



**27th MEDITERRANEAN BODYBUILDING
CHAMPIONSHIPS**

28 - 30 October, 2011

MALTA

**INSPECTION REPORT
&
OFFICIAL INVITATION**

Welcome Message from the President of the International Federation of Bodybuilding & Fitness (IFBB)



Dear friends in sport:

Welcome to the 2011 Mediterranean Championships; welcome to Malta, an island in the heart of the Mediterranean Sea, crossroad of millenary cultures and treasures of history, art and traditions.

I wish to thank the Maltese Bodybuilding Federation, its president Mr. Mario Pace, its Executive Board and members for their commitment and passion for sport, organizing this new edition of one of the most prestigious and traditional IFBB events on the international calendar.

Our thanks and recognition to my Executive Assistant in the IFBB, Dr Adel Fahim El Sayed, who through his wide dedication and efforts, this championship keep growing all the years.

Our thanks go as well to the Maltese Government and Authorities for their continued support to bodybuilding, fitness and healthy lifestyle activities.

The 2011 IFBB Mediterranean Championships in Malta is going to be a great celebration and a meeting point for all the Mediterranean athletes, who shall be welcomed in this historical land that symbolizes so well the millenary cultures that flourished in the area.

The best athletes from three continents shall be competing for this important title, sharing as well with their delegates and supporters the experience to walk in Valetta or any of the nice picturesque streets of any of the cities and villages on the island in which in every corner almost in every meter there is something worthy to view and visit.

I encourage all the Mediterranean Federations to send their teams, delegates and supporters to Malta in the knowledge that they will enjoy a great sport event and a very interesting trip which they will enjoy and remember for life.

Looking forward to meeting you next October in Malta,

Yours in sport,

Rafael Santonja
IFBB President

Welcome Message From
the President of the Maltese Federation of Bodybuilding



Dear IFBB Friends,

It is my pleasure to invite you all to our wonderful island for the 27th IFBB Mediterranean Championships. The last Mediterranean Championships that were held in Malta took place in 1989 and we still talk fondly about that event.

Our ambition is to make these championships a great experience for all of you. Our country is situated in the centre of the Mediterranean Sea and we would love to have all Mediterranean countries participating in this event.

I hope you all have a pleasant stay and enjoy great Mediterranean Championships.

Your friend,
Mario Pace
IFBB Malta President

WELCOME

The Organizing Committee of the Maltese Bodybuilding & Fitness Federation takes this opportunity to welcome all National Federations of the Mediterranean to participate in the 2011 IFBB Mediterranean Bodybuilding Championships that will be held in Malta during the period 28th to 30th October 2011.

ABOUT MALTA

Malta officially the **Republic of Malta** is a southern European country and consists of an archipelago situated centrally in the Mediterranean, 93 km south of Sicily and 288 km east of Tunisia, with the Strait of Gibraltar 1,826 km to the west and Alexandria 1,510 km to the east.

Malta covers just over 300 km² in land area, making it one of Europe's smallest and most densely populated countries. Its *de facto* capital is Valletta and the largest city is Birkirkara. Maltese is the national language and a co-official language, alongside English.

Throughout history, Malta's location has given it great strategic importance and a sequence of powers including the Phoenicians, Greeks, Romans, Fatimids, Sicilians, Knights of St John, French and the British have all ruled the islands. Malta gained independence from Great Britain in 1964 and became a Republic in 1974, whilst retaining membership in the Commonwealth of Nations. It is a member of the United Nations (since 1964) and a member of the European Union (since 2004). Malta is also party to the Schengen Agreement (since 2007) and member of the eurozone (since 2008).

Malta is known for its world heritage sites, most prominently the Megalithic Temples which are the oldest free-standing structures in Europe.



Geography



Malta is an archipelago in the central Mediterranean Sea (in its eastern basin), some 93 km (58 mi) south of the Italian island of Sicily across the Malta Channel. Only the three largest islands — Malta Island (Malta), Gozo (Għawdex), and Comino (Kemmuna) — are inhabited. The smaller islands (see below) are uninhabited. The islands of the archipelago were formed from the high points of a land bridge between Sicily and North Africa that became isolated as sea levels rose after the last Ice Age. The archipelago lies on the edge of the African tectonic plate where it meets the Eurasian plate.



Maltese Landscape, Għadira

Numerous bays along the indented coastline of the islands provide good harbours. The landscape consists of low hills with terraced fields. The highest point in Malta is Ta' Dmejrek, at 253 metres (830 ft), near Dingli. Although there are some small rivers at times of high rainfall, there are no permanent rivers or lakes on Malta. However, some watercourses have fresh water running all year round at Bahrija, l-Imtaħleb and San Martin, and at Lunzjata Valley in Gozo.

