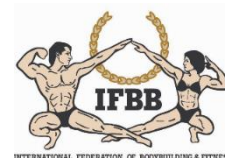




# IFBB MEDITERRANEANS 2022

## MAIN INFORMATION



NAME OF THE EVENT: <b>IFBB MEDITERRANEAN CHAMPIONSHIPS 2022</b>		
CITY / COUNTRY: <b>ST. JULIANS, MALTA</b>		
DATE: <b>NOVEMBER 12th-14th, 2022</b>		
EVENT OPEN FOR: <b>ALL IFBB-AFFILIATED MEDITERRANEAN NATIONAL FEDERATIONS</b>		
IFBB ELITE PRO CARD QUALIFIER      YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
IFBB INTERNATIONAL RANKING QUALIFIER      YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
DAY OF ARRIVAL <b>12/11/2022</b>		
DAY OF COMPETITION: <b>13/11/2022</b>		
DAY OF DEPARTURES <b>14/11/2022</b>		
REGISTRATION DAY: <b>12/11/2022</b>	TIME: <b>14:00-19:00</b>	PLACE: <b>CORINTHIA HOTEL ST. GEORGE'S BAY ST. JULIANS</b>
WEIGHT-IN DAY: <b>12/11/2022</b>	TIME: <b>14:00-19:00</b>	PLACE: <b>CORINTHIA HOTEL ST. GEORGE'S BAY ST. JULIANS</b>
<p>*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.</p>		
RECOMMENDED AIRPORT: <b>MALTA INTERNATIONAL AIRPORT</b>		
VISA INFORMATION: A VALID PASSPORT IS REQUIRED TO ENTER MALTA. CITIZENS OF THE EU-COUNTRIES, ICELAND, NORWAY, AND SWITZERLAND DO NOT NEED TO OBTAIN A VISA; ALL OTHER COUNTRIES SHOULD CHECK AT: <a href="https://www.schengenvisa.info/malta-visa/">https://www.schengenvisa.info/malta-visa/</a> . AN OFFICIAL LETTER OF INVITATION WILL BE AVAILABLE IF REQUIRED.		
<p>*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.</p>		
<p>*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.</p>		

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

## HOTEL INFORMATION

RECOMMENDED HOTEL: **CORINTHIA HOTEL ST. GEORGE'S BAY, 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€ (EUROS)**.

**CROSSOVERS: 100 € (EUROS)**

**DEADLINE FOR ONLINE PAYMENT: 31/10/2022**

\*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 **35 € (EUROS)** 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:

-75 KG  
-80 KG  
-85 KG  
-90 KG  
-95 KG  
-100 KG  
100+KG  
OVERALL

### MASTERS MEN'S BODYBUILDING:

40-49 YEARS  
50+ YEARS  
OVERALL

### CLASSIC BODYBUILDING:

-175 CM  
175+ CM  
OVERALL

### BODYFITNESS:

-163 CM  
163+ CM  
OVERALL

### MASTERS BODYFITNESS:

35-39 YEARS  
40+ YEARS  
OVERALL

### BIKINI:

-160 CM  
-164 CM  
-169 CM  
-172 CM  
172+ CM  
OVERALL

<p>MASTERS CLASSIC BODYBUILDING-OPEN</p> <p>CLASSIC PHYSIQUE - OPEN</p> <p>MASTERS CLASSIC PHYSIQUE - OPEN</p> <p>MEN'S PHYSIQUE: -170 CM -176 CM -182 CM 182+ CM OVERALL</p> <p>JUNIOR MEN'S PHYSIQUE - OPEN</p> <p>MASTERS MEN'S PHYSIQUE: 40-49 YEARS 50+ YEARS OVERALL</p> <p>MUSCULAR MEN'S PHYSIQUE - OPEN</p>	<p>MASTERS BIKINI: 35-39 YEARS 40+ YEARS OVERALL</p> <p>JUNIOR BIKINI - OPEN</p> <p>JUNIOR WELLNESS - OPEN</p> <p>WELLNESS - OPEN</p> <p>MASTERS WELLNESS - OPEN</p> <p>WOMEN'S PHYSIQUE - OPEN</p> <p>WOMEN'S FIT-MODEL - OPEN</p> <p>FIT-PAIRS - OPEN</p> <p>BEGINNERS CATEGORIES:</p> <p>BODYBUILDING - OPEN BIKINI - OPEN MEN'S PHYSIQUE - OPEN</p>
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#### 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:

**TOTAL: 12**

DISTRIBUTION **OVERALL WINNER**

**MEN'S BODYBUILDING – OVERALL WINNER**

**MEN'S CLASSIC BODYBUILDING – OVERALL WINNER**

**MEN'S CLASSIC PHYSIQUE – OPEN CATEGORY WINNER**

**MEN'S PHYSIQUE – OVERALL WINNER**

**MUSCULAR MEN'S PHYSIQUE – OPEN CATEGORY WINNER**

**MASTER MEN'S BODYBUILDING – OVERALL WINNER**

**WOMEN'S BIKINI – OVERALL WINNER**

**WOMEN'S BODYFITNESS – OVERALL WINNER**

**WOMEN'S WELLNESS – OPEN CATEGORY WINNER**  
**WOMEN'S PHYSIQUE – OPEN CATEGORY WINNER**  
**MASTERS BIKINI – OVERALL WINNER**  
**MASTERS BODYFITNESS – OVERALL WINNER**

#### \*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **no**  
FINAL ENTRY FORM: **31/10/2022**

#### 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)** each.

#### TANNING NEEDS

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.

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

Contact: **GRAGERADA@HOTMAIL.COM**

#### CONTACT INFORMATION:

Please send Your Entry Form to:  
Contact: **Mr. RALPH DECELIS**  
E-mail: **RALPH DECELIS@GMAIL.COM**

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

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

Contact details for additional correspondence:  
President of **the MALTA FEDERATION OF BODYBUILDING AND FITNESS**  
**Mr. RALPH DECELIS**  
E-mail: [RALPHDECELIS@GMAIL.COM](mailto: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](mailto: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 **50 € (EUROS)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.