



**YAMAMOTO**  
NUTRITION  
IFBB PROFESSIONAL LEAGUE

**PRO CUP**

Gian Enrico Pica, IFBB Professional league, Executive Member along with Yamamoto Nutrition, introduces the **YAMAMOTO CUP** Pro Qualifier and Proshow.

*It will take place September 20/21/22 2019.*

*These Contests will be open to ALL PRO QUALIFIER 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**

#### PROSHOW CLASSES

- **Men's Classic Physique**
- **Men's Physique**
- **Bikini**
- **Men's Body Building**

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.

# HOTEL

#### OFFICIAL HOTEL

## NH HOTEL \*\*\*\*

Via Niccolò Tommaseo, 61, 35131 Padova PD (Italy)

Telephone: (+39) 049 849 4111

E-mail: [nhpadova@nh-hotels.com](mailto:nhpadova@nh-hotels.com)

Web Site:

150 m from the venue event.

## BEST WESTERN PLUS HOTEL GALILEO\*\*\*\*

Via Venezia, 30, 35131 Padova PD (Italy)

Telephone: (+39) 049 770 2295

Web Site: [www.hotelgalileopadova.it](http://www.hotelgalileopadova.it)

600 m from the venue event.

#### OFFICIAL RESTAURANT

Zafferano - FISH restaurant

Via Niccolò Tommaseo, 67, 35131 Padova PD (Italy)

Telephone: (+39) 049 807 9389

Website: [www.zafferanopadova.it](http://www.zafferanopadova.it)

Hosteria Moderna

Via Francesco Rismondo 2f, 35131 Padova PD (Italy)

Telephone: (+39) 049 807 8483

Website: [www.hosteriamoderna.it](http://www.hosteriamoderna.it)

E-mail: [padova@hosteriamoderna.it](mailto:padova@hosteriamoderna.it)

# AIRPORTS

## **VENICE MARCO POLO INTERNATIONAL AIRPORT**

Viale Galileo Galilei, 30/1 - 30173 Venezia VE

Telephone: (+39) 041 2609260

Website: [www.veniceairport.it/en/](http://www.veniceairport.it/en/)

## **BOLOGNA GUGLIELMO MARCONI INTERNATIONAL AIRPORT**

Via del Triumvirato 84, 40132 Bologna BO

Telephone: (+39) 051 6479615

Website: [www.bologna-airport.it/en/](http://www.bologna-airport.it/en/)

## **TREVISO INTERNATIONAL AIRPORT**

Via Noalese, 63E, 31100 Treviso TV

Telephone: (+39) 0422 315111

Website: [www.trevisoairport.it](http://www.trevisoairport.it)

### **IMPORTANT INFORMATION**

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

all classes.

# 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 Pro Qualifier event is open to all, the athlete does not require approval from other organizations.

## **REGISTRATION**

The Official Athlete Registration will be conducted on:  
Friday September 20 2019 – 11:00 am / 8:00 pm  
at the PAVILION 11, PADOVA EXPO, Via N. Tommaseo 59  
PADOVA (Italy)

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



# 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

Pro Tan Europe Team will provide you with a professional tanning service.

Please be sure to make your reservation in front of the competition so you will surely get your appointment.

Make your reservation by clicking on this link:

**PRO QUALIFIER:** [www.protan-europe.com/book-your-tan/106](http://www.protan-europe.com/book-your-tan/106)

**PRO SHOW:** [www.protan-europe.com/book-your-tan/107](http://www.protan-europe.com/book-your-tan/107)

Appointment will be given during the 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.

### DOMOTUS PRO GLOBAL OFFICIAL PHOTOGRAPHER

Telephone: +34 696 12 02 61

Email: [domotus.global@gmail.com](mailto:domotus.global@gmail.com)



PROFESSIONAL  
VIDEO  
AND PHOTO

# REGISTRATION FEE

The Pro Qualifier / Proshow Contest "Yamamoto Cup"

Registration Fee is **€ 250 (Eur)**.

It must be paid online **to the following link:**

**[www.ifbbproitaly.com/prodotto/yamamoto-cup/](http://www.ifbbproitaly.com/prodotto/yamamoto-cup/)**

through Paypal or Bank Transfer.

An athlete can participate in more categories.

