



INSPECTION REPORT



**11TH INTERNATIONAL AUSTRIA CUP
& NATIONAL AUSTRIAN
& NEWCOMERS CHAMPIONSHIPS
SUNDAY OCTOBER 25TH 2020
12 O'CLOCK**

LUGNER CITY MALL **TOTAL PRIZE**
VIENNA, **MONEY**
AUSTRIA **€2.000,-**



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www.austriabodybuilding.eu

   

WELCOME MESSAGE OF THE ORGANIZER

Dear athletes, delegates and Bodybuilding and Physique Sports enthusiasts!

The Austrian Bodybuilding & Physique Sports Federation (ABPF) is proud to organize and conduct the 11th International Austria Cup sanctioned by the World Bodybuilding & Physique Sports Federation (WBPF). We wish to extend our great pleasure and a warm welcome to all participants of these championships in Vienna, the capital city of Austria.

After the 10th International Austria Cup on 2nd November last year and the cancelling of the 11th International Austrian Championships in May this is now the fourteenth international event being organized and conducted at Lugner City Mall by ABPF under the leadership of its President Mag. Axel Bauer. Richard Lugner, the owner of the mall named after him, is a world-famous celebrity and strong supporter of bodybuilding and physique sports in Austria. Due to that we love to choose this venue site which also offers a lot of advantages.

You can be assured that during your visit we will do our best to make your stay comfortable, entertaining and unforgettable and to make these championships a great success.

Yours in sport

Mag. Axel Bauer
ABPF President

Mag. Horst Leser
ABPF Secretary General

TRAVEL INFORMATION

Austria is an alpine country in Central Europe with about 8.8 million people. The majority of the population speaks the official language German but many Austrians can also speak English. The official currency is the Euro (100 Eurocent is 1 Euro). The time zone is Central European Time (Coordinated Universal Time + 1 hour). Concerning any electronic device the plug type is C and F, the residential voltage is 230 V and the frequency is 50 Hz.

Next to a highly developed industry, international tourism is the most important part of the national economy. Between 2005 and 2010 Vienna, the capital and largest city of Austria with a population of about 1.8 million, was the world's number-one destination for international congresses and conventions and still attracts over 6.8 million tourists a year. For further information just open the website www.wien.info in a browser and choose a language in the sub-menu "Deutsch"!

Vienna is served by Vienna International Airport, located 18 km southeast of the city centre. The Vienna S-Bahn line S7 provides the cheapest local service to the city centre taking approx. 25 minutes. The more expensive City Airport Train connects the airport directly to Wien Mitte railway station, close to the city centre, in just 16 minutes. Furthermore, there are buses from the airport to various places in Vienna. Of course, there are several taxi companies that operate at the airport and car rental facilities are also available. The railway system connects Vienna with other European cities, like Munich, Venice, Budapest, Prague, Bratislava and Zürich. Vienna has multiple road connections including motorways. In Vienna public transport is provided by buses, trams and 5 underground metro lines. Concerning the weather in October the lowest temperatures can range between 4 and 9 degrees Celsius and the highest between 11 and 17 degrees Celsius.

OFFICIAL HOTEL

The official hotel recommended by the organizer is the four-star hotel “arte” that is located in the same building as the venue site.



The room rates start at about € 125 per night for the single and the double room (with breakfast and WLAN) depending on the time of the actual booking and the availability. The rooms can be booked directly at the hotel. The address is:

arte Hotel Wien
Wurzbachgasse 17
1150 Wien
phone: +43 1 7898899
e-mail: willkommen@artewien.at
homepage: www.artewien.at

An alternative recommendation for the budget customer would be the hostel “A & O Wien Stadthalle”. The prices start at € 23 per person and night.



The address is:
A & O Wien Stadthalle
1160 Wien
Lerchenfelder Gürtel 9-11
phone: +43 1 4930480-3900
internet:
www.aohostels.com/en/vienna/wien-stadthalle

There are many more nice hotels available near the venue site but it is recommended to make hotel bookings as early as possible to get better rates.

VENUE SITE

The “Lugner City” is a shopping mall and office building located directly on the so called “Gürtel” (the belt) in the 15th district of Vienna. There you can find all kind of shops and restaurants, an entertainment complex with cinemas, the modern fully equipped gym “McFIT” and the official four-star hotel “arte” that is located in the same building.



The competition will take place in cinema auditorium 12 that is located next to the crossing Gablenzgasse/Neubaugürtel.

The official address is:

Lugner City
1150 Wien
Gablenzgasse 11
phone: +43 1 98150 0
fax: +43 1 98150 98

The mall can be easily reached with the metro line U6, station "Burggasse-Stadthalle", exit "Burggasse". Parking in the Lugner City garage is charged!

