



NAME OF THE EVENT: 2024 IFBB DIAMOND CUP MALTA		
CITY / COUNTRY: ST. JULIANS / MALTA		
DATE: APRIL 13 th – 15 th , 2024		
EVENT OPEN FOR : ALL IFBB-AFFILIATED NATIONAL FEDERATIONS		
IFBB ELITE PRO CARD QUALIFIER: YES X NO		
IFBB WORLD RANKING TOUR QUALIFII R LEVEL 2 YES X NO		
DAY OF ARRIVALS: APRIL 13 th , 2024		
DAY OF DEPARTURES: APRIL 15 th , 2024		
REGISTRATION DAY: APRIL 13 th , 2024	TIME: 15:00-19:00	PLACE: CORINTHIA ST.GEORGE'S BAY HOTEL
WEIGH-IN DAY: APRIL 13th, 2024	TIME: 15:00-19:00	PLACE: CORINTHIA ST.GEORGE'S BAY HOTEL
*All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their		

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 as well as citizens of the US, Canada, Australia, New Zealand, South Korea and Japan do not need to obtain a visa. Also citizens of the following 58 countries don't need the visa to visit Malta up to 90 days: https://visaguide.world/europe/schengen-visa/who-needs-schengen-visa/ Other countries: if you are traveling to Malta, you will need a Schengen visa.

INVITATION LETTERS WILL BE ISSUED AS REQUESTED.

*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

Each athlete must pay the IFBB registration fee of EUR €20 D.

Registration fee for athletes to enter this competition must be paid in advance by credit/debit card or PayPal at <u>http://www.ifbb.com/competition-registration</u>. 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: **April 02nd**, **2024**.

*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 16-23 YRS - 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 >40 YRS - OPEN

MEN'S CLASSIC PHYSIQUE

-175 CM +175 CM OVERALL

MASTERS MEN'S CLASSIC PHYSIQUE >40 YRS - OPEN

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

JUNIORS WOMEN'S BIKINI 16-23 YRS - OPEN

WOMEN'S WELLNESS - OPEN MASTERS WOMEN'S WELLNESS >35 YRS - OPEN

WOMEN'S PHYSIQUE - OPEN

WOMEN'S FIT-MODEL - OPEN

MEN'S PHYSIQUE: -170 CM

-176 CM -182 CM +182 CM OVERALL

JUNIORS MEN'S PHYSIQUE 16-23 YRS - OPEN

MASTERS MEN'S PHYSIQUE:

40-49 YEARS >50 YEARS OVERALL

MUSCULAR MEN'S PHYSIQUE - OPEN

AWARDS:

Top six athletes in each category will be awarded with a **Certificate of Excellence** and **Medals**. Overall winner will be awarded with a **trophy**.

IFBB ELITE PRO CARDS:

12 IN TOTAL

DISTRIBUTION:

- MEN'S BODYBUILDING OVERALL WINNER
- MEN'S CLASSIC BODYBUILDING OVERALL WINNER
- MEN'S CLASSIC PHYSIQUE OVERALL WINNER
- MEN'S PHYSIQUE OVERALL WINNER
- MUSCULAR MEN'S PHYSIQUE CATEGORY WINNER
- WOMEN'S BIKINI OVERALL WINNER
- WOMEN'S WELLNESS CATEGORY WINNER
- WOMEN'S BODYFITNESS OVERALL WINNER
- WOMAN'S PHYSIQUE CATEGORY WINNER
- MASTERS MEN'S BODYBUILDING OVERALL WINNER
- MASTERS WOMEN'S BIKINI OVERALL WINNER
- · MASTERS WOMEN'S BODYFITNESS OVERALL WINNER

***REGISTRATION DEADLINE**

FINAL ENTRY FORM: APRIL 01st, 2024

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 (BACKSTAGE PASSES) 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. **Spray Tanning will be available** and you can book directly at registration along with make-up & hairstyling services.

FIT-PAIRS - OPEN

BEGINNERS CATEGORIES:

WOMEN'S BIKINI - OPEN MEN'S PHYSIQUE - OPEN MEN'S BODYBUILDING - OPEN

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: <u>amichalak5@gmail.com</u>

Please send a copy to the IFBB Head Office: Ms. Daria E-mail: <u>contact@ifbb.com</u>

Contact details for additional correspondence: 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 & 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.