



ATHLETE GUIDE

Malta 2026



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 15th -17th), over 200 teams from the UK, Malta, and beyond will take part in a number of workouts, with elite, intermediate and everyday categories. Be prepared for an unforgettable weekend of competition, camaraderie and celebration!

TIG TEAM



**Sarah -
Founder**



**Christina - Head
of Programming**



**Will - Head of
Programming**



**Sherene - Head
Judge**



**Lorna - Head
of Scoring**



**Bernard - Head
of Equipment**



**Steve - Head of
Athlete control**



**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.

We will do our best to reply to your query as soon as we can. Please note, from Monday 11th May, the team will be on site so we may be slower to reply.

For anything urgent please Whatsapp: +44 7780262701 +356 79290390

EVENT INFORMATION



Dates: **May 15th -17th May 2026**

Location: **Pretty Bay, Birzebbuga, Malta**

Categories:

- **Elite**
- **Intermediate**
- **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). The Friday workout will take place at the Birzebbuga Aquatic Sports Club swimming pool, a 5 mins walk from the main arenas.**

SITE MAP



LEGEND

- | | |
|-------------------------|---|
| 01. ENTRANCE / EXIT | 13. BIO ATELIER |
| 02. TICKETS. | 14. BAR |
| 03. ERG ARENA | 15. PHYSIO/HYPERICE |
| 04. RIG ARENA | 16. DR JUICE FOOD STALL |
| 05. EQUIPMENT CONTAINER | 17. WARM UP AREA |
| 06. USN | 18. TIG HQ, REGISTRATION & VOLUNTEER AREA |
| 07. DJ STAGE | 19. FRIDAY ENTRANCE |
| 08. SPORTS DIRECT | 20. FRIDAY TOILETS |
| 09. OTHER VENDOR STALLS | 21. FRIDAY WARM UP AREA |
| 10. POWERADE | 22. POOL ARENA |
| 11. BEACH ARENA | 23. TOILETS |
| 12. SAND PITCH ARENA | |

EVENT SCHEDULE



Friday 15th May:

- **8:30 to 9:45 - Judges & Volunteers Registration**
 - Location: TIG HQ (in front the main warm up area)
- **8:30 to 11:15 - Team Check-In & Registration**
 - Location: TIG HQ (in front the main warm up area)
- **10:00 to 11:00 - Team, Judges & Volunteer Briefing**
 - Location: RIG Arena
- **11:30 to 13:30 - Athlete, Judge & Volunteer Welcome, Event Briefing & Demos for all workouts across the weekend**
 - Location: RIG Arena
- **14:15 - Wet & Wild, Heat 1**
 - Location: **Pool Arena**
- **21:20 - End of Day 1**

Saturday 16th May:

- **07:15 - 7:45 - Judges & Volunteer Briefing** - Location -Rig Arena
- **08:00**
 - **Romeo & Josie, Heat 1** - Location - Rig Arena
 - **Bolt On, Heat 1** - Location - Erg Arena
- **16:20 - Erfa', Heat 1** - Location - Rig Arena
- **21:26 - End of Day 2**

Sunday 17th May:

- **7:45 - 8:15 - Judges & Volunteer Briefing** - Location - Beach Arena
- **8:30**
 - **Zero Bearings, Heat 1** - Location - Sand Pitch Arena
 - **Muscle Beach, Heat 1** - Location - Beach Arena
- **17:00 - Podium** - Location - Main Stage
- **19:30 - After Party** - Location -District Five Pool Deck



TEAM CHECK-IN & REGISTRATION

Friday, May 15th - 8:30 to 11:15 - Birzebbuga Pretty Bay - TIG HQ (in front the main warm up area)

A minimum of 2 Team Members need to be present for the check-in and registration. Make sure you:

- Download the Circle 21 App
- Have all 4 teammates join the team
- Have all 4 teammates sign their waiver

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.

ATHLETE BRIEFING AND WORKOUT ANNOUNCEMENTS

The Athlete briefing will take place on Friday 15th May, 11:30, at the RIG Arena at the venue, Pretty Bay Birzebbuga. Our team will run you through all the workouts and movement standards, followed by a brief question and answer session. The workouts and movement standards will also be on Circle 21.

There will be no demos on the other event days. Please make sure that you understand what is required and how workouts are scored.

SUBSTITUTIONS AND WITHDRAWALS



Teams can make substitutions until check-in closes on May 15th, 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

Elite, Intermediate 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 on [Circle 21](#). Please note, your heat number on Friday will vary from the Saturday and Sunday, due to the pool having 14 lanes for the Friday workout and the rest of the arenas having 10 lanes.

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 arenas 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

The scoring formats will be released when the workouts are announced. 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 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.

APPEALS

All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question via [Circle 21](#).

