

# Info and competition rules INBA/PNBA Dutch Championships 2025



**Competition dates:** 18/19 April 2025 (time schedule will be published one week before the competition))

**Website:** [www.inbanetherlands.nl](http://www.inbanetherlands.nl)

**Online registration:** registration for the INBA/PNBA Dutch Championships 20245 starts at 1 December 2024 at [www.zbodyfit.com](http://www.zbodyfit.com).  
The final date to register will be 4 April 2025 or when the maximum number of athletes had]s been reached (200 athletes).

To compete at the INBA/PNBA Dutch Championships every athlete needs an active membership of their country (INBA Netherlands, GNBFI, NBFBI, DFNA, UKDFBA, SANK, INBA France, etc.)

If you want to join the European Elite Tour make sure you have also a European membership card <https://naturalbodybuilding.eu/elite-tour-membership/>

**Competition registration/check in:**

Friday 18 April from 17.00 - 19.00 o' clock at the venue:  
De Eng, Rochetstraat 2, 3781 CZ Voorthuizen

**Competition:**

Saturday 19 April 2025 from 09.30 o'clock (can be earlier, exact time will be published one week before competition),  
Adres: De Eng, Rochetstraat 2, 3781 CZ Voorthuizen

**Organizer:** president INBA Netherlands Sandra van de Kamp  
([info@inbanetherlands.nl](mailto:info@inbanetherlands.nl) / [sandra@balancept.nl](mailto:sandra@balancept.nl))

**Official hotel:** Recreatiepark "De Boshoeke" in Voorthuizen ([www.boshoeke.nl](http://www.boshoeke.nl)).

At "De Boshoeke" there are lodges and bungalows (from 2-4 persons upto 20 persons if you like to share a bungalow with your team or family). Every accommodation has it's kitchen so you can prepare your own competition food. Everything an athlete can wish for.  
Use the code: INBA2025 to get 10% discount at your booking.  
Be quick because it's Eastern weekend so they expect to be fully booked very soon.

**Spray tan:** Pro Tan Europe is the company who will take care of the tanning of all competitors. Self tanning is not allowed. **Using Pro Tan Europe tanning services is mandatory** because we want athletes to all have the same color and quality of tanning for the best comparison on stage and we need to keep the backstage clean. Protan Europe also provides the glazing service and touch-ups before going on stage. Ignoring this rule means you will be disqualified from the competition, with no refunds of any fees or costs you have made to participate at this show. Booking details will follow soon.

**Make-up & hair services:** Pro Tan Europe brings their great team of stage make-up artists and hairdressers. They have excellent quality and prices. Booking details will follow soon.

**Photoservices:** Frans Beljaards and his crew will take care of the professional pictures. Book your photo's here:  
[beljaardsf@xs4all.nl](mailto:beljaardsf@xs4all.nl)

### **Competition fee/coach ticket/visitor tickets:**

- Competition fee Amateur divisions: first category 75 euro. Every additional category 47,50 euro

- Competition fee Pro divisions: 150 euro per division

No extra doping fee's will be charged, it's included.

After registration you will receive an email with payment instructions of the competition fee. Your registration is automatically confirmed after payment of the competition fee

- Coach pass: 50 euros. The athlete can buy a coach pass at the registration (cash only) on 18 April 2025. This coach pass allows entrance to the backstage area and to the audience for the entire weekend, so no visitor ticket needed when you have a coach pass. Maximum 1 coach per athlete is allowed.

- Visitor tickets: can only be bought online (45 euro per ticket). There is only one type of ticket, no special rates for children, and no need to email us for tickets when we are sold out. Full = full

Buy your tickets here:

<https://www.nowonlinetickets.nl/Shop/EventDetails/281952347CF054867C6C8FB2AB9E1A0B>

### **Price money Pro divisions:**

Pro athletes can win prize money when they finish top 3 with a minimum number of athletes in the line up:

minimum 3 athletes: first place 300 euro

minimum 5 athletes: first place 500 euro, second place 250 euro, third place 100 euro

minimum 7 athletes: first place 750 euro, second place 250 euro, third place 100 euro

### **Pro cards:**

Amateur athletes can win a Pro card when they win the overall in open categories or by winning an age category if it has a minimum line up of 7 athletes.

## **Drugtesting:**

Drugtesting will be done on request of the judges and/or on request of our INBA Netherlands president or random, or by a selection of Global Quality Sports (GQS). This may include blood and/or urine tests or a hair test. In case of a positive result, the athlete will be disqualified from the competition. Any prizes won, must be returned to the organisation. Membership of the INBA /PNBA will be ended immediately and after investigation by our anti-doping committee the athlete and used prohibited substances can be published at the Hall of Shame and a 2000 euros fine will be charged to the athlete. The WADA guidelines are followed for blood and urine tests. By registering for this competition, the athlete automatically gives permission to voluntarily participate in the relevant tests and agrees to the competition rules.

