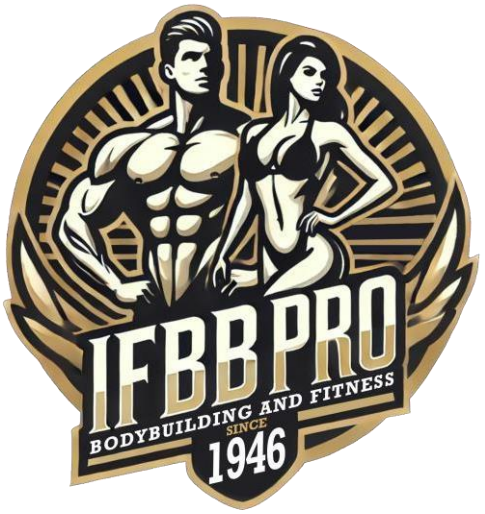

IFBB PRO RULES 2025

EDITION

IFBB ELITE PRO

CARD COMPANY S.L.

(IFBB PRO)

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Article 1 - Introduction

1.1 General:
The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Rules for Bodybuilding and Fitness consist of regulations, policies, directives and decisions intended to guide **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** and its Members in the administration of all physique disciplines governed by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** (hereinafter jointly referred to as the "**Rules**").

1.2 Agreement:
The CONTESTANTS join **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** of their own free will and, in so doing, agree to abide by the Rules. In becoming an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestant, the contestants accept that the Rules exist for the good of Bodybuilding and Fitness. Should the Rules be contravened by any IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants (License Holders) and Representatives (Cooperatives), **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** has authority to impose disciplinary measures against them.

1.3 Code of Ethics:
The Code of Ethics, which forms an integral part of the Rules, is attached as Appendix 1.

1.4 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 DIRECTOR 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. For the purposes of these Rules, the "DIRECTOR" is the professional who, having accredited knowledge and experience in the field of the professional bodybuilding and fitness, is appointed by the management of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** for the purposes of interpreting the Rules at a unique instance.

1.5 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 Bodybuilding.

Article 2 - Sanctioning of IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows

2.1 Requirement for Sanction:
In order to host an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show, an Organizer must first obtain an official sanction from **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** . To obtain an official sanction, the Organizer must file a Request for Official Sanction with **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** . The request must include all the pertinent information about the proposed professional show. Official sanctions may only be issued to an Organizer.

2.2 Contract:
Once the Request for Official Sanction is approved by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , an organizing Contract shall be entered into by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** and 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 professional show.

2.3 Sanction Fee:
The Organizer will pay a sanction fee to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** for the right to host the show. The amount of the fee will be set by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** on a case-by-case basis.
All IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows are the exclusive property of **IFBB ELITE PRO CARD COMPANY (IFBB PRO) .**
The granting of an official sanction and the payment of a sanction fee does not transfer any ownership rights over this property to the Organizer.

2.4 Payment of Sanction Fee:
The sanction fee will be paid according to the payment schedule to be agreed upon by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)**
and the Organizer in the Contract. Once the Contract is signed by all parties and payment of the sanction fee

is received by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , the fee will not be returned to the Organizer even if the contract, for whatever reason, be subsequently terminated.

2.5 Failure to Abide:
Once the Contract has been signed by all parties, should the Organizer, for whatever reason, subsequently fails to abide by the Rules or the terms and conditions of the Contract, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** may terminate the Contract, withdraw the Official Sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

Article 3 - Liability of IFBB ELITE PRO CARD COMPANY (IFBB PRO)

3.1 General:
The organization of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Sport Show will be undertaken at the sole financial risk of the Organizer. The Organizer should assume this undertaking in writing as a condition precedent for being awarded with the Official Sanction. This and any other applicable undertakings and obligations shall form part of and be detailed in the Contract.

3.2 Liability Regarding Failure to Abide:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) 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 Rules or the terms and conditions of the Contract.

3.3 Liability Insurance:
IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants, participate at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows by their own free will and, in so doing, agree that **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** will not be held liable for any accident or incident arising out of the organization or hosting of the show. The Organizer of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show must agree in writing to make the necessary arrangements, either with the show venue or an insurance agency, for their own liability insurance coverage.

3.4 Medical Personnel:
The Organizer of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show will ensure that accredited medical personnel are on duty and that emergency transportation is made available at the show venue throughout the duration of the Preassesment and Finals, at no cost to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

Article 4 - Sponsorship

4.1 Sponsorship:
The Organizer of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show may reach sponsorship arrangements with public entities and private companies; however, any sponsorship shall be subject to previous approval by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

4.2 Exceptions:
The sponsorship of IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows by companies or individuals that are directly or indirectly connected with any activities including but not limited to the manufacture, production, sale, distribution and/or advertisement of alcohol or tobacco trademarks or products and/or of prohibited substances or methods in sports, is strictly prohibited.

Article 5 – Advertising and Publicity

5.1 Advertising:

The Organizer of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show may advertise at the show by way of signage and/or banners so long as said advertising is not placed at the back center of the stage or in such a manner that obstructs the view of the Jurys (assessing) 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 five/six finalists.

5.2 Publicity:

The Organizer will be responsible for ensuring that the show receives maximum publicity, before, during and after the show. 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 Reassessment the Organizer should arrange a Press Conference at which the Organizer and the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Official may inform the public about the show, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** activity and Bodybuilding and Fitness.

Article 6 - Television and Video

6.1 Exclusive Rights:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) has the exclusive right to negotiate any and all contracts for television and/or video rights to an IFBB Pro International Sport Show. Should television and/or video rights become an issue in the hosting of the show, the Organizer is obligated to immediately advise **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** 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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** . **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** has “first rights” to any videotape of the event and, upon demand, the Organizer will immediately forward to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** a first copy of the videotape for use as **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** deems appropriate.

6.2 Liability:

Should the negotiations between **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** and the Organizer offering the television and/or video contract fail to produce any fees, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** will not be held liable for any resultant financial or other loss to the Organizer, or any related parties.

6.3 Breakdown of Fees:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) 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:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) reserves the right to control any and all press accreditation, whether said accreditation be television, radio, website, print, photographic, or other media, at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows.

