



IFBB FEDERATION RULES FOR BODYBUILDING AND FITNESS

Approved by the IFBB International Congress, November 15th, 2014, Brasilia, Brazil.
Modified according to the 2018-2022 IFBB International Congresses and 2019-2022
EBFF/IFBB Meetings decisions.

2024 EDITION

In sport, there are no limitations, no barriers of race, religion, politics, or culture. In sport, we are in touch with each other.

“BODYBUILDING IS IMPORTANT FOR NATION BUILDING” - Ben Weider, C.M., C.Q.,
C.St.J., Ph.D., Founder of the IFBB

INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION (IFBB)

HEADQUARTERS:

Calle Dublin No. 39-I, 28232 Las Rozas, Madrid, Spain, Tel: +34 91 535 2819

E-mail: headquarters@ifbb.com

Website: www.ifbb.com

TABLE OF CONTENTS

SECTION 1: GENERAL RULES	
SECTION 2: MEN'S BODYBUILDING	
SECTION 3: MEN'S CLASSIC and GAMES CLASSIC BODYBUILDING	
SECTION 4: WOMEN'S ACROBATIC FITNESS	
SECTION 5: MEN'S FITNESS	
SECTION 6: WOMEN'S BODYFITNESS	
SECTION 7: WOMEN'S BIKINI	
SECTION 8: WOMEN'S PHYSIQUE	
SECTION 9: MEN'S PHYSIQUE	
SECTION 10: CHILDREN FITNESS	
SECTION 11: MIXED-PAIRS	
SECTION 12: MEN'S WHEELCHAIR BODYBUILDING	
SECTION 13: WOMEN'S FIT-MODEL	
SECTION 14: MEN'S FIT-MODEL	
SECTION 15: WOMEN'S WELLNESS	
SECTION 16: MEN'S CLASSIC PHYSIQUE	
SECTION 17: WOMEN'S ARTISTIC FITNESS	
SECTION 18: FIT-PAIRS	

SECTION 1: GENERAL RULES

Article 1: Introduction	3
Article 2: Sanctioning of International Competitions	3
Article 3: Liability of the IFBB	4
Article 4: Sponsorship	5
Article 5: Advertising and Publicity	5
Article 6: Television and Video	5
Article 7: Media Accreditation	6
Article 8: Qualifications for Participation in International Competitions	6
Article 9: World Championships and other International Competitions	7
Article 10: Prejudging and Finals Venue Requirements	11
Article 11: Official Athlete Registration (Weigh-in / Height Measurement)	13
Article 12: Doping Controls	25
Article 13: Judges	26
Article 14: Judges Attire and Judging Panel	28
Article 15: International Competition Procedures (general concept)	30
Article 16: Awarding Ceremony	31
Article 17: Overall Category and Award	31
Article 18: Teams Classification Results and Award	32
Article 19: Publication of the Final Results	34
Article 20: Cash Awards	34
Article 21: Finals: The Opening Ceremony	35
Article 22: IFBB Registration Fee	35
Article 23: Other Rules Pertaining to World Championships	36
Appendix 1: IFBB Codes of Ethics	38

Appendix 2: Judging Forms	41
Appendix 3: Drug Testing Consent & Waiver of Liability Form	41
Appendix 4: Athlete Whereabouts Information Form	43

Article 1 - Introduction

1.1 General:

The IFBB Rules for Bodybuilding and Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of all physique sports governed by the IFBB.

1.2 Authority and Amendments:

Constitutionally, the Executive Council has authority to prescribe and amend the Rules. Between annual meetings of the Council, this authority is delegated to the following four officers: President, Executive Director, General Secretary and Chairman of the Judges Committee. Any decision made by the Council, or its delegated authority, has force and effect only until the next annual general meeting of the International Congress, at which time the decision will either be ratified or rejected. In an emergency situation, where time is of the essence and it is not practical to obtain the majority consent of the Council or its delegated authority, the President shall have power to prescribe or amend a rule.

1.3 Agreement:

Affiliated National, Regional and Continental Federations, their athletes, officials and others, join the IFBB of their own free will and, in so doing, agree to abide by the Constitution and Rules. In becoming a Member of the IFBB, Affiliated Federations and other Members accept that the Constitution and Rules exist for the good of the sports of Bodybuilding and Fitness. Should the Constitution and Rules be contravened by any Member, the IFBB has authority to impose disciplinary measures against that Member.

1.4 Definitions:

The same definitions that are found in the Constitution also apply to the Rules. The Code of Ethics, which forms an integral part of the Constitution, also forms an integral part of the Rules and is attached as Appendix 1.

1.5 Interpretation:

It is recognized that the Rules cannot encompass every possible situation wherein written guidance might be sought in the resolution of an issue. In such cases, the President has sole authority to interpret any matter arising out of the Rules, or any matter not encompassed by the Rules, said interpretation to be final and binding.

1.6 Intent:

It is not intended that the Rules be considered as "cast in stone" but instead, as guidelines. Each and every issue arising out of the Rules must be judged on its own merits with the primary consideration given to that which is in the best interests of the sport of Bodybuilding and Fitness.

Article 2 - Sanctioning of International Competitions

2.1 Requirement for Sanction:

An International Competition is any competition involving two or more National Federations. In order to host such a competition, an Organizer must first obtain an official sanction from the IFBB. To obtain an official sanction, the Organizer must file a Request for Official Sanction with the IFBB. The request must include all of the pertinent information about the proposed competition. Official sanctions may only be issued to National

Federations, not to private individuals. If the IFBB Continental Federation exists in the given area and the planned International Competition has a continental range, the Request should be sent to and the Official Sanction is issued by that Continental Federation, according to its own rules and requirements.

2.2 Contract:

Once the Request for Official Sanction is approved by the IFBB, a Contract will be forwarded to the Organizer. The Contract will outline the terms and conditions of the official sanction as well as the responsibilities of the Organizer towards the successful hosting of the competition.

2.3 Sanction Fee:

The Organizer will pay a sanction fee to the IFBB for the right to host the competition. The amount of the fee will be set by the IFBB. All International Competitions are the exclusive property of the IFBB. The granting of an official sanction and the payment of a sanction fee does not transfer ownership of this property to the Organizer.

2.4 Payment of Sanction Fee:

The sanction fee will be paid according to a fixed schedule that is agreed upon by the IFBB and Organizer. Once the Contract is signed by all parties and the sanction fee, in whole or in part, is received by the IFBB, the fee will not be returned to the Organizer should the Contract, for whatever reason, be subsequently cancelled.

2.5 Failure to Abide:

Once the Contract has been signed by all parties, should the Organizer, for whatever reason, subsequently fail to abide by the Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President, the President may withdraw the sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of the IFBB.

2.6 Delegation of Authority:

The President may, at his discretion, delegate to a member of the Executive Council, normally the Executive Assistant to the President or the Executive Director, or the area Vice-President, the authority to represent the interests of the IFBB in granting an official sanction and signing a Contract for an International Competition.

Article 3 - Liability of the IFBB

3.1 General:

The organization of an International Competition will be undertaken at the sole financial risk of the Organizer. The Organizer must agree in writing to accept this condition, as well as any other terms and conditions that may be detailed within the Contract.

3.2 Liability Regarding Failure to Abide:

The IFBB will not be held liable for any financial or other loss, including any harm to the reputation of the Organizer or any associated parties, should the Organizer be disciplined for failing to abide by the Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President.

3.3 Liability Insurance:

Members of the IFBB, be they Affiliated Federations, athletes, officials and others, participate at International Competitions by their own free will and, in so doing, agree that the IFBB will not be held liable for any accident or incident arising out of the organization

or hosting of the competition. The Organizer of an International Competition must agree in writing to make the necessary arrangements, either with the competition venue site or insurance agency, for their own liability insurance coverage.

3.4 Medical Personnel:

The Organizer of an International Competition will ensure that accredited medical personnel are on duty and that emergency transportation is made available at the competition venue site throughout the duration of the Prejudging and Finals, at no cost to the IFBB.

Article 4 - Sponsorship

4.1 Sponsorship:

The Organizer of an International Competition may solicit the sponsorship of government and commercial companies; however, the sponsorship must be pre-approved by the IFBB.

4.2 Exceptions:

The use of tobacco and alcohol companies for sponsorship of International Competitions is strictly prohibited.

Article 5 – Advertising and Publicity

5.1 Advertising:

The organizer of an International Competition may advertise at the competition by way of signage and/or banners so long as said advertising is not placed at the back center of the stage and in such a manner as to obstruct the view of the judging panel. Signs and logos may be printed directly on the back cover of the stage or banners may be hung from the top front of the stage, on either or both sides of the stage, and/or along the front edge of the stage. Signs and logos may also be projected on the back cover of the stage or displayed on screens placed on the sides of the stage. Signs, screens and/or banners must not be placed in such a position as to be within camera-view when photographing the top six finalists.

5.2 Publicity:

The Organizer will be responsible for ensuring that the competition receives maximum publicity, before, during and after the competition. The Organizer should retain the services of a Public Relations consultant to ensure maximum media coverage through newspapers, radio, internet and television. Prior to the official registration/weigh-in or immediately prior to the Prejudging the Organizer should arrange a Press Conference at which the Organizer and the IFBB Chief Official may inform the public about the competition, the IFBB activity and the Sports of Bodybuilding and Fitness.

Article 6 – Television and Video

6.1 Exclusive Rights:

The IFBB has the exclusive right to negotiate any and all contracts for television and/or video rights to an International Competition. Should television and/or video rights become an issue in the hosting of the competition, the Organizer is obligated to immediately advise the IFBB of this fact and will refrain from entering into any unilateral negotiations with any television and/or video agency without the expressed prior approval of the IFBB. The IFBB has “first rights” to any videotape of the event and, upon demand, the Organizer will immediately forward to the IFBB a first copy of the videotape for use as the IFBB deems appropriate.

6.2 Liability:

Should the negotiations between the IFBB and the organization offering the television and/or video contract fail to produce any fees, the IFBB will not be held liable for any resultant financial or other loss to the Organizer, or any associated parties.

6.3 Breakdown of Fees:

The IFBB will receive any and all fees for television and/or video and will normally apportion said fees as detailed in a separate written and signed Agreement or Contract with the Organizer.

Article 7 - Media Accreditation**7.1 Rights:**

The IFBB reserves the right to control any and all press accreditation, whether said accreditation be television, radio, website, print, photographic, or other media, at International Competitions.