The athlete must ensure that he or she is familiar with the WADA Prohibited List

[https://www.wada-ama.org/sites/default/files/2023-09/2024list\\_en\\_final\\_22\\_september\\_2023.pdf](https://www.wada-ama.org/sites/default/files/2023-09/2024list_en_final_22_september_2023.pdf)

## **Categories:**

### Male:

- Men's Athletic (bodybuilding category with weight limit (weight in cm -/ 103)
- Bodybuilding juniors (18-23 years)
- Bodybuilding Masters (40+)
- Body Building Grand Masters (50+)
- Bodybuilding Ultra Masters (60+)
- Bodybuilding Open (height categories and overall winner)
- Classic Physique Juniors (18-23 years)
- Classic Physique Masters 40+
- Classic Physique Open (height categories and overall winner)
- Men's physique Teens (15-17 years, only with parents permission)
- Men's physique Juniors (18-23 years)
- Men's physique Masters 40+
- Men's physique Grand masters 50+
- Men's physique Open (height categories and overall winner)
- Men's Sportmodels Open

### Female:

- Bikini Diva's juniors (18-23 years)
- Bikini Diva's junior masters (35-39 years)
- Bikini Diva's Masters (40+)
- Bikini Diva's Grand Masters (50+)
- Bikini Diva's Ultra Masters (60+)
- Bikini Diva's Open (height categories and overall winner)
- Sportmodels Masters (40+)
- Sportmodels Open
- Wellness Open
- Figure Masters (40+)
- Figure Open
- Women's Physique
- Women's Physique Masters (40+)
- Women's Bodybuilding
- INBA Angels
- Swimsuit Models
- Evening gown

### Male and Female:

- Ink Division
- Mixed Pairs
- Physically Challenged
- Transgender

### PNBA Pro divisions:

- Men's Bodybuilding
- Classic physique
- Athletic physique
- Men's physique
- Bikini Diva's
- Women's Sportmodels
- Figure
- Women's Physique
- Women's Bodybuilding
- INBA Angels

### **Pre-judging/finals:**

It's a one format show. This means that the finals and awardings per class will take place immediately after the pre-judging. The pre-judging consists of quarter turns/mandatory comparison poses (see the rules per class on the website [www.naturalbodybuilding.com](http://www.naturalbodybuilding.com)).

For each class, the top 5 advances to the finals.

Only the top 5 performs routines/T-walk. The awards ceremony will follow immediately afterwards.

Also in the Classic physique, only the top 5 perform a routine. The posing routines will only be judged in case of an equal score.

### **House rules:**

Access to the backstage area is only open to athletes and coaches and VIP's. Only 1 coach per athlete is allowed.

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

It's mandatory for athletes to use Protan Europe tanning services to avoid stains interior or exterior of the venue with tanning products. In case that someone does cause damage, both indoors and outdoors, the person will be punished with a fine of € 100,00 and will be held personally responsible for the costs of the damage that has been caused.

It is only permitted to use the spray tanning service offered by our organisation (Pro Tan Europe). Even finishing your Pro Tan spray tan with Dreamtan or another sticky coloured tanning product is forbidden. You will be disqualified when you are ignoring these rules. Protan Europe also provides the glazing services before going on stage.

If the athlete refuses his or hers cooperation to drugtesting, the athlete will be disqualified. Drugtesting can be done by a urine test, blood test and/or hair test. Incurred costs, such as

competition fees, membership fees, tanning, posing clothes, travel expenses, etc., are for the athlete's own expense.

The athlete declares to be in good health to participate in this competition. When there's any doubt, the athlete has consulted a doctor/specialist who has given permission to participate in this competition. The INBA Netherlands is not liable for any form of damage to the athlete's health or consequences of competition participation and/or competition preparation.

There will be no refunds.

INBA Global rules will be followed ([www.naturalbodybuilding.com](http://www.naturalbodybuilding.com))

# INBA/PNBA DUTCH CHAMPIONSHIPS 2025



**WK Kwalificatie voor Nederlandse atleten**  
The largest and best tested Natural Bodybuilding competition in the Netherlands



**18/19  
APRIL  
2025**

**LOCATIE:**  
DE ENG  
Rochetstraat 2  
3781 CZ Voorthuizen

**NATURAL ATHLETES ONLY**  
PRO/AM OPEN FOR ALL COUNTRIES

**CHECK IN:**  
VRIJDAG 18 APRIL 2025  
VAN 17.00- 19.00

**COMPETITION:**  
ZATERDAG 19 APRIL 2025  
AANVANG 09.30 UUR

ONLINE REGISTRATION AND  
VISITOR TICKET SALES  
START 1 DECEMBER 2024  
CHECK OUR WEBSITE FOR MORE INFO  
[WWW.INBANETHERLANDS.NL](http://WWW.INBANETHERLANDS.NL)



**Pro Tan**  
EUROPE Since 1987