7.2 Press Passes:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) 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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , which will then issue the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Press Accreditation to him/her. Based on this document, the Organizer will prepare a press pass for that person, which will be given after payment of the press accreditation fee, as determined by IFBB ELITE PRO CARD COMPANY (IFBB PRO) from time to time. During the Preassessment 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 ELITE PRO CARD COMPANY (IFBB PRO) Chief Official may dismiss any individual from the press area for just cause.

7.3 Event Coverage:

The possession of an **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Press Accreditation does not entitle the bearer to cover every IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show from the press area. Permission to cover a show must be obtained on a show-by-show basis with accreditation normally being granted on a first-come, first-serve basis.

Article 8 – Qualifications for Participation in IFBB ELITE PRO CARD COMPANY (IFBB PRO) SPORT SHOW

8 Eligibility:

Only IFBB Pro Licensed Contestants are permitted to participate at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows. IFBB Pro Licensed Contestants under suspension or disqualification are not permitted to participate at any IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows.

8.1 Participation:

IFBB Pro Licensed Contestants are only those who are title holders of a valid **IFBB ELITE PRO CARD COMPANY (IFBB PRO) CARD**.

8.2 To apply for the IFBB IFBB Pro Card, athletes should contact info@ifbbproofficial.com and fulfill the documents that will be provided.

8.3 Once the IFBB IFBB Pro Card is approved, the athletes will pay their annual membership at https://app.ifbbproofficial.com/new-licence. The athlete will receive the password to access to their profileand register for any competition at https://app.ifbbproofficial.com/

8.4 He or she must either be a citizen or have landed immigrant or legal resident status in the country that the contestant intends to represent. At the official registration/weigh-in, the contestant must show a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the current country of his or her domicile.

8.5 Invitations to Compete:

IFBB Pro Licensed Contestants may register directly at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows, contacting **IFBB ELITE PRO CARD COMPANY (IFBB PRO) or through online system,** with copy to the Organizer; except for the invitational events, in which the Organizer will invite the contestant in coordination with **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

8.6 Renewal of IFBB ELITE PRO CARD COMPANY (IFBB PRO) Cards:

The IFBBPROCOMPANYCardsmust be renewed each calendar year on or before 31st January.
Renewalsmade after this date will be valid but subject to an increased fee. This will not be applicable for

new cardholders.

8.7 Expiration of IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestant Status:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants who do not renew their IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card for two years, will lose their status.

8.8 Notwithstanding above, if an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestant who is a holder of an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card ceases to participate in IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows within a consecutive period of three years, he or she will have to pay an extra fee of one hundred (100) euros per year for maintaining the validity of his or her IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card

8.9 If an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestant decides to resign to his or her status and return to amateur, he or she will not be authorized to return to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** unless (a) a period of two (2) years following his or her resignation has lapsed, and (b) he or she again qualifies as professional

8.10 Rules to apply for the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card

The requirements to obtain the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card are published on the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Official website.

8.11 **In case of participation in a non-approved event;** IFBB IFBB Pro will apply a penalty fee to the athlete in order for him to mantain his IFBB IFBB Pro status. Any additional violation will bring the loss of the IFBB IFBB Pro status, a period of suspension in addition to a penalty fee set by IFBB IFBB Pro.

Article 9 – IFBB Pro World Showdown and other International Shows

9.1 Guarantee:

Organizers of IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows must guarantee unconditional entry to all eligible IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants

9.2 Competition system

IFBB PRO may change the competition system by deciding to apply new protocols in order to improve the show. This new system will always be based on a fair and equal competition protocol. Any change will be announced and accordingly updated on the official inspection report.

Article 10 – Pre-assessing and Finals Venue Requirements

1. General:

All IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows will take place, whenever possible, in a complete theatre- like venue 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. Staging

The assessing should be held on a raised stage with an optimum height of 80-100 cm, 16-24 meters width and 6- 8 meters depth. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of 1.0 meter. If the stage is higher than that, the seats for the Jurys must also be raised so as to give them a full view of the contestants. The top of the stage should be covered by a plain grey carpet and the front and sides by cloth, paneling or paint.

10.2. Background:

The stage background should be of a neutral, non-distracting color, preferably dark blue or black and matt. The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** logo, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** official sponsors' logos and the name of theevent shall be displayed on it. The logo of the Organizer may also be displayed in this area; however, neither should be placed in such a position as to distract the view of the Jurys 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, along the front of the posing plinth, 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 contestants.

10.3. Sound:

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

10.4. 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 the contestants when they are first brought before the Jurys. 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, pose down and awarding ceremony. It is important to avoid the shadowedarea on the stage. The average luminance on the stage should be at the level of 4500 – 5000 lux.

10.5. Seating:

The Organizer must ensure that all Jurys and spectators are afforded a clear and unobstructed full-figureview of all the contestants who stand onstage. Jurys 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 Jurys.

10.6. Master of Ceremonies:

The Master of Ceremonies plays a significant role in the image that the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** wishes to present to the general public at all IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows. For this reason, the Master of Ceremonies 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 Masterof Ceremonies should have a speaker's rostrum with a microphone, situated at the side of the stage from which the contestants enter.

10.7. Contestant Warm-up Area:

The Organizer will provide dressing rooms and washrooms/showers for the contestants. Next to the dressing room area, and adjacent to the stage, there should be an area where the Expeditors may assemble the contestants prior to leading them onto the stage. In the marshalling area, the Organizer will also provide an adequate amount of equipment for the contestants 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 shows and a lotof paper towels plus waste-paper baskets.

10.8. Inspection:

The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury should inspect the contest venue site prior to the commencement of Pre-assessing, for the purpose of ascertaining the readiness of the facility.

10.9. Communications:

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

10.10. Office/Photocopier:

The Organizer will be responsible for providing a complete office with computer/printer and photocopier with additional toner kept in reserve for use by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** throughout the duration of the IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show.

10.11. Water:

The Organizer will provide enough quantities of still (no gas) water for its consumption at backstage bythe expeditors and contestants.

10.12. Medical Emergency:

10.13. The Organizer will ensure that medical personnel and emergency transportation is made available for usethroughout the entire duration of the Preassessment and Finals.