7.2 Press Passes:

The IFBB Press Commission, and/or its appointee, is responsible for issuing press passes to selected media personnel. To obtain a press pass, a journalist or his/her employer must file a Press Accreditation Application Form with the IFBB Press Commission, which will issue the IFBB Press Accreditation to him/her. Based on this document, the Organizing Committee office will prepare a press pass for that person, which will be given after payment of the press accreditation fee, determined by the IFBB Executive Council from time to time. During the Prejudging and Finals, only those individuals in possession of valid press passes are permitted access to those seating areas that are designated for the press. The IFBB Chief Official may dismiss any individual from the press area for just cause.

7.3 Event Coverage:

The possession of a press pass does not entitle the bearer to cover every International Competition from the press area. Permission to cover a competition must be obtained on a competition-by-competition basis with accreditation normally being granted on a first-come, first-serve basis.

Article 8 - Qualifications for Participation in International Competitions**8.1 Eligibility:**

Only National Federations duly affiliated to the IFBB are permitted participation at International Competitions. Any country which is not affiliated to the IFBB, or any country which is affiliated but under suspension or disqualification, or any athlete who is under suspension by either the IFBB or a National Federation, is not permitted to participate at any International Competition worldwide.

Participation:

In order to qualify for participation in an International Competition, an athlete must have a valid IFBB International Card. He or she must either be a citizen, or have landed immigrant or legal resident status, in the country that the athlete intends to represent. At the official registration/weigh-in, the athlete must produce a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the current country of domicile.

8.2 Dual Citizenship:

An athlete, once having been declared a citizen, or landed immigrant or legal resident, of one country may not compete for another country without written permission from the

National Federation of his/her current country of domicile. No athlete is allowed to compete for two different countries in any given year.

Athlete, who already represented any country, may change the represented country one time in his/her sport career only.

8.3 Invitations to Compete:

Organizers have authority to forward letters of invitation and entry forms to National Federations only. Organizers will not directly invite individual athletes from another country, or countries, to participate in an International Competition.

8.4 Nominations to compete:

Except where otherwise noted, an athlete may not participate at an International Competition without the prior approval of his or her National Federation. Athletes are prohibited from directly contacting the Organizer for the purpose of obtaining participant status. Nomination of athlete for participation in the International Competition must be done by his/her National Federation, by sending the Final Entry Form with the names of nominated athletes to the Organizing Committee of that competition, IFBB Head Office and IFBB Technical Committee.

8.5 Extraordinary and/or Exceptional Circumstances:

Where proven extraordinary and/or exceptional circumstances warrant, the IFBB may authorize the participation of individual athletes in competitions sanctioned or recognized by the IFBB when, at or around the time of the competition, the athlete's National Federation is in conflict, dispute and/or debate not yet resolved by an IFBB decision with the same IFBB.

Article 9 – World Championships and other International Competitions

9.1 Guarantee:

Organizers of International Competitions must guarantee unconditional entry to all countries eligible to participate and to all athletes eligible to compete.

9.2 Intent to Participate:

National Federations must forward their intent to participate at International Competitions immediately upon receipt of the letter of invitation (Main Information document) and/or Preliminary Entry Form and/or Final Entry Form so as to allow the Organizer the opportunity to properly plan and budget for transportation, accommodations, meals and other expenses.

Please be aware that it is full responsibility and obligation of the National Federation to verify if each one of the athletes to be registered on this international event is NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

It is also the full obligation and responsibility of a National Federation to monitor all the athletes affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes will not register/compete/or participate in any capacity in any event either at National or International level, Official or Invitational.

The intent to participate, if possible, should contain the names of the participating athletes, delegates, extra delegates and judges; however, if the National Federation does not have the actual names of the athletes and delegates at the time of receipt of the letter of invitation and/or Preliminary Entry Form, they must forward, by e-mail, and directly to the Organizer, the actual number of athletes and delegates no later than sixty days before the date fixed for the Prejudging, failing which the National Federation may be required to cover the full costs associated with their participation at the competition.

The Final Entry Form must be forwarded to the Organizer no later than the second Monday preceding the date fixed for the Prejudging and must contain full details of each participant. The exact date for the return of the Preliminary and Final Entry Forms will be written on the form. The Final Entry Form will contain the athlete's IFBB International Card number and athlete's Name, in English and as written on the Passport or Citizenship Identity Card, of all participating athletes, delegates and judges. National Federations that fail to meet the deadline date for the Final Entry form may be deemed ineligible for participation in the competition or may be asked to cover the cost of their participation by paying the full package rate for their athletes and officials.

9.3 National Teams:

The IFBB, in cooperation with its Continental, Regional and National Federations, and in the interests of furthering the development of the sport of bodybuilding and fitness, herewith provides notice of the rules governing competitors at the World Championships.

1. A maximum allowable number of competitors participating in the World Championships per National Federation is unlimited.

The maximum allowable number of delegates in the national team is as follows:

a) Three or more competitors - Two delegates

b) One or two competitors - One delegate

2. The maximum allowable number of competitors per National Federation in any one discipline is unlimited.

3. Pursuant to applicable IFBB rules, the Organizer shall provide accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all participating competitors.

4. Each National Federation shall pay a Registration Fee for each of its competitors and delegates.

5. All national team's competitors shall compete for placing and awards, including the Best National Teams Classification, according to Art. 18.

6. A National Federation must fully declare its competitors on the Final Entry Form and must register competitors upon check-in at the official hotel.

9.4 Responsibilities to the Executive Council:

The Organizer of World, Continental or other International Competitions who requires the presence of a Member or Members of the Executive Council, must undertake to cover the cost of business-class travel as well as accommodations and meal expenses for this individual, or individuals, for the duration of the event. The Organizer of the Men's World Bodybuilding Championships and International Congress will undertake to cover the cost of single-room accommodations and meals (breakfast, lunch and dinner) for the Members of the Executive Council and their spouses (where applicable) for the duration of the event.

9.5 Responsibilities to Athletes and Delegates:

The Organizer of a World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for athletes and delegates as follows:

9.5.1 World Bodybuilding Championships and IFBB International Congress (included Men's

Bodybuilding, Men's Classic Bodybuilding, Men's Games Classic Bodybuilding, Men's Physique, Muscular Men's Physique, Men's Classic Physique):

For five days (four nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: A maximum allowable number of participating competitors per National Federation is unlimited.

Note 2: Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.

Note 3: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

9.5.2 World Fitness Championships (included Women's Acrobatic Fitness, Women's Artistic Fitness, Men's Fitness, Women's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness, Mixed-Pairs, Fit-Pairs):

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: A maximum allowable number of participating competitors per National Federation is unlimited.

Note 2: Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.

Note 3: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

9.5.3 Junior World Bodybuilding and Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: A maximum allowable number of participating competitors per National Federation is unlimited.

Note 2: Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.

Note 3: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

9.5.4 Masters World Bodybuilding and Fitness Championships:

For four days (three nights) according to the following scale:

- c. Three or more competitors - Two delegates
- d. One or two competitors - One delegate

Note 1: A maximum allowable number of participating competitors per National Federation is unlimited.

Note 2: Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.

Note 3: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

9.5.5 World Fit-Model Championships (included Women's and Men's Fit-Model):
For three days (two nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating competitors per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*

Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

9.5.6 World Children Fitness Championships:
For three days (two nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating competitors per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*

Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

9.5.7 Women's Athletic Fitness is currently not open in the World Championships level; however, National Federations may, at their own discretion, host competition in Women's Athletic Fitness.

9.5.8 Men's Athletic Fitness is currently not open in the World Championships level; however, National Federations may, at their own discretion, host competition in Men's Athletic Fitness.

9.5.9 Wheelchair Men's Bodybuilding is currently not open at the World Championships level; however, Continental and National Federations may, at their own discretion, host competition in Wheelchair Men's Bodybuilding.

9.5.10 Any extra delegates from a National Federation, whether VIPs, special guests, officials, judges, coaches, trainers, press, supporters or other individuals, in addition to those detailed in this rule, must undertake to cover all of their own expenses.

9.6 Special Package Rates:

The Event Organizer shall provide two separate Event Special Packages as follows:

9.6.1 FULL PACKAGE: accommodations, meals, onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

9.6.2 PARTIAL PACKAGE: onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

**Limited to transportation between the official airport and official hotel(s) upon arrival and departure; between the Competition venue site and official hotel(s) for Prejudging and*

Finals; and, where applicable, between the Farewell Banquet venue site and official hotel(s).

Article 10 - Prejudging and Finals Venue Requirements

10.1 General:

All International Competitions will take place, wherever possible, in a theatre-like venue complete with an appropriately sized stage, professional lighting and sound, and tiered seating. The Organizer must pay special attention to the following critical requirements:

10.1.1 Staging:

The judging should be held on a raised stage with an optimum height of 80-100 cm, width of 16-24 m and 6-8 m depth. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of 100 cm. If the stage is any higher than that, the seats for the judges must also be raised so as to give them a full view of the competitors. The top of the stage should be covered by a plain grey carpet and the front and sides by cloth, paneling or paint.

10.1.2 Background:

The stage background should be of a neutral, non-distracting color, preferably dark blue or black and matt. On it must be displayed the IFBB logo, IFBB official sponsors' logos and the name of the event. The logo of the organizing federation may also be displayed in this area; however, neither should be placed in such a position as to distract the view of the judges or photographers. The Organizer must not allow signage and/or banners to be displayed in this area, however, said signage and/or banners may be hung from the top front of the stage, on either or both front sides of the stage or along the front edge of the stage, and/or in any other area that does not interfere with the judge's and photographer's view of the competitors.

10.1.3 Sound:

The sound system will be of such quality so as to ensure that the competitor's music is reproduced in the best professional manner. The Organizer will also be responsible for ensuring that each competitor's music starts exactly where it should and on cue. Where possible, the sound system controls/soundman should be located backstage, on the same side of the stage where the competitors enter, normally stage left (when viewed from the front). Microphones must be provided for the IFBB Chief Judge, the Master of Ceremonies, and the onstage Expeditor (preferably hands-free).

10.1.4 Lighting:

The stage will be provided with one universal lighting system, evenly illuminating the whole stage. If this is impossible, two basic lighting set-ups are required. The first is needed to illuminate the complete line-up of all of the competitors when they are first brought before the judges. The second must be focused on the central area of the stage (10 m wide, from the front of the stage to the back wall) for the individual posing routines, comparisons, posedown and awarding ceremony. It is important to avoid the shadowed area on the stage. The average luminance on the stage should be at the level of 4500 – 5000 lux.

10.1.5 Seating:

The Organizer must ensure that all judges and spectators are afforded a clear and unobstructed full-figure view of all of the competitors who stand onstage. Judges and statisticians must be seated away from the spectators. Photographers and television and/or video personnel must not be allowed to obstruct the view of the judges.

