IFBB DIAMOND CUP MALTA & ELITE PRO MALTA

19th – 21st APRIL 2019

IFBB Elite Professional Qualifier (23 Pro Cards!)
2019 IFBB World Ranking event

INSPECTION REPORT

The Malta Bodybuilding & Fitness Federation proudly invites all IFBB Federations from Europe, Africa & Asia to participate in The 3rd IFBB Diamond Cup Malta. The event will include Men’s Bodybuilding, Classic Bodybuilding, Men’s Physique & Muscular Physique, Classic Physique, Women’s Physique, Wellness Fitness, Body Fitness, Fit Model and Bikini Fitness Categories.

The 2nd IFBB Elite Pro Show will also be held in the same weekend.

THE MALTESE ISLANDS

The Maltese archipelago lies virtually at the centre of the Mediterranean, 93 km south of Sicily and 288 km north of Africa. The archipelago consists of three islands: Malta, Gozo and Comino with a total population of over 400,000 inhabitants occupying an area of 316 square kilometres. Malta is the largest island and the cultural, commercial and administrative centre. Gozo is the second largest island and is more rural, characterised by fishing, tourism, crafts and agriculture. Comino, the smallest of the trio, has one hotel and is largely uninhabited.
Even though small in size Malta has a surprisingly rich heritage. It has been described as one big open-air museum. What makes it unique is that so much of the past is visible today. Delve into the island’s mysterious prehistory, retrace the footsteps of St. Paul or see where the Knights of St. John fought their most famous battles.

Wherever you go, the scenery and architecture provide a spectacular backdrop. The colours are striking, honey-coloured stone against the deepest of Mediterranean blues but what makes this archipelago special is the people. The Maltese are a warm and welcoming population and hospitality is a long upheld tradition on the island.

**THE VENUE**

The Oracle Conference Centre-Dolmen Resort Hotel Malta

The Dolmen Hotel Prides with its State-of-the-art "ORACLE CONFERENCE CENTRE” that has a seating capacity for 1,200 delegates.

The Oracle Conference Centre is a purpose-built self-contained business meeting, entertainment and training centre complete with a comprehensive range of secretarial and office support services in addition to state-of-the-art audio visual facilities integral to first class events.

The main hall and syndicate rooms are situated on the first floor with their own entrances and foyer area, and comprises of inner and rear circle, and a gallery. The rear circle can be divided into 5 syndicate rooms with sliding sound-proof partitions. The syndicate rooms can be used individually or collectively and are ideal for small meetings, receptions or exhibition stands.
We have hosted such reputable organisations as the United Nations (on various occasions), Commonwealth Secretariat and a large number of top international companies who have trusted us not only because we offer the best facilities but particularly because we have the experience to handle the exigent demands of top level conference organisers. We have the capability not only to develop what the customers want but indeed to anticipate their requirements.

ARRIVALS AND AIRPORT

Friday, April 19th, 2018, is the official arrival day. Malta International Airport is the primary international airport. More information at: https://www.maltairport.com/

TRANSPORT

Transport will be available from the airport to your hotel and back for € 10 each way. Please forward us your flight details and we will be at the airport to welcome you.

ACCOMMODATION

The official hotel of the event is The Dolmen Resort Hotel, Qawra.

Registration & Contest will take place in this Hotel

All athletes, delegates & supporters kindly book your accommodation through www.dolmen.com.mt and use the code DCM2019 (group attendee).

IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE HOTEL’S WEBSITE IN ORDER TO BENEFIT FROM THE SPECIAL RATES!!

There are many other hotels in the vicinities.
PARTICIPATION

The contest is open for National Federations from Europe, Africa and Asia. The number of competitors participating in these championships is unlimited.

Participating athletes have to be recommended by their National Federation by sending the Final Entry Form with their names directly to the Malta Federation President, 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.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually 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.

REGISTRATION

Official Athlete Registration will take place at the Dolmen Resort Hotel on Friday, April 19th, 2019, from 10:00 till 18:00 hrs.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Malta Federation President, to the IFBB Technical Committee and IFBB Head Office in Madrid.

All athletes will have to produce 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 €35 and are mandatory.
All **posing music** must be on an **audio CD only**. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. The **use of profane, vulgar and offensive language is strictly prohibited in the posing music.**

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 to IFBB rules. Any tanning which can be wiped off is not allowed.

You will receive your tags for athletes and coaches at the registration.

