Training Scheme for Public Sector Employees

Flexi Training Scheme 2026/27

Application Form

Name of Athlete	
Name of Association / Federation:	
AIMS Registration No of Association/Federation of applicant:	
Name of Club of applicant:	
AIMS Registration No of Club of applicant:	
Sport and Discipline/event/ weight category:	

Section A: Details of applicant's employment

Ministry										
Department										
Grade										
Scale										
Telephone (fixed line):										
Telephone (mobile no):										
E-mail of Head of Department :	@									

Write down your typical 40 hours week at the place of work without the flexi-hours scheme:

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Working hours (from – to)							
Break time (from – to)							

If employment is on shift basis or you have different working hours between summer and winter months, please give details below:

_____

_____

_____

_____

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If an employee works a standard 40-hour week and does not work on public holidays, the employee-athlete cannot claim any training hours on those days.

I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct. Thus, I approve that the applicant applies to participate in this scheme.

_____ _____

Signature of Employee/
Athlete's Head of Department

Signature of Employee/Athlete's HR Manager

_____ _____

Name and Surname of Signatory:

Name and Surname of Signatory:

Section B: Applicant's Personal Details

Surname:															
Name:															
Identity Card No:															
Date of birth:	Day					Month						Year			
Sex:															
Address	Door Number/ House number														
	Street														
	Locality														
	Post Code														
Telephone (fixed line):															
Telephone (mobile no):															
E-mail :	@														

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Season 2025/26

During the last season, were you chosen by your national association/federation or the Maltese Olympic Committee to be part of the national team to represent Malta in an international competition which is part of the **international calendar** of your international federation? Please mention all these events.

_____

_____

_____

Where there any injuries during last season which effected your performance?

_____

_____

_____

Please write down the link of your profile on the website of:

National federation: _____

International Federation: _____

Is this the first time you are applying for this scheme? Yes/No.

If no, please write down all the seasons you were on the scheme, the hours given and the best performance achieved:

Season	Event and best performance achieved	Number of hours granted (for office use)
2025/26		
2024/25		
2023/24		
2022/23		
2021/22		
2020/21		

Please circle the criteria according to your **current** sports level (season 25/26 – 1st August 2025 to 31st August 2026):

Scheme A	Up to 30 hours	• Medallist in the last edition of European Championships, Mediterranean Games, European Games, Commonwealth Games • Finalist* in the last edition of Olympics, Paralympics, World Championships or any other games/ championships/ cups which are the sole event that gives the Title of the World Champion of the said event to the winner. If there are no rounds, the athlete must finish in the top 10 percentile. • World ranking: top 5 in an Olympic Sport and top 3 in non-Olympic Sport (open category and not age group). • European ranking: top 3 in an Olympic Sport and top ranked in non-Olympic sport ((open category and not age group). • During the last season, the athlete achieved: ○ athletics WA points – 1125 points or an average of 1100 on 3 valid competitions (main event and legal wind, if applicable) ○ swimming: World Aquatics points – 820 points or an average of 800 on three races (main event) ○ trap: average of best 3 competitions of 122(men)/ 120 female. One of the events must be an international event. ○ skeet: average of best 3 competitions of 123 male/ 121 female. One of the events must be an international event. ○ pistol: average of best 3 competitions of 580 male/570female ○ bowling: average score on 6 games of 240(men) and 230(female) in the best 3 games in 3 competitions. One of the competitions must be international ○ martial arts/racket sports: top 25 in the world rankings or top 10 in European rankings with more than 100 athletes ranked. ○ Archery: a score of 700/720 on 3 events. One event must be international.

Scheme B	Up to 20 hours	• Finalist* in the last edition of European Championships, Mediterranean Games, European games, Commonwealth Games, • Semi-Finalist* in the last edition of Olympics, Paralympics, World Championships or any other games/ championships/ cups which are the sole event that gives the world champion title of the said event to the winner. If there are no rounds, the athlete must finish in the top 25 percentile. • Medallist in other championships/cups with more than 20 participating countries in the event[$] • Qualified by standard (not invitational card) for the next edition of Olympics, Paralympics, Commonwealth Games, European Games, World Championships or any other games/ championships/ cups which are the sole event that gives the champion title of the said event to the winner. • During the previous season, the athlete achieved: ○ Athletics WA points – 1075 points or an average of 1050 on 3 valid competitions (main event and legal wind, if legal) ○ swimming: World Aquatics points – 775 points or an average of 750 on three races (main event) ○ trap: average of best 3 competitions of 120 male/ 118 female. One of the events must be an international event. ○ skeet: average of best 3 competitions of 121 male/ 119 female. One of the events must be an international event. ○ pistol: average of best 3 competitions of 570 male/560 female ○ bowling: average score on 6 games of 230(men) and 220(female) in the best 3 games in competitions. One of the competitions must be international event. ○ martial arts/racket sports: top 35 in the world rankings or top 15 in European rankings with more than 100 athletes ranked. ○ Archery: average of 690/720 on 3 events. One event must be international.