10.1.6 Master of Ceremonies:

The Master of Ceremonies plays a significant role in the image that the IFBB wish to present

to the general public at all International Competitions. For this reason, the MC should have a background in public speaking, or be comfortable in his or her role as “moderator” in front of an audience, and must be adept at handling impromptu situations. The MC should have a speaker’s rostrum with a microphone, situated at the side of the stage from which the competitors enter. Competitors should enter stage left and exit stage right (when viewed from the front).

10.1.7 Competitor Warm-up Area:

The Organizer will provide dressing rooms and washrooms/showers for the competitors. Next to the dressing room area, and adjacent to the stage, there should be an area where the Expeditors may assemble the competitors prior to leading them onto the stage. In the marshalling area, the Organizer will also provide an adequate amount of equipment for the competitors to warm up with before performing. There should be barbells of varying weights, several pairs of dumbbells of varying weights, adjustable benches, etc. Also, a couple of mirrors are needed, especially at the women’s competitions and a lot of paper towels plus waste-paper baskets.

10.1.8 Inspection:

The IFBB Chief Judge should inspect the competition venue site prior to the commencement of Prejudging, for the purpose of ascertaining the readiness of the facility.

10.1.9 Communications:

The Organizer will be responsible for supplying sufficient communications equipment (i.e.: headsets/micas, walkie-talkies) for use by the backstage Expeditors.

10.1.10 Office/Photocopier:

The Organizer will be responsible for providing an office complete with computer/printer and photocopier with additional toner kept in reserve for use by the IFBB throughout the duration of the International Competition.

10.1.11 Water:

The Organizer will provide sufficient quantities of still (no gas) water for use backstage by the expeditors and athletes.

10.1.12 Medical Emergency:

The Organizer will ensure that medical personnel and emergency transportation is made available for use throughout the entire duration of the Prejudging and Finals.

10.1.13 Backstage Access/Dressing Room Access:

Access to the backstage area/dressing room area is strictly limited to essential personnel only. There will be no admittance given to spouses, boyfriends, girlfriends, family members or relatives. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting. Under no circumstances will a coach, trainer, or any other individual be permitted in the dressing room area to assist any competitor of the opposite sex.

10.1.14 Cameras/Videotapes:

Cameras and videotape devices are strictly prohibited in the backstage area/dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

10.1.15 Access Control:

The IFBB reserves the right to control access to the backstage area during Prejudging and Finals. The IFBB may issue access control passes (green cards or wrist bands) to each

National Federation. These passes will normally be distributed at the Team Manager's and Judges Meeting, which takes place immediately before or after the Official Athlete Registration.

Precise venue requirements are provided in the "2019 IFBB Organizational Guidelines"

Article 11 – Official Athlete Registration: Weigh-in and/or Height Measurement

11.1 Official Athlete Registration, Weigh-in and/or Height Measurement: The Official Athlete Registration (weigh-in and/or height measurement) at all International Competitions will be controlled by the IFBB Chief Judge and will normally proceed as follows:

11.1.1 All competitors, regardless of their category, are required to present themselves at the Official Athlete Registration which will usually take place on the day prior to the Prejudging. Any competitor who fails to attend the Official Athlete Registration at the designated time may be eliminated from the competition.

11.1.2 Each team represented at the competition, regardless of its numbers, will be accompanied to the Official Athlete Registration by its chief delegate, or other appointed representative.

11.1.3 All competitors will present themselves in the same posing attire that they will be wearing throughout the Prejudging comparison round. They must also have with them their attires to the other rounds, so that the IFBB Chief Judge may ascertain that said attires meets the accepted standards of the IFBB.

11.1.4 The Organizer will provide a suitable room for the Official Athlete Registration in which there will be a certified weighing machine, calibrated in kilograms, with accuracy up to 0.1 kg, as well as one back-up weighing machine, which should be made available to the competitors prior to the Official Athlete Registration, so that they may check their weight; tables and chairs for the Judges Secretary and assistants, and a suitable number of chairs for the competitors and delegates. A measuring device, calibrated in centimeters, with accuracy up to 1 mm, will also be made available to record the body height.

11.1.5 All competitors will be required to have in their possession, at the time of the Official Athlete Registration, the following items:

- a. A valid competitor's IFBB International Card; and
- b. A valid Passport; or
- c. Citizenship Identity Card with photography; or
- d. Landed immigrant or legal resident papers with photography; and
- e. Music CD, encased in a plastic protective case with the competitor's name affixed upon the case and CD, and the music properly cued at the beginning of the song title, or
- f. USB flash memory with the competitor's name and one music file in the MP3 format.

Note 1: *At juniors and masters championships, if the day, month and year of birth are not indicated in the passport, or other papers, the athlete will be required to produce a legal document authenticating this information.*

Note 2: *At the biggest IFBB international contests music CD or USB may be collected after the Prejudging, from the finalists only.*

11.2 There are nine categories in **Men's Bodybuilding** competitions, currently as follows:

- a. Bantamweight: Up to and incl. 65 kg
- b. Lightweight: Up to and incl. 70 kg

- c. Welterweight: Up to and incl. 75 kg
- d. Light-Middleweight: Up to and incl. 80 kg
- e. Middleweight: Up to and incl. 85 kg
- f. Super-Middleweight: Up to and incl. 90 kg
- g. Light-Heavyweight: Up to and incl. 95 kg
- h. Heavyweight: Up to and incl. 100 kg
- i. Super-Heavyweight: Over 100 kg
- j. If the Championships will be held in Asia the organizer may include in the program category up & incl. 60 kg

11.3 There are the following categories in **Junior Men's Bodybuilding** world-level competition, currently as follows:

- 16 to 20 years of age inclusive:
 - Lightweight: Up to and incl. 75 kg
 - Heavyweight: Over 75 kg
- 21 to 23 years of age inclusive:
 - Lightweight: Up to and incl. 75 kg
 - Heavyweight: Over 75 kg

11.4 There are twelve categories in **Master Men's Bodybuilding** world-level competitions, currently as follows:

- 40 to 44 years of age inclusive:
 - a. Lightweight: Up to and incl. 70 kg
 - b. Middleweight: Up to and incl. 80 kg
 - c. Light-Heavyweight: Up to and incl. 90 kg
 - d. Heavyweight: Over 90 kg
- 45 to 49 years of age inclusive:
 - a. Lightweight: Up to and incl. 70 kg
 - b. Middleweight: Up to and incl. 80 kg
 - c. Light-Heavyweight: Up to and incl. 90 kg
 - d. Heavyweight: Over 90 kg
- 50 to 54 years of age inclusive:
 - a. Middleweight: Up to and incl. 80 kg
 - b. Heavyweight: Over 80 kg
- 55 to 59 years of age and over:
 - a. Middleweight: Up to and incl. 75 kg
 - b. Heavyweight: Over 75 kg
- 60 to 64 years of age:
 - a. One open category
- 65 years of age and over:
 - a. One open category

11.5 There are five categories in **Men's Classic Bodybuilding** world-level competitions, with the following bodyweight limitations:

- a. Class A: Up to & incl. 168 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 0 \text{ [kg]}$$

- b. Class B: Up to & incl. 171 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 2 \text{ [kg]}$
- c. Class C: Up to & incl. 175 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$
- d. Class D: Up to & incl. 180 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 7 \text{ [kg]}$
- e. Class E: Over 180 cm:
- a) over 180 cm up to & incl. 188 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 9 \text{ [kg]}$
- b) over 188 cm up to & incl. 196 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 11 \text{ [kg]}$
- c) over 196 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 13 \text{ [kg]}$

Note 1: All of the above mentioned competitors [Class E - a); b); c)] will participate in the Class E: "Over 180 cm" category.

11.6 There are the following categories in **Junior Men's Classic Bodybuilding** world-level competitions:

- 16 to 20 years of age inclusive:
 - a. One open category
- 21 to 23 years of age inclusive:
 - a. One open category

Both groups with the following bodyweight limitations:

- Up to & incl. 168 cm
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 0 \text{ [kg]}$
- Up to & incl. 171 cm
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 1 \text{ [kg]}$
- Up to & incl. 175 cm
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 2 \text{ [kg]}$
- Up to & incl. 180 cm
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$
- Up to & incl. 188 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 5 \text{ [kg]}$
- Up to & incl. 196 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 6 \text{ [kg]}$
- Over 196 cm:
 $\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 7 \text{ [kg]}$

11.7 There are three categories in **Master Men's Classic Bodybuilding** world-level competitions, currently as follows:

- 40 to 44 years of age inclusive:
 - a) One open category.
- 45 to 49 years of age inclusive:
 - a) One open category.
- 50 years of age and over:
 - a) One open category

Note 1: *Bodyweight limitations for all master men's classic bodybuilding competitors are the same like for men classic bodybuilding competitors (see point 11.5).*

11.8 There are the following categories in **Junior Men's Games Classic Bodybuilding** world-level competitions:

- 16 to 20 years of age inclusive:
 - a. One open category
- 21 to 23 years of age inclusive:
 - a. One open category

Both groups with the following bodyweight limitations:

Up to & incl. 162 cm

Max Weight [kg] = (Height [cm] – 100) – 3 [kg]

Up to & incl. 165 cm

Max Weight [kg] = (Height [cm] – 100) – 2 [kg]

Up to & incl. 168 cm

Max Weight [kg] = (Height [cm] - 100) – 1 [kg]

Up to & incl. 171 cm

Max Weight [kg] = (Height [cm] - 100) + 0 [kg]

Up to & incl. 175 cm

Max Weight [kg] = (Height [cm] -100) + 1 [kg]

Up to & incl. 180 cm

Max Weight [kg] = (Height [cm] -100) + 3 [kg]

Up to & incl. 188 cm:

Max Weight [kg] = (Height [cm] – 100) + 4 [kg]

Up to & incl. 196 cm:

Max Weight [kg] = (Height [cm] – 100) + 5 [kg]

Over 196 cm:

Max Weight [kg] = (Height [cm] – 100) + 6 [kg]

11.9 There are two categories in **Men's Games Classic Bodybuilding** world-level

competitions, currently as follows:

- a. Class A: Up to & incl. 175 cm
- b. Class B: Over 175 cm

with the following bodyweight limitations:

Up to & incl. 162 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) - 2 \text{ [kg]}$$

Up to & incl. 165 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) - 1 \text{ [kg]}$$

Up to & incl. 168 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 0 \text{ [kg]}$$

Up to & incl. 171 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 1 \text{ [kg]}$$

Up to & incl. 175 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 2 \text{ [kg]}$$

Up to & incl. 180 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$$

Up to & incl. 188 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 5 \text{ [kg]}$$

Up to & incl. 196 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 6 \text{ [kg]}$$

Over 196 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 7 \text{ [kg]}$$

11.10 There are two categories in **Master Men's Games Classic Bodybuilding** world-level competitions, currently as follows:

- 40 to 44 years of age inclusive:

- a) One open category.