10.14. Backstage Access/Dressing Room Access:

Access to the backstage area/dressing room area is strictly limited to essential personnel only. Admittance is not permitted to family members and other relatives.

10.15. Cameras/Videotapes:

Cameras and videotape devices are strictly prohibited in the backstage area except when used by duly accredited press personnel. These devices are strictly prohibited in the dressing room area.

10.16. Access Control:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) reserves the right to control access to the backstage area during Preassessment and Finals.

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

11.1 Official Contestant Registration:

Weigh-in and/or Height Measurement: The Official Contestant Registration (weigh-in and/or height measurement) at all IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows will be controlled by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury and his staff and will normally proceed asfollows:

11.1.1 All contestants, regardless of their category, are required to personally show up at the Official Contestant Registration which will usually take place on the day prior to the Preassessment. Any contestant who fails to attend the Official Contestant Registration at the designated time may be eliminated from the contest. All of them can be tanned and should be shaved for the competition and registration.

11.1.2 The Organizer will provide a suitable room for the Official Contestant 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 Contestants prior to the Official Contestant Registration, so that they may check their weight; tables and chairs for the Jurys Secretary and assistants, and a suitable number of chairs for the contestants and delegates. A measuring device, calibrated in centimeters, with accuracy up to 1 mm, will also be made available to record the body height.

11.1.3 All contestants will be required to have in their possession, at the time of the Official Contestant Registration, the following items:

a. A valid contestant's **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Card; and
b. A valid Passport; or Citizenship Identity Card with photography; and
c. Music recorded in a storage device with the contestant's name affixed upon the device, and the music properly cued at the beginning of the song title.

11.2 There are Four male Categories + 1 Master Category as follows

- BODYBUILDING UP TO 95 KG
- BODYBUILDING OPEN+ Master BODYBUILDING (40+ years, in the year preceding the current one)
- MEN'S CLASSIC PHYSIQUE
- MEN'S PHYSIQUE

11.3 There are Three Female categories + 2 Masters Categories as follows:

- BIKINI + Master Bikini (35+ years, in the year preceding the current one)
- BODYFITNESS + Master Bodyfitness (35+ years, in the year preceding the current one)
- WELLNESS

11.4 The classic physique Category has the following bodyweight/height limits:

Up to & incl. 168 cm - Max Weight [kg] = (Height [cm] – 100) + 4 [kg]+8kg
Up to & incl. 171 cm - Max Weight [kg] = (Height [cm] – 100) + 6 [kg]+8kg
Up to & incl. 175 cm - Max Weight [kg] = (Height [cm] - 100) + 8 [kg]+8kg
Up to & incl. 180 cm - Max Weight [kg] = (Height [cm] - 100) + 11 [kg]+8kg

Over 180 cm:
over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]+8kg
over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 15 [kg]+8kg
over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 17 [kg]+9kg

11.5 The starting time for the Official Contestant Registration will be published by the Organizer. All contestants, regardless of category, must be present for the Official Contestant Registration at the published start time.

11.6 Any contestant who fails to register within the time limits set for his or her category may be eliminated from the contest.

11.7 Any contestant who does not make weight will be given time to make the weight. If, for whatever reason,

the contestant does not return, he or she will be eliminated from the contest. The onus is on the contestant to return within the deadline; **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** is under no obligation to issue time warnings or to track down the contestant.The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury, and his or her assistant(s), will control the weighing machine and measuring device and will verify the bodyweight and/or height of each contestant.

11.8 The Jurys Secretary, and his or her assistant(s), will compile lists of all of the contestants, by category, once their body weight and/or height is verified by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury and will then prepare photocopies of these lists for the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury / Assessor, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Expeditor and his or her assistants, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** General Secretary and hisor her assistants (statisticians), the Music Control Jury, the Master of Ceremonies, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Press Commission representative, the various media personnel in attendance, and other individuals as required.

11.9 During the Official Contestant Registration, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Jurys Committee will determine the order in which the contestants will appear before the assessing panel. The Jurys Secretary, or an assistant, will issue each contestant with a contestant number, said number which will be randomly selected by the contestant, and which will thereafter correspond to the order in which that contestant will appear before the assessing panel. This number must be attached to the left side of theposing trunks, or bikini, and must be worn throughout the Preassessment and Finals.

11.10 All contestants will be required to hand in their music devices, properly cued at the start of the music, at Official Contestant Registration, said device which must be identified with the contestant's name affixed upon it. The Jurys Secretary, or an assistant, will affix, on the music device, a number corresponding to the same number that the contestant was given to attach to his or her posing attire.

11.11 The use of profane, vulgar, or offensive language in posing music is prohibited.

11.12 Media Waiver of Liability:

By registering as a contestant at an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show, the contestant 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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** in promoting **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** and Bodybuilding and Fitness.

11.13 Access Control:

IFBB ELITE PRO CARD COMPANY (IFBB PRO) reserves the right to control access to the Official Contestant Registration room (Weigh- in and/or Height Measurement) as well as to the warming-up area during the Preassessment and Finals. **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** may issue one or more access control passes (Green Cards) to each participant.

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

11.14 Responsibility:

All contestants, Jurys and officials are solely responsible for remaining current with contest rules. They are fully aware that these rules are available on the Official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Website, **www.ifbbproofficial.com** **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** does not accept an IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestant (License Holder) or Representative (Cooperative) claim of ignorance of the rules as a reason to act in a manner contrary to these rules.

Article 12 - Anti-Doping

Contestants should conduct themselves in a manner that it is at any time apart from the consumption of any illicit social drug or any drugs that enhance performance in the sport, also abstaining from any behaviors that could be considered or interpreted as a promotion, endorsement or apology of any illicit methods and/or products. Athletes found guilty of such behaviors will be expelled from **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Sport Shows.

Article 13 - Jurys

All Jurys wishing to inspect / assess at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows should be chosen by

IFBB ELITE PRO CARD COMPANY (IFBB PRO) and must first be qualified to assess **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Shows.

