



**INBA ROMANIAN NATURAL INTERNATIONAL  
CHAMPIONSHIPS**

**22 – 23 SEPTEMBER 2023**

**PLACE**

Auditorium Pallady

Bulevardul Theodor Pallady 40G, Bucharest

Romania

**REGISTRATION**

- Friday 22<sup>nd</sup> : 12.00 to 18.30 - Auditorium Pallady

- The INBA ROMANIAN NATURAL INTERNATIONAL CHAMPIONSHIPS is an amateur competition , part of the ELITE TOUR.
- The competition is open to athletes from all over the world.
- Registration takes place via [www.zbodyfit.com](http://www.zbodyfit.com)
- To participate in the competition you must be an **ACTIVE** member.
- **Please have your ID or passport ready. We accept cash only!**

REGISTER HERE 

- <https://www.zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=155&lang=en>
- If you want to be part of the ELITE TOUR , you will need to purchase de european membership card - <https://naturalbodybuilding.eu/elite-tour-membership/> - This membership card will be **MANDATORY** for all athletes from Europe who will participate in the INBA PNBA NATURAL UNIVERSE as well.
- Entry fees for participation in the competition:
  - ✓ First category – 50€
  - ✓ Second category - 45€
  - ✓ Each additional category – 45€
  - ✓ Physically Challenged – 30€
  - ✓ Fitness Kids – 30€
  - ✓ Coaches pass – 20€
  - ✓ Doping fee - 30€ ( only once at the first category)
  - ✓ Tickets : -VIP Seating - 16€
    - General Admission - 11€
    - General Admission for Children - 6€

- The following men's categories are offered:

Men's Bodybuilding Ultra Masters over 60 years

Men's Bodybuilding Grand Masters over 50 years

Men's Bodybuilding Masters over 40 years

Men's Bodybuilding Teen 13-19 years

Men's Bodybuilding Junior 19-23 years

Men's Bodybuilding (divided into classes by height)

Men's Classic Physique Junior 19-23 years

Men's Classic Physique

Men's Athletik

Men's Physique Teen 13-19 years

Men's Physique Junior

Men's Physique (divided into classes by height)

Men's Physique Jr. Masters over 35 years

Men's Sports Model - Open

Men's Beach Body

Men's Physically Challenged

- The following women's categories are offered:

Women's Bikini Diva's (divided into classes by height)

Women's Bikini Diva's Junior up to 23 years

Women's Bikini Diva's over 35 years

Women's Bikini Mamas

Women's Angels - Open

Women's Bathing Suit Beauties - Open

Women's Sports Model

Women's Physique

Women's Wellness - Open

Women's Figure

Other categories:

Mixed pairs

Fitness Kids

- **The promoter reserves the right to OPEN, MERGE or to CANCEL categories based on the numbers of athletes registered !!!**

- Please read the evaluation criteria of the classes carefully and observe them when registering:

<https://naturalbodybuilding.com/categories/>

<https://naturalbodybuilding.eu/2019/09/16/mens-athletic/>

- In the following categories, the finalists may voluntarily perform a freestyle of a maximum duration 60 seconds:
  - Men's Bodybuilding

- Men`s Classic Physique
  - Men`s Physically Challenged
  - Mixed Pairs
  - Women`s Physique
  - Fitness Kids
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- It is no longer possible to change classes after the registration on deadline.
  - One accompanying person ( supervisor, coach, trainer or partner ) is permitted for each athlete
  - During the athletes registration, the athletes are weighted (undressed except for underwear) and measured, the bibs are assigned , all fees are paid and the wristbands are distributed
  - Please arrive on time!
  - The final classification of the classes take place only after the end of the athletes registration.
  - The personal QR code from [www.zbodyfit.com](http://www.zbodyfit.com) must be printed out or presented by mobile phone. This can be accessed after logging in as a tab by name under – my QR code –
  - Your numbers are assigned in duplicate and are also valid for multiple starts in different classes
  - You need a valid ID card or Passport
  - If your class allows a posing routine and you would like to perform a posing routine, please bring the corresponding music on a USB stick in mp3 format as a precaution. If the upload to zbodyfit was not successful, the music can still be uploaded in during registration.

## **COMPETITION**

- Acces to the venue is possible for athletes on SATURDAY, 2 hours before the start of the competition
- Spectators are allowed to enter one hour before the start of the competition
- A schedule will be published on the INBA ROMANIA facebook
- With the admission wristband athletes have free acces to the hall on both days
- Accompanying person can visit the backstage area with their wristband

- Please keep the wristband on your wrist ( also during tanning and on stage).  
Removed admission wristband lose their validity.
- The backstage team will call you in sufficient time before your class starts
- The call is made via your start number. The start numbers are attached to the front left and back right of your posing out it
- Please make sure that you heed the calls
- If you win your class, please stay in the backstage area for the overall winner of the category
- Please wear clothing in the venue that covers a large part of your body so that you do not leave any tanning marks on the chairs and walls
- Free chairs may of course be used. However, spectators have priority
- Separate areas may not be entered by athletes
- Training and warm-up equipment will not be provided

## **TANNING SERVICES**

- ATTENTION  
It is only allowed to use the official tan provider - INBA ROMANIA – Pro Tan`s tanning services and make sense to book in advance <https://www.protan-europe.com/book-your-tan/542?l=>  
Any contestants using a different tanning brand will be disqualified.  
All contestants must and should have similar tanning color!
- No own tanning is allowed!
- Pro Tan also offers a make-up and hairstyling services. Pro Tan is also on site during the athletes registration
- The tanning service is set up in Auditorium Pallady building
- It is kindly asked that all athletes and their coaches do not stain the walls and seats with tanning paint and tanning dyes. In a case someone stains exterior or interior, the person will be penalized with fine of 100 euro.

## **DOPING CONTROL**

- The organizer ensures the doping control in line with the anti-doping charter and guidelines. Agreeing with online affidavit of a competitor is for every athlete binding.
- If you are required to take part at a doping test , it is essential to follow the instructions

- Participation the competition is subject to the anti doping rules of the INBA and the list of prohibited substances of WADA <https://www.wada-ama.org/en/resources/world-anti-doping-program/prohibited-list>

## TICKETS

- [www.iabilet.ro](http://www.iabilet.ro) – we will soon announce when the tickets will be available for sale
- QUALIFICATION
- **The best 5 athletes in each class can qualify for the INBA PNBA NATURAL OLYMPIA 09.11.2023 – 12.11.2023**
- **Automatic INBA PNBA NATURAL UNIVERSE qualifiers for INBA ROMANIAN NATURAL INTERNATIONAL CHAMPIONCHIPS athletes**

## PHOTOS

- The official stage photos will be taken by IONUT STAN from ICS MEDIA [contact@icsmedia.ro](mailto:contact@icsmedia.ro)

## OFFICIAL GYM FREE

- COLISEUM GYM, Street Gheorghe Petrascu, 2b, sector 3

## TIME SCHEDULE

- Saturday 23.09.2023
- Expected start 09.00 AM

## CONTACT

**inbaromania@gmail.com**



