

NATURALLSTARS

International Natural Bodybuilding Championship
INBA/PNBA World Championship Qualifier

Registration:

2024 Friday 7th June: 14:00-20:00 or Saturday 8th June 06:00-08:00

Venue: UP Rendezvénytér

Budapest, Szent István tér 13-14, 1042

Please have your ID or passport ready along. We accept cash only! (Euro or Hungarian Forint)

Competition day:

Saturday, 8th June 08:00 to 20:00

08:00 The beginning of the competition

Address: UP RENDEZVÉNYTÉR Budapest, Szent István tér 13-14, 1042

Organizer: INBA Hungary

Contact: inbahungary@gmail.com

Competent jury: 7 members

INBA competition fees:

1st category: 60€

2nd category: 55€

Each additional categories: 50€

Trainer : 20€

Tickets: 10€

Doping Fee: 30€

ANTIDOPING TEST:

INBA / PNBA-related INBA Hungary considers the improvement and accuracy of urine tests important. For this reason, it has entered into an agreement with GQS GmbH (Global Quality Sports) to monitor urine analysis processes. GQS is an international ISO-certified company based in Stuttgart and Berlin that performs doping control in various sports. GQS agents take a urine sample at the competition.

In addition, whole body screening is performed to detect traces of injections and any other suspicious body features. Samples will be taken in accordance with the World Anti-Doping Code and the WADA International Standard for Testing. Samples are shipped to Germany to one of the WADA-accredited laboratories in Cologne or Dresden / Kreischa.

FFMI (Fat Free Mass Index) measurement:

-in Athletic category the maximum limit of FFMI: 24

In Men's Physique category, the maximum limit of FFMI: 24,5

-in Classic Physique category, the maximum limit of FFMI: 25

-in bodybuilding categories, the maximum limit of FFMI: 25.5

PRO TAN REGISTRATION FOR COMPETITORS:

Professional Make up

Professional Hair dresser

ATTENTION !!

It is only allowed to use the official tan provider PRO TAN EUROPE.

Any contestants using a different tanning brand will be disqualified.

All contestants must and should have similar tanning color!

Competition fee to be paid at the registration desk in cash only.

*****NOVICE*** category:**

only „LIFETIME” bodybuilders who wasnt in bodybuilding contest on the top three!

APPLICATIONS:

<https://zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=158&lang=en>

The form will be active till 15. Marc.2024 - 04.June.2024

Application sent after the 4th of June will not be accepted.

Should you have any problems with completing the application, please contact:

inbahungary@gmail.com or administrator zbodyfit@gmail.com

ADDITIONAL INSTRUCTIONS AND INFORMATION:

- Access to the dressing and warm-up rooms will be open only to athletes and coaches.
- Any valuables or money to be left with your friends or coaches.
- The organizer will make the maximum to prevent thefts but the attention is drawn to vigilance. The organizer will not be liable for any loss or damage of your property.
- It is kindly asked that all athletes and their coaches do not stain the walls, seats, interior and exterior with tanning paint and tanning dyes. In a case, someone stains exterior or interior, the person will be penalized with fine of 100€.
- By confirmation of the application, the competitor confirms that he or she is competing at his/hers own responsibility. We recommended to athletes to visit their doctor or sports doctor prior the competition.
- The competition follows the rules of www.naturalbodybuilding.eu. and www.naturalbodybuilding.com

4 overall champion gets a Pro card:

- 1, Women's Bikini overall champion
- 2, Women's Sport Model or Figure overall champion
- 3, Men's Bodybuilding overall champion
- 4, Men's Classic Physique or Men's Physique overall champion

Time Schedule:

Registration: (on the contest venue)

Friday – 07th June 2024, 14:00 – 20:00 or

Saturday 8th June 06:00-08:00

Competition day:

Saturday – 8th June 2024

UP Rendezvénytér, Budapest, Szent István tér 13-14, 1042

CATEGORIES:

The promoter reserves the right to merge or to cancel categories based on the number of athletes registered.

Minimum 3 competitors/category

MALE CATEGORIES:

Men's Athletic-- FFMI limit 24

Men's Physique Open/Novice-- FFMI limit 24,5

Classic Physique*Open/Novice--FFMI limit 25

Men's Bodybuilding Open/Junior/Masters/Novice-- FMI limit 25,5

FEMALE CATEGORIES:

Women's Wellness

Women's Bikini Divas Open/Junior/Masters/Novice

Bikini Mamas

Swimsuit model

Women's Sport Model Open/Masters

Women's Figure Open/Masters

Women's Physique*

POSING ROUTINE:

Athletes participating in categories marked by one star () are required to upload their 60 seconds music for their free routine along with their application to the electronical system.

Individual posing routine for Men's Classic Physique and Women's Physique only!

INBA/PNBA World Championship Qualifier

The INBA/PNBA World Championship will be in the Netherlands

14,-15, June 2024