- 45 years of age and over:

- a) One open category.

11.11 There are two categories in **Women's Acrobatic Fitness** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

11.12 There are the following categories in **Junior Women's Acrobatic Fitness** world-level competitions, currently as follows:

- a) 16 to 20 years of age inclusive:
 - a. Class A: Up to and incl. 163 cm

b. Class B: Over 163 cm

- b) 21 to 23 years of age inclusive:
- a. Class A: Up to and incl. 163 cm
 - b. Class B: Over 163 cm

11.13 There are the following categories in **Women's Artistic Fitness** world-level competitions:

- a. Class B: Up to and incl. 163 cm
- b. Class C: Up to and incl. 168 cm
- c. Class E: Over 168 cm

11.14 There are the following categories in **Junior Women's Artistic Fitness** world-level competitions:

- a) 16 to 20 years of age inclusive:
 - a. One open category
- b) 21 to 23 years of age inclusive:
 - a. One open category

11.15 There is one open category in **Men's Fitness** world-level competitions.

11.16 There are the following categories in **Junior Men's Fitness** world-level competitions:

- a) 16 to 20 years of age inclusive:
 - a. One open category
- b) 21 to 23 years of age inclusive:
 - a. One open category

11.17 There are four categories in **Senior Women's Bodyfitness** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 158 cm
- b. Class B: Up to and incl. 163 cm
- c. Class C: Up to and incl. 168 cm
- d. Class D: Over 168 cm

11.18 There are the following categories in **Junior Women's Bodyfitness** world-level competitions:

- a) 16 to 20 years of age inclusive:
 - a. One open category
- b) 21 to 23 years of age inclusive:
 - a. One open category

11.19 There are three categories in **Master Women's Bodyfitness** world-level competitions, currently as follows:

- a) 35 to 39 years of age inclusive:
 - a. One open category.

- b) 40 to 44 years of age inclusive:
 - a. One open category.
- c) 45 years of age and over:
 - a. One open category.

11.20 There are eight categories in **Women's Bikini** competitions world-level, currently as follows:

- a. Class A: Up to and incl. 158 cm
- b. Class B: Up to and incl. 160 cm
- c. Class C: Up to and incl. 162 cm
- d. Class D: Up to and incl. 164 cm
- e. Class E: Up to and incl. 166 cm
- f. Class F: Up to and incl. 169 cm
- g. Class G: Up to and incl. 172 cm
- h. Class H: Over 172 cm

11.21 There are the following categories in **Junior Women's Bikini** world-level competitions:

- a) 16 to 20 years of age inclusive:
 - a. Class A: Up to and incl. 160 cm
 - b. Class B: Up to and incl. 166 cm
 - c. Class C: Over 166 cm
- b) 21 to 23 years of age inclusive:
 - a. Class A: Up to and incl. 160 cm
 - b. Class B: Up to and incl. 166 cm
 - c. Class C: Over 166 cm

11.22 There are the following categories in **Master Women's Bikini** world-level competitions:

- a) 35 to 39 years of age inclusive:
 - a. Class A: Up to and incl. 164 cm
 - b. Class B: Over 164 cm
- b) 40 to 44 years of age inclusive:
 - a. One open category
- c) 45 years of age and over:
 - a. One open category

11.23 There are four categories in senior **Women's Wellness** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 158 cm
- b. Class B: Up to and incl. 163 cm
- c. Class C: Up to and incl. 168 cm
- d. Class D: Over 168 cm

11.24 There are the following categories in **Junior Women's Wellness** world-level competitions:

- 16 to 20 years of age inclusive:
 - a. One open category

- 21 to 23 years of age inclusive:
 - a. Class A: Up to and incl. 163 cm
 - b. Class C: Over 163 cm

11.25 There are three categories in **Master Women's Wellness** world-level competitions, currently as follows:

- 35 to 39 years of age inclusive:
 - a. One open category.
- 40 to 44 years of age inclusive:
 - a. One open category.
- 45 years of age and over:
 - a. One open category.

11.26 There are two categories in **Women's Physique** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

11.27 There is one open category in **Master Women's Physique** world-level competitions: age 35 years and over.

11.28 There are six categories in **Men's Physique** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 170 cm
- b. Class B: Up to and incl. 173 cm
- c. Class C: Up to and incl. 176 cm
- d. Class D: Up to and incl. 179 cm
- e. Class E: Up to and incl. 182 cm
- f. Class F: Over 182 cm

11.29 There are two categories in **Muscular Men's Physique** world-level competitions:

- a. Class A: Up to & including 179 cm
- b. Class B: Over 179 cm

Note: *Muscular Men's Physique categories are intended for competitors with **slightly** bigger muscularity than accepted in the regular men's physique. This category winner doesn't take part in the Men's Physique Overall Category.*

11.30 There are the following categories in **Junior Men's Physique** world-level competitions:

- 15 to 17 years of age inclusive:
 - a. One open category
- 18 to 20 years of age inclusive:
 - a. One open category
- 21 to 23 years of age inclusive:
 - a. Class A: Up to and incl. 174 cm
 - b. Class B: Up to and incl. 178 cm
 - c. Class C: Over 178 cm

11.31 There are three categories in **Master Men's Physique** world-level competitions, currently as follows:

- 40 to 44 years of age inclusive:
 - a. One open category.
- 45 to 49 years of age and over:
 - a. One open category
- 50 years of age and over:
 - a. One open category

11.32 There are five categories in **Men's Classic Physique** world-level competitions, with the following bodyweight limitations:

- a. Class A: Up to & incl. 168 cm:
Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
- b. Class B: Up to & incl. 171 cm:
Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
- c. Class C: Up to & incl. 175 cm:
Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
- d. Class D: Up to & incl. 180 cm:
Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
- e. Class E: Over 180 cm:
 - a) over 180 cm up to & incl. 188 cm:
Max Weight [kg] = (Height [cm] - 100) + 13 [kg]
 - b) over 188 cm up to & incl. 196 cm:
Max Weight [kg] = (Height [cm] - 100) + 15 [kg]
 - c) over 196 cm:
Max Weight [kg] = (Height [cm] - 100) + 17 [kg]

Note 1: All of the above mentioned competitors [Class E- a); b); c)] will participate in the Class E: "Over 180 cm" category.

11.33 There are the following categories in **Junior Men's Classic Physique** world-level competitions:

- a) 16 to 20 years of age inclusive:
 - a. One open category
- b) 21 to 23 years of age inclusive:
 - a. One open category

Both groups with the following bodyweight limitations:

Up to & incl. 168 cm
Max Weight [kg] = (Height [cm] - 100) + 2 [kg]

Up to & incl. 171 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 3 \text{ [kg]}$$

Up to & incl. 175 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$$

Up to & incl. 180 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 6 \text{ [kg]}$$

Up to & incl. 188 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 7 \text{ [kg]}$$

Up to & incl. 196 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 8 \text{ [kg]}$$

Over 196 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 9 \text{ [kg]}$$

11.34 There are three categories in **Master Men's Classic Physique** world-level competitions, currently as follows:

- a) 40 to 44 years of age inclusive:
 - a. One open category.
- b) 45 to 49 years of age inclusive:
 - a. One open category.
- c) 50 years of age and over:
 - a. One open category.

Note 1: *Bodyweight limitations for all master men's classic physique competitors are the same like for men classic physique competitors (see point 11.32).*

11.35 There are five categories in **Senior Women's Fit-Model** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 160 cm
- b. Class B: Up to and incl. 164 cm
- c. Class C: Up to and incl. 168 cm
- d. Class D: Up to and incl. 172 cm
- e. Class E: Over 172 cm

11.36 There is one open category in **Junior Women's Fit-Model** world-level competitions: age 16 to 23 years.

11.37 There is one open category in **Master Women's Fit-Model** world-level competitions: age 35 years and over.

11.38 There are three categories in **Senior Men's Fit-Model** world-level competitions, currently as follows:

- a. Class A: Up to and incl. 176 cm
- b. Class B: Up to and incl. 183 cm
- c. Class D: Over 183 cm

11.39 There are nine categories in **Female Children Fitness** world-level competitions,

currently as follows:

- a. Class A: age up to & incl. 7 years old
- b. Class B: 8 years old
- c. Class C: 9 years old
- d. Class D: 10 years old
- e. Class E: 11 years old
- f. Class F: 12 years old
- g. Class G: 13 years old
- h. Class H: 14 years old
- i. Class I: 15 years old

11.40 There are five categories in **Male Children Fitness** world-level competitions, currently as follows:

- a. Class A: age up to & incl. 7 years old
- b. Class B: 8 to 9 years old
- c. Class C: 10 to 11 years old
- d. Class D: 12 to 13 years old
- e. Class E: 14 to 15 years old

11.41 There is one open category in **Mixed-Pairs** world-level competitions, which may be composed of female (women's physique) athletes combined with male (bodybuilding, classic bodybuilding or classic physique) athletes.

11.42 There is one open category in **Fit-Pairs** world-level competitions, which may be composed of **female bikini** athlete and **men's physique** competitor.

11.43 In reference to all divisions and categories:

11.43.1 At the World and Continental Championships a category can only be run if there are not less than 5 athletes. If less than 5 athletes, categories will be combined with the next heavier or taller class, wherever possible.

11.43.2 At all other events than mentioned above, a category can only be run if there are not less than 3 athletes. If less than 3 athletes, categories will be combined with the next heavier or taller class, wherever possible.

11.43.3 If less than 3 athletes in the heaviest or tallest class, it will be combined with the closest lighter or shorter category.

11.43.4 If still less than 3 athletes, more categories will be combined or, eventually, one open class will be run. In case of categories with less than 5 competitors, no titles and medals will be awarded.

11.43.5 Juniors and Masters age divisions will not be combined.

11.43.6 If there are less than 5 athletes in a category at the World Championships in two consecutive years, this category may be cancelled at the world level. Based on the same rule,

Continental Federations will make their decision regarding the presence of this category at their Continental Championships.

11.44 Start time of the Official Athlete Registration will be published by the Organizer. All competitors, regardless of category, must be present for the Official Athlete Registration at the published start time.

11.44 Crossovers (participation in more than one category at the same contest):

11.44.1 Crossovers between the following men's sport divisions are allowed:

- a) Games Classic Bodybuilding – Classic Bodybuilding – Classic Physique – Bodybuilding

b) Men's Fitness – Men's Physique

11.44.2 Crossovers between the following women's sport divisions are allowed:

- a) Women's Acrobatic Fitness – Women's Bodyfitness.
- b) Women's Artistic Fitness – Women's Bikini – Women's Fit-Model.
- c) Women's Wellness – Women's Fit-Model.