		• Multiple medallists of which one is a Gold Medal in individual event during the last edition of GSSE • World ranking: top 10 in an Olympic Sport and top 5 in non-Olympic Sport • European ranking: top 5 in an Olympic Sport and top 3 ranked in non-Olympic sport
Scheme C	Up to 10 hours	• Gold or Silver Individual medallist in the last edition of GSSE. • Medallist in other championships/cups with less than 20 but more than 10 participating countries in your event[$] • During the last season, the athlete achieved: ○ athletics World Athletics points – 925 points or an average of 900 points on 3 valid competitions (main event and legal wind, if legal) ○ swimming: World Aquatics points – 725 or an average of 700 points on three races (main event). ○ trap: average of best 3 competitions of 115(men)/ 113 female ○ skeet: average of best 3 competitions of 117/ 115 female ○ pistol: average of best 3 competitions of 570 male/560female ○ bowling: average score on 6 games of 220(men) and 210(female) in the best 3 games in competitions. One of the competitions must be international event. ○ martial arts/racket sports: top 40 in the world rankings or top 18 in European rankings with more than 100 athletes ranked. ○ Archery: average of 680 on 3 events. • World ranking: top 15 in an Olympic Sport and top 8 in non-Olympic Sport • European ranking: top 8 in an Olympic Sport and top 5 ranked in non-Olympic sport.
Scheme D	Up to 5 hours	• Bronze medallist in an individual event or Medallist in doubles/teams events in the last edition of GSSE of an individual sport.

		• During the last season, the athlete achieved:
		  ○ Athletics: World Athletics points – 900 points or an average of 850 points on 3 valid competitions (main event and legal wind, if legal)
		  ○ swimming: World Aquatics points – 650 or an average of 625 points on three races (main event).
		  ○ trap: average of best 3 competitions of 113(men)/ 111 female
		  ○ skeet: average of best 3 competitions of 115/ 113 female
		  ○ pistol: average of best 3 competitions of 560 male/550female
		  ○ bowling: average score on 6 games of the best 3 competitions 210(men) and 200(female). One of the competitions must be international event.
		  ○ martial arts/racket sports: top 45 in the world rankings or top 20 in European rankings with more than 100 athletes ranked.
		  ○ Archery: average of 670/720 on 3 events.
		• Medallist in other championships/cups with less than 10 participating countries in your event with a minimum of 15 participants.[$]
		• Qualified by standard (not invitational card) for the next edition of GSSE in the season of the games.
		• Top 50 percentile in the last edition of Olympics, Paralympics, Commonwealth Games, World Championships or any other games/ championships/ cups which are the sole event that gives the title of World Champion of the said event to the winner.
		• National Champion with more than 5 athletes in the event in the last edition of the National Championships showing improvement in one of the last 2 seasons

All results are to be obtained need to follow the IF rules. Points are based on the last point system published by the IF.

*There must be a previous round

[$] Subject to vetting of the event. A minimum of 25% of the athletes or countries participating in the competition must be ranked higher than Malta in the relevant international ranking.

Only the Official Open International federation rankings are taken in consideration.

Season 2026/27

Write down the discipline/s that you train, and the results achieved:

Discipline	Best result ever achieved (Personal best)	Best result achieved last season (Season best)	Best results of previous 2 seasons: (if applicable)		Aims for theisseason
		2025/26	2024/25	2023/24	

Please attach the domestic and international calendar with a clear indication of your main competitions.

Write down the details of the main competitions for next season:

Date	National competition	Aims

Dates	International Competitions	Have you qualified? If not, when is the last chance to qualify?	Aim

Give an indication of how the hours allocated will be used throughout the season

Month	Periodization	Flexi scheme hours
e.g: August 24 *September 24*	*Off-season* *Pre-season*	*0 hours* *40 hours*
November 2026		
December		
January 2027		
February		
March		
April		
May		
June		
July		
August		
Total	*52*	

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Write a typical training week if you are granted the hours:

Day	Morning (time and place and location)	Evening (time and place)
Eg	*7-9, gym at Marsa Track*	*5-6 shooting at Ta Kandja*
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

The tentative monthly training schedule shall be sent by the 21st day of the previous month as per clause 14 of the Terms and Conditions. If tentative report is not sent, the above listed schedule shall be used for spot checks. Failure to be present during spot checks may result in forfeiting that month's claim or forfeiture of flexi scheme contract.

The athlete shall log in and log out from the training location for every session asking place during working hours.

Section C: Details of Association/Federation

Name of Association/Federation:										
VO number										
Address	Door Number/ House Name									
	Street									
	Locality									
	Post Code									
Telephone (fixed line):										
Telephone (mobile no):										
E-mail:	@									

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Section D: Details of Coach

Surname:															
Name:															
Identity Card No:															
Date of birth:	Day					Month						Year			
Address:	Door Number /														
	Street														
	Locality														
	Post Code														
Telephone (fixed line):															
Telephone (mobile no):															
E-mail:	@														

How long have you been coaching your athlete?

_____

Coaching qualifications:

_____

_____

_____

I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct.

_____ _____

Signature of coach Date

Section E: Documentation attached to this Application:

I declare that I am attaching the documents listed below with this application:

1. Letter from applicant's HR manager stating permission and approval of the responsible Head of Department for the applicant's participation in this scheme. ☐
2. Certificates of coaching qualifications of Coach. ☐
3. A recent Police Conduct certificate. ☐
4. Documents relating to the athlete's latest performances to support the potential scheme, including a declaration that the athlete is part of the national team or has the potential to be part in the coming season. ☐

Important:

If the application is approved, every month the HR manager must submit a confirmation of the working hours away from work to train. This claim should be sent to SportMalta, who will in turn certify that the amount of hours requested have been utilized by the athlete for sport preparation purposes according to the training program which would have been established beforehand.

I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct.

I am aware that if I do not send the required documentation in time, the contract may be terminated. I agree that I have to send the tentative schedule for spot checks. If for any reason I do not send it by the 3rd of the month, and the typical week on page 11 will be followed.

Signature of applicant _____ Date _____