



IFBB DIAMOND CUP MALTA & ELITE PRO SHOW

6TH-8TH APRIL 2018

IFBB Elite Professional Qualifier 2018 IFBB World Ranking event

INSPECTION REPORT

The Malta Bodybuilding & Fitness Federation proudly invites all IFBB Federations to participate in The 2nd IFBB Diamond Cup Malta. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Physique & Muscular Physique, Women's Physique, Wellness Fitness, Body Fitness and Bikini Fitness Categories.

The 1st IFBB Elite Pro Show will also be held in the same weekend.

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 Oracle Conference Centre-Dolmen Resort Hotel Malta

The Dolmen Hotel Prides with its State-of-the-art "ORACLE CONFERENCE CENTRE" that has a seating capacity for 1,200 delegates.

The Oracle Conference Centre is a purpose-built self-contained business meeting, entertainment and training centre complete with a comprehensive range of secretarial and office support services in addition to state-of-the-art audio-visual facilities integral to first class events.

The main hall and syndicate rooms are situated on the first floor with their own entrances and foyer area, and comprises of inner and rear circle, and a gallery. The rear circle can be divided into 5 syndicate rooms with sliding sound-proof partitions. The syndicate rooms can be used individually or collectively and are ideal for small meetings, receptions or exhibition stands.



We have hosted such reputable organisations as the United Nations (on various occasions), Commonwealth Secretariat and a large number of top international companies who have trusted us not only because we offer the best facilities but particularly because we have the experience to handle the exigent demands of top level conference organisers. We have the capability not only to develop what the customers want but indeed to anticipate their requirements.

ARRIVALS AND AIRPORT

Friday, April 6th, 2018, is the official arrival day. **Malta International Airport** is the primary international airport. More information at: <https://www.maltairport.com/>

ACCOMMODATION

The official hotel of the event is The Dolmen Resort Hotel, Qawra. **Registration & Contest will take place in this Hotel (17 km away from La Valetta).**

The Dolmen will prepare special packages for all athletes, delegates & supporters attending the Diamond Cup Malta for 3/4 nights:

All athletes, delegates & supporters kindly book your accommodation through www.dolmen.com.mt and use the code DCM2018 (group attendee) as they have very favourable rates including healthy food. Kindly copy your accommodation details to ralph.decelis@mfbbf.org, please.

IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE HOTEL'S WEBSITE IN ORDER TO BENEFIT FROM THE SPECIAL RATES!!

Participating delegations are recommended to make use of the Official Hotel.





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**.

Participating athletes have to be recommended by their National Federation 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.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

REGISTRATION

Official Athlete Registration will take place at the Dolmen Resort Hotel on **Friday, April 6th, 2018, 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.

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 and tanning must be in accordance to IFBB rules. Any tanning which can be wiped off is not allowed.

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.

The deadline date to do the online payment is April 2nd, 2018 (Monday). On April 2nd, 24:00 hrs (midnight - Central European Time, UTC +2 in summer) the online payment system will be switched off.

If paying at the Registration on April 6th, 2018, an **extra fee of EUR €50** per participant will be charged.

If an athlete wants to participate in the second category (like a master or junior in the senior 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

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 2018. 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 90 kg

Up to & including 100 kg

Over 100 kg

Overall: Elite Pro Cards for the top three winners

JUNIORS BODYBUILDING: 1 open category

MASTER MEN'S BODYBUILDING 40-49 YEARS: 1 open category

MASTER MEN'S BODYBUILDING OVER 50 YEARS: 1 open category

MASTER MEN'S BODYBUILDING 55 YEARS & OVER: 1 open category

MEN'S CLASSIC BODYBUILDING*

Up to & including 175 cm

Up to & including 180 cm

Over 180 cm

Overall: Elite Pro Cards for the top three winners

MEN'S PHYSIQUE:

Up to & including 170 cm

Up to & including 173 cm

Up to & including 176 cm

Up to & including 179 cm

Up to & including 182 cm

Over 182 cm

Overall: Elite Pro Cards for the top three winners

JUNIORS MEN'S PHYSIQUE : 1 open category

MASTERS MEN'S PHYSIQUE : 1 open category

MUSCULAR MEN'S PHYSIQUE: 1 open category (Elite Pro Card for the winner)

WOMEN'S BODYFITNESS:

Up to & including 163 cm

Up to & including 168 cm

Over 168 cm

Overall: Elite Pro Cards for the top three winners

MASTERS WOMEN'S BODYFITNESS: 1 Open Category

WOMEN'S BIKINI-FITNESS:

Up to & including 158cm

Up to & including 160 cm

Up to & including 162 cm

Up to & including 164 cm

Up to & including 166 cm

Up to & including 169 cm

Up to & including 172 cm

Over 172 cm

Overall: Elite Pro Cards for the top three winners

JUNIORS BIKINI-FITNESS: 1 open category

MASTERS BIKINI-FITNESS: 1 open category

WELLNESS FITNESS: 1 open category (Elite Pro Card for the winner)

WOMEN'S PHYSIQUE: 1 Open Category (Elite Pro Card for the winner)

***- 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) + 7
Up to 190 cm	(Athlete's height [in cm] minus 100) + 9
Up to 198 cm	(Athlete's height [in cm] minus 100) + 11
Over 198 cm	(Athlete's height [in cm] minus 100) + 13

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

AWARDS

- **Top six athletes** in each category will be awarded with medal or trophy and a certificate.
- **Overall** in each discipline will have a trophy
- **Top 5 athletes** in Men's and Women's senior categories will be awarded points to the **2018 IFBB World Ranking** according to the World Ranking Rules.
- **IFBB Elite Pro Cards for the top three overall category winners** in Men's Physique, Classic Bodybuilding and Bodybuilding as well as Women's Bodyfitness, Women's Bikini Fitness (after applications through their National Federations).
- **IFBB Elite Pro Card for the open category winner** in Muscular Men's Physique, Women's Physique and Women's Wellness Fitness (after application through their National Federations).

BACKSTAGE ACCESS

Green Cards for Backstage Access will be distributed at the Team Managers and Judges Meeting.

If national federation officials do not attend the Team Managers and Judges Meeting, this federation will not be issued a green card.

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only.

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.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

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

FINAL ENTRY FORM DEADLINE AND SENDING DETAILS

<p>Please send your Final Entry Form <u>no later than March 31st, 2018 to:</u></p> <p>Maltese Bodybuilding & Fitness Federation President Mr. Ralph Decelis: E-mail: ralph.decelis@mfbbf.org</p> <p>IFBB Technical Committee Eng. Andrew Michalak E-mail : amichalak5@gmail.com</p>	<p>Please Send a copy to:</p> <p>International Federation of Bodybuilding and Fitness Head Office:</p> <p>Ms. Diana Mozos E-mail: info@ifbb.com</p>
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TENTATIVE PROGRAM

Friday, April 6th

10:00-18:00 - Official Athlete Registration (Weigh-in) at the Dolmen Resort Hotel

18:30 - Team Managers and Judges Meeting at the Dolmen Resort Hotel

Saturday, April 7th

10:00 – Prejudging and Finals of Diamond Cup (Part 1) at The Oracle Conference Center at the Dolmen Resort Hotel.

18:00 – National Championships

Sunday, April 8th

10:00 – Prejudging & Finals of Diamond Cup (Part 2)

18:00 – IFBB Elite Pro Show Event

*Running order will be released closer to the event

