



INSPECTION REPORT

13TH INTERNATIONAL

AUSTRIA CUP



NEW: WELLNESS PHYSIQUE

SATURDAY OCTOBER 22ND 14⁰⁰ HOURS

REGISTRATION/CONTACT

www.abpf.at | office@abpf.at | office@ablaw.at

LUGNER CITY
VIENNA, AUSTRIA

WEIGH-IN/REGISTRATION

OCTOBER 21ST 2022 16⁰⁰ – 18⁰⁰ HOURS

OCTOBER 22ND 2022 10⁰⁰ – 13⁰⁰ HOURS

TOTAL PRIZE MONEY

€ 3.000,-



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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 13th 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 12th International Austria Cup on 23rd October 2021 it is now the sixteenth 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 9 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 € 176,00 per night for a double room (without breakfast) 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 € 31,70 per person and night in a room for 6 persons, the cost of a double room is € 68,00, breakfast is offered for € 8,90 per person.



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 at the same building.

The competition will take place at the "Show-Bühne" (stage) that is located at the centre of the mall. The stage can be viewed from all floors and three sides (front, left and right) so a maximum visibility is granted. The official address is:

Lugner City
1150 Wien

Gablenzgasse 12-15
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 Friday 21st Oktober 2022 from 16:00 to 18:00 hours and on Saturday 22nd Oktober 2022 from 10:00 to 13:00 hours on the stage at Lugner City mall.

The competition will start on Saturday 22nd Oktober 2022 at 14:00 hours. The categories and their planned order are:

1. Junior Women's Model Physique
2. Women's Lady Model Physique
3. Women's Model Physique -160cm/-165cm/-170cm/+170cm height
4. Women's Sport Physique -165cm/+165cm height

5. Women`s Wellness Physique (new!)
6. Women`s Athletic Physique -165cm/+165cm height
7. Discipline winners of Women`s Model, Sport, Wellness and Athletic Physique
8. Junior Men`s Bodybuilding
9. Master Men`s Bodybuilding -50 years/+50 years
10. Men`s Sport Physique -178cm/+178cm height
11. Men`s Athletic Physique -178cm/+178cm height
12. Senior Men`s Bodybuilding -80kg/-90kg/-100kg/+100kg weight
13. Discipline winners of Men`s Sport and Athletic Physique
14. Men`s Bodybuilding Overall

Attention: If there are less than 3 competitors in one category this category can be put together 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 13th International Austria Cup you

- have to be at least 16 years old, as Junior you are born in 2001 or you are younger, as Master you are born in 1982 or you are older and as Lady you are born in 1992 or you are older.
- have to have the permission of your national WBPF-federation if you are not Austrian and have no residence in Austria.
- have to display an appropriate physical development according to the final and binding decision of the chief judge.
- have to **register in writing** providing your surname and given name, nationality, date of birth, height, planned weight and category or categories and name of coach (if desired) via e-mail to office@abpf.at (subject: REG13IAC+your name) or by filling in the registration form on www.abpf.at or send the attached registration form via E-Mail to office@ablaw.at providing the information required in the registration form 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") and **receipt no later than 15th October 2022** the registration fee is **€ 50** and if paid **in cash** during the weigh in it is **€ 70 per category!**

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 your name or that of the coach in the field "payment reference") and **receipt no later than by 15th October 2020** the coach's fee is **€ 20** and if paid **in cash** during the weigh in it is **€ 30!** The accreditation will only be issued if the contact details 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 (MEDALS TROPHIES, CASH PRIZES)

During the weigh-in every participant receives a meal (diet or normal food) and beverage voucher valid for the restaurant specified in the voucher at 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, bronze), 3rd and 2nd place winners receive additionally a cup and 1st place winner receives a statuette. Also, non-cash prizes are awarded by the various sponsors. The **discipline winners** of Women's Model, Sport, Wellness and Athletic Physique and Men's Sport and Athletic Physique receive a **prize money of € 400,00 each** and **Men's Bodybuilding Overall** receives a **prize money of € 600,00!**

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 **weight limits** (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).

