



## MALTA INTERNATIONAL GRAND PRIX

30<sup>th</sup>-31<sup>st</sup> August 2019

**IFBB Elite Professional Qualifier  
2019 IFBB World Ranking event**

### INSPECTION REPORT

The Malta Bodybuilding & Fitness Federation proudly invites all IFBB Federations from Europe, Africa & Asia to participate in the Malta International Grand Prix. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Physique & Muscular Physique, Classic Physique, Women's Physique, Wellness Fitness, Bodyfitness 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 Fortress Suite-Corinthia Hotel

## ARRIVALS AND AIRPORT

Saturday 30<sup>th</sup> August is the official arrival day. **Malta International Airport** is the primary international airport. More information at: <https://www.maltairport.com/>.

## TRANSPORT

Transport will be available from the airport to your hotel/apartment and back for € 10 each way. Please forward us your flight details and we will be at the airport to welcome you.

## ACCOMMODATION

The official hotel of the event is The Corinthia Hotel, St George's Bay, St. Julians.

### **Registration & Contest will take place in this Hotel**

There are many other hotels in the vicinities.





**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, 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 Corinthia Hotel on **Friday, August 30<sup>th</sup>, 2019, from 11:00 till 19:00 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 €35 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 has 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 Tuesday, August 20<sup>th</sup>, 2019.** The online payment system will be switched off on **August 20<sup>th</sup>, 2019, 24 hrs** (midnight - Central European Summer Time, UTC +2).

If paying at the Registration on the August 30<sup>th</sup>, 2019, an **extra fee of EUR €50** per participant will be charged.

If an athlete wants to participate in the second category (like a master in the senior class also), the registration fee for this second category is **EUR €100**.

## **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 2019. This fee may also be paid at the Championships in Malta.**

## **CATEGORIES OPEN AT THESE CHAMPIONSHIPS:**

### **MEN'S BODYBUILDING:**

Up to & including 80 kg

Up to & including 90 kg

Over 90 kg

Overall

### **MASTER MEN'S BODYBUILDING 40 YEARS AND OVER: 1 Open Category**

### **MEN'S CLASSIC BODYBUILDING\*:**

Up to & including 175 cm

Over 175 cm

Overall

### **MEN'S PHYSIQUE:**

Up to & including 170 cm

Up to & including 176 cm

Up to & including 182 cm

Over 182 cm

Overall

**MASTERS MEN'S PHYSIQUE: 1 Open Category**

**MUSCULAR MEN'S PHYSIQUE: 1 Open Category**

**MEN'S CLASSIC PHYSIQUE\*\*: 1 Open category**

**WOMEN'S BODYFITNESS: 1 Open Category**

**MASTERS WOMEN'S BODYFITNESS: 1 Open Category**

**WOMEN'S BIKINI-FITNESS:**

Up to & including 160 cm

Up to & including 164 cm

Up to & including 169 cm

Over 169 cm

Overall

**JUNIORS BIKINI FITNESS:1 Open category**

**MASTERS BIKINI-FITNESS: 1 Open Category**

**WOMEN'S WELLNESS FITNESS: 1 Open Category**

**WOMEN'S PHYSIQUE: 1 Open Category**

**\*- Maximum bodyweight limits [in kg] for men's 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 188 cm	(Athlete's height [in cm] minus 100) + 9
Up to 196 cm	(Athlete's height [in cm] minus 100) + 11
Over 196 cm	(Athlete's height [in cm] minus 100) + 13

**\*\*-. Maximum bodyweight limits [in kg] for men's classic physique:**

Up to 168 cm	(Athlete's height [in cm] minus 100) + 4
Up to 171 cm	(Athlete's height [in cm] minus 100) + 6
Up to 175 cm	(Athlete's height [in cm] minus 100) + 8
Up to 180 cm	(Athlete's height [in cm] minus 100) + 11
Up to 188 cm	(Athlete's height [in cm] minus 100) + 13
Up to 196 cm	(Athlete's height [in cm] minus 100) + 15
Over 196 cm	(Athlete's height [in cm] minus 100) + 17

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 **2019 IFBB World Ranking** according to the World Ranking Rules.

- **9 IFBB Elite Pro Cards** will be awarded to the overall or open category winners in Men's Physique, Muscular Men's Physique, Classic Bodybuilding, Classic Physique and Bodybuilding as well as Women's Physique, Bodyfitness, Bikini Fitness and Wellness Fitness. **Open category** winners in Masters Bodybuilding, Masters Bikini Fitness & Masters Bodyfitness will receive their IFBB **Masters Elite Pro Cards** as well.

## **BACKSTAGE ACCESS**

A limited number of backstage passes will be for sale during registration.

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## **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, HAIR & MAKE-UP SERVICES**



Jan Tana Team will be providing Tanning, Hair & Makeup services at the contest venue! We Recommend purchasing services from Jan Tana to ensure you Look Your Best. Jan Tana is the Official Tanning, Hair & Makeup Sponsor for this IFBB Event.

<https://www.bokamera.se/onsitetan/BookTime?event=70766&date=08/30/2019&numberOfResourceToBook=1&selectedResourceId=0>



**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 +2 hours (CEST - Central European Summer 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**

<p><b><u>Please send your Entry Form not later than</u></b>  <b><u>Monday, August 19<sup>th</sup> 2019 to:</u></b></p> <p><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></p> <p><b>IFBB Technical Committee</b>  Eng. Andrew Michalak  E-mail : <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></p>	<p><b><u>Please Send a copy to:</u></b></p> <p><b>International Federation of Bodybuilding and Fitness</b>  <b>Head Office:</b></p> <p><b>Ms. Diana Mozos</b>  E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a></p>
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**TENTATIVE PROGRAM****Friday, August 30<sup>th</sup>**

11:00 -19:00 – Official Athlete Registration (Weigh-in) at the Corinthia Hotel

19:30 – Team Managers and Judges Meeting at the Corinthia Hotel

**Saturday, August 31<sup>st</sup>**

10:00 – Prejudging and Finals of all the categories at The Corinthia Hotel.



