY OF MAROUSSI, PREFECTURE OF ATTICA – GREECE



THE GREEK BODYBUILDING & FITNESS FEDERATION

In cooperation with the Municipality of Maroussi, is organizing the
1st BEN WEIDER Diamond Cup
Men's Bodybuilding, Classic Bodybuilding, Men's Physique,
Women's Fitness, Body-Fitness, Bikini & Physique,
for Juniors, Seniors and Masters.

The contests will take place
In-site of Velodrome, Olympic Athletic Center of Athens (OAKA)
in Maroussi, Prefecture of Attica, Greece.

WELCOME:

Greece, the blue gate between East and West, is welcoming all our friends from all over the world to enjoy sports and friendship. Greece has influenced Western and Eastern society more, and more fundamentally, than any other nation known to history.

Not other culture has exerted so perennial and vitalizing an impact on later ages, in so many spheres: faith, moral, literature, philosophy, science and aesthetics. Greek ideas, Greek art and architecture, and (even to a surprising extend) Greek language, are all with us today. Numberless banks, colleges and town halls still display formal devices (columns, dentils, pediments) first employed by the Greeks.



Athens



Athens, the cradle of the European spirit and the birthplace of democracy and freedom, is the oldest continuously inhabited city in Europe. The first traces of habitation in Athens date from circa 4,000 BC. During this time of Neolithic era (6000 to 2800 BC) all of Attica region, is dotted with settlements, predominantly along the coast and in caves. The earliest traces of settlement, which are found on the Acropolis rock, date back to 3,000 BC

As the World's first University Town, Athens came to resemble the older provincial university towns of the modern world, such as Oxford, Cambridge or Heidelberg. Edward Gibbon wrote: "...In the suburbs of the city, the *Academy* of

the Platonists (philosophers), the *Lyceum* of the Peripatetics, the Portico of the Stoics, and the *Garden* of Epicureans, were planted with trees and decorated with statues. The philosophers, instead of being immured in a cloister, delivered their instructions in spacious and pleasant walks...”

In mid-fifth century B.C. Polykleitos (ca. 440 BC) developed a Canon (rule, standard) of proportions that defined the ideal male body. Because “man is the measure of all things”, Greeks theorized about all aspects of their world. This made their art and writings influential models for later generations. The statue “Doryphoros” (the “spear-bearer”, Naples, National Archeological Museum)) harmoniously counterbalances flexed and relaxed muscles, stillness and motion. The straight and weight-bearing leg is balanced by the bent one, the spear-bearing left arm is balanced by the free-hanging one. The head turns to the figure’s right, while the torso and hips are twisted to the left.

The world’s first bodybuilders were Ancient Greeks.

Highlights from the IFBB’s “Petition for participation”, seeking inclusion of the sport of Bodybuilding in the Games of the XXVIII Olympiad. Submitted by Ben Weider to the organizing committee for the Olympic Games "Athens 2004".

The Greeks prized philosophy and other intellectual endeavors, but they clearly understood the value of a strong healthy body as well. In fact, noted a recent article in the Olympic Review, "Plato and Aristotle established their schools in two famous and longstanding gymnasiums, the Academy and the Lyceum, and even today in Greece the state primary education centers are called gymnasiums, not schools." None other than Socrates coined the phrase "A sound mind and a sound body", which could easily serve as the motto for the worldwide fitness movement as it entered the 21st century.

The Greeks' fascination with body sculpting likely arose from the environment in which they lived. The mountains that surrounded them were filled with hard, workable stone and timber; nearby waterways enabled them to acquire, via trade, any other materials they might have lacked. Fire from mountain timber enabled them to smelt metals into tools, in turn allowing them to sculpt marble and other materials into images depicting not only gods but human forms. Greek craftsmen and artists increasingly viewed the human body as both tool and raw material, to be shaped either by others or themselves.

The Art of Building Bodies

The sculptural harmony of the symmetrical body, produced when muscles grow in confusion in response to heavy weights, remains the essential element of a modern-day bodybuilder's success. Pumpin' iron takes tremendous physical effort, to be sure, but it also takes great intelligence and mental fortitude to ensure the magical synergy of each and every muscle group. Bodybuilders today are judged according to these standards of balance and harmony, so their training, and the muscular development that it stimulates, must strike a delicate, harmonious balance between size and aesthetics. The body must be trained to show that each body part has visible delineations, lines of symmetry and perfect proportions, just as the ancient Greeks envisioned. The best bodybuilders - those

who achieve that elusive balance between mass and aesthetics - know and understand their musculature as intimately as marathoners know their aerobic capacity; basketball players, their explosiveness; figure skaters, their balance.

