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# GAMES OF THE SMALL STATES MALTA 2023

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Selection Criteria



29<sup>TH</sup> MAY TO 3<sup>RD</sup> JUNE 2023  
MALTESE OLYMPIC COMMITTEE

**GSSE MALTA 2023**  
**MINIMUM QUALIFICATION STANDARDS**  
**Conditions of Selection**

Athletes, and their coaches, wishing to be considered for selection for this high-level competition are required to:

- 1) Fill in the following form found at: <https://forms.office.com/r/rVhB4erQ12> by 15<sup>th</sup> November 2022. This information will be used for the long list and logistics purposes. You can also



scan the QR Code:

- 2) Coaches and athletes are obliged to discuss the yearly training program (with regular updates as required) starting from September 2022 up to June 2023 with the Association Technical Committee who in turn shall relay such information to the MOC technical commission. Foreign based athletes will have their respective coaches send bi-monthly reports with possible virtual meetings with coaches as deemed necessary both with Association & MOC Technical Commission.
- 3) All athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Lab. These tests are obligatory and failure to attend without a valid reason and / or notification, will result in an automatic exclusion from the Games.
- 4) Athletes are required to attend training camps with the National Team, both locally and abroad as requested by Technical Committee of the Association. It is expected that athletes follow the direction / training of the national coach during such training camps / sessions.
- 5) Any member of the MOC and /or technical commission shall have the right to visit in person the training being carried out.
- 6) Any injury or sickness is to be reported immediately to the Director of Sport and Medical Commission of the MOC and also to the Medical Team of the Association. No athlete will be permitted to take part in the Games with any illness or injury which may hinder the athlete's performance and/or the team's performance. The MOC Medical Team reserves the right to certify each and every athlete for these games.
- 7) Athletes are to follow instructions by the medical team of the association and MOC for fast recovery from injury.

- 8) All athletes must take part in national competitions (and National Championships if applicable) and International Competitions and at those events for which the Technical Committee of the Association and MOC requests participation. This need to be approved by the DoS and the federation/association. All results and technical report are to be communicated to the DoS and to the federation/association not later than 7 days from the date of competition.
- 9) The Director of Sport reserves the right to communicate and meet up with any athlete coach and technical team per sport, and association/federation representative and the technical commission at any time from September 2022 till the end of the July 2023.
- 10) All athletes, coaches and appointed representatives of federation/association are required to accept, abide by the rules and regulations as well as sign a contract of Rules of Conduct of the MOC and another contract for participation in GSSE2023. Athletes are required to attend the press conferences and any activities organised by MOC as regards GSSE2023 and the MOC athletes' commission. Funded Athletes breaching these conditions could also be asked to refund any funds already approved and/or paid as per athlete's contract.
- 11) According to the rules and regulations of the GSSE, if any event does not have the required number of entries, the event will be removed from the programme. MOC will inform the national federation as soon as possible. The list of events in this document is not final yet.
- 12) The maximum number of athletes allowed to be selected does not mean that Team Malta will make use of all of them.
- 13) All decisions taken by the DoS and MOC pertaining to the GSSE2023 will be deemed as final. **Reaching the MQS does not secure a place in the selected team.**
- 14) The **final day** to be considered for selection to be part of Team Malta is **1<sup>st</sup> May 2023 at NOON**. This means that any athlete competing abroad needs to send official result to their association and MOC director of sport by noon of the 1<sup>st</sup> May 2023.
- 15) All federations/ associations may decide to choose their final Team Malta members before this date (1<sup>st</sup> May 12:00hours) after agreement between the association and DoS. The agreed date will be communicated by email to the association and published on the MOC website.

**Team Malta will be published on 5<sup>th</sup> May 2023.**



## ATHLETICS

### Conditions:

- a) Athletes who have achieved the MQS A result in 2022 need only attain 98% of that in 2023 (MQS A1).
- b) Athletes who have not attained MQS A result in 2022 need to attain MQS B in 2023.
- c) Maximum number of athletes selected in individual events is: 2 (Two)
- d) Only one relay team is allowed per country
- e) All MQS times and distances need to be achieved during an official track and field competition meeting.
- f) Achieving the MQS does not guarantee the selection. Athletes are to show consistent results during the season.
- g) Reference is also made to National Relay team training, for which it is obligatory for the selected athletes to attend in full, both locally and abroad. These training camps are to take precedence on any other training/competitive commitment of the individual athlete.
- h) Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the MOC. Only in exceptional cases, shall the MOC accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.
- i) If more than 2 athletes in a particular event achieve the MQSs listed under MQS A or MQS B sections, performances achieved in 2023 will be given more weight in the final selection of the 2 athletes for the GSSE.

