



## THE KING & QUEEN OF ROMANIA

5 OCTOBER 2024

### PLACE

- Auditorium Palladay
- Bulevardul Theodor Pallady 40G, Bucharest
- Romania

### 5 PRO CARDS

1. OVERALL WINNER BODYBUILDING
2. OVERALL WINNER CLASSIC PHYSIQUE
3. OVERALL WINNER MEN'S PHYSIQUE
4. OVERALL WINNER MEN'S ATHLETIK

## 5. OVERALL WINNER WOMEN'S BIKINI DIVA'S

### 5000 EURO PRIZE MONEY

OVERALL BODYBUILDING , OVERALL CLASSIC PHYSIQUE, OVERALL MEN'S PHYSIQUE, OVERALL WOMEN'S BIKINI DIVA'S

**1<sup>st</sup> - 600 EURO**

**2<sup>nd</sup> - 400 EURO**

**3<sup>rd</sup> - 200 EURO**

OVERALL MEN'S ATHLETIK **1<sup>st</sup> PLACE 200 EURO**

## REGISTRATION

**Friday 4 October: 12.00 to 18.00 - Auditorium Pallady**

The KING & QUEEN OF ROMANIA 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/competition/cestne-prehlasenie.php?sutaz=173&lang=ro](http://www.zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=173&lang=ro)
- To participate in the competition you must be an **ACTIVE** member.
- Please have your ID or passport ready. We accept cash only!

**REGISTER HERE** 

- [www.zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=173&lang=ro](http://www.zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=173&lang=ro)
- 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/>

- Entry fees for participation in the competition:
  - First category - 65€
  - Second category - 60€
  - Each additional category - 60€
  - Physically Challenged - 45€
  - Fitness Kids - 45€
  - Coaches pass - 20€
  - Doping fee - 30€ ( only once at the first category)
  - **Tickets :**
    - VIP Seating - 20€**
    - General Admission - 14€**
    - General Admission for Children - 6€**

- The following men's categories are offered:
  - 1 - Men's - Physique Teen - Amateur (13-19 years)
  - 2 - Men's - Physique Junior - Amateur
  - 3 - Men's - Physique Masters - Amateur (over 35 years)
  - 4 - Men's - Physique - Amateur (divided into classes by height)
  - 5 - Men's - Beach Body - Open
  - 6 - Men's - Sports Model - Amateur Open
  - 7 - Men's - Athletik Junior - Amateur (up to 23 years)  
(divided into classes by height)
  - 8 - Men's - Athletik - Amateur (divided into classes by height)
  - 9 - Women's - Bikini Diva's - Amateur (up to 23 years)
  - 10 - Women's - Bikini Diva's - Amateur (divided into classes by height)
  - 11 - Women's - Sports Model - Amateur

- 12 - Women's - Wellness - Amateur Open
- 13 - Women's - Figure - Amateur Open
- 14 - Women's - Physique - Amateur Open
- 15 - Men's - Natural Bodybuilding Teen - Amateur (13-19 years) (divided into classes by height)
- 16 - Men's - Natural Bodybuilding Junior - Amateur (divided into classes by height)
- 17 - Men's - Natural Bodybuilding - Amateur (divided into classes by height)
- 18 - Men's - Natural Bodybuilding Masters - Amateur (40-50 years)
- 19 - Men's - Natural Bodybuilding Grand Masters - Amateur (over 50 years)
- 20 - Men's - Classic Physique - Amateur (divided into classes by height)
- 21 - Men's - Classic Physique Junior - Amateur (divided into classes by height)
- 22 - Men's - Ink/Tattoo - Open
- 23 - Mixed pairs

Other categories:

24 - 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
  - Mixed Pairs
  - Women`s Physique
  - Fitness Kids
  
- 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 weighed (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**

- Access 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 access 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 outfit
- 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/698?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) - tickets will be on sale from 1 APRIL
- QUALIFICATION
- **The best 5 athletes in each class can qualify for the INBA PNBA NATURAL OLYMPIA 09.11.2023 - 12.11.2023**

### **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 5.10.2024
- Expected start 09.00 AM

### **CONTACT**

**[inbaromania@gmail.com](mailto:inbaromania@gmail.com)**