The Greek body ideal looked remarkably similar to the physiques of athletes who today compete on bodybuilding stages the world over. Greek art even showed citizens employing precursors of modern-day dumbbells to sculpt their bodies, and Greek heroes such as Atlas and Hercules could be considered progenitors of modern-day bodybuilding champions.

Le Baron Pierre de Coubertin, founder of the modern Olympics, said "D'abord la culture physique", which, translated, means "First of all is physical culture". As he defined it, physical culture meant exercising to create a well-developed body. In other words, bodybuilding.

Discovering the city of Athens

With its' long history Athens is considered one of the most interesting places in the world, and one of the greatest destinations worldwide, as it represents a junction where ancient history and modern life meet in harmony.

One of the first things visitors may enjoy in Athens, is a walk through the world-famous Acropolis with the Temple of Parthenon, as well as a visit to the majestic New Acropolis Museum, with its' astonishing cultural treasures.

Furthermore, an exploration of the Theatre of Herodes Atticus, the Ancient Agora, the Roman Agora and others sites, all centrally located, at the picturesque neighbourhoods of Acropolis and Thission, is quite enchanting, as all of these landmarks are within walking distance from one another.



One more fascinating activity in Athens is the sightseeing open top double deck bus, where visitors, on a sunny day, may enjoy a tour of the city which lasts approximately 90 minutes and passes through central spots, beginning at Syntagma Square. Following the history and culture of this unique place from ancient times to the present, with numerous shopping opportunities along the

way, this ride also easy access to the various city attractions including World famous museums, with spectacular views of the ancient temples of the Acropolis.



After a walk or ride around Athens city, and exploration of all of its amazing monuments visitors may enjoy Greek cuisine in one of the numerous restaurants in Plaka, the old neighbourhood, which is full of the aroma of another era reflecting the city's tradition, where a drink of the local Ouzo should not missed, in one of the many hot spots that are found all over the place for evening entertainment.

Greeks and typical traditional food

The Greeks are people of a purely Mediterranean temperament and bear many unique features. They tend to be exuberant, with intense emotions, enthusiastic, stubborn, easily offended and loud-mouthed. They are versatile and possessive, defending their own rights with passion. They are friendly, hospitable, considerate and generous. Sometimes Greeks are the “last minute” type of persons when it comes to making a decision or on the completion of a task. Once they have set a goal though, they work really hard to reach it, proving to all those who may doubt that they can even outdo their own self in very little time.



The most typical Greek fast food is “souvlaki”, small pieces of meat on the skewer, wrapped in thin pita bread (same as Arab pie) along with fried potatoes, onions, tomatoes, paprika, and tzatziki. “Tzatziki” is a cool strained-yogurt sauce with addition of olive oil, vinegar and garlic.



The history of *Greek cheese* and its production is mentioned in Homer’s *Odyssey*, when Cyclops Polyphemus just kept the amount of milk he wanted to consume and used the rest to make cheese. “Feta” is the most popular white cheese. In October 14, 2002 it was approved by the European Union as a product of protected origin appellation.

Greek wines are popular since pre-historic times and stand out globally for their excellent quality. The traditional wine “retsina” is produced by adding pine-tree resin to the wine while it is fermenting in the barrels.

Ouzo: this traditional drink is made from the remainders of the grapes after the must has been extracted to make the wine, by adding the spice of anise during its distillery.

Greek olive oil is the superior quality product of which the 90% is exported to European countries, China, Russia, Middle East and USA.



Mastic has been an exclusive product of the island of Chios since 250 AD. This very expensive product is gathered in the form of little tear-crystals from the trunk of a bush. It is the natural resin of a tree, similar to pine-tree, which only grows in the northern area of the island. Mastic has been known since ancient times for its therapeutic properties, essential oils and aroma. It is also a basic ingredient of some medicines due to its antiseptic and emollient properties. It is said to cure stomach ulcers, help with liver problems and reduce cholesterol.



1. Contest's Info

ACCOMMODATION

RECOMMENDED IFBB HOTELS

There are numerous, low-budget to four stars recommended hotels in the historical center of Athens's area which you can choose from.