**REGISTRATION FEE**

**Registration fee** for athletes to enter this competition is **EUR €200** which has to be paid in advance by credit/debit card or PayPal at IFBB webpage: [http://www.ifbb.com/competition-registration](http://www.ifbb.com/competition-registration) for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

**The deadline date to do the online payment is April 15th, 2019 (Monday).** On April 15th, 24:00 hrs (midnight - Central European Summer Time, UTC +2) the online payment system will be switched off.

If paying at the Registration on April 6th, 2019, an **extra fee of EUR €50** per participant will be charged.

If an athlete wants to participate in the second category (like a master or junior in the senior class also), the registration fee for this second category is **EUR €100.**

**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 Malta.

**IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the Championships in Malta.**

**CATEGORIES OPEN AT THESE CHAMPIONSHIPS:**

**MEN'S BODYBUILDING:**
- Up to & including 75 kg
- Up to & including 80 kg
- Up to & including 85 kg
- Up to & including 90 kg
- Up to & including 100 kg
- Over 100 kg

**MASTER MEN'S BODYBUILDING 40-49 YEARS:** 1 open category
MASTER MEN’S BODYBUILDING OVER 50 YEARS: 1 open category

MEN’S CLASSIC BODYBUILDING*
Up to & including 175 cm
Over 175 cm
Overall

MEN’S PHYSIQUE:
Up to & including 173 cm
Up to & including 179 cm
Up to & including 182 cm
Over 182 cm
Overall

JUNIORS MEN’S PHYSIQUE : 1 open category

MASTERS MEN’S PHYSIQUE : 1 open category

MUSCULAR MEN’S PHYSIQUE: 1 open category

CLASSIC PHYSIQUE: 1 open category**

WOMEN’S BODYFITNESS:
Up to & including 163 cm
Over 163 cm
Overall

MASTERS WOMEN’S BODYFITNESS: 1 Open Category

WOMEN’S BIKINI-FITNESS:
Up to & including 160 cm
Up to & including 164 cm
Up to & including 169 cm
Up to & including 172 cm
Over 172 cm
Overall

JUNIORS BIKINI-FITNESS: 1 open category

MASTERS BIKINI-FITNESS: 1 open category

FIT MODEL: 1 open category

WELLNESS FITNESS: 1 open category

WOMEN’S PHYSIQUE: 1 Open Category

* - Maximum bodyweight limits [in kg] for classic bodybuilding:
Up to 168 cm Athlete’s height [in cm] minus 100
Up to 171 cm (Athlete’s height [in cm] minus 100) + 2
Up to 175 cm (Athlete’s height [in cm] minus 100) + 4
Up to 180 cm (Athlete’s height [in cm] minus 100) + 7
Up to 188 cm (Athlete’s height [in cm] minus 100) + 9
Up to 196 cm  (Athlete’s height [in cm] minus 100) + 11
Over 196 cm  (Athlete’s height [in cm] minus 100) + 13

* - Maximum bodyweight limits [in kg] for classic physique:
Up to 168 cm  (Athlete’s height [in cm] minus 100) + 4
Up to 171 cm  (Athlete’s height [in cm] minus 100) + 6
Up to 175 cm  (Athlete’s height [in cm] minus 100) + 8
Up to 180 cm  (Athlete’s height [in cm] minus 100) + 11
Up to 188 cm  (Athlete’s height [in cm] minus 100) + 13
Up to 196 cm  (Athlete’s height [in cm] minus 100) + 15
Over 196 cm  (Athlete’s height [in cm] minus 100) + 17

Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.

AWARDS
- **Top six athletes** in each category will be awarded with medal or trophy and certificate.
- **Overall** in each discipline will have a trophy
- **Top 5 athletes** in Men's and Women's senior categories will be awarded points to the 2019 IFBB World Ranking according to the World Ranking Rules.
- **23 IFBB Elite Pro Cards will be awarded**: Men's Physique(3), Muscular Men’s Physique(2), Classic Bodybuilding(2), Classic Physique(2) and Bodybuilding(3) as well as Women’s Physique(1), Bodyfitness(2), Bikini Fitness(3) and Wellness Fitness(2). Overall winners in Masters Bodybuilding, Masters Bikini Fitness & Masters Body Fitness will receive their **Master Elite Pro Cards** as well.
- **The Pro Card winners in Bodybuilding, Classic Physique & Wellness Fitness categories can directly compete in the IFBB Elite Pro Malta.**

BACKSTAGE ACCESS
A limited number of backstage passes will be for sale during registration.

