



## **V Mediterranean Cup 22<sup>nd</sup> to 25<sup>th</sup> October 2010**

### **1. Venues**

*Competition:* Cottonera Sports Complex. Bormla.

*Accommodation:* Seashells Resort at Suncrest , Qawra.

*Seminar:* Suncrest Hotel, Qawra

### **2. Competition Rules and Regulations**

The competitions will be held in accordance with the Mediterranean Weightlifting Confederation rules for the countries eligible to participate in the above tournament.

### **3. Team**

The Team is composed of 4 athletes, three men and one woman. Results will be calculated on the Sinclair form. The team with the highest points win.

### **4. Eligibility to participate**

Mediterranean Weightlifting Confederation members, which are also affiliated to the IWF.

### **5. Entries**

Preliminary entry forms must be received by the organising committee before 22<sup>nd</sup> August, 2010.

Final entry forms must be received by the organising committee before 22<sup>nd</sup> September, 2010.

## 6. Awards

- Team Trophy for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- Gold, Silver and Bronze medals will be awarded to the first three teams.
- A Trophy named "*The Champion night*" to honour the best male athlete and the best female athlete
- All teams receive a participation Trophy
- Souvenir, medal and certificate for all the participants.
- Fair Play Charter Memento will be presented

### 7a. Package rate

*The participants have to pay the sum of:*

€70 in twin sharing per person per day on full board basis

€80 in single room per person per day on full board basis

The package also include transportation:

- Hotel / Competition hall / Hotel

### 7b. Transportation

The Organising Committee will provide transportation between the Airport and place of accommodation for the cost of **12 Euro per person**. Please indicate your precise arrival/departure time and as well as flight number in the Final Entry Form in due time.

We do accept cash payment upon arrival at the hotel's registration desk, or preferable by bank transfer to the following account.

Beneficiary : Malta Weightlifting Association

Bank : Bank of Valletta

184, Naxxar Road, San Gwann

SGN 9030 MALTA

IBAN : MT34VALL22013000000016701840029

SWIFT: VALLMTMT

Please send us a copy of transaction not later than 12<sup>th</sup> October by e-mail to [maltese@maltanet.net](mailto:maltese@maltanet.net) or fax + 356 21 235867

## **8. Visa to Malta**

All participants should contact the respective embassy in their countries and find out if a visa is required.

## **9. Equipment**

Eleiko Barbells.

## **10. Doping Control**

The doping controls will be carried out according to the IWF Anti-Doping Policy.

## **11. Technical Officials**

The participating federations must delegate a qualified referee for the competition category I. or II. The organising committee will delegate all Juries, Referees, Technical Controllers and Doctor.

## **12. Insurance**

All national federation must undertake full moral and financial responsibility for their delegates as well for their health in case of accidents or damages according to the IWF By-laws.

## **13. Accreditation**

The accreditation will take place at Seashells Suncrest Hotel registration desk upon arrival.

## **14. Flags and Anthems**

Each participating delegation is kindly requested to bring 2 National Flags (100x150cm) and CD with the National anthem. The Organising Committee will collect them upon arrival from each delegation.

## **15. Seminar**

Seminar will take place at Seashells Resort at Suncrest , Qawra and will be in English, Italian and French language.

## **16. Notes**

The temperature in Malta in the month of October will be around 25 C.

Plugs and adaptors: Three-pin square British style plugs are used with 240 v.

## 17. Organisers

*Mr. Jesmond Caruana*

*President*

*Malta Weightlifting Association*

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