



2021 IFBB MEDITERRANEAN

CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: **2021 IFBB MEDITERRANEAN CHAMPIONSHIPS**

CITY / COUNTRY: **ST. JULIANS, MALTA**

DATE: **20th & 21st NOVEMBER 2021**

EVENT OPEN FOR: **ALL MEDITERRANEAN COUNTRIES**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL **20/11/2021**

DAY OF DEPARTURES **22/11/2021**

REGISTRATION DAY:
20/11/2021

TIME: **10:00-18:00**

PLACE: **CORINTHIA ST. GEORGE'S BAY HOTEL, ST. JULIANS**

WEIGHT-IN DAY:
20/11/2021

TIME: **10:00-18:00**

PLACE: **CORINTHIA ST. GEORGE'S BAY HOTEL, ST. JULIANS**

*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 with the IFBB rules. Any tanning which can be wiped off is not allowed.

RECOMMENDED AIRPORT: **MALTA INTERNATIONAL AIRPORT**

VISA INFORMATION: **EU COUNTRY CITIZENS DO NOT NEED TO OBTAIN A VISA. ALL OTHER COUNTRIES SHOULD CONSULT THE MALTA'S CONSULATE/EMBASSY IN THEIR COUNTRY TO DETERMINE IF THEY NEED A VISA.**

*Due to the COVID-19 situation, we recommend you check with the corresponding authorities of the country (Consulate, Embassy, etc.), the current regulation to avoid any inconveniences when travelling. The National Federations, athletes, and officials, must adopt and strictly follow any healthy and other measures imposed, required, or recommended by the competent authorities with respect to the COVID-19 pandemic situation.

*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.

VENUE: **CORINTHIA ST. GEORGE'S BAY HOTEL, ST. JULIANS**

HOTEL INFORMATION

RECOMMENDED HOTEL: **CORINTHIA ST. GEORGE'S BAY HOTEL, ST. JULIANS**

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **200 € (EUROS)** each.

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of **50 €**.

CROSSEOVERS: 100 € (EUROS)

DEADLINE FOR ONLINE PAYMENT: 15/11/2021

*Participating athletes must be recommended by their National Federation by sending the Final Entry Form with their names directly to the Organizing Committee, 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.

*It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are 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.

*All athletes will have to present 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/USD 45 and are mandatory.

*All posing music must be on an USB drive only. The posing music in the MP3 format must also be the only file on USB. Each competitor must affix his/her name on the USB for easy identification. The use of profane, vulgar, and offensive language is strictly prohibited in the posing music.

CATEGORIES:

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

MASTERS MEN'S BODYBUILDING:

40-49 Years: 1 Open Category
50+ Years: 1 Open Category
OVERALL

MEN'S CLASSIC BODYBUILDING:

Up to & including 175 cm
Over 175 cm
OVERALL

MASTERS CLASSIC BODYBUILDING >40 YEARS:

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

WOMEN'S BODYFITNESS:

Up to & including 163 cm
Over 163 cm
OVERALL

MASTERS WOMEN'S BODYFITNESS >35 YEARS:

1 Open Category

WOMEN'S BIKINI:

Up to & including 160 cm
Up to & including 164 cm
Up to & including 169 cm
Up to & including 172 cm
Over 172 cm
OVERALL

JUNIORS WOMEN'S BIKINI 16-23 YEARS:

1 Open Category

MASTERS WOMEN'S BIKINI >35 YEARS:

1 Open Category

WOMEN'S WELLNESS:

1 Open Category

WOMEN'S PHYSIQUE:

1 Open Category

JUNIORS MEN'S PHYSIQUE 16-23 YEARS: 1 Open Category	Fit Pairs 1 Open Category
MASTERS MEN'S PHYSIQUE >40 YEARS: 1 Open category	Mixed Pairs 1 Open Category
MUSCULAR MEN'S PHYSIQUE: 1 Open Category	Fitness challenge Additional category 50€
MEN'S CLASSIC PHYSIQUE: 1 Open Category	Silver Level Men(Individual) Silver Level Women(Individual) Silver Level Mixed Couples Silver Level Same Sex couples

AWARDS:

Top three athletes in each category will be awarded with medals.
Top six athletes in each category will be awarded with a Certificate of Excellence and trophies.
Overall winner will have a trophy.

IFBB ELITE PRO CARDS:

27 IFBB ELITE PRO CARDS WILL BE AWARDED

DISTRIBUTION

- BIKINI: 5 - All Category Winners**
- BODYBUILDING: 5 - All category Winners**
- CLASSIC BODYBUILDING: 2 - All category winners**
- MEN'S PHYSIQUE: 5 - All category winners**
- WELLNESS: 2 – top 2 category winners**
- BODYFITNESS: 2 - All category winners**
- WOMEN'S PHYSIQUE: 1 – Category Winner**
- CLASSIC PHYSIQUE: 1 – Category Winner**
- MUSCULAR MEN'S PHYSIQUE: 1 - Category Winner**
- MASTERS BODYBUILDING: 1 - Category Winner**
- MASTERS BIKINI: 1 - Category Winner**
- MASTERS BODYFITNESS: 1 - Category Winner**

*REGISTRATION DEADLINE

PRELIMINAR ENTRY FORM: **No.**
FINAL ENTRY FORM: **15/11/2021**

CAMERA/VIDEO TAPE EQUIPMENT

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any EVENT, these devices shall be strictly prohibited in the dressing room area.

GREEN CARDS

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

EXTRA GREEN CARDS: **YES** **NO** **N/A**

PRICE: **25 € (EUROS)**

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

PROFESSIONAL TANNING SERVICE: **YES** **NO**

Contact: gragerada@hotmail.com

CONTACT INFORMATION:

Please send Your Entry Form to:
Contact: **Mr. RALPH DECELIS**
E-mail: ralphdecelis@gmail.com

Please send a copy to IFBB Technical
Committee:
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:
Ms. Alba Sanchez
E-mail: info@ifbb.com

Contact details for additional correspondence:
President of **the MALTA FEDERATION OF BODYBUILDING & FITNESS**
Mr. RALPH DECELIS
E-mail: ralphdecelis@gmail.com

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 the Team Managers and Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR **€50** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.