13.1 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging Panels:

Judging Panels will be chosen and invited by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** to take an exam for **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** categories. Individual requests will be accepted. Each test Judge will have to pay a test assessing fee, which fee will be in an amount as determined from time to time by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Judging Committee. Based on their experience & knowledge, some judges could be accepted without being submitted to the test.

13.2 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging Cards:

Upon successfully passing the practical assessing test at one of indicated **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Shows and Jurys rules theoretical knowledge test at one of the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** World Jurys Seminars and upon payment of a one-time fee for issuing the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Jury Card (the amount of which shall be determined from time to time by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Jurys Committee), the individual will be issued an **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Jury Card.

13.3 Judging at IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows:

Every individual wishing to judge at an IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show must first:

a) Be in possession of a valid IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging Card,

b) Pay an annual Judging fee (the amount of which will be determined from time to time by the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging Committee)

c) All nominated Judges must hand their judging cards to the IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging Committee at the Team Managers and Judges Meeting which will be held prior to the Preassessment.

d) The IFBB ELITE PRO CARD COMPANY (IFBB PRO) Judging 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, a Judge must be present on the panel throughout the entire Preassessment and Finals.

13.4 Nomination Deadline:

The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Judging Committee must provide on the Final Entry Form the names of all individuals whom it nominates to assess at the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Show. The Names of nominated judges should also be sent to the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Judging Committee Chairman via e-mail address which will be available in the Inspection Report for a given **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Show.

13.5 Make up of the Regular Jurys / Assessing Panel:

Nine Jurys are normally appointed by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Jurys Committee to serve on a regular Jurys

/ Assessing Panel. Every attempt is made to ensure that all qualified Jurys who are present at the Technical 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 Jurys on the same panel. Where it is not possible to appoint nine Jurys, seven or five Jurys are appointed. At no time will the number of Jurys on a panel be fewer than five. The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury is the final authority on the makeup of the Jurys / Assessing Panel panels.

13.6 Alternate Jurys:

The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury may, at his discretion, allow a number of alternate Jurys, not to exceed four, to sit on the panel. Information, which Jurys from the panel work as alternate Jurys will be provided by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury to the

Statisticians just before the start of each category or group of categories.

13.7 Accuracy in Assessing:
The following rules pertain to Assessing accuracy:

13.7.1 The Code of Ethics obligates officials to ensure that all contestants are adjudicated / assessed by the most qualified Jurys available. The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Jurys Committee is empowered to take whatever measures it deems necessary to ensure that this obligation is met by selecting and paneling only those Jurys who meet or exceed the minimum accepted standard of assessing accuracy approved by **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** . The minimum acceptable standard is an overall average score of **70**% at Preassessment.

13.7.2 Assessing accuracy is calculated using the "Deviation Method". This method calculates the "deviation" between an individual Jury's placement of a contestant and the entire regular Jury's panel placement of that same contestant.

Article 14 – Judges' Attire and Jurys / Assessing Panel

Jury's Attire:

Judges should be dressed as follows:

14.1 The official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** uniform for male Jurys at all IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows consists of a blue blazer with the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** crest on the left breast pocket, pale blue or white shirt with the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** tie, grey dress pants, black socks and black dress shoes.

14.2 The official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** uniform for female Jurys at all IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows consists of a blue blazer with the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** crest on the left breast pocket, pale blue or white blouse, official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** scarf, grey skirt or dress pants, and black dress shoes.

14.3 The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury has authority to remove from the panel any Judge for improper behaviour or who is not correctly dressed in the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** uniform.

14.4 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** may adopt a Relaxed Dress Code e.g. a polo shirt with **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** logo on the left breast, which may be worn by Judges, expediters and other **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** officials working at the show. The decision on when to wear Relaxed Dresses shall be made by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Official on a case-by-case basis e.g. tropical climates or hot conditions.

14.5 Officials:

The following officials are needed to control IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows:

14.5.1 One **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury;

14.5.2 One **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Stage Director;

14.5.3 One Jurys Secretary;

14.5.4 Jurys from as many different countries as possible, with the quantity according to Article 13.5. If enough qualified Jurys are available, two or more panels of Jurys may be appointed.

14.5.5 Two statisticians.

14.5.6 An **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Expeditor and an appropriate number of assistants.

14.5.7 A Master of Ceremonies, or Announcer; and

14.5.8 A Music Control Jury cooperating with the Sound Operator to control the order of replaying CD's given by the Contestants for the free posing routines and music backgrounds selected for the pose down

- **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury:

  - The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury will coordinate and control all aspects of Official Contestant Registration, Preassessment and Finals. No other official will make any decision which might impact upon the smooth running of the contest without seeking the prior approval of the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury. The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury and his/her assistant will take seats in the center of the Jurys / Assessing Panel. Using his microphone and following the order of contest, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury will give commands to contestants on the stage, will direct the comparisons and will control the procedure on the stage.
  - The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Judge can modify some aspects from the stage requirements, backstage, venue, officials, competition system, posing and/or another factor that affects to the competition based on the particular circumstances of that moment.

- **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Stage Director

  The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Stage Director should be nominated by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Director from among the most experienced Jurys available at the Contest. He will assist the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury in directing and controlling the activity on the stage.

- JURYS SECRETARY:

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

- JURYS
  - Placement of Jurys:

    i. The placement of Jurys will proceed as follows:

    ii. The Jurys Secretary will seat the Jurys 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 theend of the row of judge's tables nearest to the Master of Ceremonies.

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

  - Conduct of Jurys:

    Once the Jurys Panel is seated, the Jurys Secretary will remind the Jurys of the rules of conduct, said rules which must be strictly followed throughout the Preassessment and Finals. Under penalty of immediate dismissal from the Jurys / Assessing Panel, no Jury will:

    1. Converse with any other Jurys.
    2. Attempt to influence the decisions of any other Jury.
    3. Take photographs while the assessment is in progress.
    4. Coach any contestant.
    5. Assess while under the influence of drugs or alcohol or consume alcoholic beverages

whileassessing.

- STATISTICIANS:

  - The Jurys 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 ELITE PRO CARD COMPANY (IFBB PRO)** approved software to make the necessary calculations.
  - The statistician's score sheets, and the contestant's scores must be kept strictly confidential and are known only to the statisticians, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury, and the Jurys Secretary who are obligated not to divulge any score, or scores, to any contestant, Jury, other official, administrator, organizer, or member of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , except the Director.