For more information and contact details please follow the link to book your rooms:

<http://www.bodybuilding-eosd.gr/travel-accommodation.html>

This link has been made especially for IFBB athletes, visitors and fans to promote the best and more convenient way to design one's staying in Athens. It is advisable to book your rooms well in advance to avoid disappointment.

Please note: All athletes and officials will have to book and reserve their own Hotel accommodation. Please reserve your rooms well in advance to avoid disappointment.

2. IMPORTANT ARRIVAL AND CHECK-IN NOTICES

COMPETITOR NOTIFICATION

Once the entry form from the National Federation has been received and accepted, an official letter will be sent confirming your participation in the 1st Ben Weider Diamond Cup 2013 IFBB International Bodybuilding, Fitness, Body-Fitness and Bikini Championships. Those athletes who have not met the established requirements, who missed the deadline for registration, will also be notified that they will be unable to participate in this competition. We strongly encourage you to register early and make the appropriate arrangements to compete in Athens. Hotels will be booked up quickly as this is a very popular event.

3. GENERAL INFORMATION

REGISTRATION AND REGISTRATION FEE

Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete and the entry form has been emailed directly to the Greek Federation, to the IFBB General Secretary and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB. Registration fee for athletes to enter this competition is 150 Euros which will be collected at the time of registration.

POSING MUSIC/PASSPORTS/IFBB ID CARD

All competitors must provide their passports and music (on CD, with one track) at weigh-in, failing which the competitor will not be registered and will not be allowed to compete.

IMPORTANT NOTICE TO COMPETITORS

Each athlete participating in the championship will be provided with a competitor wrist band at the weigh-in. This wrist band allows daily admission to the 1st Ben Weider Diamond Cup 2013 and should not be removed.

IMPORTANT INFORMATION

All the costs for travelling, 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. List of very low-budget recommended hotels and contacts are provided on the Inspection Report.

IFBB National Federations are informed that participation in to this championship is unlimited. Remember that all athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchase this IFBB International card will have to buy one at registration. IFBB Cards are 30 Euros per year and are mandatory from 2011.

Categories open for the Ben Weider Diamond Cup are as follows:

MEN'S CATEGORIES

MEN'S BODYBUILDING CLASSES

UP TO & INCLUDING 75KG

UP TO & INCLUDING 85KG

UP TO & INCLUDING 95KG –

OVER 95KG

MEN'S CLASSIC BODYBUILDING*

See table below

1 OPEN CATEGORY

MEN'S FITNESS

1 OPEN CATEGORY

IMPORTANT NOTES:

The Organizer of the event in ATHENS, GREECE will not accept any direct registration from athletes.

Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid and Wanda Tierney (see email addresses below). The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee is 150 EUROS per athlete and will have to be paid

Please send Entry Form no later than December 5th, 2013 to:

(Preferably by email)

Wanda Tierney

Phone: +44 151 9314090

E-mail: wanda.tierney@ifbb-uk.com

Please send a copy to:

International Federation of Bodybuilding and Fitness

Dr. Rafael Santonja, IFBB President

Phone: +34 91 535 2819, Fax: +34 91 636 12 70

E-mail: internacional@santonja.com

SECRETARIAT

The Organizing Committee will have a secretariat desk in the lobby of HOTEL, December 13th at 11.00 a.m. You can obtain information and assistance from Secretariat when required.

VENUE SITE



The **Olympic Velodrome** is a stadium at the Athens Olympic Sports Complex, built in 1991 for the Mediterranean Games. It was extensively refurbished in order to host the events at the "2004 Summer Olympics" in Athens, Greece".

The stadium, which seats 5,250 - though only 3,300 seats were made publicly available for the games - has

distinctive twin roofs covering the stands on each side, designed by Santiago Calatrava".

The track, made of "Afzelia" wood, is 250 m. long and 7.5 m. wide. Construction of the stadium was completed on May 30, 2004, and it was officially opened on July 30, 2004.



References

- Volume 2. p. 303.
- **(English) & (Greek)**

VISAS

All participants require a valid passport for entry to Greece. Please consult the Greek Embassy in your country to determine if you also need a visa.

OFFICIAL LANGUAGE

The official language is Greek, but English is widely used. The staff of hotels, travel agencies and shops with who the visitors will be in contact will speak English.

