



8th GNBf International German Championships 2024

Natural Bodybuilding

03.- 04.05.2024

Athlete Informationen

Locality

Stadthalle Walsrode

Robert-Koch-Straße 1

29664 Walsrode

Deutschland

Registration

- ❖ The GNBf International German Championships are an amateur competition.
- ❖ In accordance with the rules of the INBA – the international partner association of the GNBf e.V. – all athletes of any nationality are eligible to participate in the GNBf e.V. International German Championships.
- ❖ In the individual categories of the GNBf International German Championships, **no** athletes are admitted who have competed as PNBA Pro in the corresponding category within the past 24 months.
 - Example: An athlete who has competed in a PNBA Pro Championship in the Men's Classic Physique category within the past 24 months may not compete in the Men's Classic Physique category at the GNBf International Newcomer Championships. However, a start in the Men's Bodybuilding category is possible.
- ❖ At the GNBf International German Championships, there are no restrictions on the nationality of the athletes.
- ❖ Registration for the championship takes place via www.zbodyfit.com

- ❖ If the federation of your country does not work with zbodyfit, please register with zbodyfit under "Germany GNBF". Then you will be unlocked and able to log in to the championship. After the examination of your international association membership and according to an active membership in your national association, you will be unlocked and can register for the championship. If you are starting for a country that does not have an INBA partner association, membership in the GNBF (see www.gnbf.de "Become a member now") is the prerequisite for activating your zbody-Fit account.
- ❖ If your country is represented by an INBA national association, you **must** be a member of this association. GNBF membership is only possible and necessary if your country is **not** represented by an INBA national association.
- ❖ The upload of a possible freestyle is also mandatory via the above-mentioned website.
- ❖ Entry fees for participation in the competition:
 - First category: 125 €
 - Second category: 75 €
 - Each additional category: 55 €
 - Caregiver pass: 50 €
 - Anti-doping fee: 30 €
- ❖ The **fees** are due after registration for the championship and invoicing with a **10-day** Term of payment.
- ❖ Payment must be made by bank transfer to the GNBF account: **Hamburger Sparkasse – IBAN: DE68 2005 0550 1043 2427 32 – BIC: HASPDEHHXXX**
- ❖ If the fees are not paid within the stipulated period, your registration will be **cancelled**, and the place reserved for you will be released for other athletes.
- ❖ Due to the **limited number of starting places** for the championship, I ask for your understanding that there will be no refund of the invoice amount if you are unable to register for the competition. The only exception: Upon presentation of a medical certificate certifying that you are unable to participate in the competition for health reasons, you will receive a refund of the invoice amount.
- ❖ If you start more than once, you can cancel your start in individual categories and classes when you enroll, but you will not receive **a refund** of your entry fee.
- ❖ The caregiver pass can **only** be purchased in **cash** during the enrolment.
- ❖ The following men's categories are offered:
 - Men's Bodybuilding Teen (13-19 Jahre)
 - Men's Bodybuilding Junior (20-23 Jahre)
 - Men's Bodybuilding Masters (40-49 Jahre)
 - Men's Bodybuilding Grand Masters (from 50 years)
 - Men's Bodybuilding Open (divided into classes by height)
 - Men's Physique Junior (up to 23 years)
 - Men's Physique Open (divided into classes by height)
 - Men's Classic Physique Teen (13-19 Jahre)
 - Men's Classic Physique Junior (20-23 Jahre)
 - Men's Classic Physique Open (divided into classes by height)
 - Men's Athletik Open
- ❖ The following categories of women are offered:
 - Women's Bikini Divas Junior (up to 23 Jahre)
 - Women's Bikini Divas Masters (from 40 years)
 - Women's Bikini Divas Open (divided into classes by size)
 - Women's Sport Model Open
 - Women's Figure Open

- Women's Physique Open
- Women's Bodybuilding Open
- Women's Wellness Open
- ❖ **The number of participants in the GNBf International German Championships is limited.**
- ❖ If the respective categories are fully occupied, no further registration is possible.
- ❖ Please read the evaluation criteria of the classes carefully and observe them when registering (<https://naturalbodybuilding.com/categories> and <https://naturalbodybuilding.eu/2019/09/16/mens-athletic>)
- ❖ In the following categories, **the finalists may voluntarily perform a freestyle** – which is not part of the ranking – of a maximum duration of **60 seconds**:
 - Men's Bodybuilding
 - Women's Bodybuilding
 - Women's Physique
- ❖ In the Men's Classic Physique category, a **freestyle of a maximum** of 90 seconds is mandatory for the **finalists** and part of the ranking.
- ❖ In the following categories, the finalists are allowed to show an I-walk (**not** a T-walk):
 - Women's Figure
 - Women's Bikini Divas
 - Women's Wellness
 - Women's Sport Model
 - Men's Physique
 - The required music will be provided by the GNBf.
- ❖ After the registration deadline, it is unfortunately no longer possible to change classes.
- ❖ The **registration deadline** for the championship is Friday, **19.04.2024, 24:00**.