The competition rules for the new discipline Wellness Physique you can find at the end of this document.

PROTAN Europe will provide spray tan service during the competition. Additionally, make up- and hair - dresser service will be also available. ABPF recommends using the services provided by the Official Tanning Team.

PLEASE BOOK YOUR TANNING UNDER THIS LINK:

<https://www.protan-europe.com/book-your-tan/209>

TICKETS

There is only a **limited number of 30 VIP-tickets for € 30 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") and **receipt no later than 15th October 2022** or **€ 40** if paid **in cash** that grant front seating and a meal and beverage voucher valid for a restaurant at Lugner City mall. Additionally, there are **100 chair seats for € 15,00 each**. These tickets can be bought in advance from ABPF, office of President RA Mag. Axel Bauer, Favoritenstraße 26/6, 1040 Wien, Austria, phone: +43 1 7105499, fax: ad 9, e-mail: office@abpf.at only when the contact details are provided, tickets will be handed out at the weigh-in/registration table!

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
e-mail: office@ablaw.at

This event is an intellectual property of ABPF. Pictures and videos taken in the locked VIP area are only possible with the permission 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 – weights for women disciplines are only recommendations and therefore not mandatory

height in cm	Men`s Athletic Physique	Men`s Sport Physique	Women`s Athletic	Women`s Sport Physique	Women`s Model Physique
145	60,73	53,47	51,06	45,59	40,60
146	61,49	54,18	51,75	46,24	41,21
147	62,25	54,89	52,45	46,90	41,84
148	63,02	55,61	53,15	47,56	42,46
149	63,79	56,33	53,85	48,22	43,09
150	64,57	57,05	54,56	48,89	43,73
151	65,34	57,78	55,27	49,56	44,37
152	66,12	58,51	55,98	50,24	45,01
153	66,91	59,25	56,70	50,92	45,66
154	67,70	59,99	57,42	51,61	46,31
155	68,49	60,73	58,15	52,30	46,97
156	69,28	61,48	58,88	52,99	47,63
157	70,08	62,23	59,62	53,69	48,30
158	70,88	62,98	60,35	54,40	48,97
159	71,69	63,74	61,10	55,10	49,65
160	72,50	64,50	61,84	55,81	50,33
161	73,31	65,27	62,59	56,53	51,01
162	74,12	66,04	63,35	57,25	51,70
163	74,94	66,82	64,11	57,97	52,40
164	75,76	67,59	64,87	58,70	53,10
165	76,59	68,38	65,64	59,44	53,80
166	77,42	69,16	66,41	60,17	54,51
167	78,25	69,95	67,18	60,91	55,22
168	79,09	70,74	67,96	61,66	55,94
169	79,93	71,54	68,74	62,41	56,66
170	80,77	72,34	69,53	63,16	57,39
171	81,61	73,15	70,32	63,92	58,12
172	82,46	73,95	71,11	64,68	58,85
173	83,32	74,77	71,91	65,45	59,59
174	84,17	75,58	72,71	66,22	60,34
175	85,03	76,40	73,52	67,00	61,09
176	85,90	77,23	74,33	67,78	61,84
177	86,76	78,06	75,14	68,56	62,60
178	87,63	78,89	75,96	69,35	63,36
179	88,51	79,72	76,78	70,14	64,13
180	89,38	80,56	77,61	70,94	64,90
181	90,26	81,40	78,44	71,74	65,68
182	91,15	82,25	79,27	72,54	66,46
183	92,03	83,10	80,11	73,35	67,24

184	92,92	83,96	80,95	74,17	68,03
185	93,82	84,82	81,80	74,99	68,83
186	94,72	85,68	82,65	75,81	69,63
187	95,62	86,54	83,50	76,63	70,43
188	96,52	87,41	84,36	77,47	71,24
189	97,43	88,29	85,22	78,30	72,05
190	98,34	89,16	86,08	79,14	72,87

Competition Rules for the new disciplin Women`s Wellness Physique:

Competition procedure:

The competitors will be called on to the stage one by one in numerical order by the MC to perform the individual T-walk/walk-in duration of 30 seconds at maximum, the walk - in is to be presented in the same manner as in the disciplines Women`s Model Physique and Women`s Sport Physique; after the last competitor has completed her walk-in the competitors are lined up in numerical order at the back of the stage. The walk-in is followed by the comparisons in the quarter turns.