(Master & Junior and another categories in the open class)

• **One Class: € 250**

• **Any additional category: € 50**

*the fee must be made on line, otherwise there will be an addition of € 50*

• **Coach Ticket: € 50**

*this ticket will allow the coach to access to the backstage and watch the show*

• **To watch the Show buy Ticket on the following link:**

[www.ifbbproitaly.com/prodotto/yamamoto-cup/](http://www.ifbbproitaly.com/prodotto/yamamoto-cup/)

## PAYMENT DETAILS

- **PAYPAL:** [info@v-power.sm](mailto:info@v-power.sm)

- **BANK TRANSFER:**

ACCOUNT NAME: V-Power SpA

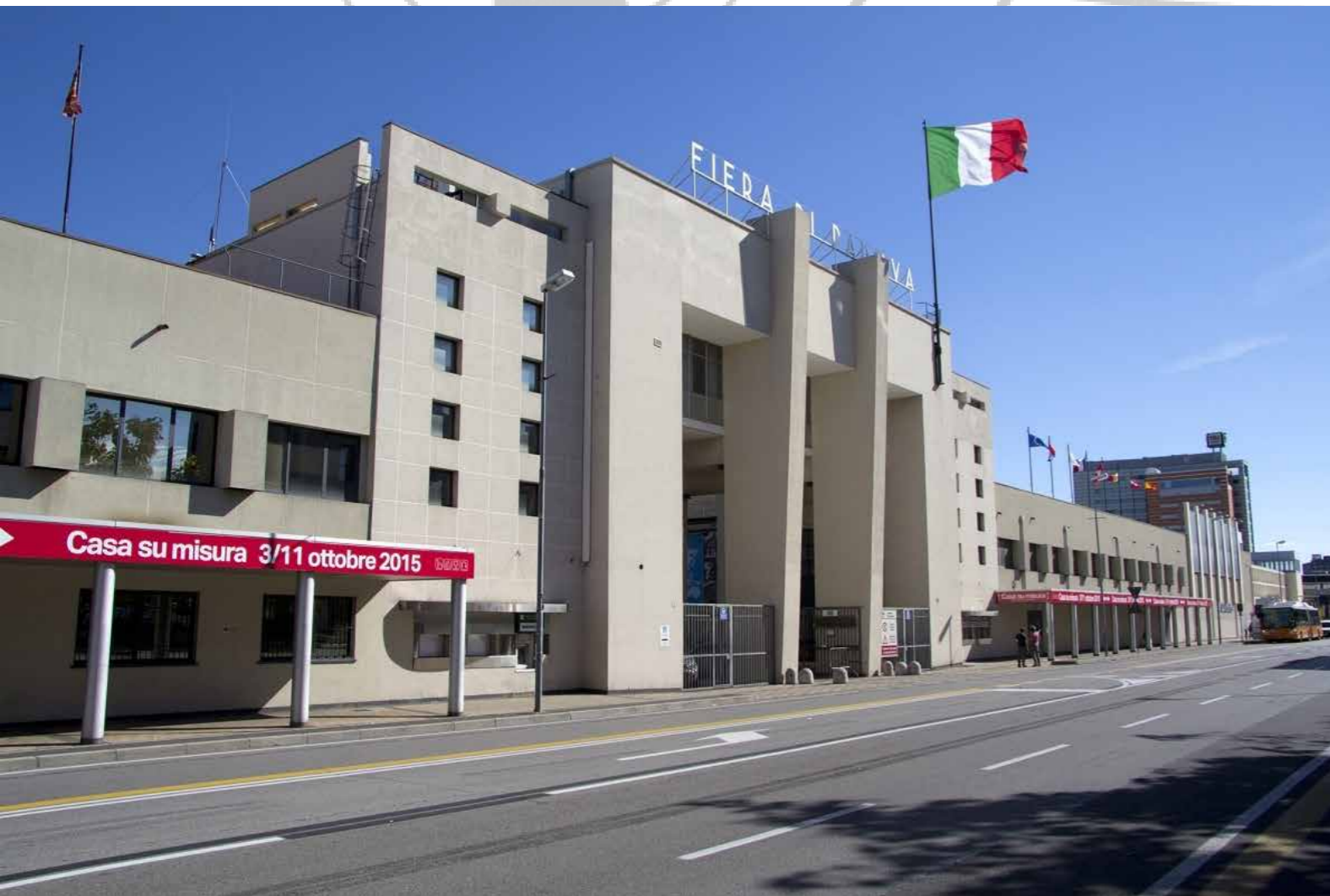
BANK: Banca Popolare dell' Emilia Romagna (Ag. Rimini)

