



RULEBOOK

DFNA - INBA / PNBA EUROPEAN CHAMPIONSHIPS 2024

AMATEUR & PRO SHOW

EUROPEAN CHAMPIONSHIPS

DENMARK
18-20 OCTOBER 2024

NATURAL BODYBUILDING
NATURAL OLYMPIA QUALIFIER

LOCATION: VÆRKET, SVEN DALSGAARDS PL. 1, 8900 RANDERS
TICKETS, INFO & ENTRY: WWW.DFNA.DK

@DFNA.DK @DFNA



billetten

NA
NATURLIG ATLET

Bodylab

Copenhagen
TAN



All info below can also be found on website: www.dfna.dk

Competition dates

18,19 & 20 October 2024 (detailed timeplan & class-schedule will follow)

Entry: (3 steps)

1. How to qualify:

To register you need to be qualified through either a national championship and/or an International event within the INBA / PNBA federation.

2. European Elite Tour Membership:

To compete at the European Championships every athlete needs to have a "European Elite-tour Membership". *Click link below:*

<https://naturalbodybuilding.eu/elite-tour-membership/>

3. How to register for the competition:

Registration for the European Championships 2024 starts the 11th of March 2024. *Click link below:*

<https://dfna.dk/tilmelding-em/>

Registration ends the 11 of October 2024.

Make sure you follow the rules of your country when entering the contest. Once you have registeret for the Competition, and we have all the required documents, you will receive a confirmation of your entry!



PRICING:

Entry fee for athletes

Amateur classes price per entry:	170 € (euro)
Pro classes price per entry:	250 € (euro)

You will receive an email with payment instructions.
Your registration is automatically confirmed after payment of entry fee.

Coach wristband

At registration, October 18, 2024. every athlete can buy one coach-wristband for 60 € (euro's). The coach wristband allows access to both the backstage & the audience all weekend.

Audience / Visitor tickets

Audience tickets for the show can be bought online at the Venues webpage. The price in in Danish valuta 349 DKK, and translated to around 45 € (euro) for one day. A ticket for both days can be bought for 499 DKK, and is translated to: 66 € (euro)

Click link below:

<https://vaerket.dk/kalender/sport/inba-pnba-european-championships-in-natural-bodybuilding-10th-year-anniversary/>

REGISTRATION:

ORGANIZED NATIONAL TEAM REGISTRATION

To make the registration as time-efficient as possible, there will be specific time-schedule with slots for each country to register as a group. We recommend all teams to have a team-captain that takes responsibility for the whole national team at the registration. Once the whole team is registered, a photographer will take a group-photo of the whole team together.

We recommend that teams wear a national team-suit for the registration.

Athletes will receive the registration time-schedule 1 week before the contest, by e-mail. We will also post this on social media (instagram: @dfna.dk)



Competition venue / location

"Vaerket Randers" - Address: Sven Dalsgaards Pl. 1, 8900 Randers (Denmark)

Organizer / host

President of the INBA DFNA (Danish Federation of Natural Athletes): Daniel Risgaard.

For all messages & questions regarding the contest, send an E-mail to: (kontakt@dfna.dk)

For further info & information up until the show follow us on social media: Instagram @[dfna.dk](https://www.instagram.com/dfna.dk) / Facebook: @**DFNA**,
- We do not answer DM's & Facebook messages. For important questions, send an e-mail.

Hotel Services

"Hotel Randers" - Address: Torvegade 11, 8900 Randers - Denmark.

if you register as an athlete and send them your European Elite tour membership account as a proof that you are a competitor, you will receive a 20-30% discount depending on the room you choose!

Contact hotel ny e-mail: (hr@hotel-randers.dk)

Or by phone: (0045 86423422)

Other options:

We also have "Hotel Kronjylland - Best Western" where the DFNA has reserved 50 rooms for athletes. You can book your hotel room through this link:

https://www.guestreservations.com/best-western-plus-hotel-kronjylland-randers/booking?gad_source=1&gclid=Cj0KCQjwwMqvBhCtARIsAIXsZpZ36unsOCvgoUIKTD4kOLHtN9fQaF3fEqUYLRi4NnvVEchBHcFMxblaAs8YEALw_wcB



Traveling

We recommend either 'Aalborg Airport' or 'Billund Airport'. Both airports have easy access to public transportation. Both Aalborg and Aarhus have trains going directly to Randers station.

Spray tan:

Copenhagen Tan will provide excellent tanning service the whole weekend. Their professional team will ensure that you have the required layer of coats to look perfect on stage and provide both touch-ups & glazing backstage. You can book their service here.