Enrolment

- ❖ The enrolment will take place on **Friday, 03.05.2024 from 11:00 a.m. – 8:00 p.m.** in the Stadthalle Walsrode.
- ❖ At the time of registration, the athletes will be weighed (unclothed except for underwear) and measured, the start numbers will be assigned, all fees will be paid, and the admission wristbands will be distributed.
- ❖ One accompanying person (supervisor, coach, trainer or partner) **is permitted per athlete**. The caregiver pass can **only** be purchased **during the enrolment and in** cash.
- ❖ **Please arrive on time! If you do not show up for registration, you will unfortunately not be allowed to participate in the championship.**
- ❖ The final classification of the classes will only take place after the end of the enrolment. This division will be published around 9 p.m. in the WhatsApp group "GNBF Championships 2024" (<https://chat.whatsapp.com/Hlsg4nUBtkHFUlr2SYcUX>) and on the GNBf homepage (www.gnbf.net).
- ❖ The personal QR code from www.zbodyfit.com's own profile 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".
- ❖ Start numbers will be awarded in duplicate and are also valid for multiple starts in different classes.
- ❖ You will need a valid federal identity card or passport.

- ❖ Your posing outfit will be checked for compliance with the rules, so please bring it with you to the enrolment.
- ❖ If your class allows a posing freestyle and you would like to perform a freestyle, please bring the accompanying 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 exceptional cases.

Contest

- ❖ The GNB International German Championships consist of two parts, so that the hall must be completely cleared during the break between competitions. If athletes start in the morning and afternoon, they are allowed to remain in the backstage area.
- ❖ Access to the backstage area is possible for athletes two hours before the start of the competition.
- ❖ Spectators are allowed to enter the hall half an hour before the start of the competition.
- ❖ A detailed schedule will be published on the GNB homepage and in the WhatsApp group "GNB Championships 2024". The schedule will also be displayed in the entrance area of the hall.
- ❖ With the admission wristband, athletes have free access to the hall for Part I and Part II.
- ❖ With the admission wristband, accompanying persons to Part I and Part II also have free access to the hall.
- ❖ However, the admission wristband of the athletes is only valid for the corresponding part of the backstage area.
- ❖ Accompanying persons can go to the backstage area with their admission wristband to Part I and Part II.
- ❖ Please keep the wristband on your wrist (even when tanning and on stage). Removed wristbands lose their validity. This also applies to your caregiver.
- ❖ Please only visit the backstage and athlete area in reasonable and sufficient time proximity to your class.
- ❖ The backstage team will call you close enough time to your class start.
- ❖ The call is made via your start number. So, you should know them.
- ❖ The start numbers are attached to the front left and back right of your posing outfit.
- ❖ Please make sure that you take heed of the calls.
- ❖ If you win your class, please stay in the backstage area for the overall winner of the category.
- ❖ When your stage performance is over, we ask you to clear the backstage area. You can stay in the foyer and hall until the end of the event.
- ❖ Please wear clothing that covers most of your body in the hall so that you don't leave traces of tanning on your inventory and walls.
- ❖ Athletes may of course use free chairs. However, spectators have priority.
- ❖ The course of the competition and delays will be shared in the WhatsApp group "GNB Championships 2024".
- ❖ Athletes may also not enter separate areas.
- ❖ Training and warm-up equipment will be provided.

Tanning-Service

- ❖ For the championship, Pro Tan's tanning service is to be booked on site and in advance if required (<https://www.protan-europe.com/book-your-tan/477?!=> or <https://www.protan-europe.com/book-your-tan/610?!=>)
- ❖ The GNBf e.V. has no influence on the allocation of appointments.
- ❖ The schedule for your tanning will be created and sent to you the week before the competition.
- ❖ If you have any questions, please contact Pro Tan Europe (contact@protan-europe.com) directly.
- ❖ Pro Tan also offers a make-up and hairstyling service (<https://www.protan-europe.com>)
- ❖ Pro Tan is also on site for registered mail.
- ❖ The tanning service is set up in the backstage area.
- ❖ Pro Tan's service is **not** mandatory. Independent tanning is permitted.
- ❖ Any tanning will lead to heavy soiling of the inventory. Please be careful **not** to touch unprotected areas!