EVENT	MEN			WOMEN		
	Athletes achieving Performance in 2022		Performance in 2023 for consideration	Athletes achieving Performance in 2022		Performance required in 2023 for consideration
	MQS A	MQS A1	MQS B	MQS A	MQS A1	MQS B
	2022	2023 @ 98%	2023	2022	2023 @ 98%	2023
100m	10.59	10.80	10.80	11.67	11.90	11.85
200m	21.35	<del>21.78</del>	21.80	<b>24.22</b>	24.70	24.60
400m	48.65	49.62	49.50	<b>55.75</b>	56.87	57.50
800m	<b>01:49.0</b>	01:51.2	01:50.0	02:11.0	<del>02:13.6</del>	02:16.0
1500m	03:43.0	<del>03:47.5</del>	03:50.0	04:29.0	04:34.4	04:33.0
5000m (track only)	14:14.0	14:31.1	14:30.0	<b>17:24.0</b>	17:44.9	17:39.0
10,000m (track only)	30:15.0	<del>30:51.3</del>	31:00.0	35:30.0	<del>36:12.6</del>	36:30.0
110mH/100mH	14.34	<del>14.63</del>	14.70	13.40	<del>13.67</del>	14.50
400mH	53.57	54.64	54.00	62.30	63.55	63.50
3,000mSC	08:57.0	<del>09:07.7</del>	09:10.0	11:13.0	11:26.5	11:25.0
LJ	<b>7.18</b>	7.04	7.10	<b>6.00</b>	5.88	5.90
TJ	14.77	14.48	14.50	<b>12.50</b>	12.20	12.30
PV	4.70	<del>4.61</del>	4.60	<b>3.55</b>	3.48	3.50
HJ	2.13	<del>2.09</del>	2.05	1.80	<del>1.76</del>	1.70
Discus	64.31	<del>63.05</del>	51.45	51.50	<del>50.49</del>	41.20
Hammer	68.55	<del>67.21</del>	54.84	63.00	<del>61.76</del>	50.40
Shot	18.30	<del>17.94</del>	14.64	14.50	<del>14.22</del>	11.60
Javelin	74.00	<del>72.55</del>	59.20	46.00	<del>45.10</del>	36.80

## BASKETBALL

For both basketball 5v5 and 3v3 - After discussions with the national coach/ technical director, players are selected on various criteria including but not only:

- a. playing position,
- b. skill level,
- c. fitness level,
- d. tactical abilities
- e. injury free
- f. team player attitude
- g. need for Team Malta

Maximum number of athletes selected for 5v5: 12 per gender

Maximum number of athletes selected for 3v3: 4 per gender





## JUDO

After discussions with the national coach/technical director, players are selected on various criteria including but not only:

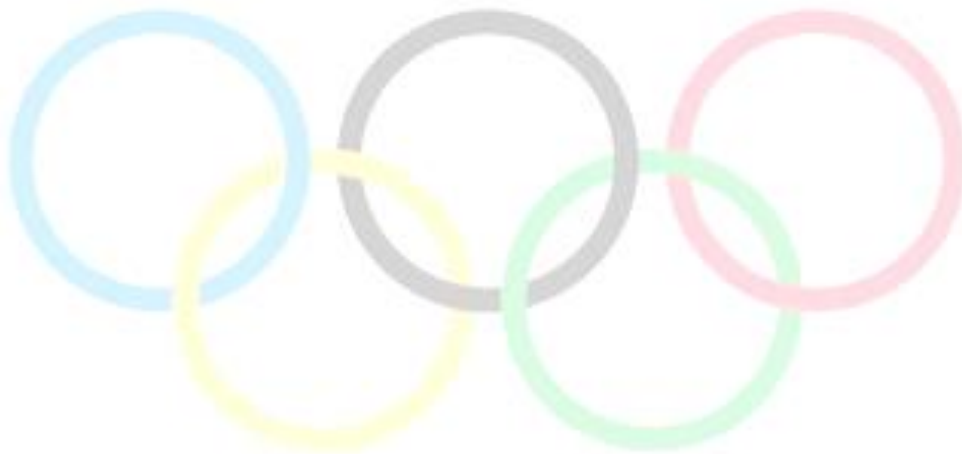
- a. international ranking
- b. performance in two international events in 2022 and one in 2023
- c. national ranking
- d. skill level,
- e. fitness level,
- f. injury free
- g. need for Team Malta