- Refreshments:
  The Organizer is responsible for ensuring that liquid refreshments (e.g., water) are made available to each Jury throughout the Preassessment and Finals.

Article 15 – IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show Procedures (general concept)

The procedures of the IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows are as follows:

15.1 Preassessment: Elimination Rounds

When there are more than 15 contestants contesting in a category, an elimination round will usuallybe held for the purpose of reducing the number to 15 or 10. The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury decides if the Elimination Round will be necessary. The Jurys will select the top 15 or 10 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Jurys)".

This elimination round could consist of 1 or more rounds, depending on the number of competitors. The final decision will be taken by the IFBB PRO Chief Judge.
Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the Jurys´ selections onto this sheet and will then tally the Jurys´ scores to select the top 15 contestants.
Only the top 15/10 contestants will advance to Round 1. In case of tied athletes, the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)**
Chief Judge can modify this number for the the 1st round.
The comparisons will be made in groups 4-7/8 people or even more depending on the stage size; the IFBB PRO Chief Director will choose the poses and can decide on how many times these shall be performed.

15.2 Preassessment: Semifinals

Semifinals (Round 1) will immediately follow the Elimination Round. Only the top 15/10 contestants may contest in semifinals. Semifinal's round(s) may not be held if there are 6 or less contestants in a category. Decision will be made by the Chief Jury and will be announced after the Official Contestant Registration.
Using Form 3, entitled "Jury's Individual Placings (Preassessment)", each Jury will award each contestant an individual placing from 1 to 15/10, ensuring that no two or more contestants receive the same placing. The Jurys may use Form 4, entitled "Jury's Personal Notes" to record their assessment about each contestant. The scores for the Semifinals will be used to place the top 15/10 contestants from 1st place to 10th/15th place. The top 5/6 contestants from the Semifinals will advance to the Finals.

The top 5/6 finalists may be announced after the Preassessment and before the Finals. The details of Semifinals for each **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** discipline are provided in a Section of rules for this discipline.
In Bodybuilding, Bodybuilding -95kg and Classic Physique, the posing routine will be assessed as Round 2 and

the points will be added to the multiplication of the Round 1 points (physique round) in order to know the athletes who will be in the final 5/6.

The posing for the physique round will be made in groups 4-7/8 people; the IFBB PRO Chief Director will choose the poses and could decide how many times these will be performed. The callouts will be made by the IFBB PRO Chief Director based on his and the judges´ opinion for the top 5 proposals. For Bodybuilding, Bodybuilding -95kg and Classic Physique the posing routines can be of a maximum time of 2 minutes.

15.3 Finals

Only the top 5/6 contestants from the Semifinals will take part in the Finals. They will start the Finalswith zero points, excepting Bodybuilding, Bodybuilding -95kg and Classic Physique where the total points will be known by adding Round1 (semifinal physical round) + Round2 (routine) and Round 3, which will derive from the Finals (another physique round only for top 6/5) Each Jury will award each contestant an individual placing from 1^{st} to 5^{th}/ 6^{th}, ensuring that no two or more contestants receive the same placing.

The statisticians will transcribe each Jury's placings onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section. At the end of the Finals, the "FINAL SCORE" will be produced. Points from the Preassessment (Round 1 and Round 2) are not taken into consideration in the Finals, except in Bodybuilding, Bodybuilding -95kg and Classic Physique. Each contestant begins the Finals with "zero points" in Men´s Physique, Bikini, Bodyfitness and Wellness.

The contestant with the lowest "FINAL SCORE" is awarded 1st place while the contestant with the highest "FINAL SCORE" is awarded 5 th/6^{th} place.The details of the Finals for each **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** discipline are provided in the next article number 21 and others. The posing for the final will be made twice always in numerical order and another different one; the IFBB PRO Chief Director will choose the poses and could decide how many times these will be performed. When in Bodybuilding, Bodybuilding 95 and Classic Physique PRO categories there are 5/6 athletes or less, then the posing routine will be performed just in the final as a second round and then the physique round will be multiplied by 2 and the routine by 1, in order to know the final scoring.

15.4 Scoring Ties

Whenever a tie occurs in any of the final or semifinal scorings, then the tie will be broken using the "Relative Placement" method.
Note: The Relative Placement Method procedure: Each individual judge's scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with better placing. All nine regular panel judge's scores (except alternative judges) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.
If the tie occurs between 3-4 athletes the "Relative Placement" method will be applied. If it is not possible possible to break this tie, then the IFBB PRO Chief director will take the final decision.

Article 16 – Awarding Ceremony

The Awarding Ceremony will normally proceed as follows:

1. The top 5/6 finalists will be called on stage to take part in the awarding ceremony.

The Master of Ceremonies, using Form 7, entitled "Top 5/6 Finalists (for MC)", will announce the number, name and country of the contestant in 6th place and that contestant 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 contestant in 5th place and that contestant 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 contestant in 4th place and that contestant 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, contestants are placed in the center of the stage, on both sides of the center cross or point.

2. The Director of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , or his representative, will present the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** contestant's Gold Medal to the 1st-place contestant, the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** contestant's Silver Medal to the 2nd place contestant, and the official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** contestant's Bronze Medal to the 3rd place contestant. The official **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** medals are mandatory prizes at all **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Shows. In addition, the Organizer must provide six trophies for the five/six finalists, said trophies which will also be presented by the Director, or his representative, as each place winner is called to the victory pedestal. The Organizer will also supply Certificates of Excellence to be presented to the 5 th/6th to 1st place finalists.

The finalists are obliged to remain on stage for a brief period for photographic purposes, and to follow the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Chief Jury or Stage Director commands. Four separate photographs are needed:

- top 5/6 (finalists) with officials;
- top 5/6 (finalists) alone;
- top 3 (medal winners); and
- the winner

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

Article 17 - Cash Awards

The Organizer of an **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Show shall provide prize money to all finalist of the category. The amount will have to be agreed before the event and added to the contract.

