

INTERNATIONAL CUP OF POLAND BODYBUILDING AND FITNESS

October 14th -15th, 2017

BIALYSTOK, POLAND

REGULATIONS

1. HONORARY PATRONAGE

Mayor of Bialystok – Mr. Tadeusz Truskolaski

2. ORGANIZER

Maniac Gym Sport Club

3. PARTNERS

Polish Bodybuilding, Fitness & Powerlifting Federation

4. DATE and PLACE

International Cup of Poland
October 14th -15th, 2017

Venue site: Sport Hall in the Primary School No. 50
Bialystok, 96 Pulaskiego Street

7. ARRIVALS

The official arrival day is October 14th, 2017 (Saturday). You can reach Bialystok by train or by car or fly to the Frederic Chopin Airport in Warsaw and take a train.

ACCOMMODATION

Accommodation has to be taken care of by National Teams. Recommended hotel:

Ibis Styles Hotel, 25 Pilsudskiego Avenue, 15-444 Bialystok

Phone: 85 877 25 00, password - Maniac Gym

<http://www.ibis.com/pl/hotel-9062-ibis-styles-bialystok/index.shtml#overview>

- Double Room with breakfast – PLN 200 / night
- Single Room with breakfast - PLN 180 / night

5. PARTICIPATION

The contest is open for the IFBB-affiliated National Federations from Europe.

National Federations should sent their Entry Forms to the Polish Federation office (e-mail: pzkfits@pzkfits.pl), with a copy to the Organizer (e-mail: fitness@maniacgym.pl), no later than October 10th, 2017.

8. OFFICIAL ATHLETE REGISTRATION

Registration of participants will be conducted on October 14th, 2017 (Saturday) from 15:00

till 19:00, in the Sports Hall of the Primary School No. 50, 96 Pulaskiego Street, Bialystok.

The **Registration Fee of EUR €25** will have to be paid at the registration, in cash.
All athletes will have to produce their **Passport** or Identity Card at the registration.
During the registration, athlete will receive a wrist band, which will allow him to enter the dressing room and warm-up room.

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/her name on the CD for easy identification.
The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

9. CATEGORIES OPEN AT THIS COMPETITION

Men's Bodybuilding:	open
Men's Classic Bodybuilding	open
Men's Fitness	open
Men's Physique	178 cm, +178 cm > superfinal
Muscular Men's Physique	open
Women's Physique	open
Women Bodyfitness	open
Women Bikini Fitness	166 cm, +166 cm > superfinal
Women's Wellness Fitness	open
Women Fitness	open
Women Fit Model	open
Men Fit Model	open

Note:

- Each competitor participating in the International Cup of Poland can be registered **in one individual category** only.

10. GENERAL INFORMATION

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.

A special writ band for coaches, allowing access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Team Managers and Judges Meeting as follows:

- Five (5) or more competitors - two (2) wrist bands
- Less than five (5) competitors - one (1) wrist band

11. TENTATIVE RUNNING ORDER

October 15th, 2017 (Sunday)

09:30 - Opening Ceremony at the venue

Eliminations, semi-finals and finals

- | | |
|------------------|-------------------|
| 1. Women Fitness | ROUND 1 (routine) |
| 2. Men Fitness | ROUND 1 (routine) |

3. Women Bodyfitness
4. Women's Physique
5. Men's Physique 178 cm
6. Men's Physique +178 cm
7. Women Bodyfitness
8. Women's Physique
9. Men's Physique 178 cm
10. Men's Physique +178 cm

11. Women Bodyfitness
12. Women's Physique
13. Women's Physique
14. Men's Physique 178 cm
15. Men's Physique +178 cm

1st VICTORY CEREMONY:

- Women Bodyfitness
- Women's Physique
- Men's Physique 178 cm
- Men's Physique +178 cm

16. Men's Physique (top 3 x 2)
VICTORY CEREMONY

17. Women Fitness
18. Men Fitness
19. Muscular Men's Physique
20. Men's Classic Bodybuilding
21. Women's Wellness Fitness
22. Muscular Men's Physique
23. Men's Classic Bodybuilding
24. Women's Wellness Fitness
25. Women Fitness
26. Men Fitness
27. Muscular Men's Physique
28. Women's Wellness Fitness
29. Men's Classic Bodybuilding
30. Men's Classic Bodybuilding

2ND VICTORY CEREMONY:

- Women Fitness
- Men Fitness
- Muscular Men's Physique
- Women's Wellness Fitness
- Men's Classic Bodybuilding

30-MINUTE BREAK

31. Women Fit Model
32. Men Fit Model
33. Women Bikini Fitness 166 cm
34. Women Bikini Fitness +166 cm
35. Men Bodybuilding
36. Women Bikini Fitness 166 cm
37. Women Bikini Fitness +166 cm
38. Women Fit Model

