



ATHLETE GUIDE

Malta 2025



WELCOME TO THE ISLAND GAMES MALTA EDITION

Welcome to The Island Games, Europe's functional fitness festival, set on the stunning shores of Pretty Bay, Birzebbuga, Malta.

This competition is all about creating a platform for all abilities, to celebrate teamwork and fun, among our inclusive fitness community.

Spread over three days (May 9th-11th), 100 teams from the UK, Malta, and beyond will take part in a number of workouts, with both elite and everyday categories competing on all 3 days.

Be prepared for an unforgettable weekend of competition, camaraderie, and celebration!

TIG TEAM



**Sarah - Event
Director**



**Will - Head of
Programming**



**MJ - Head
Judge**



**Sherene -
Assistant Judge**



**Ray - Head of
Scoring**



**Mani - Head
of Equipment**



**Christina -
Event Manager**



**Steve - Head
of Athletes**



**Syncro
Marketing**



**Sean - Head
of Media**



**Head of
Safety**

For any questions regarding the event timings, heat schedule, team admin, team members and registration, site orientation and facilities or tickets, please contact hello@theislandgames.co.uk.

For anything urgent please Whatsapp 00356 79290390.

EVENT INFORMATION



Dates: May 9th – 11th, 2025

Location: Pretty Bay, Birzebbuga, Malta

Categories:

Elite

Everyday

Team Composition: 4 athletes (2 male, 2 female)

Event Location: Pretty Bay, Birzebbuga

Directions: The Island Games will be set up across Pretty Bay and its promenade – impossible to miss us. There will be one pedestrian entry / exit marked by a large blow up arch (for all athletes, volunteers and spectators).

SITE MAP



EVENT SCHEDULE



Thursday 8th May:

- 6pm to 7.30pm - Team Check-in & Registration - Intersport Piazzetta Sliema.

Friday 9th May:

- 10am to 1pm - Team Check-in & Registration - TIG HQ Tent at the venue.
- 10.30am to 11.30am - All staff briefing - Warm up area.
- 1.15pm - 2.30pm - Athlete welcome, safety & event briefing for workout 1 - Warm up area.
- 3.20pm - Workout 1, Heat 1 - Beach Arena.
- 7pm - End of day 1.

Saturday 10th May:

- 7am to 7.40am - Athlete & volunteer briefing for workouts 2, 3 & 4 - Warm up area.
- 8.15am - Workout 2, Heat 1 - Erg Arena.
- 1pm - Workout 3, Heat 1 - Rig Arena.
- 4.15pm - Workout 4, Heat 1 - Rig Arena.

Sunday 11th May:

- 7.45am to 8.25am - Athlete & volunteer briefing for workout 5 - Warm up area.
- 9am - Workout 5, Heat 1 - Rig Arena.
- 12.15 to 12.45 - Athlete & volunteer briefing for workout 6 - Beach Arena.
- 1.20pm - Workout 6, The final - Beach Arena.
- 3pm - Podium - Beach Arena.
- 3.30pm - Private beach after party - Beach Arena.

TEAM CHECK-IN & REGISTRATION



Teams can choose to check-in and register at either of the below time slots:

Thursday 8th May:

6:00pm to 7:30pm - Intersport Piazzetta Sliema

Friday 9th May:

10:00am to 1:00pm - Birzebbuga Pretty Bay - TIG HQ

A minimum of 2 Team Members need to be present for the check-in and registration, but all 4 athletes **MUST** have accepted their spot on Team Aretas and signed a waiver to enable your team to be checked in.

Teams will receive a welcome bag containing athlete wristbands, team boards and other items. It is your responsibility to make sure you have received everything required, including 4 athlete wristbands per team.

For those who have ordered merch, these will be available for collection here.

ATHLETE BRIEFING AND WORKOUT ANNOUNCEMENTS

The Athlete briefing will take place at the venue by the warm up area. Our demo team will run you through the workouts and movement standards, followed by a brief question and answer session.

The workouts and movement standards will also be on our website. Please make sure that you understand what is required.

SUBSTITUTIONS AND WITHDRAWALS



Teams can make substitutions until check-in closes on May 9th, as long as all replacement team members complete the online waiver. No changes are allowed after check-in, unless a team member needs to withdraw due to an injury sustained during the event.

Teams must always compete with all four athletes. In any of the above cases, please notify the Head Judge or Assistant Head Judge.

COMPETITION FORMAT

Both Elite and Everyday categories will compete every day, across multiple workouts over the 3 days.

Your team will be assigned a heat and a lane in each event, except in a possible mass start event, where all athletes race together. A full schedule of all heats will be available online prior to the weekend.

Teams must arrive at the workout Arena entrance, at least 10 minutes before their heat. While we endeavour to start each heat on time, there will be some flexibility in the schedule, so we ask your whole team to be ready. Please listen to announcements.

Athlete control will show you through to the Arena when the lanes are ready for you. All athletes must stay out of the workout Arenas outside of their heat times.

Once your heat is finished and the score sheet is signed, please return the equipment to the starting position and exit without delay. Please do not leave any personal items on the lane. Once all athletes have exited, Athlete Control will show the next heat through to the Arena.