CURRENCY

The official currency in Greece is Euro (€)

CLIMATE

During the month of December the weather is cold, but with sunny days. The average temperature in Greece is 10⁰ C to 18⁰ C.

ELECTRIC CURRENT

220 volts.

PASSPORT/MUSIC

All competitors must provide their passports and music (on CD, with one track) at weigh-in, failing which the competitor will not be registered and will not be allowed to compete.

PARADE OF NATIONS

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform.

JUDGES

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules: "That a National Federation must provide on the Final Entry Form the names of all judges nominated to officiate at the competition, failing which the individual will not be allowed to judge". All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card.

NATIONAL ANTHEM

All participating National Federations must bring the music of their national anthem on a CD with them. This must be on a separate CD to any posing music.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

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

CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

PRESS ACCREDITATION

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact Organization Committee.

WEIGH-IN AND MEASUREMENT OF ATHLETES

Weigh-in will take place in Velodrome Venue-site from 11.00 AM – 10.00 PM. **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

TANNING

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.

SECRETARIAT

You may obtain information and assistance from the IFBB Secretariat when required.

ENTRY FORMS

Please return the **Preliminary Entry Form** to the Organizing Committee as soon as possible but no later than **October 31st, 2013** and indicate your Federation's **intentions to participate** and the **number** of people from your country that will be attending the Championships.

You must return the **Final Entry Form** with the names of the people in your team **NO LATER THAN December 5th, 2013**. **Please indicate the discipline, category, weight and height of your athletes in the Final Entry Form. Your co-operation is essential to ensuring your accommodations at the hotels and to assuring adequate transportation for your team**

Please send all correspondence to:

GREEK BODYBUILDING AND FITNESS FEDERATION

Mrs. Penny Leventeli – GBFF Gen. Secretary
Tel.: +30-210-8132625, Fax +30-210-8622706,
Mobile +30 6977 473 503
Email: peles59@yahoo.gr

AND COPY TO IFBB HEAD OFFICE

Email: internacional@santonja.com
Web: www.ifbb.com

And
IFBB Technical Committee
Email: wanda.tierney@ifbb-uk.com

TENTATIVE SCHEDULE

Friday 13th of December

- Arrivals of National Teams
- 11:00 am – 10:00 pm Weigh-in, Measurements

Saturday 14th of December

- 3:00 pm Pre-judging

Sunday 15th of December

- 2:00 pm, Opening ceremony
- 3:00 pm, Finals

Monday 16th December

Departures



<http://www.theacropolismuseum.gr/>



PRELIMINARY ENTRY FORM

1st BEN WEIDER Diamond Cup
Bodybuilding, Classic Bodybuilding, Men's Physique
Women's Fitness, Physique, Body Fitness, Bikini,
Athens, 13, 14, & 15 December 2013



**Complete the Preliminary Entry Form and return it to the
Organizing Committee
AS SOON AS POSSIBLE BUT NO LATER THAN October 31st, 2013.
PLEASE PRINT CLEARLY**

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

TEL: _____ MOBILE: _____

FAX: _____ E-MAIL: _____

Our Federation is planning to participate in above contests

Please indicate "YES" or "NO". YES _____ NO _____

NUMBER OF DELEGATES: _____

NUMBER OF ATHLETES: _____

NUMBER OF EXTRA DELEGATES AND
SUPPORTERS: _____

**THE PRELIMINARY ENTRY FORM INDICATING THE NUMBER OF
YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN
OCTOBER 31st, 2013 TO:**

GREEK BODYBUILDING AND FITNESS FEDERATION

Mrs. Penny Leventeli – GBFF Gen. Secretary

Tel.: +30-210-8132625, Fax +30-210-8132625, 8622706

Mobile +30-6977 473 503

Email: peles59@yahoo.gr

COPY TO IFBB HEAD OFFICE

Email: internacional@santonja.com

Web: www.ifbb.com

And

IFBB Technical Committee

Email: wanda.tierney@ifbb-uk.com



FINAL ENTRY FORM

1st BEN WEIDER Diamond Cup
Bodybuilding, Classic Bodybuilding, Men's Physique
Women's Fitness – Physique - Body Fitness - Bikini,
 Olympic Athletic Center of Athens 13, 14, & 15 December 2013



Complete the Final Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE, BUT NO LATER THAN DECEMBER 5TH, 2013.
 PLEASE PRINT CLEARLY