ELIMINATIONS
ELIMINATIONS
ELIMINATIONS
ELIMINATIONS

- ROUND 1 (quarter turns, comparisons)
ROUND 1 (turns, compulsory poses, comparisons)
ROUND 1 (turns, comparisons)
ROUND 1 (turns, comparisons)

- FINAL- ROUND 2 – (I-walking, turns)
FINAL- ROUND 2 (compulsory poses, posedown)
FINAL -ROUND 3 (routines)
FINAL -ROUND 2 (Individual Presentations, turns)
FINAL- ROUND 2 (Individual Presentations, turns)

SUPERFINAL

- FINAL- ROUND 3 (routines)
FINAL - ROUND 3 (routines)
ELIMINATIONS
ELIMINATIONS
ELIMINATIONS
ROUND 1 (turns, comparisons)
ROUND 1 (turns, compulsory poses, comparisons)
ROUND 1 (turns, comparisons)
FINAL- ROUND 4 (turns x 2)
FINAL- ROUND 4 (turns x 2)
FINAL- ROUND 2 (Individual Presentations, turns x 2)
FINAL- ROUND 2 (I-walking, turns x 2)
FINAL- ROUND 2 (compulsory poses, posedown)
FINAL- ROUND 3 (routine)

- ROUND 1– (turns, swimsuit)
ROUND 1– (turns, gymnastic shirt)
ELIMINATIONS
ELIMINATIONS
ELIMINATIONS
ROUND 1– (comparisons)
ROUND 1– (comparisons)
FINAL ROUND 2 – (I-walking, turns x 2)

- | | |
|----------------------------------|---|
| 39. Men Fit Model | FINAL ROUND 2 – (Individual Presentations, turns x 2) |
| 40. Women Bikini Fitness 166 cm | FINAL ROUND 2 – (I-walking + turns x 2) |
| 41. Women Bikini Fitness +166 cm | FINAL ROUND 2 – (I-walking + turns x 2) |
| 42. Men Bodybuilding | ROUND 1 – (compulsory poses, comparisons) |
| 43. Men Fit Model | FINAL ROUND 3– (indiv. presentation, casual sport wear) |
| 44. Women Fit Model | FINAL ROUND 3 – (indiv. presentation, evening gown) |
| 45. Men Bodybuilding | FINAL ROUND 2 – (compulsory poses, posedown) |
| 46. Men Bodybuilding | FINAL ROUND 3 – (routines) |

3RD VICTORY CEREMONY:

- Women Fit Model
- Men Fit Model
- Women Bikini Fitness 166 cm
- Women Bikini Fitness +166 cm
- Men Bodybuilding

47. Women Bikini Fitness (top 3 x 2) **SUPERFINAL** (turns x 2)
VICTORY CEREMONY

Note:

THE FINAL RUNNING ORDER WILL BE AVAILABLE AFTER REGISTRATION!!!

13. AWARDS

PRIZE MONEY AT THE INTERNATIONAL CUP OF POLAND				
		I place	II place	III place
Men Bodybuilding	open	PLN 2000	PLN 1500	PLN 1000
Men's Classic Bodybuilding	open	PLN 1500	PLN 1200	PLN 1000
Men Fitness	open	PLN 1000	PLN 750	PLN 500
Men's Physique	178cm +178cm	PLN 1200	PLN 1000	PLN 800
Muscular Men's Physique	open	PLN 1200	PLN 1000	PLN 800
Women's Athletic Fitness	open	PLN 1000	PLN 750	PLN 500
Women Body Fitness	open	PLN1500	PLN 1200	PLN 1000
Women Bikini Fitness	166cm +166cm	PLN 1200	PLN 1000	PLN 800
Women's Wellness Fitness	open	PLN 1000	PLN 750	PLN 500
Women Fitness	open	PLN 1000	PLN 750	PLN 500
Women Fit Model	open	PLN 750	PLN 500	PLN 300
Men Fit Model	open	PLN 750	PLN 500	PLN 300

EUR 1.0 = PLN 4.3 (end of September)

In all categories competitors receive statues, cups and diplomas for places 1st to 3rd.
 For places from 4th to 6th - cups and diplomas.

Financial awards for places 1st to 3rd.

16. INFORMATIONS

For more information please contact:

Arkadiusz Leszczyński tel.: +48 85 740 69 31

Joanna Zapolska tel. tel.: +48 85 740 69 31

fitness@maniacgym.pl

Approved
 Eng. Andrzej Michalak

Organizer
 Arkadiusz Leszczyński

Polish Federation Vice-President

UKS Maniac Gym President