Click link below:

https://www.copenhagentan.dk/booking_dfna

We recommend you just book **any random** time-slot, and once the tanning-team knows the official timeplan, they will adjust the time, so it fits with your class. You will receive a message from Copenhagen Tan with your final time for tanning.

Make-up, hair & styling services

This year we have the very talented & hardworking Make-up artist "Beauty By Anne Dalum". We strongly recommend using her and her service for the best possible outcome. She has experience with over 600 athletes, and knows exactly how to get the perfect stage-look.

Click the link below:

<https://forms.gle/8JPodhCic9XyWBbz6>

Photo & Video-services

Do you want stage-photos and video material from the European Championships? Snedled Media will make sure to catch your best moments on-stage. Click the link and see more details!

You have the option to get both video's, photo's or a combination of both:

Click the link below:

<https://naturligatlet.dk/collections/european-championships-stage-photos-video>



Anti-doping:

Urinetesting, Bloodtesting & Polygraphing

Urine & blood-testing

At the event 'Global Quality Sports GmbH' will ensure a fair competition, and are the ones responsible for the doping testing. The athletes can both be picked out for urine and/or blood testing if necessary. The drugtesting taking place tests for all prohibited substances mentioned in "WADA's prohibited list". *Click link below:*

<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/prohibited-list>

Athletes who needs to be tested will also be accompanied by a chaperon the entire time from getting off-stage until they are tested.

Polygraphing

At the registration athletes will be picked for polygraphing, which takes place on both friday the 18th and Saturday the 19th. The polygraphing in Denmark is very thurrel, and takes between 30-60-minutes per athlete.

In case of a positive test result act athlete will be disqualified from the competition. Any prizes won must be retuned to the organisation. Membership of the INBA/PNBA will be ended immediately, and after investigation by out antid-doping committee the athlete and the founds substance / compounds will be published on the "hall of shame" and be fined a 1000 euro fine for the athlete. The WADA Guidelines are followed, and by registering for this competition, the athlete automatically agrees on the competition rules and gives permission to voluntarily participate in any relevant doping-testing.

If an athlete refuses to being drug tested, the athlete will automatically be disqualified, with no refund.



Categories INBA (Amateur classes)

Bikini Diva's juniors (18-23 y/o)
Bikini Diva's Masters (40+ y/o)
Bikini Junior Masters (35-39 y/o)
Bikini Diva's Grand Masters (50+ y/o)
Bikini Diva's Ultra Masters (60+ y/o)
Bikini Diva's Open

Bodybuilding Teens (15-17 with parents permission)
Bodybuilding Junior (18-23 y/o)
Bodybuilding Junior Masters (35-39 y/o)
Bodybuilding Masters (40+ y/o)
Bodybuilding Grand Masters (50+ y/o)
Bodybuilding Ultra Masters (60+ y/o)
Bodybuilding Open
Classic Physique Juniors (18-23 y/o)
Classic Physique Junior masters (35-39 y/o)
Classic Physique Masters (40+ y/o)
Classic Physique Open

Figure Junior (18-23 y/o).
Figure Junior Masters (35-39 y/o)
Figure Open
Figure Masters (40+ y/o)
Figure Grand Masters (50+y/o)
Men's Athletic Open

*(weight/height limited) (height in cm, minus 103 = max stage weight).
Example: 180cm - 103 = 77 kg stage weight.*



Wellness Open
Women's Bodybuilding
Women's Physique
Mens Physique Junior (18-23 y/o)
Mens Physique Junior Masters (35-39 y/o)
Mens Physique masters (40+ y/o)
Mens Physique Grand Masters (50+ y/o)
Mens Physique Open

Categories PNBA (Pro classes)

- Mens Bodybuilding
- Classic Physique
- Athletic Physique
- Mens Physique
- Bikini Diva's
- Wellness
- Women's Bodybuilding
- Womens Physique

*If you are competing or wish to compete in a class that is **not** on our Categories list, send us an e-mail to: (kontakt@dfna.dk) with your wish. We will then consider adding your category if we have enough people with same demands / wishes.*



Prize money

Prizes:

All athletes (both amateurs & Pro's) will receive a participation medal, a goodiebag & an official "Europeas Championships t-shirt specialmade by company "Naturlig Atlet"

All athletes (both amateurs & pro's) placing top 3 will receive prizes in form of both supplements, clothing & giftcards.