IBAN: IT 29 L 05387 24201 000 002281253

SWIFT Code: BPMOIT22XXX

# VENUE EVENT

PAVILION 11, PADOVA EXPO  
Via N. Tommaseo 59, Padova (Italy)



PROFESSIONAL  
ITALIA

## BEAUTY ON STAGE HAIR AND MAKE-UP

Telephone: (+39) 347 8652373

E-mail: [serena@truccare.com](mailto:serena@truccare.com)

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

BEAUTY  
ON *Stage*



## 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/wp-content/uploads/2019/05/PRO-Q-FORM-2019.pdf](http://www.ifbbproitaly.com/wp-content/uploads/2019/05/PRO-Q-FORM-2019.pdf)

For more informations about the registration, click on this link:

[www.ifbbproitaly.com/](http://www.ifbbproitaly.com/)

## TICKETS

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

[www.ifbbproitaly.com/prodotto/yamamoto-cup/](http://www.ifbbproitaly.com/prodotto/yamamoto-cup/)

## IMPORTANT INFORMATION

For any further inquiries:

[info@ifbbproitaly.com](mailto:info@ifbbproitaly.com)

# MEN'S

DIVISION	CATEGORY
Men's Bodybuilding Junior <i>NOVICE</i>	One Class
Master Men's Bodybuilding (Over 40) <i>NOVICE</i>	One Class
Men's Bodybuilding <i>NOVICE</i>	Up to and incl. 80 kg
Men's Bodybuilding <i>NOVICE</i>	Over 80 kg
Men's Bodybuilding Junior	Open
Master Men's Bodybuilding	Up to and incl. 80 kg
Master Men's Bodybuilding	Up to and incl. 90 kg
Master Men's Bodybuilding	Over 90 kg
Men's Bodybuilding	Up to and incl. 70 kg
Men's Bodybuilding	Up to and incl. 75 kg
Men's Bodybuilding	Up to and incl. 80 kg
Men's Bodybuilding	Up to and incl. 90 kg
Men's Bodybuilding	Up to and incl. 102 kg
Men's Bodybuilding	Over 102 kg
Men's Classic Physique <i>NOVICE</i>	One Class
Master Men's Classic Physique	Open
Men's Classic Physique	Up to and incl. 5'7" (170 cm)
Men's Classic Physique	Over 5'7" (170 cm), up to and incl. 5'10" (178 cm)
Men's Classic Physique	Over 5'10" (178 cm), up to and incl. 6'0" (183 cm)
Men's Classic Physique	Over 6'0" (183 cm)
Men's Physique Junior <i>NOVICE</i>	One Class
Master Men's Physique (Over 40) <i>NOVICE</i>	One Class

Men's Physique <i>NOVICE</i>	Up to and incl. 5'8½" (174 cm)
Men's Physique <i>NOVICE</i>	Over 5'8½" (174 cm), up to and incl. 5'10½" (179 cm)
Men's Physique <i>NOVICE</i>	Over 5'10½" (179 cm)
Men's Physique Junior	Open
Master Men's Physique (Over 40)	Up to and incl. 5'9" (176 cm)
Master Men's Physique (Over 40)	Over 5'9" (176 cm)
Men's Physique	Up to and incl. 5'6" (168 cm)
Men's Physique	Over 5'6" (168 cm), up to and incl. 5'7½" (171 cm)
Men's Physique	Over 5'7½" (171 cm), up to and incl. 5'8½" (174 cm)
Men's Physique	Over 5'8½" (174 cm), up to and incl. 5'9½" (177 cm)
Men's Physique	Over 5'9½" (177 cm), up to and incl. 5'10½" (179 cm)
Men's Physique	Over 5'10½" (179 cm), up to and incl. 5'11½" (182 cm)
Men's Physique	Over 5'11½" (182 cm), up to and incl. 6'1" (185 cm)
Men's Physique	Over 6'1" (185 cm)

