



INBA GLOBAL HUNGARY  
PRESENTS



# NATURALLHEROES

INTERNATIONAL NATURAL BODYBUILDING CHAMPIONSHIP  
INBA / PNBA EUROPEAN CHAMPIONSHIP QUALIFIER

## Registration:

2025 Friday 10th October: 14:00-18:00 or Saturday 11th October 07:00-09:00

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

### **Competition day:**

Saturday, 11th October 09:00 to 20:00

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

Organizer: INBA Hungary

Contact: [inbahungary@gmail.com](mailto:inbahungary@gmail.com)

Competent jury: 7 members

### **INBA competition fees:**

1st category: 65€

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.

### **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://www.zbodyfit.com/competition/electronic-registration.php?sutaz=186&lang=en>

The form will be active till 01<sup>th</sup> August.2025 - 07<sup>th</sup> October.2025

Application sent after the 7th of October will not be accepted.

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

[inbahungary@gmail.com](mailto:inbahungary@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](http://www.naturalbodybuilding.eu). and [www.naturalbodybuilding.com](http://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:**

Reistration: (on the contest venue) **UP Rendezvénytér**, Budapest, Szent István tér 13-14, 1042

Friday – 10th October 2025, 14:00 – 18:00 or

Saturday 11th October 2024 07:00-09:00

### **Competition day:**

Saturday – 11th October 2025

### **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 Maximum weight: Height – 103= maximum contest weight ( 176cm-103=73kg)

Men's Physique categories (in the final will be I-walk for the Top 5)

Classic Physique\*categories (in the final will be 60sec individual posing routine for the Top 5)

Men's Bodybuilding categories(in the final will be 7 mandatory poses & posedown for the Top 5)

### **FEMALE CATEGORIES:**

Women's Wellness (in the final will be I-walk for the Top 5)

Women's Bikini Divas categories (in the final will be I-walk for the Top 5)

Bikini Mamas (in the final will be I-walk for the Top 5)

Swimsuit model (in the final will be I-walk for the Top 5)

Women's Sport Model categories (in the final will be I-walk for the Top 5)

Women's Figure categories (in the final will be I-walk for the Top 5)

Women's Physique\* (in the final will be 60sec individual posing routine for the Top 5)

### **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 European Championship and Natural Universe Qualifier\****