SCORING & APPEALS



On-site Judges will validate scores for each workout a Team performs. Your team will be asked to sign their score sheet at the end of each workout. Signing your score sheet means agreeing to the score.

Each workout is individually scored, and cumulative scores of all the workouts, will determine the top teams. The Teams with the best performance over multiple workouts secure a place on the podium. In case of a tie, the team with the most top finishes wins. In case of a further tie, the team who placed higher in the elimination workout final secures the winning place. In case of the individual workout prizes, if two or more teams place first, the winning team will be picked depending on the tiebreaker for each individual workout.

Any scoring disputes must be raised on the same day at the TIG HQ Tent, within 30mins of the workout finishing. Head of Scoring (Ray Gabriele) together with the Head Judge (MJ) or Asst. Head Judge (Sherene de Stadler) will meet you there to discuss. No appeals will be accepted after 30 minutes of the workout finishing. Signing your score sheet means agreeing to the score.

Each team / athlete will have a limit of 2 appeal opportunities across the weekend. Once the team / athlete submits 2 appeals, no further appeal will be taken into consideration. On the final day of the competition, athletes may only appeal their final workout 6 scores immediately with the Head Judge and / or Asst. Head Judge.

Please refer to the Rule Book for further details.

A live leaderboard will be available on Team Aretas. If you believe your team's score is not accurately presented on the competition leaderboard, please reach out to the Head of Scoring.

PRIZES



There will be the following Prizes:

- Prizes (including cash prizes) for 1st, 2nd and 3rd Teams in both categories.
- Cash Prizes for the winners of each workout in both categories.

ATHLETE INFORMATION:

- Bring sun protection: sunscreen, hats, sunglasses.
- Pack spare clothes and towels (some events may involve water).
- Bring bathing suit / swimwear.
- Wetsuits, neoprene shoes, and swimming goggles are permitted for water-based events.
- Hand paddles, fins and kick boards are not allowed.
- There will be no storage facilities for your kit.

ATHLETE CONDUCT:

- Do not attempt to use event equipment outside of your scheduled heats.
- Please refer to the Rule Book for further details.

HEALTH & SAFETY:

- A medical team will be on-site for the duration of the event. If you experience an injury or illness, seek immediate assistance from the medical team.
- A sports physio and recovery area will be provided by a team of sports therapists from Rise Physio Malta and Five Physio Uk.
- Please follow all event safety guidelines and listen to staff instructions.

FACILITIES & LOGISTICS



PHYSIO & ICE BATHS:

A sports physio and recovery area will be provided by a team of sports therapists from Rise Physio Malta and Five Physio Uk throughout the event.

We will also have an ice bath set up by world record breaker Neil Agius available at the following times:

- Friday 9th - 14:00 onwards
- Saturday 10th - 11:00 onwards
- Sunday 11th - 8:00 to 15:00

FOOD & DRINKS:

Food and drink vendors will be available throughout the event selling a selection of hot meals, snacks, pastries, coffee, protein shakes, alcoholic and non alcoholic drinks. Only card payments will be accepted.

VENDORS:

There will be a number of vendor stalls present on site.

TOILETS:

Portable toilets will be available on-site. Please avoid using the restaurant toilets, as these are for customers ONLY.

SPECTATORS:

The event is open to spectators, and we encourage friends and family to come and support the athletes! Spectator tickets can be bought online [here](#).



DISABLED ACCESS:

The Island Games welcomes disabled participants and spectators. Please reach out to Sarah on sarah@theislandgames.co.uk if you require assistance or specific accessibility requirements.

TRANSPORT AND PARKING:

Free public parking is available near the event site on a first come first served basis. Please use the white boxes only. Do NOT park at the event entrance or block access roads.

We encourage you to use our official transport partner - UBER. Athletes & Volunteers get exclusive discounts on rides.

LOST PROPERTY:

Please make sure to take care of your belongings. The Island Games is not responsible for any lost property. In case you are missing any personal belongings, please check with the HQ Tent.

WEATHER DISCLAIMER:

As much as we promise the sun, unfortunately we have no control over the weather.

After heat schedules have been fixed, we may still have to change the timings of the workouts and / or swap them around depending on changes in the short-term weather forecast. Weather, in particular sea and wind conditions, can change rapidly. Your safety is our priority and we will always follow the health and safety expert advice. Please listen to announcements at all times and be patient.

PODIUM & AFTER PARTY



- Podium: **Sunday, May 11th, immediately after the last workout.**
- Categories Awarded:
 - 1st, 2nd, and 3rd place teams in both Elite and Everyday categories.
 - 1st place teams for each Workout in both Elite and Everyday categories.
 - Surprise Special Prizes.
- After Party: Join us on the beach at our exclusive sunset beach party. Live DJ, food, and drinks will be available. Athletes, Volunteers and Spectators get free entry.

STAY CONNECTED



Communication prior to the event and over the competition weekend will be on our social media channels.

Follow us on Instagram @TheIsland_Games to stay updated.

And don't forget to tag us so we can share your experience.

Get ready for an epic weekend of fitness and fun!

See you on the Island