COMPETITION SCHEDULE

The weigh-in/registration takes place on Saturday 24th Oktober 2020 from 6 to 8 p.m. at the "Showbühne" (stage) that is located in the centre of the mall and on Sunday 25th Oktober 2020 from 9 to 11 a.m. at the box office in Lugner City Cinema.

The competition will start on Sunday 25th Oktober 2020 at 12 p.m./noon. The categories and their planned order are:

1. Women's Model Physique Newcomer (only for Austrians!)
2. Junior Women's Model Physique
3. Women's Lady Model Physique
4. Women's Model Physique -160cm/-165cm/-170cm/+170cm height
5. Women's Sport Physique -165cm/+165cm height
6. Women's Athletic Physique -165cm/+165cm height
7. Discipline winners of Women's Model, Sport and Athletic Physique
8. Men's Bodybuilding handicapped
9. Junior Men's Bodybuilding
10. Master Men's Bodybuilding -50 years/+50 years
11. Men's Sport Physique Newcomer (only for Austrians!)
12. Men's Sport Physique -178cm/+178cm height
13. Men's Athletic Physique -178cm/+178cm height
14. Senior Men's Bodybuilding -80kg/-90kg/-100kg/+100kg weight
15. Discipline winners of Men's Sport and Athletic Physique
16. Men's Bodybuilding Overall

Attention: If there are less than 3 competitors in one category this category can be united with another one and if there are more than 10 competitors in a planned category this category can be divided in two categories. That is why the categories and their order will be finally determined after the weigh in!

PARTICIPATION AND REGISTRATION

To compete in the 11th International Austria Cup you

- have to be at least 16 years old, as Junior you are born in 1999 or you are younger, as Master you are born in 1980 or you are older and as Lady you are born in 1990 or you are older.

- have the permission of your national WBPF-federation if you are not Austrian and have no residence in Austria.

- have an appropriate physical development according to the final and binding decision of the chief judge.

- have to **register by** filling out the registration form on www.abpf.at and **pay the registration fee**. If paid **in advance** via bank transfer to the organizer ABPF, IBAN AT63 1100 0086 4558 6200 (Fill in RF plus your surname and given name in the field "payment reference"!) **no later than 19th October 2020** the registration fee is **€ 50** and if paid **in cash** during the weigh in it is **€ 60 per category!**

DUE TO COVID19, THE NUMBER OF COMPETITORS IS LIMITED! PARTICIPATION IS ONLY GUARANTEED WITH CONFIRMATION OF REGISTRATION BY THE CHIEF JUDGE!!!

Please mind: For each athlete only one coach is allowed. For entering the preparation rooms an accreditation as coach is needed. If paid **in advance** via bank transfer to ABPF (Fill in AC plus name or of the coach in the field "payment reference"!) **no later than 19th October 2020** the coach's fee is **€ 20** and if paid **in cash** during the weigh in it is **€ 25!** The accreditation will only be issued if the contact details (name, address, telephone number, possibly e-mail and copy of any official photo-ID) are provided!

National federations that wish to bring a judge are welcome provided that the judge carries an international judge's card and is appropriately dressed in the official WBPF uniform (grey suit, white shirt, official tie). All international WBPF judges will be considered for judging.

AWARDS

During the weigh-in every participant receives a meal (diet or normal food) and beverage voucher valid only on competition day in Lugner City mall and a diploma (certificate of participation) during the victory ceremony. According to their placement the top three of each category receive a medal (gold, silver or bronze), 3rd and 2nd place receive additionally a cup and 1st place receives a statuette. Also, non-cash prizes are awarded by the sponsor A One Nutrition. The **discipline winners** of Women's Model, Sport and Athletic Physique and Men's Sport and Athletic Physique receive a **prize money of € 300 each** and **Men's Bodybuilding Overall** receives a **prize money of € 500!**

COMPETITION RULES

The competition is conducted according to the WBPF rules book except for the scoring rounds - there is only one and final round – and **new weight limits** for men and **now also for women** (see table at the end)! Concerning the posing music with a maximum duration of 60 seconds athletes can either use a CD (music at the beginning) or a USB flash drive (containing the music only).

Antidoping controls according to the WADA rules can be conducted!

The use of staining tanning cream is strictly prohibited! Athletes who do this will be disqualified!

TICKETS

There is only a **limited number of 30 VIP-tickets for € 50 each** if paid **in advance** via bank transfer to the organizer ABPF, IBAN AT63 1100 0086 4558 6200 (Fill in VIP plus name of the buyer in the field "payment reference"!) **no later than 19th October 2020** or **€ 60** if paid **in cash** that grant front seating and a meal and beverage voucher only valid on competition day in Lugner City mall. Additionally, there are at least **50 chair seats for € 25 each**. These tickets can be bought in advance by writing to office@abpf.at and picked up at the office of President RA Mag. Axel Bauer, Favoritenstraße 26/6, 1040 Wien, Austria, phone: +43 1 7105499 only when the contact details (name, address, telephone number, possibly e-mail and copy of any official photo-ID) are provided! Furthermore, there is also a **house rules** to be announced, with which the legal requirements regarding Covid19 are implemented and which must be strictly adhered to, **otherwise no entry/admission is possible (closed event)!!!**

TROUBLE SHOOTING

If you need any help or have questions that are not covered by this report please feel free to contact the organizer!