Maximum number of athletes per category: 2 with a maximum number of 9 athletes per gender

Categories:

Male: -60kg, -66kg, -73kg, -81kg, -90kg, -100kg and +100kg

Female: -48kg, -52kg, -57kg, 63kg, -73kg, -78kg and +78kg





## RUGBY 7S

After discussions with the national coach/technical director, players are selected on various criteria including but not only:

- a. playing position,
- b. skill level,
- c. fitness level,
- d. tactical abilities
- e. injury free
- f. team player attitude
- g. need for Team Malta

Maximum number of rugby players selected is: 12 per gender







## SAILING

After discussions with the national coach/technical director, players are selected on various criteria including but not only:

- a. international ranking
- b. performance in two international events in 2022 and one in 2023
- c. national ranking
- d. skill level,
- e. fitness level,
- f. injury free
- g. need for Team Malta

Maximum number of sailors selected per class is: 6 per gender

Optimist cadet  
Optimist cadet senior  
ILCA 4  
ILCA 6  
ILCA 7 (men only)





## SHOOTING

Conditions:

- a) Athletes must achieve the MQS as per table below for consideration.
- b) Maximum number of athletes selected in individual events is: 2 (Two)
- c) Achieving the MQS does not guarantee the selection. Athletes are to show consistent results during the season.
- d) Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the MOC. Only in exceptional cases, shall the MOC accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.

<b>Discipline</b>	<b>Men</b>	<b>Female</b>
Trap	117	112
Skeet	119	114
10m Air pistol	560	555
10m Air rifle	600	600
Double Trap	128	



## SQUASH

After discussions with the national coach/technical director, players are selected on various criteria including but not only:

- a. international ranking
- b. performance in two international events in 2022 and one in 2023
- c. national ranking
- d. skill level,
- e. fitness level,
- f. injury free
- g. need for Team Malta

Number of maximum players in the individual event: 3

Number of maximum players in doubles: 2 double team

Number of maximum players in teams: men -4 + 2 substitutes; women: 3 +2 substitutes



## SWIMMING

### Conditions:

- Swimmers who have achieved the MQS A result in 2022 need only attain 98% of that in 2023 (MQS A1).
- Swimmers who have not attained MQS A result in 2022 need to attain MQS B in 2023.
- Maximum number of athletes selected in individual events is: 2 (Two)
- Only one relay team is allowed per country
- Achieving the MQS does not guarantee the selection. Athletes are to show consistent results during the season.
- All MQS times need to be achieved in a 50m Olympic size pool during an official competition meet.
- Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the MOC. Only in exceptional cases, shall the MOC accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.