Article 18 - Visa Regulations

It is the contestant responsibility to obtain an entry visa for the country organizing the show. All the contestants may ask for an Invitation Letter either to the Organizer or the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Head Office. The invitation letter does not mean the contestant is granted his or her visa. Neither **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** nor the Organizer are responsible for obtaining the required contestants ´ and other attendants' visas.

To receive the invitation letter, the applicant should forward to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** or the Organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the show will still apply.

A contestant who requests and receives an invitation from the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Head Office or the Organizer of an **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Show 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 contestant is responsible to carefully control the proper, legal use of his/her visa and will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

Article 19 - Tanning

Artificial body colouring and self-tanning products may be used in order to get the best looking skin aspect. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel, in agreement with the organizer and IFBB PRO.

The use of tans and bronzers that can be wiped off is not allowed.

If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

Article 20 – Athletes on stage

All athletes, in all modalities should be competing following the IFBB PRO Chief Director commands. In the mean while no posing is required, they may be flexing his/her muscles showing his/her physique with the front view of the physique and not moving or flexing another poses. In the moment of the mandatory poses, they must perform one by one in the right rhythm and always following IFBB PRO Chief Director indications.

Any contact with other contestant should be avoided, especially when the compulsory poses are being performed. Chewing gum or any other type of food on the stage is forbidden.

If an athlete collapses on the stage and he/she is not able to continue competing because of health reasons, he/she will be disqualified.
Note 1. For Men; Except for a wedding ring, male competitors are not allowed to wear any footwear, glasses, watches, piercings, earrings, etc.., distracting ornamentation or artificial aids to the physique and/or prompts.
Note 2 For Women; Except for a wedding ring, bracelets and earrings, jewellery should not be worn. Female competitors will not wear glasses, watches, wigs or artificial aids to the physique, except breast implants.
Note 3. Headgears are generally prohibited but if it is required by the official rules of the country represented by a competitor or due to the religious principles observed by a competitor, a small, tight cap with no visor, may be used.

Athletes can not:

- Be posing at the same time others are having comparisons on the competition line.
- Leaving the stage, even for drinking or retouching tanning without permission.
- Speaking to judges or crowd in a disrespectful way.

Article 21 – Modalities

As you can read in articles 11.6 and 11.7 these are the categories in IFBB PRO competition:

- MEN:

  - BODYBUILDING UP TO 95 KG
  - BODYBUILDING OPEN + Masters Bodybuilding
  - MEN'S CLASSIC PHYSIQUE
  - MEN'S PHYSIQUE

There are Three categories in women's categories, currently as follows:

- WOMEN:

  - BIKINI FITNESS + Masters Bikini
  - BODYFITNESS + Masters Bodyfitness
  - WELLNESS

So here you have the judging criteria, attire, and poses for everyone of them:

Bodybuilding

Judging Criteria:

The judge should start the assessment procedure of the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, symmetry and definition.

The judge should also look for good skin tone and where 2 or more athletes are very close to each other, scars, acne & excessive tattoos should be taken in consideration. Athletes with deformed muscles and extended stomachs should automatically relegate the athletes in question to the last place.

Attire:

The posing attire has to be under the following requirements: one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The use of padding anywhere in the trunks is prohibited.

Note 1: If a contest is held in a country where small posing trunks are prohibited, competitors may be obliged to wear gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area, which should be the same than in Classic Physique.Posing (8):

a) Front Double Biceps
b) Front Lat Spread
c) Side Chest
d) Back Double Biceps
e) Back Lat Spread
f) Side Triceps
g) Abdominal and Thighs
h) Most Muscular

Bodybuilding 95

Judging Criteria, attire and posing are exactly the same than in bodybuilding.
The only difference is simple; all contestants must be weighting up to 95 kilos.

Men´s Physique

Judging Criteria:

The judge should start the assessment procedure of the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, looking for a wide shoulder frame and small waist, and good abdominal development. Muscle size and extreme definition are not the main factors in Men´s Physique, but the main key factor should be a healthy, aesthetic and good-looking body.

Judges are looking for the competitor with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence. The judge should also look for good skin tone and where 2 or more athletes are very close to each other, scars, acne & excessive tattoos should be taken in consideration. Athletes with deformed

muscles and extended stomachs should automatically relegate the athletes in question to the last place.

Attire:

Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.

Posing:

QUARTER TURNS
a) Front Position
b) Left Side
c) Back position
d) Right Side

Classic Physique

Athletes participating in this modality have to satisfy the following height/weight limits:

Up to & incl. 168 cm - Max Weight [kg] = (Height [cm] – 100) + 4 [kg]+8kg
Up to & incl. 171 cm - Max Weight [kg] = (Height [cm] – 100) + 6 [kg]+8kg
Up to & incl. 175 cm - Max Weight [kg] = (Height [cm] - 100) + 8 [kg]+8kg
Up to & incl. 180 cm - Max Weight [kg] = (Height [cm] - 100) + 11 [kg]+8kg

Over 180 cm:

over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]+8kg
over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) + 15 [kg]+8kg
over 196 cm: Max Weight [kg] = (Height [cm] – 100) + 17 [kg]+9kg

Judging Criteria:

From Bodybuilding criteria: The judge should start the assessment procedure of the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, symmetry and definition.

The judge should also look for good skin tone and where 2 or more athletes are very close to each other, scars, acne & excessive tattoos should be taken in consideration. Athletes with deformed muscles and extended stomachs should automatically relegate the athletes in question to the last place.
In the Classic Physique division, the inability of properly performing the vacuum pose should relegate the athlete to the last place as well.

Attire:

Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all of the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

Posing (4+7):

a) Quarters Turns: Front, Left side, Back position, Right side;
b) Front Double Biceps

c) Side Chest
d) Back Double Biceps
e) Side Triceps
f) Vacuum Pose
g) Abdominal and Thighs
h) Your Favorite Classic Pose

BodyFitness

Judging Criteria:

The judge should first assess the overall athletic appearance of the physique. The assessment, beginning with a general impression of the physique, should take into consideration the hair, the overall athletic development of the musculature; looking for wide shoulders, small waist and good lower body development.