11.44.3 Junior and Master competitors may participate in the Senior categories, respecting limitations provided in points 11.44.1 and 11.44.2.

11.45 Any competitor who fails to register within the time limits set for his or her category may be eliminated from the competition.

11.46 Any competitor who does not make weight will be given a maximum of thirty minutes in which to do so. If, for whatever reason, the competitor does not return within thirty minutes, he will be eliminated from the competition. The onus is on the competitor to return within the deadline; the IFBB is under no obligation to issue time warnings or to track down the competitor.

11.47 A competitor who weighs in over his chosen category limit may elect to compete in the next higher bodyweight category.

11.48 The IFBB Chief Judge, and his or her assistant(s), will control the weighing machine and measuring device and will verify the bodyweight and/or height of each competitor, beginning with the lowest bodyweight /height category and proceeding to the highest or according to other schedule published in the Inspection Report.

11.49 All competitors must produce a valid athlete's IFBB International Card and other identity document according to Art. 11.1 point 5, failing which the competitor will not be registered.

11.50 The Judges Secretary, and his or her assistant(s), will compile lists of all of the competitors, by category, once their body weight and/or height is verified by the IFBB Chief Judge and will then prepare photocopies of these lists for the IFBB Chief Judge, the IFBB Chief Expeditor and his or her assistants, IFBB General Secretary and his or her assistants (statisticians), the Music Control Judge, the chief delegates for the National Federations, the Master of Ceremonies, IFBB Press Commission representative, the various media personnel in attendance, and other individuals as required.

11.51 During the Official Athlete Registration, the IFBB Judges Committee will determine the order in which the competitors will appear before the judging panel. The Judges Secretary, or an assistant, will issue each competitor with a competitor number, said number which will be randomly-selected by the athlete and which will thereafter correspond to the order in which that competitor will appear before the judging panel. This number must be attached to the left side of the posing trunks, or bikini, and must be worn throughout the Prejudging and Finals.

11.52 All competitors will be required to hand in their music CDs or USB drive, properly cued at the start of the music, at Official Athlete Registration, said CD/USB which must be housed within a protective plastic case with the competitor's name affixed upon the case and the CD. The Judges Secretary, or an assistant, will affix, on the music CD or USB file, a number corresponding to the same number that the competitor was given to attach to his or her posing attire.

At the biggest IFBB International Competitions, the music CDs or USB may be collected from the finalists only, after the Prejudging, what will be announced at the Official Athlete Registration.

11.53 The use of profane, vulgar or offensive language in posing music is prohibited. If a competitor uses such language in his or her posing music, the IFBB Chief Judge will order the music to be immediately stopped and will direct the competitor to leave the stage. The competitor will not be given another opportunity to perform his or her posing routine and will receive zero points from this round.

11.54 At the time of the Official Athlete Registration, a junior or master competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.).

11.55 An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

11.55.1 An athlete, male or female, may compete as a JUNIOR competitor in the category 16-20 years of age from January 1st of the year in which the athlete reaches his/her 16th birthday up to and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, he/she may only compete in the category 21-23 years of age.

11.55.2 An athlete, male or female, may compete as a JUNIOR competitor in the category 21-23 years of age from January 1st of the year in which the athlete reaches his/her 21st birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may only compete in the men's or women's open category.

11.56 A male athlete:

11.56.1 May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may only compete in the category 45-49 years of age.

d) From January 1st of the next year, he may compete only in the over 45 years of age category(Men's Games Classic Bodybuilding).

11.56.2 May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may only compete in the category 50-54 years of age.

e) From January 1st of the next year, he may compete only in the over 50 years of age category(Classic Bodybuilding, Classic Physique, Men's Physique).

11.56.3 May compete as a MASTER competitor in the category 50-54 years of age from January 1st of the year in which the athlete reaches his 50th birthday up to and including December 31st of the year in which the athlete turns 54. From January 1st of the next year, he may only compete in the 55-59 years of age category.

11.56.4 May compete as a MASTER competitor in the category over 60 years of age from January 1st of the year in which the athlete reaches his 60th birthday.

11.57 A female athlete:

11.57.1 May compete as a MASTER competitor in the category over 35 years of age from January 1st of the year in which she reaches her 35th birthday (Women's Physique)

11.57.2 May compete as a MASTER competitor in the category 35-39 years of age from January 1st of the year in which she reaches her 35th birthday up to and including December 31st of the year in which she turns 39 (Bikini Fitness, Bodyfitness, Wellness Fitness).

f) From January 1st of the next year, she may only compete in the category 40-44 years of age.

11.57.3 May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which she reaches her 40th birthday up to and including December 31st of the year in which she turns 44.

g) From January 1st of the next year, she may only compete in the category over 45 years of age.

11.57.4 May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which she reaches her 45th birthday.

11.58 Any competitor, once having been officially nominated by his or her National Federation for participation in an International Competition, and who is actually present at the event, who subsequently withdraws from the event, for whatever reason, without the expressed permission of the IFBB Chief Judge, may be suspended for a period of up to one year and his or her National Federation may be fined up to EUR 1,000.

11.59 Media Waiver of Liability:

By registering as a competitor at an International Competition, the participant agrees that his or her person and/or likeness may be filmed, videotaped, photographed and/or otherwise recorded, by electronic or other means, for use by the IFBB in promoting the IFBB and the sports of Bodybuilding and Fitness.

11.60 Access Control:

The IFBB reserves the right to control access to the Official Athlete Registration room (Weigh-in and/or Height Measurement) as well as to the warming-up area during the Prejudging and Finals. The IFBB may issue one or more access control passes (Green Cards, wristbands) to each National Federation. These passes will normally be distributed at the Team Managers and Judges Meeting, as follows:

- a. Up to 5 competitors - 1 green card
- b. Up to 10 competitors - 2 green cards
- c. Over 10 competitors - 3 green cards

*The Green Card or wristband allows access to the restricted areas only and does not absolve the holder from requiring Prejudging and Finals tickets and/or passes.

Article 12 - Doping Controls

12.1 Doping Controls:

Doping controls will be conducted, under the supervision of the IFBB Medical Commission, at all International Competitions. The testing will be governed by, and conducted pursuant to the IFBB Anti-Doping Rules, which conform to the provisions of the World Anti-Doping Agency (WADA) Code.

12.2 Declaration:

As a participant in an International Competition, an athlete agrees to abide by the IFBB rules governing doping controls. Should an athlete be found guilty of an anti-doping rule violation, the athlete agrees to accept whatever penalties or sanctions may be imposed pursuant to the IFBB Anti-Doping Rules. The athlete agrees that he or she may be provisionally

suspended immediately the results of the “A” sample are known.

12.3 Testing:

12.3.1 In-Competition testing will be carried out as follows:

- a. RANDOM: A number of athletes selected at random during the Competition e.g. at the Weigh-in and/or Height Measurement and Official Athlete Registration; and/or
- b. WEIGHTED: A number of athletes selected at random from among the Top Finalists e.g. at the Finals; and/or
- c. TARGETED: The IFBB reserves the right to target test any athlete.

12.3.2 Out-of-Competition testing will be carried out from a Registered Athlete Testing Pool, said Pool which was established in 2008 from among the Top Finalists at all IFBB World Championships and has been updated each year.

12.4 Continental & National Federations:

Doping control at the Continental and National levels falls within the jurisdiction of, and is governed by, the respective Continental or National Federation. The anti-doping programs of all Continental and National Federations must conform to the provisions of the IFBB Anti-Doping Rules.

12.5 Drug Testing Consent & Waiver of Liability Form:

Each competitor must complete and sign the Drug Testing Consent & Waiver of Liability Form attached as Appendix 5 to these rules.

12.6 Athlete Whereabouts Information Form:

Each competitor must complete and sign the Athlete Whereabouts Information Form attached as Appendix 6 to these rules.

12.7 Responsibility:

All National Federations and athletes, judges and officials are solely responsible for remaining current with competition rules. National Federations and their members are fully aware that these rules are available on the Official IFBB Website, www.ifbb.com. The IFBB does not accept a member's claim of ignorance of the rules as a reason to act in a manner contrary to these rules.

Article 13 - Judges

13.1 General:

All judges wishing to judge at International Competitions must be members of an affiliated National Federation and must first be qualified to judge at the national level prior to test judging or judging at the international level.

13.2 National Judge's Cards:

Each National Federation is responsible for issuing National Judges' Cards to qualified individuals within their own jurisdiction. Continental Federations are responsible for issuing Continental Judge's Cards at the continental level.

13.3 International Class Judges

13.4 Each National Federation is responsible for nominating qualified national judges to take an exam for international class. The National Federation must provide on the names of all individuals who is nominates to take the test at the competition and/or one of the IFBB World Judges Seminars. Individual requests will not be accepted. Each test judge will have to pay a test judging fee, which fee will be in an amount as determined from time to time by the IFBB Judges Committee.

13.5 There are three classes of the IFBB international judges. Requirements and procedures for each class are as follows:

C-CLASS

- a) Nomination by the IFBB-affiliated National Federation a judge is a member of.
- b) Participation in one of the IFBB Judges Seminars and passing the final judges' rules theoretical knowledge test.
- c) Passing the judges practical skills test at one of the IFBB international competition indicated by the IFBB Judges Committee.

B-CLASS

- a) Continuity of practical judging activity at the IFBB international events.
- b) During the period of the C-Class activity, working in the judging panel at no less than:
 - 3 international events each of 3 consecutive years or
 - 12 international events within 2 consecutive years
- c) Participation in one of the IFBB Judges Seminars and passing the final judges' rules theoretical knowledge test.

A-CLASS

- a) Continuity of practical judging activity at the IFBB international events.
- b) During the period of the B-Class activity, working in the judging panel at no less than:
 - 3 international events each of 3 consecutive years or
 - 12 international events within 2 consecutive years
- c) Participation in one of the IFBB Judges Seminars and passing the final judges' rules theoretical knowledge test.

13.6 Judges practical skills test procedures:

13.6.1. A test judge must complete Prejudging test papers from categories as selected by the IFBB Chief Judge. To pass the test of practical judging, an average accuracy of 80% at least is required in selected number of categories, with each category having a minimum of twelve competitors.

13.6.2. A test judge is required to complete test papers for the **Prejudging** only.

13.6.3. The Organizer should prepare seats and tables (if possible) for the test judges. These seats and tables should be placed center to the stage in a row just behind the judge's panel and photographers. If this setup is not possible, the Organizer should reserve the middle (or right) part of the first or the second row for the test judges. These seats will be occupied during the Prejudging only.

