



## INSPECTION REPORT

### IFBB DIAMOND CUP MALTA

15<sup>TH</sup>-16<sup>TH</sup> APRIL 2017

The Malta Bodybuilding & Fitness Federation proudly invites IFBB Federations from Europe, North Africa & Asia to participate in The IFBB Diamond Cup Malta. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Physique, Women's Physique, Body Fitness and Bikini Fitness Categories.

#### **THE MALTESE ISLANDS**

The Maltese archipelago lies virtually at the centre of the Mediterranean, 93 km south of Sicily and 288 km north of Africa. The archipelago consists of three islands: **Malta**, **Gozo** and **Comino** with a total population of over 400,000 inhabitants occupying an area of 316 square kilometres. Malta is the largest island and the cultural, commercial and administrative centre. Gozo is the second largest island and is more rural, characterised by fishing, tourism, crafts and agriculture. Comino, the smallest of the trio, has one hotel and is largely uninhabited.

Even though small in size Malta has a surprisingly rich heritage. It has been described as one big open-air museum. What makes it unique is that so much of the past is visible today. Delve into the island's mysterious prehistory, retrace the footsteps of St. Paul or see where the Knights of St. John fought their most famous battles.



Wherever you go, the scenery and architecture provide a spectacular backdrop. The colours are striking, honey-coloured stone against the deepest of Mediterranean blues but what makes this archipelago special is the people. The Maltese are a warm and welcoming population and hospitality is a long upheld tradition on the island.



## THE VENUE



### The Grandmaster's Suite-Hilton Malta

The Grand Masters Suite of the Hilton Hotel is one of the largest meeting venues in Malta, allowing maximum flexibility for any desired set up, be it conference, product launch, a cocktail reception or a banquet. It is equipped with theatre lighting, state-of-the-art sound system, a fully demountable stage and a lift suitable for the carrying of vehicles. The Grand Masters Suite seats up to 1330 in theatre style.

Five-star Hilton Hotel Malta is located in St. Julian's - a town in the Central Region of Malta. It is situated along the coast, north of the country's capital, Valletta.

## ARRIVALS AND AIRPORT

Saturday, April 15<sup>th</sup>, 2017, is the official arrival day. **Malta International Airport** is the primary international airport . More information at: <https://www.maltairport.com/>

## ACCOMMODATION

Accommodation has to be taken care of by National Teams.

The official hotel of the event is 5\* Hilton Hotel Malta: Vjal Portomaso, St. Julian's, Malta  
<http://www3.hilton.com/en/hotels/malta/hilton-malta-MLAHITW/index.html>





However there are many other hotels in the vicinities.  
If you need any help please feel free to contact us.

**PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, 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.**

## **PARTICIPATION**

The contest is open for National Federations from Europe, North Africa and Asia. The number of competitors participating in these championships is **unlimited**

## **REGISTRATION**

Official Athlete Registration will take place in the Hilton Hotel Malta, Portomaso, St. Julian's, Malta, on **Saturday, April 15<sup>th</sup>, 2017, from 10:00 till 18:00 hrs.**

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Malta Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their **Passports** and **IFBB International Cards** at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR €30 and are mandatory.

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

All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire must be in accordance to IFBB rules. You will receive your tags for athletes and coaches at the registration.

## REGISTRATION FEE

**Registration fee** for athletes to enter this competition is **EUR €200** which have to be paid in advance by credit/debit card or PayPal at IFBB webpage <http://www.ifbb.com/competition-registration/> for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

If paying at the Registration on April 15<sup>th</sup>, 2017, an **extra fee of EUR €50** per participant will be charged.

If an athlete wants to participate in the second category (like master or junior in a the senior open class also), the registration fee for this second category is **EUR €50**.

## JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to Malta.

**IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2017. This fee may also be paid at the Championships in Malta.**

## CATEGORIES OPEN AT THESE CHAMPIONSHIPS:

### MEN'S BODYBUILDING:

Up to & including 75 kg  
Up to & including 80 kg  
Up to & including 85 kg  
Up to & including 90 kg  
Up to & including 95 kg  
Up to & including 100 kg  
Over 100 kg

### MASTER MEN'S BODYBUILDING 40-49 YEARS

1 open category

### MASTER MEN'S BODYBUILDING OVER 50 YEARS

1 open category

### MEN'S CLASSIC BODYBUILDING\*

Up to & including 175 cm  
Up to & including 180 cm  
Over 180 cm

### MEN'S PHYSIQUE:

Up to & including 170 cm  
Up to & including 174 cm  
Up to & including 178 cm  
Up to & including 182 cm

**Over 182 cm**

**JUNIOR MEN'S PHYSIQUE 16-23 YEARS:**

**1 open category**

**MASTER MEN'S PHYSIQUE OVER 40 YEARS:**

**1 open category**

**MUSCULAR MEN'S PHYSIQUE:**

**1 open category**

**WOMEN'S BODYFITNESS:**

**Up to & including 163 cm**

**Up to & including 168 cm**

**Over 168 cm**

**WOMEN'S BIKINI-FITNESS:**

**Up to & including 160 cm**

**Up to & including 163 cm**

**Up to & including 166 cm**

**Up to & including 169 cm**

**Up to & including 172 cm**

**Over 172 cm**

**JUNIOR BIKINI-FITNESS:**

**1 open category**

**MASTER BIKINI-FITNESS:**

**1 open category**

**WOMEN'S PHYSIQUE:**

**Up to & including 163 cm**

**Over 163 cm**

**\*- Maximum bodyweight limits [in kg] for classic bodybuilding:**

Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	(Athlete's height [in cm] minus 100) + 2
Up to 175 cm	(Athlete's height [in cm] minus 100) + 4
Up to 180 cm	(Athlete's height [in cm] minus 100) + 6
Up to 190 cm	(Athlete's height [in cm] minus 100) + 8
Up to 198 cm	(Athlete's height [in cm] minus 100) + 9
Over 198 cm	(Athlete's height [in cm] minus 100) + 10

**VISAS**

A valid passport is required to enter the Republic of Malta. The passport should be valid for at least 90 days following your departure date from Malta and should have at least one blank page for visas.

EU-country citizens do not need to obtain a visa. All other countries should consult the Malta's diplomatic missions in their countries to determine if they need a visa.

Detailed information at:

<https://homeaffairs.gov.mt/en/MHAS-Information/Travelling%20to%20Malta/>

An Official Letter of Invitation will be made available if required.



## 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.

## LANGUAGE

Malta has two official languages: Maltese and English.

## TIME DIFFERENCE

UTC/GMT +1 hour (CET - Central European Time Zone)

## CURRENCY

The official currency in Malta is Euro (EUR).

## ELECTRICAL CURRENT

230 V, 50 Hz. Plugs and sockets of type G (plug has three rectangular prongs).

Better to check at: <http://www.worldstandards.eu>

## CORRESPONDENCE AND INFORMATION

Further information can be requested by email addressed to the MFBBF President Mr. Ralph Decelis: [ralph.decelis@mfbbf.org](mailto:ralph.decelis@mfbbf.org)

## ENTRY FORMS SENDING DETAILS

<b><u>Please send your Entry Form no later than April 6<sup>th</sup>, 2017 to:</u></b>  <b>Maltese Bodybuilding &amp; Fitness Federation</b> <b>President Mr. Ralph Decelis:</b> E-mail: <a href="mailto:ralph.decelis@mfbbf.org">ralph.decelis@mfbbf.org</a>  <b>IFBB Technical Committee</b> Eng. Andrew Michalak E-mail : <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a>	<b><u>Please Send a copy to:</u></b>  <b>International Federation of Bodybuilding and Fitness</b> <b>Head Office:</b>  Phone: +34 91 535 2819 Fax: +34 91 6361270 E-mail: <a href="mailto:headquarters@ifbb.com">headquarters@ifbb.com</a>
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## TENTATIVE PROGRAM

### Saturday, April 15<sup>th</sup>

10:00-18:00: Official Athlete Registration (Weigh-in) and at the Hilton Hotel

### Sunday, April 16<sup>th</sup>

10:00: Prejudging and Finals at The Grandmaster's Suite, Hilton Hotel

