



RULE BOOK

Malta 2026



MISSION STATEMENT

TIG was created to embrace the power of the fitness community. No matter where you come from, we speak the same language. Creating a platform, where anyone who loves to work out, can experience that exciting element of competing among friends, while getting to enjoy the various island vibes.

The Island Games - Malta Edition 2026 - is a 3 day Mediterranean fitness festival - showcasing 800+ athletes competing across multiple arenas alongside volunteers and spectators, from all over Europe.



GENERAL RULES

By signing up to participate in TIG, each athlete agrees and must comply with any and all Rules and Policies, including without limitation, the Assumption of Risk and Publicity Release, all of which are incorporated herein by reference, and to the decisions of TIG which are final and binding.

Changes in policies, regulations, requirements, workouts, movements and standards may be made at any time without advance notice. The ultimate responsibility for knowing TIG requirements and regulations rests on the athlete. For the latest, up-to-date information refer to this document, the website and Instagram. Should there be any changes we will communicate via email, instagram and the [Circle 21 App](#).

All athletes are required to complete and abide by any and all appropriate waivers and documentation as outlined by TIG, paid and validly registered for entry, completed the on-site registration, and must be wearing official event identification, to participate at TIG's sole discretion.



CATEGORIES, WORKOUTS AND MOVEMENT STANDARDS

There are 3 categories - Elite, Intermediate and Everyday - all made up of 2 male and 2 female athletes. All categories will complete across the 3 days.

Workouts and Event Movement Standards will be released online prior to the event on our Instagram Page and the [Circle 21 App](#), together with a description and demonstration video of the movements. Workout format will be communicated uniformly to all athletes at the athlete briefing. Athletes are required to meet or exceed the Event Movement Standard requirements during all workouts.

The workout format will include the following:

- **Required movements - starting and ending ranges of the movement**
- **Prohibited techniques, accessories, and/or equipment, if any**
- **Adjustments by category**
- **Required number of repetitions and/or repetition scheme**
- **The required amount of weight**
- **Time-domain or time limit**
- **Scoring details**

SCHEDULE OF EVENTS



The schedule, workouts, heats and all relevant information will be released / distributed on the TIG Instagram Page, Circle 21 App and/or through email to each competing Athlete / Team before the competition begins.

It is the responsibility of each competing Team to meet required travel and scheduling commitments. This includes but is not limited to, athlete on-site registration, all event briefings, competition schedules,. Athletes are required to contact us with any scheduling conflicts - sarah@theislandgames.co.uk

IN-PERSON **COMPULSORY** REGISTRATION

Friday 15th May 9am to 11:30am - TIG HQ Pretty Bay, Birzebbuga (opposite the main warm up area)

A minimum of 2 athletes from each team need to register and collect their team board and bags on-site with TIG staff. Athlete registration is mandatory. Another team may not complete registration for any other team competing. In case you are unable to make the registration, please email sarah@theislandgames.co.uk. TIG will do their best to grant a late registration.



ATHLETE BRIEFING

There will be one athlete briefing on Friday 15th May 2026 starting at 11:30 to 13:30, at the RIG Arena Pretty Bay, Birzebbuga. We will run through all the workouts and movements of the weekend, and will not be doing daily morning workout briefings. Attendance at the briefing is highly recommended. Briefings will be delivered by the Head Judge and team, with or without visual demonstration. There will be an opportunity for Athletes to ask questions.

TIG reserves the right to make changes to the date, time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated to all athletes in advance.

STANDARD COMPETITION PROCEDURES

Scaling or modifying workout(s) is prohibited and can lead to disqualification.

For any TIG workout result to be official, it needs to be validated by a TIG Judge. Judges are responsible for enforcing the movement standards. Any infraction to the Movement Standards or Range of Motion will result in the repetition(s) loss.



Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or staff prior to competition may be granted an exception at TIG's sole discretion. These cases are very rare and will be handled on a case-by-case basis.

Judges are instructed not to touch or move competition equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.

Non-compliance with a Judge's instructions, bickering with or questioning Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, TIG, Event sponsors, spectators, other Athletes, or venue operator or owners, as determined by TIG (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification from the event and/or future events.

Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that the Athlete is at risk of serious injury to himself/herself or others.

Judgment calls made during the workout are final and are not negotiable or subject to change or modification.

The Athletes are responsible for making sure they know and perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time, and meeting all submission requirements.



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.

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.

COMPETITION APPEAL PROCESS



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.
- Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion and Judging Applications should be read as a limitation on TIG's right to run or operate the Event as it sees fit in its sole and absolute discretion.
- 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.

ATHLETE ATTIRE REQUIREMENTS

Proper attire is required at all Events. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.

Athletes must always wear their designated wrist band and sport footwear while competing. Slippers, socks, and open-toed shoes are not permitted, apart for the sand / beach / pool arenas, but this is not recommended.



Athletes may cover their hands and fingers with tape, gymnastics grips, or gloves for protection . These resources may not be used in a manner that provides additional grip assistance (i.e. wrap gymnastics grips around a pull-up bar or barbell).

Electronic devices such as watches, wearables and heart-rate monitors are permitted. All other electronics, such as music players and headphones may not be worn.

Athletes should only enter the competition floor with the personal items or attire that is necessary for that specific event. If athletes items are permitted onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for an event may include extra shoes, water bottles, and extra clothing and may not be permitted.

INJURIES

If a team member is injured, the team may continue competing with a replacement. The On Site Medic and Competition Director will have the authority to remove any athlete from competition based on the severity of the injury, the likelihood of further injury, and other injury-related safety factors. An athlete recovery area, including physiotherapists will be provided by TIG to all Athletes in a designated area.



EQUITY, FAIRNESS AND CONDUCT

- All athletes agree to compete in a sportsmanlike manner.
- Unsportsmanlike behavior, such as arguing with an official or representative of TIG, taunting, heckling, fighting, or any conduct that would bring disrepute upon TIG, the competition, other competitors, or spectators or event sponsors, as determined by TIG, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
- Any action that prevents another Athlete from having a fair opportunity to compete (e.g. alteration of equipment, refusal to follow instructions) or that interferes with Athlete and Judge Communication (e.g. external noise devices, air horns, etc.) impedes their ability to enjoy their experience, or is generally disruptive to the Event, is not allowed.
- All decisions taken by the judge during the workout are final. The Team Captain can discuss the results as per the process mentioned above.
- TIG reserves the right, at its sole discretion, to disqualify / terminate any Athlete, Staff, Volunteer, Judge, visitor, guest, supporter, teammate, and/or spectator, it finds to be acting in violation of its official rules, or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person at any time, with no further obligation or duty to such individual.



- TIG, has, and may delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator(s) or dismissal of any attendee.
- This is not an exhaustive list and is meant as a guide to the Athletes, Volunteers, and other attendees. This is not intended as a limitation on TIG's right to operate the competition in any manner it sees fit.
- All information provided, either in registration submissions, scores, times, reps, or rounds completed, must be a complete truth. A lack of integrity, or any actions that evidence an intent to cheat or circumvent the Rules or intent of the Rules of TIG, including lying, for example, will result in disqualification.

REQUIREMENTS, REFUNDS AND TRANSFERS

- Athlete registration is subject to each prospective athlete's affirmative agreement to comply with TIG's policies, rules, and regulations, as determined by TIG, in its sole and absolute discretion, including the [terms and conditions](#) linked out in the website.
- All registrations are final. No refunds are permitted. Transfers are permitted, but cannot guarantee updated Team Boards and Tshirts.



- Athletes must validly and truthfully register online with the appropriately outlined and corresponding digital registration platform(s).
- Athletes are responsible for providing current, valid and truthful information, including their email addresses.
- If TIG is canceled, TIG (or any party) has no obligation to award any prizes or refunds. Any decisions by TIG concerning eligibility, qualifying for and judging related to TIG are final and not subject to challenge or appeal. TIG shall own and shall have no obligation to return or maintain any materials submitted as part of the registration process for TIG.

If you have a question that isn't answered in the pages above, we encourage you to check out our [FAQ guide](#) or get in contact via email sarah@theislandgames.co.uk