	MEN				WOMEN		
	MQS A	MQS A1	MQS B		MQS A	MQS A1	MQS B
<b>Freestyle</b>							
50m	23:30	23.77	23:52		26.50	27.03	26:75
100m	52:00	53.04	52:60		57.00	58.14	57:62
200m	1:55.00	1:57.3	1:56.15		2:05.00	2:07.5	2:06.25
400m	4:06.00	4:11.0	4:08.50		4:20.00	4.25.2	4:22.70
800m	8:35.00	8:45.30	8:40.15		9:00.00	9:10.8	9:05.40
1500m	16:21.00	16:40.02	16:30.50		17:00.00	17:20.4	17:10.2
<b>Backstroke</b>							
50m	27.00	27.54	27:27		30.50	31.11	30.80
100m	59.00	1:00.18	59:60		1:05.50	1:06.81	1:06.20
200m	2:08.50	2:11.07	2:09.50		2:25.00	2:27.90	2:26.45
<b>Butterfly</b>							
50m	25.00	25.50	25.25		28.50	29.07	28.85
100m	55:80	56.92	56.40		1:04.50	1:05.80	1:05.20
200m	2:08.00	2:10.56	2:09.30		2:22.00	2:24:84	2:23.40
<b>Breaststroke</b>							
50m	28.80	29.38	29.00		33.95	34.63	34.30
100m	1:04.00	1:05.28	1:04.80		1:14.00	1:15.48	1:15.00
200m	2:18.00	2:20.76	2:19.50		2:39:00	2:42.18	2:41.00
<b>Medley</b>							
200m	2:08.00	2:10.56	2:09.50		2:24.00	2:26.88	2:25.44
400m	4:35.50	4:41.01	4:38.50		5:05.00	5:11.10	5:08.00
<b>Relay</b>							
4 *100m Fr	3:29.00	3:33.18	3:31.20		4:00.00	4:04.8	4:02.40
4*200m Fr	7:48.00	7:57.36	7.43:00		8:33.00	8:43.26	8:38.00
4*100m Medley	3:51.00	3:55.62	3:53.50		4:25.00	4:30.30	4:27.50



## TABLE TENNIS

After discussions with the national coach/ technical director, players are selected on various criteria including but not only:

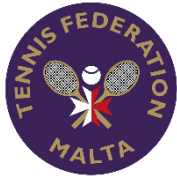
- a. international ranking
- b. performance in two international events in 2022 and one in 2023
- c. national ranking
- d. skill level,
- e. fitness level,
- f. injury free
- g. need for Team Malta

Maximum number of table tennis players in individual event: 2 per gender

Maximum number of doubles: 1 double per country

Maximum number of team per country: 1 team





## TENNIS

After discussions with the national coach/technical director, players are selected on various criteria including but not only:

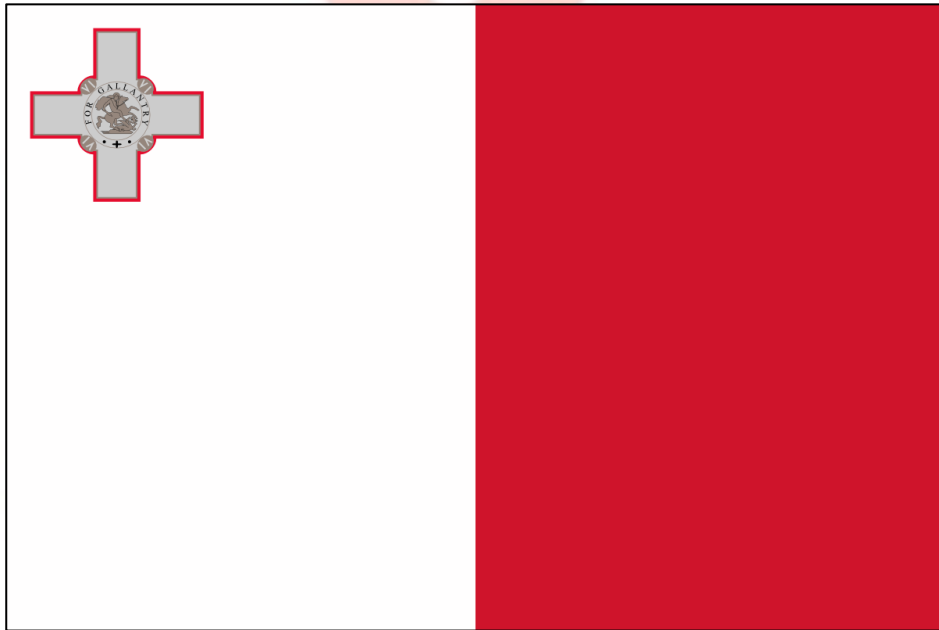
- a. international ranking
- b. performance in two international events in 2022 and one in 2023
- c. national ranking
- d. skill level,
- e. fitness level,
- f. injury free
- g. need for Team Malta

Maximum number of tennis players in individual event: 2 per gender

Maximum numbers of doubles: 1 double per country

Maximum number of team per country: 1 team





*Forming part of Team Malta is an **honour** for each one of us.*

*Competing at the best of our abilities is our **duty**.*

*Flying the Maltese flag high is our **responsibility** to make sure we live and promote the Olympic Values to our nation and to the next generation.*