

## **IFBB DIAMOND CUP MALTA & ELITE PRO MALTA**

**29-30<sup>th</sup> AUGUST 2020**

**IFBB Elite Professional Qualifier  
2021 IFBB World Ranking event**

### **INSPECTION REPORT**

The Malta Bodybuilding & Fitness Federation proudly invites all IFBB Federations to participate in The 4<sup>th</sup> IFBB Diamond Cup Malta. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Physique & Muscular Physique, Classic Physique, Women's Physique, Wellness Fitness, Body Fitness, Bikini Fitness & Fit Model Categories.

The 3<sup>rd</sup> 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

Saturday, August 29<sup>th</sup> 2020, is the official arrival day. **Malta International Airport** is the primary international airport . More information at: <https://www.maltairport.com/>

## ACCOMMODATION

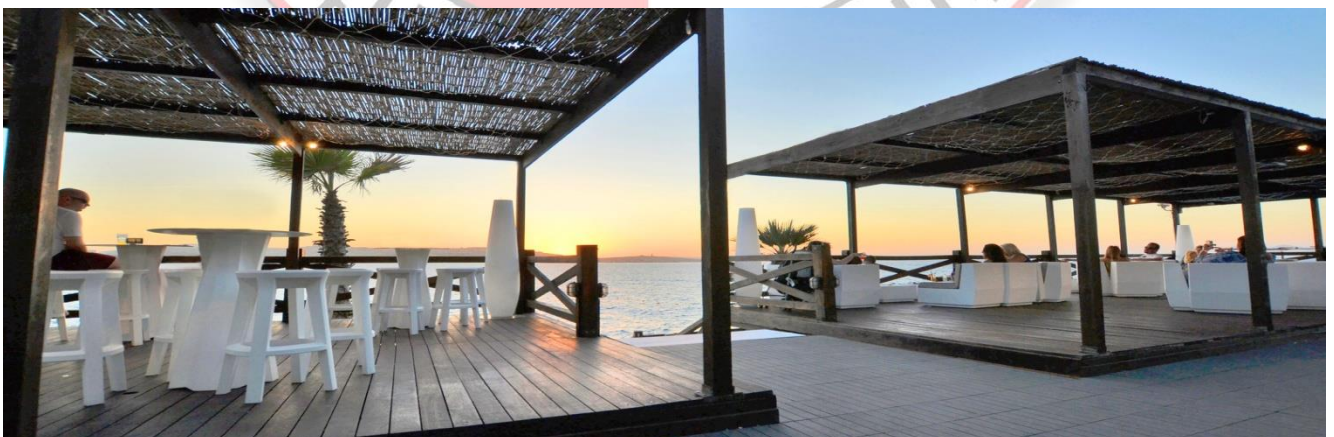
The official hotel of the event is The Dolmen Resort Hotel, Qawra .

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

All athletes, delegates & supporters kindly book your accommodation through [www.dolmen.com.mt](http://www.dolmen.com.mt) and use the code DCM2020(group attendee).

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

There are many other hotels and apartments 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 Dolmen Resort Hotel on **Saturday, August 29<sup>th</sup> 2020, 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 €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 is August 18th** (midnight - Central European Time, UTC +1) the online payment system will be switched off.

If paying at the Registration on August 29<sup>th</sup>, 2020, 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 €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 2020. 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 85kg**

**Up to & including 90 kg**

**Up to & including 100 kg**

**Over 100 kg**

**OVERALL-3 PRO CARDS**

**MASTER MEN'S BODYBUILDING:**

**40-49 years:1 open category**

**50+ years:1 open category**

**OVERALL:2 PRO CARDS**

**MEN'S CLASSIC BODYBUILDING\***

**Up to & including 175 cm**

**Over 175cm**

**Overall-3 PRO CARDS**

**MASTERS CLASSIC BODYBUILDING: 1 open category**

**MEN'S PHYSIQUE:**

**Up to & including 170 cm**

**Up to & including 176 cm**

**Up to & including 182 cm**

**Over 182 cm**

**Overall-3 PRO CARDS**

**JUNIORS MEN'S PHYSIQUE : 1 open category**

**MASTERS MEN'S PHYSIQUE : 1 open category**

**MUSCULAR MEN'S PHYSIQUE: 1 open category-2 PRO CARDS**

**CLASSIC PHYSIQUE: 1 open category-2 PRO CARDS**

**WOMEN'S FIT MODEL:1 open category**

**WOMEN'S BODYFITNESS:**

**Up to & including 163 cm**

**Over 163 cm**

**Overall-2 PRO CARDS**

**MASTERS WOMEN'S BODYFITNESS: 1 Open Category-2 PRO CARDS**

**WOMEN'S BIKINI-FITNESS:**

**Up to & including 160 cm**

**Up to & including 164 cm**

**Up to & including 169 cm**

**Up to & including 172 cm**

**Over 172 cm**

**Overall-3 PRO CARDS**

**JUNIORS BIKINI-FITNESS: 1 open category**

**MASTERS BIKINI-FITNESS: 1 open category-2 PRO CARDS**

**WELLNESS FITNESS: 1 open category-2 PRO CARDS**

**MASTERS WELLNESS FITNESS: 1 open category**

## **WOMEN'S PHYSIQUE: 1 Open Category-2 PRO CARDS**

### **\*- 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 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 **2021 IFBB World Ranking** according to the World Ranking Rules.
- **28 IFBB Elite Pro Cards will be awarded:** Men's Physique(3), Muscular Men's Physique(2), Classic Bodybuilding(3), Classic Physique(2) and Bodybuilding(3) as well as Women's Physique(2), Bodyfitness(2), Bikini Fitness(3) and Wellness Fitness(2). Top 2 in Masters Bodybuilding, Masters Bikini Fitness & Masters Body Fitness will receive their pro card as well.
- **The pro card winners in Bodybuilding, Body Fitness & Wellness Fitness categories can directly compete in the IFBB Elite Pro Malta.**

### **BACKSTAGE ACCESS**

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

### **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](mailto:ralph.decelis@mfbbf.org)

## ENTRY FORMS SENDING DETAILS

<p><b><u>Please send your Entry Form not later than</u></b> <b><u>17<sup>th</sup> August, 2020 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

### **Saturday August 29<sup>th</sup>**

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

18:30 - Elite Pro athletes registration and Judges Meeting at the Dolmen Resort Hotel

### **Sunday, August 30<sup>th</sup>**

9:00-18:00: Prejudging and Finals of the Diamond Cup at The Oracle Conference Center at the Dolmen Resort Hotel

20:00: IFBB Elite Pro Malta

\*Official Running order will be released closer to the event.