The body should have the X-shape. A Bodyfitness athlete should present on stage a balanced, proportionally and symmetrically developed physique without much muscle detail or striations and no excessive overall muscular mass. This physique should not be described as hard, big, or ripped. The assessment should also take into consideration the tightness and tone of the skin. The hair and makeup should complement the "Total Package" presented by the athlete, as is her ability to present herself on stage with confidence, poise and grace.

Attire:

The attire has a Bikini (Two-Pieces) and shoes (high-heels) conforming:
1. The bikini will be plain opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the contestant's discretion.
3. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
4. The bikini bottom will cover a minimum of 1/3 of the glute area and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. The attire will be inspected during the Official Athlete Registration.

Posing should always consist of having the feet together and arms separated from the body, flexing lats: QUARTER TURNS
a) Front Position
b) Left Side
c) Back position
d) Right Side

Bikini

Judging Criteria:

The assessment should take the whole physique into account. The body parts should have a nice and firm appearance with a decreased amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/ or striations. Physiques that are considered too muscular, too hard or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the “Total Package” presented by the athlete, as is her ability to present herself on stage with confidence, poise and grace.

Attire:

The attire has a Bikini (Two-Pieces) and shoes (high-heels) conforming:
1. The bikini will be plain opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the contestant’s discretion.
3. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
4. The bikini bottom will cover a minimum of 1/3 of the glute area and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. The attire will be inspected during the Official Athlete Registration.

Posing:

QUARTER TURNS

a) Front Position
b) Left Side
c) Back position
d) Right Side

Wellness

Judging Criteria:
The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair, the overall body development and shape which should have more muscle size in the lower body than in the upper body. The presentation of an athletic looking physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace are also extremely important in the overall assessment.

The body parts should have a nice and firm appearance with a decreased amount of body fat, similar to those presented by bikini athletes, but slightly more development in the upper body and a bigger lower body than in Bikini. The physique should not be excessively muscular and should be free from excessive muscle separation and any striations. Physiques that are considered too muscular or too hard must be marked down.

Attire:

The attire has a Bikini (Two-Pieces) and shoes (high-heels) conforming:
1. The bikini will be plain opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the contestant's discretion.
3. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
4. The bikini bottom will cover a minimum of 1/3 of the glute area and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. The attire will be inspected during the Official Athlete Registration.

Posing:

QUARTER TURNS

a) Front Position
b) Left Side
c) Back position
d) Right Side

APPENDIX 1

IFBB ELITE PRO CARD COMPANY (IFBB PRO) CODE OF ETHICS

Introduction: The **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Code of Ethics exists as a set of beliefs that have been written to serve as guidelines for the way in which all **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Licensed Contestants(License Holders) and Representatives (Cooperatives), be they Jurys, officials, administrators or others, should strive to conduct themselves as Members of the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** family. **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Licensed Contestants(License Holders) and Representatives (Cooperatives), join **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** of their own free will and, in so doing, agree to abide by the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Rules of which the Code of Ethics forms an integral part. Any **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Licensed Contestant (License Holder) and Representative (Cooperative), who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Contestants:

We, the contestants, realizing that our conduct reflects on the good name of our disciplines/ bodybuilding and fitness, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfill our responsibility to society, to other contestants, Jurys, officials, and administrators of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

2. to honor, dignify, and support our disciplines/ bodybuilding and fitness by contesting 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 ELITE PRO CARD COMPANY (IFBB PRO)** Rules as well as the rules of the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Show and to observe them honestly in cooperation with other contestants, Jurys, officials, administrators, and organizers.

5. to accept the decisions of the Jurys, 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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** in the promotion of our disciplines/ bodybuilding and fitness by acting as a goodwill ambassador of our disciplines/ bodybuilding and fitness, promoting the sport in a positive manner, and protecting the good image and integrity of our disciplines/ bodybuilding and fitness and those of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

7. to work for **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , 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 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants (License Holders) and Representatives (Cooperatives) of **IFBB ELITE PRO CARD COMPANY (IFBB PRO) .**

8. to continue striving for bodily perfection and correct moral principles.

9. to honor the special trust conferred upon us by our participation in, and by our representation of, **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** and our country, at **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Shows, and to adhere to the standards of personal conduct expected from us.

10. to recognize the value of our disciplines/ bodybuilding and fitness and to promote their future by serving as an example to other people to participate.

11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for our disciplines/ bodybuilding and fitness and in the progressive furtherance of the objectsof **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

Jurys:

We, the Jurys, realizing that our actions and decisions as Jurys reflect on the good name ofour disciplines/ bodybuilding and fitness, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all the rules governing **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** International Sport Shows.
2. to safeguard the interests of all contestants on equal terms.

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

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

5. to respect the **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** 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 by rendering decisions clearly and promptly, and in accordance with the requirements of the show or assessing procedures.

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

8. to assist **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** in the promotion of our disciplines/ bodybuilding and fitness by acting as a goodwill ambassador of our disciplines/ bodybuilding and fitness, promoting our disciplines/ bodybuilding and fitness in a positive manner, and protecting the good image and integrity of our disciplines/ bodybuilding and fitness and those of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

9. to work for **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , 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 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants (License Holders) and Representatives (Cooperatives) of **IFBB ELITE PRO CARD COMPANY (IFBB PRO) .**

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

11. to cooperate with the contestants, 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 **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all contestants are contesting drug-free.

13. to refrain from any conduct that may be considered prejudicial to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

14. to conduct ourselves at all times in a manner that reflects positively upon the image of our disciplines/ bodybuilding and fitness and **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

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 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants(License Holders) and Representatives (Cooperatives), be they Jurys, officials, or other administrators, according to their needs.

2. to promote, through our disciplines/ bodybuilding and fitness, 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 contestants.
4. to provide the contestants with the best possible conditions for achieving bodily perfection.
5. to provide the contestants, Jurys, officials, and other administrators, with the best possible conditions for the conduct of shows.
6. to cooperate with the Organizers, Jurys, officials, and other administrators, in the carrying out of their show duties with the utmost of efficiency.