13.7 International Judge's Cards:

Upon successfully passing the practical judging test at one of indicated IFBB international competitions and judges' rules theoretical knowledge test at one of the IFBB World Judges Seminars and upon payment of a one-time fee for issuing the International Judge Card, said fee which will be in an amount as determined from time to time by the IFBB Judges Committee, the individual will be issued an IFBB International Judge Card and official IFBB judge's badge.

13.8 Judging at International Competitions:

Every individual wishing to judge at an International Competition must first be in possession of a valid IFBB International Judge's Card, must pay an annual judge's fee, which fee will be in an amount as determined from time to time by the IFBB Judges Committee and must participate once per 3 years in the official judge's seminar organized by the IFBB Judges Committee. Judge's Cards of all nominated judges must be surrendered to the IFBB Judges Committee at the Team Managers and Judges Meeting which will be held prior to the

Prejudging. The IFBB Judges Committee will select those individuals whom they consider to be the most qualified to serve on the judging panels. The Cards will be returned at the Finals. Once selected for a panel, a judge must be present on the panel throughout the entire Prejudging and Finals.

13.9 Nomination Deadline:

A National Federation must provide on the Final Entry Form the names of all individuals who it nominates to judge at the competition, failing which the individual will not be allowed to judge. Names of judges nominated by a National Federation should also be sent to the IFBB Judges Committee Chairman, to his e-mail address provided in the Inspection Report for a given International Competition.

13.8.1 The Organizers of the IFBB International Competitions can't directly approach and invite the judges. Based on the recommendation provided on the Final Entry Forms, judges to be included in the judging panels will be selected by the IFBB Judges Committee and informed throughout IFBB Headquarters only. Judging panels will be composed after the Team Managers and Judges Meeting and will include only judges present at this Meeting.

13.8.2 An IFBB International Judge may only act in international events representing a third country which is not the country of his/her nationality (a) when he/she is registered in this third country due to residency reasons, and (b) when the judging panel for the category (ies) in which he/she would participate does not include other IFBB International Judge of his/her same nationality.

13.10 Makeup of the Regular Judging Panel:

Nine judges are normally appointed by the IFBB Judges Committee to serve on a regular judging panel. Every attempt is made to ensure that all qualified judges who are present at the Team Managers and Judges Meeting are given the opportunity to serve on a panel and that all countries are equally and fairly represented with no country having two or more judges on the same panel. Where it is not possible to appoint nine judges, seven are appointed. At no time will the number of judges on a panel be fewer than five. The IFBB Chief Judge is the final authority on the makeup of the judging panels.

13.11 Alternate Judges:

The IFBB Chief Judge may, at his discretion, allow a number of alternate judges, not to exceed four, to sit on the panel. Information, which judges from the panel work as alternate judges will be provided by the IFBB Chief Judge to the Statisticians just before the start of each category or group of categories.

13.12 Accuracy in Judging:

The following rules pertain to judging accuracy:

13.12.1. The Code of Ethics obligate our sport's officials to ensure that all athletes are adjudicated by the most qualified judges available. The IFBB Judges Committee is empowered to take whatever measures it deems necessary to ensure that this obligation is met by selecting and paneling only those judges who meet or exceed the minimum accepted standard of judging accuracy approved by the IFBB.

13.12.2. The minimum acceptable standard is an overall average score of **70%** at Prejudging.

13.12.3. Judging accuracy is calculated using the Relative Placement Method This method calculates the "deviation" between an individual judge's placement of an athlete and the entire regular judge's panel placement of that same athlete. The Relative Placement Method procedure is explained in details in chapters devoted to each of the IFBB official divisions.

Article 14 – Judges' Attires and Judging Panel

14.1 Judging Attire:

Judges shall be attired as follows:

14.1.1 The official IFBB uniform for male judges at all International Competitions consists of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white shirt with the official IFBB tie, grey dress pants, black socks and black dress shoes.

14.1.2 The official IFBB uniform for female judges at all International Competitions consists of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white blouse (official IFBB tie optional), grey skirt or dress pants, and black dress shoes.

14.1.3 The IFBB may adopt a Relaxed Dress Code e.g. a polo shirt with IFBB logo on the left breast, which may be worn by judges, expeditors and other IFBB officials working at competition. The decision on when to wear Relaxed Dress is made by the IFBB Chief Official on a case-by-case basis e.g. tropical climates or hot conditions.

14.2 Officials:

The following officials are needed to control International Competitions:

1. An IFBB Chief Judge;
2. An IFBB Stage Director;
3. A Judges Secretary;
4. Judges from as many different countries as possible, with the quantity according to Article 13.8. If enough qualified judges are available, two or more panels of judges may be appointed.
5. Two statisticians.
6. An IFBB Chief Expeditor and an appropriate number of assistants.
7. A Master of Ceremonies, or Announcer.
8. A Music Control Judge cooperating with the Sound Operator to control the order of replaying CD's or USB drives given by the competitors for the free posing routines and music backgrounds selected for the posedown.

14.3 IFBB Chief Judge:

The IFBB Chief Judge will coordinate and control all aspects of Official Athlete Registration, Prejudging and Finals. No other official will make any decision which might impact upon the smooth running of the competition without seeking the prior approval of the IFBB Chief Judge. The IFBB Chief Judge and his assistant will take seats in the center of the judging panel. Using his microphone and following the order of competition, the IFBB Chief Judge will give commands to competitors on the stage, will direct the comparisons and will control the procedure on the stage.

14.4 IFBB Stage Director

The IFBB Stage Director should be nominated by the IFBB Chief Judge from among the most experienced judges available at the competition. He will assist the IFBB Chief Judge in directing and controlling the activity on the stage.

14.5 Judges Secretary

The IFBB Judges Secretary will coordinate the work of the panel judges, will distribute and collect judges score sheets and forms in each round and will cooperate with the statisticians. During the Prejudging and Finals, the Judges Secretary, together with the IFBB Chief Judge, will scrutinize the marks for the purpose of determining their accuracy. If any judge has awarded marks that are greatly at variance with those of the other judges, the Chief Judge may question that judge for an explanation of his or her marks. The IFBB Chief Judge has authority to remove from the panel any judge who is unfairly biased or incompetent, or who engages in misconduct or unacceptable behavior.

14.6 Placement of Judges:

The placement of judges will proceed as follows:

14.6.1 The Judges Secretary will seat the judges at their respective tables, which will be located at the front center of the stage and will then seat the two statisticians at their tables, which will be located at the end of the row of judge's tables nearest to the Master of Ceremonies.

14.6.2 Each judge's position on the panel will be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers will be printed on both sides of the card so as to be viewed by the competitors and the judges. The regular panel judges will be seated so as to have the best view of the athletes; alternate judges shall be seated at one end of the regular panel.

14.7 Conduct of Judges:

14.7.1 Once the judging panel is seated, the Judges Secretary will remind the judges of the rules of conduct, said rules which must be strictly followed throughout the Prejudging and Finals. Under penalty of immediate dismissal from the judging panel, no judge will:

1. Converse with any other judge, or judges.
2. Attempt to influence the decisions of any other judge, or judges.
3. Take photographs while the judging is in progress.
4. Coach any competitor.
5. Judge while under the influence of drugs or alcohol or consume alcoholic beverages while judging.

14.7.2 Every coach who is performing as an IFBB Judge, should leave the judging panel if on the stage is one (or more) athlete(s) who is coached by this judge. If the judge hides this information, he or she will be immediately sanctioned with a penalty of one-year suspension and by the second case, at least two-year of suspension. Any further violation of the same, will allow the Judges Committee to remove from this judge the IFBB Judge's Card forever.

14.7.3 Every judge who is going to take a picture of the athletes during the competition (no matter what kind of camera, mobile phone or others), will be immediately removed from the judging panel and suspended for one year. For the second case of the same violation, an IFBB Judge will be immediately sanctioned with a penalty at least two years of suspension. Any further violation of the same will allow the Judges Committee to remove from this judge the IFBB Judge's Card forever.

a) One official may be appointed to make pictures with a mobile phone for the Continental Federation or the IFBB.

b) Same rule has to be applied to the IFBB Judge who is giving instructions from the judging panel to the athlete on the stage.

14.8 Statisticians:

The Judges Secretary will ensure that the statisticians are seated, preferably on the same side of the stage as the Master of Ceremonies, and that they are in possession of the appropriate Statistician's Score Sheets or laptop with the IFBB approved software to make the necessary calculations. The statistician's score sheets and the competitor's scores must be kept strictly confidential and are known only to the statisticians, the IFBB Chief Judge, and the Judges Secretary who are obligated not to divulge any score, or scores, to any competitor, judge, other official, administrator, organizer, or member of the IFBB Executive Council, except the President.

14.9 Judging Area Protocol

During the IFBB International Competitions the following persons may be present in the area designated for judges:

1. Judges working in the judging panel and officials directly co-operating with the judges, i.e. announcers, statisticians, sound operators and other members of the technical team.
2. Judges waiting for work in the next panel.
3. Test-Judges (in places indicated by the Chief Judge).
4. Members of the IFBB Executive Council and adequate Continental Federation Executives.
5. About athletes lists after weigh in; revisions can be done up to the starting point of the competition. Only by the delegate or president of the National Federation.
6. About results after competition; complaints can be done up to 24 hours after the end of the competition. Only by the delegate or president of the National Federation.
7. Any comments, remarks or complaints regarding judging or judges can be directed through the Chief Judge of the competition, only by the delegate or president of the National Federation.

14.10 Refreshments:

The Organizer is responsible for ensuring that liquid refreshments (e.g. water) are made available to each judge throughout the Prejudging and Finals.

Article 15 – International Competition Procedures (general concept)

15.1 The procedures of the International Competitions are as follows:

15.1.1 Prejudging: Eliminations Round

When there are more than 15 athletes competing in a category, an elimination round will usually be held for the purpose of reducing the number to 15. If necessary, IFBB Chief Judge may decrease the number of athletes qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration. The judges will select the top 15 by placing an “X” beside their numbers, using Form 1, entitled “Elimination Round (Judges)”.

Using Form 2, entitled “Elimination Round (Statisticians)”, the statisticians will transcribe the judge’s selections onto this sheet and will then tally the judge’s scores to select the top 15 competitors. When available, it may be done using computer and IFBB-approved software.

If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and will once again be called on stage for the purpose of breaking the tie. Only the top 15 competitors will advance to Round 1.

The details of Elimination Round for each IFBB sports discipline are provided in a Section of rules for this discipline.

15.1.2 Prejudging: Semifinals

1. Semifinals (Round 1) will immediately follow the Elimination Round. Usually, the top 15 athletes from the Elimination Round compete in the Semifinals. If necessary, IFBB Chief Judge may decrease the number of athletes qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration.