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# WOMEN'S

DIVISION	CATEGORY
Women's Bodybuilding	Up to and incl. 125 lbs (57 kg)
Women's Bodybuilding	Over 125 lbs (57 kg), up to and incl. 140 lbs (64 kg)
Women's Bodybuilding	Over 140 lbs (64 kg)
Fitness	Up to and incl. 5'2" (158 cm)
Fitness	Over 5'2" (158 cm), up to and incl. 5'4" (163 cm)
Fitness	Over 5'4" (163 cm)
Women's Physique <i>NOVICE</i>	One Class
Women's Physique	Up to and incl. 5'4" (163 cm)
Women's Physique	Over 5'4" (163 cm), up to and incl. 5'6" (168 cm)
Women's Physique	Over 5'6" (168 cm)
Figure <i>NOVICE</i>	One Class
Figure	Up to and incl. 5'2½" (159 cm)
Figure	Over 5'2½" (159 cm), up to and incl. 5'4" (163 cm)
Figure	Over 5'4" (163 cm)
Women's Bikini Junior <i>NOVICE</i>	One Class
Women's Bikini (Over 35) <i>NOVICE</i>	One Class
Women's Bikini <i>NOVICE</i>	Up to and incl. 5'3" (160 cm)
Women's Bikini <i>NOVICE</i>	Over 5'3" (160 cm), up to and incl. 5'5" (165 cm)
Women's Bikini <i>NOVICE</i>	Over 5'5" (165 cm)
Women's Bikini Junior	Open
Women's Bikini (Over 35)	Up to and including 5'4" (163 cm)
Women's Bikini (Over 35)	Over 5'4" (163 cm)

Women's Bikini	Up to and including 5'1" (155 cm)
Women's Bikini	Over 5'1" (155 cm), up to and incl. 5'2" (157 cm)
Women's Bikini	Over 5'2" (157 cm), up to and incl. 5'3" (160 cm)
Women's Bikini	Over 5'3" (160 cm), up to and incl. 5'4" (163 cm)
Women's Bikini	Over 5'4" (163 cm), up to and incl. 5'5" (165 cm)
Women's Bikini	Over 5'5" (165 cm), up to and incl. 5'6" (168 cm)
Women's Bikini	Over 5'6" (168 cm), up to and incl. 5'7" (170 cm)
Women's Bikini	Over 5'7" (170 cm)



\*\* 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](http://www.ifbbproitaly.com/bikini)

**FIGURE** - [www.ifbbproitaly.com/figure](http://www.ifbbproitaly.com/figure)

**FITNESS** - [www.ifbbproitaly.com/fitness](http://www.ifbbproitaly.com/fitness)

**WOMEN'S PHYSIQUE** - [www.ifbbproitaly.com/women's\\_physique](http://www.ifbbproitaly.com/women's_physique)

**WOMEN'S BODYBUILDING** - [www.ifbbproitaly.com/women's\\_bb](http://www.ifbbproitaly.com/women's_bb)

# MEN'S RULES

**MEN'S BODYBUILDING** - [www.ifbbproitaly.com/men's\\_bb](http://www.ifbbproitaly.com/men's_bb)

**MEN'S PHYSIQUE** - [www.ifbbproitaly.com/men's\\_physique](http://www.ifbbproitaly.com/men's_physique)

**MEN'S CLASSIC PHYSIQUE** - [www.ifbbproitaly.com/classic\\_physique](http://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/](http://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](mailto: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](mailto:info@ifbbproitaly.com) no later than **September 20 2019**.

## COMPETITORS INFORMATION

Athletes will be given a goodie bag and wristband at the registration on **September 20 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](mailto:info@ifbbproitaly.com)

## TENTATIVE SCHEDULE OF ACTIVITIES

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

### FRIDAY SEPTEMBER 20 2019

11:00 am - 8:00 pm

**Official athletes registration**

### SATURDAY SEPTEMBER 21 2019

9:00 am

**NOVICE** FITNESS

FITNESS

**NOVICE** FIGURE

FIGURE

**NOVICE** MEN'S PHYSIQUE

MEN'S PHYSIQUE

**NOVICE** BIKINI

BIKINI

**NOVICE** MEN'S CLASSIC PHYSIQUE

MEN'S CLASSIC PHYSIQUE

7:00 pm

**PRO MEETING**

### SUNDAY SEPTEMBER 22 2019

9:00 am

**NOVICE** WOMEN'S BODYBUILDING

WOMEN'S BODYBUILDING

**NOVICE** WOMEN'S PHYSIQUE

WOMEN'S PHYSIQUE

**NOVICE** MEN'S BODYBUILDING

MEN'S BODYBUILDING

3:00 pm

**PROSHOW**

MEN'S CLASSIC PHYSIQUE

MEN'S PHYSIQUE

BIKINI

MEN'S BODY BUILDING