VISAS
A valid passport is required to enter the Republic of Malta. The passport should be valid for at least 90 days following your departure date from Malta and should have at least one blank page for visas.
EU-country citizens do not need to obtain a visa. All other countries should consult the Malta’s diplomatic missions in their countries to determine if they need a visa.
Detailed information at: https://homeaffairs.gov.mt/en/MHAS-Information/Travelling%20to%20Malta/

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.
**WHAT WILL YOU GET?**

Individual photos (elimination, semifinals) • Comparison photos (finals)
• I-walk or posing routine
• Award ceremony
• Everything in high-resolution

**HOW MANY PICTURES WILL I GET FOR 20 €?**

It depends on many factors – your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

**HOW LONG IT WILL TAKE TO GET PHOTOS?**

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

**HOW DO I GET PHOTOS?**

During payment process you have to enter correct e-mail address – we will send you download link (Dropbox) where you can download all photos in digital format.

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**¿QUÉ FOTOGRAFÍAS OBTENDRÉ POR 20 €?**

Depende de muchos factores – tu rendimiento, número de fotógrafos que tenemos en la competencia, velocidad de evaluación, etc. Por ejemplo, si terminas en eliminación, puedes esperar al menos 4 fotos (4 poses) pero si estás en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

**¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER LAS FOTOGRAFÍAS?**

Podría tardar hasta 7 días después del último día del show para competencias pequeñas (por ejemplo, Diamond Cup) o hasta 14 días para grandes competencias (European Championships, World Championships, Arnold Classic).

**¿CÓMO OBTENGO LAS FOTOGRAFÍAS?**

Durante el proceso de pago, debes introducir la dirección de correo electrónico correcta: te enviaremos el enlace para descargar todas las fotos en formato digital.

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**Ile zdjęć otrzymam za 20 zł?**

Zależy to od wielu czynników: twojej wyprzedaży, liczby fotografów, których mamy na konkursie, szybkości oceniania i wiele innych czynników. Na przykład, jeśli skończysz w eliminacjach, można się spodziewać co najmniej 4 zdjęć (4 poses), ale jeśli jesteś w finale, może być nawet do 30-40 zdjęć. Minimum liczba zdjęć to 3.

**Kiedy otrzymam zdjęcia?**

Podczas procesu płatności, musisz wprowadzić prawidłową adres e-mail – otrzymasz link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.

**Jakie zdjęcia otrzymam za 20 zł?**

Obejmują one wiele czynników – Twoją wyprzedaż, liczbę fotografów, szybkość oceniania i wiele innych czynników. Na przykład, jeśli skończysz w eliminacjach, możesz oczekiwać co najmniej 4 zdjęć (4 poses), ale jeśli jesteś w finale, może być nawet do 30-40 zdjęć. Minimum liczba zdjęć to 3.

**Ile czasu będzie potrzebne do otrzymania zdjęć?**

Mogą to trwać do 7 dni pod koniec zawodów dla małych konkursów (np. Diamond Cup) lub do 14 dni dla dużych zawodów (European Championships, World Championships, Arnold Classic).

**Jakie zdjęcia otrzymam za 20 zł?**

Zależy to od wielu czynników: Twojej wyprzedaży, liczby fotografów, których mamy na konkursie, szybkości oceniania i wiele innych czynników. Na przykład, jeśli skończysz w eliminacjach, możesz oczekiwać co najmniej 4 zdjęć (4 poses), ale jeśli jesteś w finale, może być nawet do 30-40 zdjęć. Minimum liczba zdjęć to 3.

**Kiedy otrzymam zdjęcia?**

Podczas procesu płatności, musisz wprowadzić prawidłową adres e-mail – otrzymasz link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.

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**¿Qué fotos obtendré por 20 €?**

Depende de muchos factores – tu rendimiento, número de fotógrafos que tenemos en la competencia, velocidad de evaluación, etc. Por ejemplo, si terminas en eliminación, puedes esperar al menos 4 fotos (4 poses) pero si estás en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

**¿Cuánto tiempo me tomará para obtener las fotos?**

Podría tardar hasta 7 días después del último día del show para competencias pequeñas (por ejemplo, Diamond Cup) o hasta 14 días para grandes competencias (European Championships, World Championships, Arnold Classic).

**¿Cómo puedo obtener las fotos?**

Durante el proceso de pago, debes introducir la dirección de correo electrónico correcta: te enviaremos el enlace para descargar todas las fotos en formato digital.