Anti-Doping

- ❖ Employees of GQS GmbH (<https://gqs-antidoping.de/en/home/>) will be present both during the competition and during the registration and will check compliance with the anti-doping regulations by means of sightings and doping tests.
- ❖ If you are required to take a doping test, you must follow the instructions of the GQS staff.
- ❖ If you have been selected for a doping test after the end of your class, a so-called chaperone will accompany you constantly until the doping test is submitted.
- ❖ Please allow sufficient time for the submission of the doping test, especially after the competition. Failure to take a doping test is considered a denied doping test and will result in disqualification.
- ❖ **It is not allowed to enter the premises intended for the doping tests without a chaperone!**
- ❖ Participation in the competition is subject to the anti-doping rules of the GNBf e.V. and the list of prohibited substances of WADA (<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/prohibited-list>).

Tickets

- ❖ Ticket sales for spectators are integrated via the GNBf homepage.
- ❖ Tickets for the livestream can be purchased at the following link: <https://solidsport.com/gnbf-live>

Qualifications

- ❖ You can win a PNBA (Professional Natural Bodybuilding Association) Pro Card at the championship. You can find the exact regulations on the following website: <https://naturalbodybuilding.com/pnba-elite-qualification/>
- ❖ To be awarded a PNBA Pro Card to a class winner, a minimum of 5 participants must compete in a category in which no overall winner is determined.
- ❖ Furthermore, the GNBf President Mr. Breitenstein and the INBA/PNBA President Mr. Rigo may award PNBA Pro Cards at their own discretion.
- ❖ To qualify for the INBA World Championship, you need a final placement (Top 5) (<https://gnbf.net/teilnehmer/faq/>) in the category in which you would like to compete at the World Championships.
- ❖ To qualify for the INBA European Championship, you also need a final placement (top 5) (<https://gnbf.net/teilnehmer/faq/>) in the category in which you would like to compete at the European Championships.
- ❖ To qualify for the Natural Olympia (Amateur Division) you need to be among the top three athletes in your class. (<https://naturalbodybuilding.com/natural-olympia-qualification>, <https://gnbf.net/teilnehmer/faq/>)

Photos

- ❖ The official stage photos are taken by Thomas Schwarz from Body Captures (<https://www.pictrs.com/bodycaptures?l=de>). Stage photos can of course be purchased from Thomas afterwards.
- ❖ Studio photos are taken by Mephisto Art Photography and can be purchased afterwards in various packages (info@mephisto-art.com). Mephisto Art will also be present at the registered mail.

Accommodation

- ❖ You can find accommodation on the well-known websites, such as: booking.com or trivago.de.
- ❖ So far, GNBf does not have a partner hotel or partner accommodations. If there are any changes, you will be informed via newsletter or via the homepage.

Other

- ❖ A GNBf merchandise stand has been set up in the foyer.
- ❖ Other exhibitors are also located in the foyer.
- ❖ GNBf partner studio for this championship: Aktiv Fitnessstreff, owner Kiro Feldmann, Am Wiethop 9 in 29683 Bad Fallingbostel (<http://www.aktiv-fitnessstreff.de/> and @aktiv_fitnessstreff_kiro).

Contacts

- ❖ Franziska Rehagel (GNBF Competition Organization): wk-orga@gnbf.de
- ❖ Christian Kellenberger (PNBA & International Championships): international@gnbf.de
- ❖ Daniel Gildner (Head Judge): jury@gnbf.de
- ❖ Diana Kakos (PNBA Pro Cards): diana@naturalbodybuilding.com
- ❖ Thomas Keller (Press & Median): media@gnbf.de
- ❖ Berend Breitenstein (GNBF e.V. President, contact person zbodyfit): berend@gnbf.de



Time Schedule

Saturday, 4th May 2024

International German Championships Part I, 08:00 – 15:00 Uhr

Men's Athletic Open

Men's Physique Junior

Men's Physique Open

Women's Bikini Divas Junior

Women's Bikini Divas Masters

Women's Bikini Divas Open

Men's Classic Physique Teen

Men's Classic Physique Junior

Men's Classic Physique Open

International German Championships Part II, 16:00 – 23:20 Uhr

Women's Sport Model

Women's Wellness

Women's Figure

Women's Physique

Women's Bodybuilding

Men's Bodybuilding Teen

Men's Bodybuilding Junior

Men's Bodybuilding Masters

Men's Bodybuilding Grand Masters

Men's Bodybuilding Open