- Any scoring disputes must be raised on the same day via [Circle 21](#), within 30mins of the workout finishing. The Head of Scoring Lorna Hadley, together with the Head Judge, will discuss and update the result on [Circle 21](#).
- 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 scores immediately via [Circle 21](#).



- Only affected athletes, may appeal a result and no other party on behalf of another - proof for other competing teams is not accepted.
- Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- Athletes may not protest discrepancies related to the judging, scoring, or performance of another Athlete or Team.
- An athlete or team cannot appeal no reps by the judge. Examples include, but are not limited to the depth of a squat, extension of hips, etc
- TIG has final authority on all Athlete Event Protest rulings and may designate this authority to the Head Judge & Event Director.
- The Head Judge and TIG's decision is final. This includes the right to remove or disqualify any Team or Athlete at TIG's sole and absolute discretion.
- TIG staff have final authority on all appeal or protest rulings.

Please refer to the [Rule Book](#) for further details.

A live leaderboard will be available on [Circle 21](#). 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 for 1st, 2nd and 3rd Teams

There is a minimum work requirement for every team to compete in every event across the weekend in order to be eligible for any prizes. The team needs to complete all the workouts across the weekend.



ATHLETE CONDUCT:

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

ATHLETE KIT & PREPARATION

- Bathing caps will be provided for the swimming pool workout, and need to be worn by those entering the water
- Lifevest will be provided for the open water workout, and need to be worn by those entering the water
- Athletic wear suitable for varied outdoor conditions.
- Sun protection: sunscreen, hats, sunglasses.
- Hydration packs or refillable bottles.
- Spare clothes and towels (some events may involve water).
- Bathing suit / swimwear.
- Wetsuits 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.

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.

Please follow all event safety guidelines and listen to staff instructions.

FACILITIES & ACTIVATIONS ON SITE



USN Hair Braiding Service will be available at the USN stall free of charge on Friday 15th and Saturday 16th May. No booking needed. Just walk in !

PHYSIO & RECOVERY SERVICES:

Rise Physio Malta offering:

- **Sports Massage (pre-event and recovery)**
- **Sports Physio Consultations**
- **Taping Services**

Hyperice offering recovery pod facilities

Bio-Atelier our Official NAD⁺ Performance & Recovery Partner will be supplying IV drip therapy, with NAD⁺ IVs, alongside glutathione and hydration drips, and targeted supplements designed to support energy, recovery, and performance. Athletes can pre book [here](#)

Look out for other brand activations and giveaways on site!

FOOD AND DRINKS:

Dr. Juice will be present with exclusive food and shakes throughout the event.

Del Porto Restaurant @ The Water's Edge Hotel is our official restaurant right outside the venue entrance - show your TIG wristbands for 10% off food.

Alcoholic and non alcoholic drinks will also be available via the bar.

Other stalls will be present offering coffee, drinks and snacks!

SUNBEDS AND UMBRELLAS AVAILABLE FOR RENT



For those who fancy a proper break between workouts, you will have the option to rent a sunbed and umbrella.

SHAKEOUT RUN WITH THE MORNING CREW - **SUNDAY 17TH MAY**

- Start Time: 8:30am Pretty Bay, Birzebbuga
- Meeting Point: <https://maps.app.goo.gl/yFSdGK3AYXXPLzv76>
- Route/Run Details: 30 minute and 60 minute running groups, running towards Safi area and back

OPEN GYM ON THE ISLAND

For those looking to train before or after the event weekend:

- [Tripod Fitness](#) - [Book here](#) - use Code TIG2026 for 20% off
- [Training Room](#) - [Book here](#)



PINK SINGLES BANDS

For those who are keen to make new connections, look out to the team giving out pink bands!

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.

SPECATORS

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](#) or at the door.

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 - BOLT. Everyone should have received discount codes.

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.

PODIUM & AFTER PARTY

- Podium: Sunday, May 17th, immediately after the last workout.
- Categories Awarded:
 - 1st, 2nd, and 3rd place teams in Elite, Intermediate and Everyday categories.
 - Surprise Special Prizes.

Open Bar After Party: Join us at District 5, Pretty Bay Birzebbuga for our exclusive poolside party. Live DJ, finger food and unlimited wine, beer, soft drinks and water. Judges and Volunteers joining on all three days get free access. Tickets can be purchased from [here](#). No tickets available at the door.



WEATHER DISCLAIMER

As much as we promise the sun, unfortunately we have no control over the weather (we do guarantee the fun no matter what)!

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, without notice and even a small change could have a big effect on the competition. 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.

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](https://www.instagram.com/TheIsland_Games) to stay updated.

See you on The Island! Get ready for an epic weekend of fitness and fun!

See you on the Island