Semifinals round(s) may not be held if there are 7 or less competitors in a category. Decision

will be made by the Chief Judge and will be announced after the Official Athlete Registration. Using Form 3, entitled "Judge's Individual Placing (Prejudging)", each judge will award each competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled "Judge's Personal Notes" to record their assessment about each competitor. The scores for the Semifinals will be used to place the top 15 competitors from 1st place to last place. The top 6 competitors from the Semifinals will advance to the Finals. When available, it may be done using computer and IFBB-approved software.

The top 6 finalists may be announced after the Prejudging and before the Finals. The details of Semifinals for each IFBB sports discipline are provided in a Section of rules for this discipline.

15.1.3 Invitational Events

At the Invitational Events the Semifinals (Round 1) may start even when there are more than 15 competitors in a category, with no Elimination Round before. The IFBB Chief Judge will decide the number of competitors in comparisons.

15.1.4 Finals

Only the top 6 athletes from the Semifinals will take part in the Finals. They will start the Finals with zero points. Each judge will award each competitor an individual placing from 1st to 6th, ensuring that no two or more competitors receive the same placing. The statisticians will transcribe each judge's placing onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section. At the end of the Finals, the "FINAL SCORE" will be produced. When available, it may be done using computer and IFBB-approved software. Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place. The details of the Finals for each IFBB sports discipline are provided in a Section of rules devoted for this discipline.

Article 16 – Awarding Ceremony

16.1 Procedures:

The Awarding Ceremony will normally proceed as follows:

16.1.1 The top 6 finalists will be called onstage to take part in the awarding ceremony.

The Master of Ceremonies, using Form 7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the left side (when viewed from the front) of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.

If the victory pedestal is not used, competitors are placed in the center of the stage, on both sides of the center cross or point.

16.1.2 The President of the IFBB, or his representative, will present the official IFBB competitor's Gold Medal to the 1st-place competitor, the official IFBB competitor's Silver Medal to the 2nd place competitor, and the official IFBB competitor's Bronze Medal to the 3rd place competitor. The official IFBB medals and IFBB Certificates of Excellence are mandatory prizes at all World and Continental Championships and must be purchased from the IFBB Head Office by the Organizer. Medals for other International Competitions should be provided by the Organizer. In addition, the Organizer must provide six trophies for the

six finalists, said trophies, which will also be presented by the President, or his representative, as each place winner is called to the victory pedestal. The Organizer will also supply Certificates of Excellence to be presented from the 6th to 1st place finalists.

16.1.3 The national anthem (short version) of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st-place award(s). At the same time as the playing of the national anthem, the flags of the top 3 countries will be slowly raised, with the 1st-place country's flag higher than the 2nd-place and the 2nd-place country's flag higher than the 3rd-place. During the Awarding Ceremony, competitors are not allowed to display their country's flag.

16.2. After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands.

Four separate photographs are needed:

- c) top 6 (finalists) with officials,
- d) top 6 (finalists) alone
- e) top 3 (medal winners) and
- f) the winner

16.3 Competitors are expected to accept the Official Results of the competition and their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Article 17 – Overall Category and Award

17.1 Overall Category is conducted in each IFBB sport discipline where two or more weight or height categories were held, except of Children Fitness, where the Overall category is not conducted.

At the World Championship or other International Competition, the Overall Category will proceed immediately following the Award Ceremony for the last bodyweight or body height category or age division in a given sport discipline (in Acrobatic, Artistic and Men's Fitness the rules for the Overall category are a bit different and are explained in details in Sections devoted to these divisions).

17.2 The IFBB Chief Judge will direct the competitors through the compulsory poses or quarter turns and comparisons, if necessary.

17.3 The judges will use Form 6, entitled "Judge's Individual Placings (Finals)", to place each athlete from 1st to last. The judges must place each athlete and not just select the one whom they feel is the Overall Champion.

17.4 The statisticians, using Form 5, entitled "Score Sheet (Statisticians)", will tally the scores and determine the places of all competitors.

17.5 The "Overall Champion" will be announced and the IFBB overall trophy will be presented to him or her by the IFBB President or top IFBB official at the contest. The trophy will be supplied by the organizing National Federation.

Article 18 – Teams Classification Results and Award

18.1 Teams Classification:

The Teams Classification scoring includes competitors as specified below:

18.1.1 At the **World Bodybuilding Championships**, the results of the following competitors from each National Team, but no more than 2 per category, will be taken into consideration to

calculate the total points of each team:

1. Men Bodybuilding - top 6
2. Men Classic Bodybuilding - top 3
3. Men Games Classic Bodybuilding - top 2
4. Men's Physique - top 4
5. Muscular Men's Physique – top 1
6. Men Classic Physique – top 3

18.1.2 At the **World Fitness Championships**, the results of the following competitors from each National Team, but no more than 2 per category, will be taken into consideration to calculate the total points of each team:

1. Men Fitness - top 1
2. Women Acrobatic Fitness - top 2
3. Women Artistic Fitness – top 1
4. Women's Physique – top 1
5. Women Bodyfitness - top 3
6. Women Bikini - top 5
7. Women Wellness - top 3
8. Mixed Pairs - top 1
9. Fit Pairs – top 1

18.1.3 At the **World Juniors Championships**, the results of the following competitors from each National Team, but no more than 2 per category, will be taken into consideration to calculate the total points of each team:

1. Junior Men Bodybuilding 16-20 years - top 1
2. Junior Men Bodybuilding 21-23 years - top 2
3. Junior Men Classic Bodybuilding 16-20 years - top 1
4. Junior Men Classic Bodybuilding 21-23 years - top 1
5. Junior Men Games Classic Bodybuilding 16-20 years - top 1
6. Junior Men Games Classic Bodybuilding 21-23 years - top 1
7. Junior Men Classic Physique 16-20 years - top 1
8. Junior Men Classic Physique 21-23 years - top 1
9. Junior Men's Physique 16-20 years - top 1
10. Junior Men's Physique 21-23 years - top 2
11. Junior Men Fitness 16-20 years - top 1
12. Junior Men Fitness 21-23 years - top 2
13. Junior Women Acrobatic Fitness 16-20 years - top 1
14. Junior Women Acrobatic Fitness 21-23 years - top 2
15. Junior Women Artistic Fitness 16-20 years - top 1
16. Junior Women Artistic Fitness 21-23 years - top 1
17. Junior Women Bodyfitness 16-20 years - top 1
18. Junior Women Bodyfitness 21-23 years - top 1
19. Junior Women Bikini 16-20 years - top 1
20. Junior Women Bikini 21-23 years - top 2
21. Junior Women Wellness 16-20 years - top 1
22. Junior Women Wellness 21-23 years - top 1

18.1.4 At the **World Masters Championships**, the results of the following competitors from each National Team, but no more than 2 per category, will be taken into consideration to calculate the total points of each team:

1. Master Men Bodybuilding, age 40-44 - top 3
2. Master Men Bodybuilding, age 44-49 - top 3
3. Master Men Bodybuilding, age 50-54 - top 1
4. Master Men Bodybuilding, age 55-59 - top 1
5. Master Men Bodybuilding, age 60-64 - top 1

6. Master Men Bodybuilding, age 65 & over - top 1
7. Master Men Classic Bodybuilding - top 2
8. Master Men Games Classic Bodybuilding - top 1
9. Master Men Classic Physique – top 2
10. Master Men's Physique – top 2
11. Master Women's Physique - top 1
12. Master Women Bodyfitness – top 2
13. Master Women Bikini - top 2
14. Master Women Wellness - top 2

18.1.5 At the **World Fit-Model Championships**, the results of the following competitors from each National Team, but no more than 2 per category, will be taken into consideration to calculate the total points of each team:

1. Men Fit-Model - top 2
2. Women Fit-Model - top 3
3. Junior Women Fit-Model – top 1
4. Master Women Fit-Model – top 1

18.1.6 At the **World Children Fitness Championships** the results of the following competitors from each National Team, but no more than 2 per age category, will be taken into consideration to calculate the total points of each team:

1. Girls Fitness - top 5
2. Boys Fitness - top 2

18.2 A separate teams classification for Women's categories and for Men's categories will also be run.

18.3 The Teams Classification calculations will proceed as follows:

At the world and continental level IFBB international competitions the Judges Secretary will use the IFBB official computer application program to calculate each country's points "total" and "place". At other competitions, where the computer application program is not available, the Judges Secretary will use the "Score Sheet (Statisticians)" for all of the categories included in the Championships (according to the Inspection Report) in order to enter the names of the top 10 athlete's countries in each category on Form 8, entitled "Best National Team", and will then use this sheet to calculate each country's points "total" and "place". When the top three national teams have been determined, a victory ceremony similar to that of the category victory ceremony will be held. The IFBB President, or his representative, will present the Best National Team awards, in the following order: 3rd place winner, 2nd place winner and the winning team, said awards which will be provided by the organizing National Federation, to the top 3 countries. The complete Teams Classification will be a part of the final Results of the competition.

18.4 The chief delegates or team leaders of the top 3 countries will accept the awards on behalf of their countries.

18.5 If a tie exists between two or more countries, the tie will be broken by determining which country has the "most number-one places, most number-two places, most number-three places", etc. If a tie still exists, the country which entered more competitors to the Championships will be placed higher.

18.6 Points awarded to National Federation for individual places won by its top competitors:

IFBB WORLD & CONTINENTAL CHAMPIONSHIPS	
Place	Points

1 st	16
2 nd	12
3 rd	9
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

Article 19 – Publication of the Final Results

19.1 Final Results:

The Judges Secretary will collect the Statistician’s Score Sheet for each category and will then transcribe the results onto Form 9, entitled “Final Results”. Copies of these Results will be distributed to the national delegations, press, radio, and television immediately after the competition (normally at the Farewell Banquet) and then will be published online on the IFBB website.

19.2 Contents:

The “Final Results” will contain the number, name and country of every athlete participating in each category, listing the top 15 finalists in order of their final places, together with their round-by-round point total, followed by the remaining athletes by number, name and country. Competitors disqualified for any reason will be mentioned at the end of the list in his category.

19.3 Other Contents:

The full results of the Overall Categories and full classification of the National Teams will also be listed on the “Final Results sheet”.

19.4 Amendments:

The IFBB will publish online at www.ifbb.com any subsequent amendment(s) to the initial competition results e.g. as a result of doping control.

Article 20 - Cash Awards

20.1 Cash Awards:

National, Regional and Continental Federations are free to present cash awards at designated events. For events at and below the national level, the respective National Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation, except that a National Federation may not invite other countries, or athletes from other countries, to participate in a competition at this level. For events above the national level and at or below the continental level, the respective Continental Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation.