Prize money:

Pro Athletes can win prizemoney when they finish top 3 in a class with a minimum of a certain amount of athletes:

Minimum of 3 athletes: first place 300€ (euro)

Minimum of 5 athletes: first place 500€ (euro) , second place 300€ (euro), third place 100€ (euro)

Minimum of 7 athletes: first place 1000€ (euro), second place 500€ (euro), third place 300€ (euro)

Pro-cards

All amateur overall winners will be awarded a Pro-card and the status of being a PNBA Professional. If you wish to compete in a pro-class in the same weekend, you need to purchase & activate the pro-card before doing so.

The purchase & activation is done on the following webpage:

Click link below:

www.naturalbodybuilding.com



Show format / method:

The European Championship runs a format where each class will be judged from start to finish in one sitting (pre-judge, finals, routine & awards).

Each class begins with the pre-judging round where judges compare quarter turns & mandatories. Once scores are counted and the 5 finalists are found, the finalists will go through another round of comparison: quarter turns, mandatories & routines (t-walks or posing routines).

After the routines, the award ceremony will begin, and the placings will be announced.

If you compete in a category that has several classes, the award-ceremony will be held after all those are judged.

Once the winners are found from each class, there will be an overall-battle between the classwinners. This is where the pro-cards are won.

Example of how a Bodybuilding category segment will look.

Mens bodybuilding Junior

Mens Bodybuilding Open

Mens Bodybuilding Master

Mens Bodybuilding grandmaster

Award ceremony —> Medals, prices & trophies

Overall battle —> Overall Trophy & Pro-card



House rules

Backstage area is only open to athletes and coaches. Only one coach per athlete is allowed. Reason being fire-restrictions & safety-precautions. Once an athlete has finished their competition they must leave the backstage area immediately & clean up after themselves and bring all personal belongings. This is necessary to give the athletes who still have to perform enough space backstage.

All valuables or money should be left with friends and coaches. The organizer is not responsible for loss or damage to personal property.

It is very important to keep the backstage area as neat as possible & not make stains on the walls, chairs, interior or exterior of the venue with tanning products. The backstage area will be covered in plastic, but we still appreciate people taking care of the surroundings!

We highly recommend using our spraytan service, since they will ensure a high quality layer of tan, and will be available for touch-ups & corrections throughout the competition. The more athletes using the same spraytan service, the easier it is for the judges to compare the athletes conditioning. If an athlete decides to bring their own tanning-product, make sure it is a "dry" product such as Protan or Jantana.

It is not allowed to use oily colored products such as dreamtan.

It is also not allowed to bring your own tent and spray-tan backstage.

The athlete declares to be in good health to participate in this competition. If an athlete has any signs of illness they need to consult with a doctor/ specialist who has given permission to compete in this competition. In case of an athlete taking / being prescribed any medicine, they need to fill out a "TUE", and send it to the email:

(kontakt@dfna.dk) before the competition.

The DFNA, INBA Denmark is not liable for any form of damage to the athletes health or consequences of competition participation and/or competition preparation.

There will be no refunds.



INBA Global rules will be followed: (www.naturalbodybuilding.com)

POSING

Posing: (general)

Information about posing criteria, information & requirements can be accessed on the global website.

Click the link below:

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

Important information

Wellness class:

At the European Championships the Wellness class will have more options when it comes to both front -and backposes.

The **frontpose** can be hit in 2 ways:

- Hips directly facing the judges and feet in line
- Hips slightly tilted with one leg slightly closer to the judges



The **backpose** can be hit in 2 ways:

- Backpose with shoulder blades spread and one hand on hip
- Backpose with shoulder blades pinched, & both hands on thighs



The athletes have freedom to pick whatever pose suits their physique, but should practice all poses, in case the judges choose to call all variations.

The sidepose will be hit normally, with the option of switching between which legs is in straightened.

See Picture:





STAGEWEAR

Suits, bikinis & other stage wear

Information about trunks, boardshorts, bikinis and other stage wear can be accessed on the global website.

Click the link below:

[\(https://naturalbodybuilding.com/categories/\)](https://naturalbodybuilding.com/categories/)

VENUE, EXPO & SHOPPING

[Expo, restaurant, drinks & shopping possibilities](#)

Shopping

Just across the road of the Venue (1 minute walk), there is a “Netto” supermarket where athletes, visitors & coaches can buy whatever they need.

Restaurant

The Venue “Værket” has its own restaurant that serves food all weekend at a reasonable price & great taste.

Drinks

The venue also sells water, soda's, beer & alcoholic beverages all weekend.

EXPO

The venue will have an Expo in the reception area where you can buy clothes, supplements, lifting-straps & other gear, and activities for the audience in the break.

WE LOOK FORWARD TO SEE YOU ALL AT THE EUROPEAN CHAMPIONSHIPS 2024!