7. to respect **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** Rules and to observe all of the rules of Contest and to apply them honestly and fairly when dealing with the membership of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

8. to assist **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** in the promotion of our disciplines/ bodybuilding and fitness by acting as a goodwill ambassador of our disciplines/ bodybuilding and fitness, promoting our disciplines/ bodybuilding and fitness in a positive manner, and protecting the good image and integrity of our disciplines/ bodybuilding and fitness and those of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

9. to work for **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** , 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 IFBB ELITE PRO CARD COMPANY (IFBB PRO) Licensed Contestants(License Holders) and Representatives (Cooperatives) of the **IFBB ELITE PRO CARD COMPANY (IFBB PRO) .**

10. to recognize the value of our disciplines/ bodybuilding and fitness and to cooperate with the contestants in inspiring other people to participate in order to ensure the future of our disciplines/ bodybuilding and fitness

11. to cooperate with all interested parties in the development of high standards, both moral andphysical, for our disciplines/ bodybuilding and fitness and in the progressive furtherance of the objects of **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure thatall contestants are competing drug-free.

13. to refrain from any conduct that may be considered prejudicial to **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

14. to conduct ourselves at all times in amanner that reflects positively upon the image of the bodybuilding, fitness (disciplines) and **IFBB ELITE PRO CARD COMPANY (IFBB PRO)** .

APPENDIX 2 WAIVER OF LIABILITY FORM

PLEASE READ THIS FORM CAREFULLY

I understand that in order for me to participate as a contestant in any IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Shows, I must agree to be bound by this 'Waiver of Liability' and that I do so willingly and of my own will:

1. I acknowledge and I agree that I voluntarily participate in any IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show. I am fully and completely aware of and I hereby assume the risk of illness, accident, injury, death, personal injury, bodily harm, emotional distress, psychological harm, property damage and all other dangers potentially arising from or in connection with my involvement and/or participation in any IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show (all of foregoing, collectively, the 'Risks'). I am aware of and assume all Risks that may result from, among other causes, the active or passive negligence (including but not limited to negligent supervision) of IFBB ELITE PRO CARD COMPANY (IFBB PRO) , the Organizer as well as their respective affiliates, officers, directors, managers, employees, agents, licensees, successors and assigns (all of the foregoing, collectively,the 'Released Parties').

2. I understand, accept and agree that I will be covered by IFBB ELITE PRO CARD COMPANY (IFBB PRO) civil liability insurance solely if: (a) I have timely processed my complete data through IFBB ELITE PRO CARD COMPANY (IFBB PRO) and (b) I have paid timely my IFBB ELITE PRO CARD COMPANY (IFBB PRO) annual License Fee; in case I do not fulfill the aforesaid requirements, I understand, accept and agree that neither IFBB ELITE PRO CARD COMPANY (IFBB PRO) nor any of the Released Parties will obtain insurance on my behalf and that I will be the sole responsible for obtaining my own insurance, if I so desire.

3. I, in my own name and on behalf of all of my agents, representatives, spouse, guardians, successors, assigns, heirs and next of kin (all of the foregoing, collectively, the 'Participant Parties'), hereby irrevocably waive, release, discharge and holds all of the Released Parties harmless from and against any and all losses, liabilities, claims, costs, damages, demands and expenses (including but not limited to attorney fees, lost wages and medical expenses) arising from or in connection with any and all Risks, whether occurring on or off the premises where the Event takes place. I shall bear the sole and exclusive responsibility for all Risks.

4. I hereby irrevocably grant to IFBB ELITE PRO CARD COMPANY (IFBB PRO) the perpetual worldwide, royalty-free, sublicensable, transferable right, license and privilege to: (a) photograph, film and otherwise make audio and visual records of me and my voice, image and appearance at the Event (all of the foregoing, the 'Recordings'), (b)quote or paraphrase all or a portion of any statements that may make before, during or after the Event (allof the foregoing, the 'Statements'), (c) publish, display and otherwise use my name, image, likeness, voice and biographical data (all of the foregoing, the 'Image'); and (d) publish, exhibit, distribute, transmit, advertise, promote, commercially exploit and otherwise use any of the Recordings, Statements and/or Image in any and all media. I hereby irrevocably waive, release, discharge and hold all of the Released Parties harmless from and against any and all losses, liabilities, claims, costs, damages, demands and expenses (including but not limited to attorney fees, lost wages and medical expenses) arising from or in connection with any and all uses of the Recordings, Statements and/or Image, including but not limited to any claims based on the right of privacy, the right of publicity, copyright, trademark or any other right or privilege.

5. I REPRESENT AND WARRANT TO THE RELEASED PARTIES THAT I NOR THE 'PARTICIPANT PARTIES' SHALL NOT MAKE OR INSTITUTE ANY LAWSUIT OR CLAIM ANY LIABILITY, IN LAW ORIN EQUITY, AGAINST ANY OF THE RELEASED PARTIES, WITH RESPECT TO ANY OF THE RISKS.

6. In entering into this agreement, I am not relying in any oral, written or visual representations or statements made by the 'Released Parties' to induce me to participate in any IFBB ELITE PRO CARD COMPANY (IFBB PRO) International Sport Show.

7. I assure I stay loyal to IFBB ELITE PRO CARD COMPANY (IFBB PRO) , and I respect and abide by the

IFBB ELITE PRO CARD COMPANY (IFBB PRO) Rules, which I declare to know, understand, and accept. I am aware that, if I compete or participate in events not sanctioned by IFBB ELITE PRO CARD COMPANY (IFBB PRO) , I will be subjected to the relevant measures settled in the IFBB PRO COMPANY Rules, which I declare to know, understand, and accept.

8. I am fully aware that the named IFBB ELITE PRO CARD COMPANY (IFBB PRO) Card, issued by IFBB ELITE PRO CARD COMPANY (IFBB PRO) will not have any validity and will be revoked if, at the date of its issuance, I am under investigation or procedure related to doping subjects and/or I am serving an ineligibility period due to Anti-Doping Rule Violations.

9. I declare to be fully aware that the prize money won will be subject to withholding tax, in accordance with the local applicable laws.

10. I confirm that I am full age of majority and that I have read and understood this agreement prior to signing it.I agree this agreement will be binding upon me (as participant or guardian), my spouse, heirs, next of kin, assigns, executors, agents, administrators, successors.