Phytogeographically, Malta belongs to the Liguro-Tyrrhenian province of the Mediterranean Region within the Boreal Kingdom. According to the WWF, the

territory of Malta belongs to the ecoregion of "Mediterranean Forests, Woodlands and Scrub".

The south of Malta is not Europe's most southern point; that distinction belongs to the Greek island of Gavdos.

Climate

The climate is typically Mediterranean, with hot, dry summers, warm and sporadically wet autumns, and short, cool winters with adequate rainfall. Nearly three-fourths of the total annual rainfall of about 600 millimetres (24 inches) falls between October and March; June, July, and August are normally quite dry.

The temperature is very stable, the annual mean being 18°C (64°F) and the monthly averages ranging from 12°C (54°F) to 31°C (88°F). Winds are strong and frequent; the most common are the cool north-westerly (*majjistral*), the dry north-easterly (*grigal*, or *gregale*), and the hot humid south-easterly (*xlokk*, or *sirocco*). The relative humidity is consistently high and rarely falls below 40%.

Currency

The Maltese government adopted the euro as the country's currency on 1st January 2008.

Languages

The Maltese language (Maltese: *Malti*) is the constitutional national language of Malta. The Constitution also enshrines it as the country's official language, alongside English. Italian was the official language of Malta until 1934, when English and Maltese replaced it.



OFFICIAL HOTEL

The Official Hotel of all IFBB Executive Council Members, delegates & competitors will be *Seashells Resort at Suncrest Hotel*

The **Seashells Resort at Suncrest** Hotel Malta is located directly on the seafront overlooking the picturesque bay of Qawra. It boasts fantastic unspoiled views of the crystal clear Mediterranean sea. The **Hotel** is located in a stunning location, has superb facilities, meeting rooms and offers a friendly atmosphere.

<http://www.suncresthotel.com/>



IMPORTANT NOTICE

HOTEL RESERVATIONS (including accommodation before the official arrival as well as after the official departure and during the championships) for delegates, athletes and extra delegates will be arranged by the Organizing Committee of the Maltese Bodybuilding & Fitness Federation

VENUE SITE

The contest will take place at the Cottonera Sports Complex. On a daily basis this complex is a hub of activity. It is used for various sports activities, mainly volleyball and badminton on a regular basis, as well as netball, basketball, traditional karate, aerobics, yoga and a judo nursery. The meeting rooms and storage spaces are available for sports associations, at subsidised rates, should they wish to utilise them, and the Head Office of the Kunsill Malti Ghall-iSport is situated on the second floor of the complex. So it can be said to be the heart of sport in Malta. The main hall can seat up to 1200 spectators.

<http://www.sportmalta.org.mt/Default.aspx?tabid=53>



ACCOMMODATION

The Organizing Committee will provide accommodations and three meals per day for all the official members of the national federations according to the IFBB rules:

1. Three (3) or more competitors = Two (2) delegates
2. Two (2) competitors or less = One (1) delegate
3. National Federation with no athletes may send one (1) official delegate. This delegate will be responsible for all of his/her own expenses.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS and PHOTOGRAPHERS

The Organizing Committee has established a **SPECIAL PACKAGE** including:

- Three nights
- Three meals per day (breakfast, lunch and dinner)
- Tickets for semi-finals and finals
- Closing banquet
- Internal transport

The cost of the Special Package is: **350.00 EUR** for each person on a double room or **500.00 EUR** for a single room. For more information please ask the Organizing Committee.

HOTEL DEPOSIT

An initial deposit of **100.00 EUR PER PERSON** is required upon check-in for incidental and personal expenses, which may arise (telephone, laundry, room services, etc.). The unused portion of this deposit will be refunded at check-out. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his team. **PLEASE INFORM YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

AIRPORT

The Maltese Bodybuilding Federation will pick you up at **Malta International Airport** at your arrival. It is very important that every federation provides their details to the Organizing Committee including the number of people in their delegation.

Your cooperation is essential to ensuring adequate transportation for you team. A fee of €20 per person will be charged. This will cover all the transportation from airport-hotel-venue site-hotel-airport.

Any national teams arriving before the official arrival date of Friday 28th October 2011 and staying on after the official departure date of Monday 31st October 2011 will be responsible for their own transportation.

EARLY ARRIVALS / LATE DEPARTURES

Any National Federations arriving before the official arrival date of October 28, 2011, and staying on after the official departure date of October 30, 2011, will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

WEIGH-IN AND REGISTRATION

Weigh-in, measurement and registration of athletes will take place at the official Hotel. It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.

