



2023 IFBB DIAMOND CUP MALTA

MAIN INFORMATION

NAME OF THE EVENT: **2023 IFBB DIAMOND CUP MALTA**

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

DATE: **MAY 13th - 15th, 2023**

EVENT OPEN FOR: **ALL IFBB-AFFILIATED NATIONAL FEDERATIONS**

IFBB ELITE PRO CARD QUALIFIER YES NO

IFBB INTERNATIONAL RANKING QUALIFIER YES NO

DAY OF ARRIVAL **13/05/2023**

DAY OF COMPETITION: **14/05/2023**

DAY OF DEPARTURES **15/05/2023**

REGISTRATION DAY:
13/05/2022

TIME: **15:00-19:00**

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

WEIGHT-IN DAY:
13/05/2022

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 COUNTRIES CITIZENS DO NOT NEED TO OBTAIN A VISA. ALL ATHLETES COMING FROM OTHER COUNTRIES KINDLY CONSULT THE MALTA'S EMBASSY/CONSULATE IN YOUR COUNTRY TO DETERMINE IF YOU 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

Kindly note that that there are many other hotels/apartments in the area

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) .

CROSSEOVERS: **100 € (EUROS)**

DEADLINE FOR ONLINE PAYMENT: **09/05/2022**

*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:

UP TO 75 KG

UP TO 80 KG

UP TO 85 KG

UP TO 90 KG

UP TO 100 KG

OVER 100 KG

OVERALL

WOMEN'S FIT-MODEL:

1 OPEN CATEGORY

WOMEN'S BODYFITNESS:

-163 CM

163+ CM

OVERALL

MASTERS MEN'S BODYBUILDING:
40-49 YEARS
>50 YEARS
OVERALL

MEN'S CLASSIC BODYBUILDING:
-171 CM
-175 CM
175+ CM
OVERALL

MASTERS CLASSIC BODYBUILDING >40 YRS:
1 OPEN CATEGORY

MEN'S CLASSIC PHYSIQUE:
1 OPEN CATEGORY

MASTERS MEN'S CLASSIC PHYSIQUE >40 YRS:
1 OPEN CATEGORY

MEN'S PHYSIQUE:
-170 CM
-176 CM
-182 CM
182+ CM
OVERALL

MUSCULAR MEN'S PHYSIQUE:
1 OPEN CATEGORY

JUNIOR'S MEN'S PHYSIQUE 16-23 YRS:
1 OPEN CATEGORY

MASTERS MEN'S PHYSIQUE >40 YRS:
1 OPEN CATEGORY

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

JUNIOR WOMEN'S BIKINI 16-23 YRS:
1 OPEN CATEGORY

WOMEN'S WELLNESS:
1 OPEN CATEGORY

MASTERS WOMEN'S WELLNESS >35 YRS:
1 OPEN CATEGORY

WOMEN'S PHYSIQUE:
1 OPEN CATEGORY

FIT-PAIRS:
1 OPEN CATEGORY

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 NO: 12

DISTRIBUTION

MEN'S BODYBUILDING - 1 FOR THE OVERALL WINNER

MEN'S CLASSIC BODYBUILDING - 1 FOR THE OVERALL WINNER

MEN'S PHYSIQUE - 1 FOR THE OVERALL WINNER

WOMEN'S BIKINI - 1 FOR THE OVERALL WINNER

WOMEN'S WELLNESS - 1 FOR THE CATEGORY WINNER

WOMEN'S BODYFITNESS - 1 FOR THE OVERALL WINNER

MEN'S CLASSIC PHYSIQUE - 1 FOR THE CATEGORY WINNER

MUSCULAR MEN'S PHYSIQUE - 1 FOR THE CATEGORY WINNER

WOMEN'S PHYSIQUE - 1 FOR THE CATEGORY WINNER MASTERS

MEN'S BODYBUILDING - 1 FOR THE OVERALL WINNER MASTERS

WOMEN'S BIKINI - ONE FOR THE OVERALL WINNER

MASTERS WOMEN'S BODYFITNESS - 1 FOR THE OVERALL WINNER

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **no**

FINAL ENTRY FORM: **09/05/2023**

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 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: 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. Daria
E-mail: contact@ifbb.com

Contact details for additional correspondence:
President of the **MALTASE BODYBUILDING & FITNESS FEDERATION**
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 **50 € (EUROS)** paid for the current year. This fee may also be paid at the EVENT at the Team Managers and Judges Meeting.