Austrian Bodybuilding & Physique Sports Federation (ABPF)
c/o President RA Mag. Axel Bauer
Favoritenstraße 26/6
1040 Wien
Austria
phone: +43 1 7105499 fax: ad 9
cell phone: +43 664 4037197
e-mail: office@abpf.at

This event is an intellectual property of ABPF. Pictures and videos taken in the locked VIP area are only possible with the allowance of the chief judge. If the competition or parts of it is recorded for TV/Internet or broadcasted everyone participating in this event agrees with that and also declares to refrain from compensation for that.

Maximum weight in kg for all physique-disciplines

Height in cm	Men Athletic (height-100)+5%	Men Sport (height-103)+3%	Women Athletic (height-103)+2%	Women Sport (height-105)-4%	Women Model (height-105)-15%
145	49,95	43,26	42,84	38,46	34,78
146	51,06	44,29	43,86	39,42	35,65
147	52,17	45,32	44,88	40,38	36,52
148	53,28	46,35	45,9	41,35	37,39
149	54,39	47,38	46,92	42,31	38,26
150	55,5	48,41	47,94	43,27	39,13
151	56,61	49,44	48,96	44,23	40,00
152	57,72	50,47	49,98	45,19	40,87
153	58,83	51,5	51	46,15	41,74
154	59,94	52,53	52,02	47,12	42,61
155	61,05	53,56	53,04	48,08	43,48
156	62,16	54,59	54,06	49,04	44,35
157	63,27	55,62	55,08	50,00	45,22
158	64,38	56,65	56,1	50,96	46,09
159	65,49	57,68	57,12	51,92	46,96
160	66,6	58,71	58,14	52,88	47,83
161	67,71	59,74	59,16	53,85	48,70
162	68,82	60,77	60,18	54,81	49,57
163	69,93	61,8	61,2	55,77	50,43
164	71,04	62,83	62,22	56,73	51,30
165	72,15	63,86	63,24	57,69	52,17
166	73,26	64,89	64,26	58,65	53,04
167	74,37	65,92	65,28	59,62	53,91
168	75,48	66,95	66,3	60,58	54,78
169	76,59	67,98	67,32	61,54	55,65
170	77,7	69,01	68,34	62,50	56,52
171	78,81	70,04	69,36	63,46	57,39
172	79,92	71,07	70,38	64,42	58,26
173	81,03	72,1	71,4	65,38	59,13
174	82,14	73,13	72,42	66,35	60,00
175	83,25	74,16	73,44	67,31	60,87
176	84,36	75,19	74,46	68,27	61,74
177	85,47	76,22	75,48	69,23	62,61
178	86,58	77,25	76,5	70,19	63,48
179	87,69	78,28	77,52	71,15	64,35
180	88,8	79,31	78,54	72,12	65,22
181	89,91	80,34	79,56	73,08	66,09
182	91,02	81,37	80,58	74,04	66,96
183	92,13	82,4	81,6	75,00	67,83
184	93,24	83,43	82,62	75,96	68,70
185	94,35	84,46	83,64	76,92	69,57
186	95,46	85,49	84,66	77,88	70,43
187	96,57	86,52	85,68	78,85	71,30
188	97,68	87,55	86,7	79,81	72,17
189	98,79	88,58	87,72	80,77	73,04
190	99,9	89,61	88,74	81,73	73,91

In addition, the following guidelines for skinfold thickness apply:

PROCEDURE of the check for class assignment in the **PHYSIQUE** categories of women and men:

1. Recording of body weight and height
2. Measurement of the **skinfold** in the **abdomen area** using a standardized caliper



Symbol photo

If the value falls short of:

- ✓ **Women** who want to start in a **MODEL-Physique category**: less than **8mm**
- ✓ **Women** who want to start in a **SPORT-Physique category**: less than **5mm**
- ✓ **Men** who want to start in a **SPORT-Physique category**: less than **5mm**

3. Optional measurement of the skinfold at a maximum of 3 further points (depending on necessity) in the following **ORDER**:

a. **HIP**



Symbol photo

b. **TRICEPS**



Symbol photo

c. **KNIE-Inside**



Symbol photo

Subsequently, the average value is determined by **adding these measured values** and then **dividing** the sum by the **total number of measurements** (minimum 2, maximum 4).

For example:

$$7\text{mm (Abdomen)} + 8\text{mm (Hip)} + 8\text{mm (Triceps)} + 9\text{mm (Knee-inside)} = 32 : 4 = \text{Ø } 8\text{mm}$$