Article 21 – Finals: The Opening Ceremony

21.1 Opening Ceremony:

The opening ceremony at all World and Continental Championships should take place Saturday noon, if possible, and will proceed as follows:

1. Parade of Nations: all participating National Federations will appear onstage in alphabetical order, with the host National Federation appearing last.

2. The chief delegate of each National Federation's team will carry that country's flag and/or name and will form up at the back of the stage and other places surrounding the stage, depending on the number of participating countries. The chief delegate must be dressed in the IFBB official uniform. It is decided at the Technical Meeting if only delegate or one delegate plus one competitor per country will take part in the Parade of Nations. The dress code for all athletes taking part in the Parade of Nations is posing attire.

3. The following individuals will be called upon to give speeches, the order of which will be as follows:

- a. President of the host National Federation; and/or
- b. Senior Special Guest; and/or
- c. President of the IFBB, or the IFBB Chief Official present at the event

4. IFBB awards and then other awards will be presented to the Host Country individuals and other officials to be awarded.

5. Selected English-spoken competitors, one female and one male, the younger and the oldest, if possible, will swear the competitor's oath.

6. IFBB President will declare the Championships open.

7. National anthem of the Host Country will be played.

8. The speakers will then leave the stage followed by the National Federation delegates.

9. The host National Federation may present an entertainment show, the time of which should not exceed 15 minutes.

Article 22 – IFBB Registration Fee

22.1 Each Official Participant (Athletes and Delegates), must pay the IFBB Registration Fee, published in the Inspection Report for that International Competition.

Unless otherwise stated in the Inspection Report, the Registration Fee should be paid BEFOREHAND online at <http://www.ifbb.com/competition-registration/>.

The IFBB Registration Fee is completely separate from the hotel security deposit. You must pay the hotel security deposit BEFORE your team members are provided accommodations.

22.2 Crossovers: junior and master competitors may also participate in the women's and men's open categories. Crossovers are also possible between the following sport divisions:

- Games Classic Bodybuilding > Classic Bodybuilding > Classic Physique > Bodybuilding.
- Women's Artistic Fitness > Bikini > Women's Fit-Model.
- Women's Wellness > Women's Fit-Model.
- Women's Acrobatic Fitness > Women's Bodyfitness.
- Men's Fitness > Men's Physique – Men's Fit-Model

22.3 If an athlete or delegate arrives without their National Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit or provide his or her credit card and, if didn't do this in advance, and pay the IFBB Registration Fee BEFORE a room can be assigned.

Article 23 – Other Rules Pertaining to World Championships

23.1 Accommodations:

23.1.1 The Organizing Committee will provide accommodations and three (3) meals per day

for all Official Participants (Athletes and Delegates) from the National Federations according to the following IFBB Rules:

- a) Three (3) or more competitors: two (2) delegates
- b) One (1) or two (2) competitors: one (1) delegate

National Federations with no athletes may send one (1) delegate. Delegates without athletes will have to pay for the Full Package Special Rate, if it is offered.

23.2 All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration. Any Official Participant not checked-in by the deadline, which will be clearly stated for each event and which will normally be one (1) hour before the start of the Weigh-in and Registration, will be classified as an "extra delegate" and will be responsible for all of his or her expenses.

23.3 Any judge, coach or trainer who is not an Official Participant (Athlete or Delegate) will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your National Federation select this individual to be an Official Delegate for your National Federation; otherwise, this individual will be responsible for all of his or her own expenses. This ruling also applies to extra delegates, test-judges and supporters. No exceptions will be made under any circumstances.

23.4 Hotel Security Deposit:

A hotel security deposit of EUR €100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team. Please advise your team before departure not to create additional expenses.

23.5 Early Arrivals/Late Departures:

Any National Federation, including any of its individual team members arriving before the Official Arrival Date and/or staying on after the Official Departure Date, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals and/or late departures.

23.6 Athletes without Delegates:

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federations to take part in an International Competition by sending the Final Entry Form to the Organizing Committee, with a copy to the IFBB Headquarters and IFBB Technical Committee, before the deadline provided in the Inspection Report to that competition.

23.7 Failure to Honour Final Entry Form Deadline:

23.7.1 Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of the IFBB Rules and IFBB Code of Ethics.

23.7.2 If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

23.8 Misrepresentation:

23.8.1 Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

23.8.2 Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Official Athlete Registration or, once having officially registered, fail to compete.

23.8.3 Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

23.9 Medical Withdrawal:

23.9.1 Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

23.9.2 Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete may, for that Athlete’s non-participation, be fined up to EUR 1,000.

23.9.3 Attendance at the IFBB International Congress:

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the Congress.

23.10 Rules and Regulations

23.10.1 Visas

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation Letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants visas.

To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

23.10.2 It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at IFBB World Championships and other international contests of the world level, to include the IFBB

Constitution, IFBB Code of Ethics, IFBB Rulebook for all physique sports disciplines, IFBB Anti-Doping Program and the statements contained within the Inspection Report.

23.10.3 If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with all of the abovementioned rules and regulations.

23.10.4 All of these documents are available online at www.ifbb.com.

APPENDIX 1

IFBB CODE OF ETHICS

Introduction:

The IFBB Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators, or others, should strive to conduct themselves as Members of the IFBB family. National Federations and other Members join the IFBB of their own free will and, in so doing, agree to abide by the IFBB Constitution and Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, the athletes, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfill our responsibility to society, to other athletes, judges, officials, and administrators of the IFBB.
2. to honor, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
7. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the IFBB.
8. to continue striving for bodily perfection and correct moral principles.
9. to honour the special trust conferred upon us by our participation in, and by our

representation of, the IFBB and our country, at international events, and to adhere to the standards of personal conduct expected of us.

10. to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.

11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.

12. to oppose the use of banned substances and methods and to compete drug free.

13. to refrain from any conduct that may be considered prejudicial to the IFBB;

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Judges:

We, the judges, realizing that our actions and decisions as judges reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all of the rules governing competitions.

2. to safeguard the interests of all competitors on equal terms.

3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.

4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.

5. to respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.

6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.

7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.

8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.

9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the IFBB.

10. to honor the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.

11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Officials:

We, the officials, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges, officials, or other administrators, according to their needs.
2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. to safeguard the health and physical fitness of the athletes.
4. to provide the athletes with the best possible conditions for achieving bodily perfection.
5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.
6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.
7. to respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.
8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the IFBB.
10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.
11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

APPENDIX 2 JUDGING

FORMS

Judging Forms can be found online at <https://ifbb.com/judges/>

Form 1 - Preliminary Assessment-{Elimination} (Judges) Form 2 -

Preliminary Assessment-{Elimination} (Statisticians) Form 3 -

Judge's Individual Placing (Prejudging)

Form 4 - Judge's Personal Notes Form 5 -

Score Sheet (Statisticians)

Form 6 - Judge's Individual Placing (Finals) Form 7 -

Top 6 Finalists (for MC)

Form 8 - Best National Team Form 9 -

Final Score sheet

APPENDIX 3

DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM

PLEASE READ THIS FORM CAREFULLY

In order to participate as a Competitor in this Event, I the undersigned Athlete do hereby agree to be bound by the IFBB Constitution and Rules, the IFBB Code of Ethics, the IFBB Rulebook, and the IFBB Anti-Doping Rules. I further agree to cooperate fully with the IFBB and the Event Organizer. I understand, accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That the IFBB has the right to conduct drug testing at this Event, pursuant to the IFBB Anti-Doping Rules.
2. That if I am selected for drug testing, I will cooperate fully with the drug testing officials at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That I accept sole responsibility to remain current with the rules and regulations governing this Event, including those pertaining to drug testing and results management.
5. That I do hereby declare and make oath that I am competing in this Event free from prohibited performance-enhancing drugs. WAIVER OF

LIABILITY

1. That I understand that in order for me to participate as a Competitor in this Event, I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.
2. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the International Federation of Bodybuilding & Fitness (IFBB), its affiliated National Federation in the country of the Championships, the Event Organizer, the IFBB and Event officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever,

including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.

3. That I agree that medical and personal injury insurance coverage while participating in this Event is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally, I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.

4. In entering into this agreement, I am not relying on any oral, written or visual representations or statements made by the Released Parties to induce me to participate in this Event.

5. I confirm that I am the full age of majority or, in the alternative; I have indicated that I am the guardian of the minor participant named, and that I have read and understand this agreement prior to signing it and agree that this agreement will be binding upon me (as a participant or guardian), my heirs, next of kin, executors, administrators and successors.

PRINT FIRST & LAST NAME COUNTRY

SIGNATURE DATE

THIS FORM MUST BE SIGNED BY THE ATHLETE AND PRESENTED TO THE IFBB BEFORE THE COMPLETION OF THE WEIGH-IN AND REGISTRATION, FAILING WHICH THE ATHLETE WILL NOT BE ALLOWED TO COMPETE. INFORMATION ON IFBB RULES AND REGULATIONS MAY BE FOUND AT WWW.IFBB.COM.

APPENDIX 4

ATHLETE WHEREABOUTS INFORMATION FORM

Pursuant to IFBB Anti-Doping Rules and as a result of decisions taken at the 2005 IFBB International Congress (Shanghai, China, November 27, 2005) regarding a Registered Athlete Testing Pool (to be established in 2006) and an Out-of-Competition doping control program (to be implemented in 2007), every Athlete competing in IFBB World Championships must provide accurate and up to- date Whereabouts information.

Rules governing the Registered Athlete Testing Pool and Out-of-Competition doping control program may be found at www.ifbb.com.

PLEASE PRINT LEGIBLY

1 LAST NAME (AS WRITTEN IN PASSPORT):

2 FIRST NAME & MIDDLE NAME(S) (AS WRITTEN IN PASSPORT):

3 PASSPORT NUMBER

4 NATIONALITY

5 SEX (MALE OR FEMALE)

6 DATE OF BIRTH (DD.MM.YYYY)

7 PLACE OF BIRTH (CITY/TOWN/COUNTRY)

8 COMPLETE HOME/MAILING ADDRESS (STREET/APT #, CITY, COUNTRY, POSTAL CODE)

9 HOME TELEPHONE NUMBER

10 MOBILE NUMBER

11 E-MAIL ADDRESS

12 NAME OF EMPLOYER/COMPANY

13 COMPLETE WORK ADDRESS (STREET/APT #, CITY, COUNTRY, POSTAL

CODE)

14 WORK TELEPHONE NUMBER

15 NAME OF TRAINING FACILITY (GYM, CLUB, FITNESS CENTRE)

All information provided on this form is strictly CONFIDENTIAL and shall be used only for the intended purpose of establishing a Registered Athlete Testing Pool and implementing an Out-of-Competition doping control program.