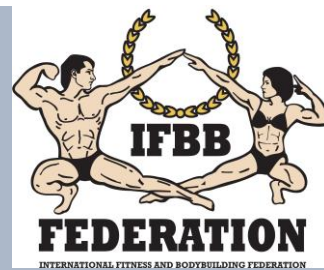


IFBB MEDITERRANEAN CHAMPIONSHIPS



MAIN INFORMATION

NAME OF THE EVENT: 2023 IFBB MEDITERRANEAN CHAMPIONSHIPS

CITY / COUNTRY: ST. JULIANS / MALTA

DATE: NOVEMBER 12th, 2023

EVENT OPEN FOR THE FOLLOWING COUNTRIES :

Albania, Algeria, Bosnia & Herzegovina, Bulgaria, Croatia, Cyprus, Egypt, France, Greece, Israel, Italy, Jordan, Kosovo, Lebanon, Libya, Malta, Montenegro, Morocco, North Macedonia, Palestine, Portugal, Romania, Serbia, Slovenia, Spain, Syria, Tunisia, Turkey.

IFBB ELITE PRO CARD QUALIFIER YES ☒ NO ☐

IFBB INTERNATIONAL RANKING QUALIFIER YES ☐ NO ☒

DAY OF ARRIVAL : NOVEMBER 11th, 2023

DAY OF DEPARTURES: NOVEMBER 13th, 2023

**REGISTRATION DAY:
NOVEMBER 11th, 2023**

TIME: 15:00 - 19:00

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

**WEIGH-IN DAY:
NOVEMBER 11th, 2023**

TIME: 15:00 - 19:00

**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 CITIZENS DO NO NEED TO OBTAIN A VISA. ATHLETES COMING FROM OTHER COUNTRIES KINDLY CONSULT MALTA'S EMBASSY/CONSULATE IN YOUR COUNTRY TO DETERMINE IF YOU NEED A VISA. INVITATION LETTERS WILL BE ISSUED AS REQUESTED.

*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

There are many another hotels within walking distance.

REGISTRATION FEE:

Each athlete must pay the IFBB registration fee of **EUR €200**.

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 **EUR €50**.

CROSSOVERS: EUR €100 per each of the additional categories.

DEADLINE FOR ONLINE PAYMENT: OCTOBER 31st, 2023.

*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 €40/USD \$50 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

JUNIORS MEN'S BODYBUILDING - OPEN

MASTERS MEN'S BODYBUILDING:

40-49 YEARS
>50 YEARS
OVERALL

MEN'S CLASSIC BODYBUILDING:

-175 CM
+175 CM
OVERALL

MASTERS MEN'S CLASSIC BODYBUILDING - OPEN

MEN'S CLASSIC PHYSIQUE - OPEN

MASTERS MEN'S CLASSIC PHYSIQUE - OPEN

MEN'S PHYSIQUE:

-170 CM
-176 CM

WOMEN'S BODYFITNESS:

-163 CM
+163 CM
OVERALL

MASTERS WOMEN'S BODYFITNESS:

35-39 YEARS
>40 YEARS
OVERALL

WOMEN'S BIKINI:

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

MASTERS WOMEN'S BIKINI:

35-39 YEARS
>40 YEARS
OVERALL

JUNIORS WOMEN'S BIKINI - OPEN

WOMEN'S WELLNESS - OPEN

JUNIORS WOMEN'S WELLNESS - OPEN

MASTERS WOMEN'S WELLNESS - OPEN

WOMEN'S PHYSIQUE - OPEN

-182 CM +182 CM OVERALL JUNIORS MEN'S PHYSIQUE - OPEN MASTERS MEN'S PHYSIQUE: 40-49 YEARS >50 YEARS OVERALL MUSCULAR MEN'S PHYSIQUE - OPEN	WOMEN'S FIT-MODEL - OPEN FIT-PAIRS - OPEN BEGINNERS CATEGORIES: WOMEN'S BIKINI - OPEN MEN'S PHYSIQUE - OPEN MEN'S BODYBUILDING - OPEN
AWARDS: Top six athletes in each category will be awarded with medals and a Certificate of Excellence. Winners of all categories will be awarded with a trophy, a medal and a Certificate of Excellence. Overall winners will receive a trophy and the IFBB overall medal.	
IFBB ELITE PRO CARDS: TOTAL NO: 12 DISTRIBUTION: MEN'S BODYBUILDING - 1 PRO CARD FOR THE OVERALL WINNER MEN'S CLASSIC BODYBUILDING - 1 PRO CARD FOR THE OVERALL WINNER MEN'S CLASSIC PHYSIQUE - 1 PRO CARD FOR THE OPEN CATEGORY WINNER MEN'S PHYSIQUE - 1 PRO CARD FOR THE OVERALL WINNER MUSCULAR MEN'S PHYSIQUE - 1 PRO CARD FOR THE OPEN CATEGORY WINNER WOMEN'S BIKINI - 1 PRO CARD FOR THE OVERALL WINNER WOMEN'S WELLNESS - 1 PRO CARD FOR THE OPEN CATEGORY WINNER WOMEN'S BODYFITNESS - 1 PRO CARD FOR THE OVERALL WINNER WOMAN'S PHYSIQUE - 1 PRO CARD FOR THE OPEN CATEGORY WINNER MASTERS MEN'S BODYBUILDING - 1 PRO CARD FOR THE OVERALL WINNER MASTERS WOMEN'S BIKINI - 1 PRO CARD FOR THE OVERALL WINNER MASTERS WOMEN'S BODYFITNESS - 1 PRO CARD FOR THE OVERALL WINNER	
*REGISTRATION DEADLINE	
FINAL ENTRY FORM: OCTOBER 30th, 2023	
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 for sale at registration for EUR €25.	
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. For tanning information please contact gragerada@hotmail.com	

CONTACT INFORMATION:

Please send your Entry Form to:

Mr. Ralph Decelis

E-mail: ralphdecelis@gmail.com

Please send a copy to the IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Daria

E-mail: contact@ifbb.com

Contact details for additional correspondence:

Mr. Ralph Decelis

President of the Maltese Federation of Bodybuilding & Fitness

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 & Judges Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of **EUR €50/USD \$60** paid for the current year. This fee may also be paid at the EVENT at the Team Managers & Judges Meeting.