The stage Marshal /MC will call the competitors in groups of not more than 5 competitors to the front of the stage to perform the comparisons in the quarter turns. The judges can ask for additional comparisons at their discretion.

After the comparisons in the quarter turns are completed the MC will call the „show-down“ (30 seconds) the competitors will use this time to present their most favorable poses.

Competition attire:

The competition attire is the same as for the disciplines Women`s Model Physique and Women`s Sport Physique with the exception that there is no limitation as far as the size of the bikini bottom is concerned. Only T-strings are prohibited.

Material und colour of the Bikini can be chosen by the competitor at her discretion. The height of the sole of the shoes must not exceed 2 cm, the heel – height must not exceed 10 cm.

Judging Criteria:

Wellness Physique is a new discipline for women, who display a muscular physique with the emphasis being on the development of the hips, glutes and legs, however the muscular development shall not exceed the degree of muscular bulk and muscularity displayed in Women`s Athletic Physique, the degree of definition shall be the same as in Women`s Sport Physique, extreme definition and protruding venes, muscle – separation and tie-ins, like in Women`s Athletic Physique und Muscular Physique hast o be avoided and will be scored down. The display of not so wide shoulders compared to the width of the lower body shall not be scored down. Competitors shall present a not too muscular look with emphasis on the development of the hips, legs and glutes. There is one open category with no specific height/weight - ratio.

Execution of the quarter turns:

See pictures 1 – 4:

Picture 1 - Front position:

Legs are about shoulder wide apart, left leg slightly bent at the knee and slightly put to the front, right hand on the hips, slightly bent at the elbow, face forward to the judges/audience, left arm put straight down (no flaring out of the left arm, do not lift the shoulders up and outwards)



Picture 2 - Quarter turn right/left side:

Quarter turn to the right, left leg straight, right leg slightly bent at the knee, right arm at the hips slightly bent at the elbow, face forward to the judges/audience.



Picture 3 - Quarter turn right/back position:

Quarter turn to the right, facing the back of the stage , legs about shoulder wide apart, back slightly curved, glutes pushed back slightly to display glutes and hamstring tie-ins, arms slightly bent at the elbow (do not flare out your arms to the side, do not lift your shoulders up)



Picture 4 - Quarter turn right/right side:

Quarter turn to the right, right leg straight, left leg slightly bent at the knee and put forward, facing the judges/audience, left arm on the hips slightly bent, right arm straight down (do not lift up your shoulders, do not flare out your right arm to the side)



REGISTRATION FORM 13th INTERNATIONAL AUSTRIA CUP

AB ATOMBODY

13th INTERNATIONAL
AUSTRIA CUP
NEW WELLNESS PHYSIQUE

SATURDAY OCTOBER 22ND 14:00 HOURS

REGISTRATION/CONTACT: www.abpt.at / office@abpt.at / office@abkwa.at LUGNER CITY
VIENNA, AUSTRIA

WEIGH-IN/REGISTRATION: OCTOBER 21st 2022 16:00 - 18:00 HOURS
OCTOBER 22nd 2022 10:00 - 13:00 HOURS

TOTAL PRIZE MONEY: **€ 3.000,-**

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Athlete/Competitor:		Date of Birth	Discipline & Category (Planned)
First name	Surname		
1			
2			
3			
4			
5			
Names of Judges (J) Coaches (C) Supporters (S)			
1			
2			
3			
4			