Any athletes who are late will not be accepted to participate & will be responsible for their own expenses.

POSING MUSIC

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.

Each athlete must bring his PASSPORT and 2 copies of the POSING MUSIC to the weigh-in and registration.

IMPORTANT NOTICE

THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC.

BODYWEIGHT CATEGORIES

Women:

- **Bikini - Open Class**
- Body Fitness-Open Class
- Bodybuilding-Open Class

Men:

- Classic Bodybuilding-Open Class

Bodybuilding:

- Up to 65 kg.
- Up to 70 kg.
- Up to 75 kg.
- Up to 80 Kg.
- Up to 85 kg.
- Up to 90 kg.
- Up to 100 kg.
- Over 100 kg.
- A maximum of 9 (nine) men competitors per National Federation will be accepted.
- A maximum of two (2) athletes in the same category will be accepted.
- There is no "B" team permitted at this championship; except for the host country. These "B" team athletes may compete for placing and awards;

however; their placing will not be included in the "best national team award".

NOTE:

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

IFBB REGISTRATION FEES

Each official athlete and delegate participating will be obliged to pay a REGISTRATION FEE OF **300.00 EUR**. This fee is payable to the IFBB upon arrival in the hotel in Qawra. The registration fee is completely separate from the hotel deposit

SECRETARIAT

The Organizing Committee will have a secretariat desk in the lobby of the official Hotel from the 28th to the 31st October . You can obtain information and assistance from Secretariat when required.

FLIGHT RECONFIRMATION

To reconfirm your flight to and from Malta, please contact the secretariat with 24-36 hours before your departure.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage area and dressing room area shall be strictly limited to essential personnel ONLY.

CAMERAS / VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area and dressing room area except when used by duly recognized press personnel and, in any event, these devices shall be STRICTLY PROHIBITED IN THE DRESSING ROOM AREA.

DRESS CODE, PARADE OF NATIONS

The dress code for all delegates or officials for the Parade of nations is as follows: black dress shoes, dark socks, grey dress skirt, white shirt, IFBB tie, and blue blazer with IFBB crest.

One (1) delegate & one (1) competitor per country must take part in the parade of the nations.

NATIONAL ANTHEM / NATIONAL FLAG

All national federation must bring with them to Malta the music of their national anthem (shortened version) on a CD. This must be on a separate CD to any posing music.

All national federations must bring with them to Malta their national flag.

GREEN CARDS

Green Cards, used to limited access to the weigh-in & backstage area during the prejudging and finals will be distributed at the judges, team managers meeting as follows:

- Five (5) or more competitors – two (2) green cards.
- Less than five (5) competitors – one (1) green card.

JUDGES:

- In order to assist the judges committee in their selection of the judges at the Mediterranean championships, please forward your nominations for judges from your federation as soon as possible to:
 - Mr. Mario Pace, President, Maltese Bodybuilding & Fitness Federation
 - Email: info@ifbb-malta.com
 - The names of those judges submitted in advance will receive priority consideration. All judges must bring their cards to Malta.
- PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS

IMPORTANT NOTICE:

All judges who wish to be included in the judge's panels at these championships should be specified on the Final Entry Form. The test judges should be specified on the Final Entry Form also. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

DOPING CONTROLS

Competitors will be tested according to the current IFBB Doping Control Rules: Doping controls will be conducted by the IFBB Medical Commission pursuant to the *IFBB Anti-Doping Rules* and *IFBB Anti-Doping Directive* using one of the WADA accredited laboratory in the area.

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

IMPORTANT NOTICE

Doping controls may be conducted using any or all of the following methods:

- 1. Random Selection: A number of athletes selected at random throughout the event e.g. at Weigh-in.*
- 2. Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at Finals*

**The IFBB reserves the right to Target Test any athlete*

The IFBB is a Signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their National Team athletes are competing drug-free at IFBB international competitions.

VISAS

A valid passport is required to entry into Malta.

Please consult the Maltese Embassy in your country to determine if you need a visa.

An official letter of invitation will be made available if required.

TRAINING FACILITY:

The organizing committee will provide a fully equipped training facility to all participating countries.

TENTATIVE SCHEDULE

- **FRIDAY 28th October**
 - Official Arrival Date
 - Lunch
 - Judges and Technical Meeting
 - Weigh-in & Registration
 - Dinner
- **SATURDAY 29th October**
 - Breakfast
 - Lunch
 - Prejudging
 - Dinner
- **SUNDAY 30th October**
 - Breakfast
 - Lunch
 - Finals
 - Farewell Banquet
- **MONDAY 31st October**
 - Breakfast
 - Checkout & Departures