



2024 MEDITERRANEAN CHAMPIONSHIPS

MAIN INFORMATION

NAME OF THE EVENT: 2024 IFBB MEDITERRANEAN CHAMPIONSHIPS 2024 MALTA INTERNATIONAL GRAND PRIX		
CITY / COUNTRY: ST. JULIANS, MALTA		
DATE: NOVEMBER 10th, 2024		
EVENT OPEN FOR: MALTA GRAND PRIX IS OPEN FOR ALL IFBB-AFFILIATED COUNTRIES WORLDWIDE MEDITERRANEAN CHAMPIONSHIPS ARE OPEN FOR IFBB-AFFILIATED NATIONAL FEDERATIONS FROM MEDITERRANEAN REGION: Albania Algeria Bosnia and Herzegovina Croatia Cyprus Egypt France Greece Italy Jordan Kosovo Libya Malta Montenegro Morocco North Macedonia Portugal Serbia Slovenia Spain Syria Tunisia Turkey		
IFBB ELITE PRO CARD QUALIFIER	YES	
IFBB WORLD RANKING TOUR QUALIFIER		NO
DAY OF ARRIVAL: NOVEMBER 09th, 2024		
DAY OF DEPARTURES: NOVEMBER 11th, 2024		
REGISTRATION DAY: NOVEMBER 09th	TIME: 15:00-19:00	PLACE: CORINTHIA ST. GEORGE'S BAY HOTEL
WEIGH-IN DAY: NOVEMBER 09th	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 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 NOT 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.

*An Official Letter of Invitation will be made available if required. An athlete, included in an official National Federation team, who requests and receives 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.

REGISTRATION FEE:

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

Athletes who compete in both the IFBB Malta International GP & the Mediterranean Championships must pay **EUR €300** in total.

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.

DEADLINE FOR ONLINE PAYMENT: SEPTEMBER 29th, 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 cost **EUR €40** and are mandatory.

*All posing music must be on a **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 & OVER

OVERALL

MEN'S CLASSIC BODYBUILDING:

-175 CM
>175 CM

OVERALL

MASTERS MEN'S CLASSIC BODYBUILDING - OPEN

MEN'S CLASSIC PHYSIQUE:

-175 CM
>175 CM

OVERALL

MASTERS MEN'S CLASSIC PHYSIQUE >40 YRS - OPEN

MEN'S PHYSIQUE:

-170 CM
-176 CM
-182 CM
>182 CM

OVERALL

JUNIORS MEN'S PHYSIQUE 15-23 YRS - OPEN

MASTERS MEN'S PHYSIQUE:

40-49 YEARS
50 YEARS & OVER

OVERALL

MUSCULAR MEN'S PHYSIQUE - OPEN

WOMEN'S BODYFITNESS:

-163 CM
>163 CM

OVERALL

MASTERS WOMEN'S BODYFITNESS:

35-39 YEARS
40 YEARS & OVER

OVERALL

WOMEN'S BIKINI:

-160 CM
-164 CM
-169 CM
-172 CM
>172 CM

OVERALL

MASTERS WOMEN'S BIKINI:

35-39 YEARS
40 YEARS & OVER

OVERALL

JUNIORS WOMEN'S BIKINI 16-23 YRS - OPEN

WOMEN'S WELLNESS - OPEN

WOMEN'S PHYSIQUE - OPEN

WOMEN'S FIT-MODEL - OPEN

FIT PAIRS - OPEN

BEGINNERS CATEGORIES:

WOMEN'S BIKINI - OPEN

WOMEN'S MEN'S PHYSIQUE - OPEN

WOMEN'S BODYBUILDING - OPEN

AWARDS:

Top six athletes in each category will be awarded with a [Certificate of Excellence](#) and [Medals](#). Overall winner will have a [trophy](#).

IFBB ELITE PRO CARDS:

12 ELITE PRO CARDS IN TOTAL

DISTRIBUTION :

MEN'S BODYBUILDING – ELITE PRO CARD FOR THE OVERALL WINNER

MEN'S CLASSIC BODYBUILDING – ELITE PRO CARD FOR THE OVERALL WINNER

MEN'S CLASSIC PHYSIQUE – ELITE PRO CARD FOR THE OVERALL WINNER

MEN'S PHYSIQUE – ELITE PRO CARD FOR THE OVERALL WINNER

MUSCULAR MEN'S PHYSIQUE – ELITE PRO CARD FOR THE CATEGORY WINNER

WOMEN'S BIKINI – ELITE PRO CARD FOR THE OVERALL WINNER

WOMEN'S WELLNESS – ELITE PRO CARD FOR THE CATEGORY WINNER

WOMEN'S BODYFITNESS – ELITE PRO CARD FOR THE OVERALL WINNER

WOMAN'S PHYSIQUE – ELITE PRO CARD FOR THE CATEGORY WINNER

MASTERS MEN'S BODYBUILDING – ELITE PRO CARD FOR THE OVERALL WINNER

MASTERS WOMEN'S BIKINI – ELITE PRO CARD FOR THE OVERALL WINNER

MASTERS WOMEN'S BODYFITNESS – ELITE PRO CARD FOR THE OVERALL WINNER

*REGISTRATION DEADLINE

PRELIMINARY ENTRY FORM: **NO**

FINAL ENTRY FORM: **SEPTEMBER 28th, 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 (T-Tan) will be available and you can book directly at registration along with make-up & hairstyling services.

CONTACT INFORMATION:

Please send Your Entry Form to:
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:
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.