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**Сколько фотографий я получу за 20 €?**

Зависит от множества факторов: ваш результат, количество фотографов, скорость оценки и многое другое. Например, если вы окажетесь в элиминаторах, вы можете ожидать не менее 4 фотографий (4 поз), но если вы в финале, может быть даже до 30-40 фотографий. Минимальное количество фотографий – 3.

**Сколько времени у нас займет получить фотографии?**

Могут потребоваться до 7 дней после последнего дня изготовления для малых конкурсов (например, Diamond Cup) или до 14 дней для больших конкурсов (European Championships, World Championships, Arnold Classic).

**Как я могу получить фотографии?**

В процессе оплаты вам нужно будет ввести правильный адрес e-mail – мы отправим вам ссылку на Dropbox, где вы сможете скачать все фотографии в формате цифровом.

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**¿Cuántas fotos obtendré por 20 €?**

Depende de muchos factores – tu rendimiento, número de fotógrafos que tenemos en la competencia, velocidad de evaluación, etc. Por ejemplo, si terminas en eliminación, puedes esperar al menos 4 fotos (4 poses) pero si estás en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

**¿Cuánto tiempo me tomará para obtener las fotos?**

Podría tardar hasta 7 días después del último día del show para competencias pequeñas (por ejemplo, Diamond Cup) o hasta 14 días para grandes competencias (European Championships, World Championships, Arnold Classic).

**¿Cómo puedo obtener las fotos?**

Durante el proceso de pago, debes introducir la dirección de correo electrónico correcta: te enviaremos el enlace para descargar todas las fotos en formato digital.
TANNING, HAIR & MAKE-UP SERVICES

Jan Tana Team will be providing Tanning, Hair & Makeup services at the contest venue! We Recommend purchasing services from Jan Tana to ensure you Look Your Best. Jan Tana is the Official Tanning, Hair & Makeup Sponsor for this IFBB Event.

Link: https://www.bokamera.se/onsitetan/BookTime?event=70766&date=04%2F06%2F2018&numberOfResourceToBook=1&selectedResourceId=0

TANNING

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.

The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor’s body.

LANGUAGE

Malta has two official languages: Maltese and English.

TIME DIFFERENCE

UTC +2 hour (CEST - Central European Summer Time Zone)

CURRENCY

The official currency in Malta is Euro (EUR).

ELECTRICAL CURRENT

230 V, 50 Hz. Plugs and sockets of type G (plug has three rectangular prongs). Better to check at: http://www.worldstandards.eu

CORRESPONDENCE AND INFORMATION

Further information can be requested by email addressed to the MFBBF President Mr. Ralph Decelis: ralph.decelis@mfbbf.org
### ENTRY FORMS SENDING DETAILS

<table>
<thead>
<tr>
<th>Please send your Entry Form not later than <strong>12th April, 2019</strong> to:</th>
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<tbody>
<tr>
<td>Maltese Bodybuilding &amp; Fitness Federation President Mr. Ralph Decelis:</td>
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<tr>
<td>E-mail: <a href="mailto:ralph.decelis@mfbbf.org">ralph.decelis@mfbbf.org</a></td>
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<tr>
<td>IFBB Technical Committee</td>
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<tr>
<td>Eng. Andrew Michalak</td>
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<tr>
<td>E-mail: <a href="mailto:amichalak5@gmail.com">amichalak5@gmail.com</a></td>
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<th>Please Send a copy to:</th>
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<tr>
<td>International Federation of Bodybuilding and Fitness Head Office:</td>
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<tr>
<td>Ms. Diana Mozos</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:info@ifbb.com">info@ifbb.com</a></td>
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### TENTATIVE PROGRAM

**Friday, April 19th**

10:00-18:00 - Official Athlete Registration (Weigh-in) at the Dolmen Resort Hotel
18:30 - Team Managers and Judges Meeting at the Dolmen Resort Hotel

**Saturday, April 20th**

10:00 – Prejudging and Finals of Diamond Cup (Part 1) at The Oracle Conference Center at the Dolmen Resort Hotel-Fit Model/Bikini Fitness/Body Fitness/Wellness/Women's Physique
19:00 – National Championships

**Sunday, April 21st**

10:00 – Prejudging & Finals of Diamond Cup (Part 2)-Men's Physique/Classic Physique/Classic Bodybuilding/Bodybuilding
18:00 – IFBB Elite Pro Show Event-Classic Physique/Wellness/Bodybuilding

*Official Running order will be released closer to the event*