COUNTRY	FEDERATION'S NAME	PRESIDENT'S NAME
CONTACT PERSON	TEL./MOBILE/FAX	EMAIL

	COMPETITOR'S NAME	CATEGORY	PASSPORT NR or IFBB ID NR
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			
15			

	COMPETITOR'S NAME	CATEGORY	PASSPORT NR or IFBB ID NR
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

**THE FINAL ENTRY FORM INDICATING THE ACTUAL NAMES
OF YOUR TEAM MEMBERS MUST BE RETURNED NO LATER THAN
DECEMBER 5th, 2013 TO:**

GREEK BODYBUILDING AND FITNESS FEDERATION

Mrs. Penny Leventeli – GBFF Gen. Secretary,
Tel.: +30-210-8132625, Fax +30-210-8622706,
Mobile +30-6977 473 503, email: peles59@yahoo.gr

COPY TO IFBB HEAD OFFICE

Email: internacional@santonja.com

Web: ifbb.com

And IFBB Technical Committee

Email: wanda.tierney@ifbb-uk.com



COMPETITOR INFORMATION FORM
1st BEN WEIDER Diamond Cup
Bodybuilding, Classic Bodybuilding, Men's Physique
Women's Fitness – Physique - Body Fitness - Bikini,
Olympic Athletic Center of Athens 13, 14, & 15 December 2013

CATEGORY:

FIRST NAME: FAMILY NAME:

COUNTRY: DATE OF BIRTH:

CONTEST BODYWEIGHT: HEIGHT:

OFF-SEASON BODYWEIGHT:

OCCUPATION EDUCATED:

CURRENTLY PERFORMED JOB:

GYM (STUDIO, CLUB): CITY:

TRAINERS:

HOBBY:

NEXT CONTEST (PLANNED):

SPORT ACHIEVEMENTS:

(According to National and International Sports Law, Sports Achievements are considered ONLY those gained in IFBB sanctioned events or events sanctioned by the national federations affiliated to IFBB)

HOME ADDRESS:

CONTACT PHONE/FAX:

E-MAIL ADDRESS (*in block letters*):

YOUR PERSONAL WEBSITE ADDRESS:

.....
Signature

Please fill in this Entry Form for each competitor, take it with you to Greece and give it to the IFBB Press Commission representatives during the Registration (weigh-in) procedure



**LICENSE AGREEMENT
FOR THE PHOTOGRAPHERS**
1st BEN WEIDER Diamond Cup
Bodybuilding, Classic Bodybuilding, Men's Physique
Women's Fitness – Physique - Body Fitness - Bikini,
 Olympic Athletic Center of Athens 13, 14, & 15 December 2013

Concluded between:

1. IFBB (European Bodybuilding and Fitness Federation), Calle Jaén, No. 8; 28020 Madrid, SPAIN

here in after referred to as „Licensor“ and

2.

Last name:	
First name:	
Address:	
Phone/fax:	
E-mail address:	
Associated with (magazine, other media):	

Here in after referred to as “Licensee” as follows:

I. PREAMBLE

The **1st BEN WEIDER Diamond Cup** is the sole property of the Licensor. The Licensor has the final authorities on press accreditation. Only media personnel approved by the Licensor shall be issued press accreditation and the ensuing rights to cover the event.

The Licensor has the right to grant the license. Based on this premises the parties agree as follows:

II. LICENSE TYPE

Licensor here with grants licensee a non exclusive licence for the production and sale of photographs taken at the **1st BEN WEIDER Diamond Cup Bodybuilding, Classic Bodybuilding, Men's Physique Women's Fitness – Physique - Body Fitness - Bikini,** Olympic Athletic Center of Athens 13, 14, & 15 December 2013, for further publication in sport media only.

III. ROYALTIES

For the license under this contract, licensee shall pay licensor a lump sum of EUR 100,00. This fee is due upon the signature of this contract.

All value added taxes, sales taxes and indirect taxes that have to be paid for the royalties shall be borne by the licensee. If necessary, these taxes, when being collected from the licensor, shall be paid by the licensee in the name of the licensor.

IV. JURISDICTION

Place of performance is Madrid. For all controversies under this agreement the jurisdiction of Madrid/Spain is agreed upon.

Date:

Licensor (IFBB)

Licensee

Please fill this Form and send to the Organizing Committee not later than May 31st, 2012