



IFBB ELITE PRO

IFBB ELITE PRO GENERAL RULES

2020 EDITION

IFBB ELITE PRO CARD S.L. - CERTIFIED BY THE INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB) - Calle Dublin, 39-I - 28232 Las Rozas, Madrid, Spain

www.ifbbelitepro.com

Email address: ifbbelitepro@ifbb.com

TABLE OF CONTENTS

SECTION 1: GENERAL RULES

SECTION 2: MEN'S BODYBUILDING

SECTION 3: MEN'S CLASSIC PHYSIQUE

SECTION 4: WOMEN'S BODYFITNESS

SECTION 5: WOMEN'S PHYSIQUE

SECTION 6: MEN'S PHYSIQUE & MUSCULAR

SECTION 7: WOMEN'S WELLNESS FITNESS

SECTION 1: GENERAL RULES

Article 1: Introduction	3
Article 2: Sanctioning of International Competitions	3
Article 3: Liability of the IFBB ELITE PRO	4
Article 4: Sponsorship	5
Article 5: Advertising and Publicity	5
Article 6: Television and Video	5
Article 7: Media Accreditation	6
Article 8: Qualifications for Participation in International Competitions	6
Article 9: World Championships and other International Competitions	7
Article 10: Prejudging and Finals Venue Requirements	14
Article 11: Official Athlete Registration (Weigh-in/Height Measurement)	16
Article 12: Doping Controls	23
Article 13: Judges	26
Article 14: Judges Attire and Judging Panel	28
Article 15: International Competition Procedures (general concept)	30
Article 16: Awarding Ceremony	31
Article 17: Overall Category and Award	32
Article 18: Teams Classification Results and Award	32
Article 19: Publication of the Final Results	34
Article 20: Cash Awards	34
Article 21: Finals: The Opening Ceremony	34
Article 22: IFBB ELITE PRO Registration Fee	35
Article 23: Other Rules Pertaining to IFBB ELITE PRO Events	35
Appendix 1: IFBB ELITE PRO Code of Ethics	38
Appendix 2: Judging Forms	41
Appendix 3: Waiver of Liability Form	43

Article 1 - Introduction

1.1 General:

The **IFBB ELITE PRO** Rules for Bodybuilding and Fitness consist of regulations, policies, directives and decisions intended to guide **IFBB ELITE PRO** and its Members in the administration of all physique sports governed by **IFBB ELITE PRO** (hereinafter jointly referred to as the “**Rules**”).

1.2 Agreement:

The athletes join **IFBB ELITE PRO** of their own free will and, in so doing, agree to abide by the Rules. In becoming a Member of **IFBB ELITE PRO**, the athletes accept that the Rules exist for the good of the sports of Bodybuilding and Fitness. Should the Rules be contravened by any Member, **IFBB ELITE PRO** has authority to impose disciplinary measures against that Member.

1.3 Code of Ethics:

The Code of Ethics, which forms an integral part of the Rules, forms an integral part of the Rules and is attached as Appendix 1.

1.4 Interpretation:

It is recognized that the Rules cannot encompass every possible situation wherein written guidance might be sought in the resolution of an issue. In such cases, the representative has sole authority to interpret any matter arising out of the Rules, or any matter not encompassed by the Rules, said interpretation to be final and binding.

1.5 Intent:

It is not intended that the Rules be considered as "cast in stone" but instead, as guidelines. Each and every issue arising out of the Rules must be judged on its own merits with the primary consideration given to that which is in the best interests of the sport of Bodybuilding.

Article 2 - Sanctioning of IFBB Elite Pro Competitions

2.1 Requirement for Sanction:

In order to host an IFBB Elite Pro competition, an Organizer must first obtain an official sanction from **IFBB ELITE PRO**. To obtain an official sanction, the Organizer must file a Request for Official Sanction with **IFBB ELITE PRO**. The request must include all the pertinent information about the proposed competition. Official sanctions may only be issued to an Organizer.

2.2 Contract:

Once the Request for Official Sanction is approved by **IFBB ELITE PRO**, a Contract will be forwarded to the Organizer. The Contract will outline the terms and conditions of the official sanction as well as the responsibilities of the Organizer towards the successful hosting of the competition.

2.3 Sanction Fee:

The Organizer will pay a sanction fee to **IFBB ELITE PRO** for the right to host the competition. The amount of the fee will be set by **IFBB ELITE PRO**.

All IFBB Elite Pro Competitions are the exclusive property of **IFBB ELITE PRO**.

The granting of an official sanction and the payment of a sanction fee does not transfer ownership of this property to the Organizer.

2.4 Payment of Sanction Fee:

The sanction fee will be paid according to a fixed schedule that is agreed upon by **IFBB ELITE PRO** and the Organizer. Once the Contract is signed by all parties and payment of the sanction fee is received by **IFBB ELITE PRO**, the fee will not be returned to the Organizer should the Contract, for whatever reason, be subsequently cancelled.

2.5 Failure to Abide:

Once the Contract has been signed by all parties, should the Organizer, for whatever reason, subsequently fails to abide by the Rules or the terms and conditions of the Contract, **IFBB ELITE PRO** may withdraw the sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of **IFBB ELITE PRO**.

Article 3 - Liability of IFBB ELITE PRO

3.1 General:

The organization of an IFBB Elite Pro Competition will be undertaken at the sole financial risk of the Organizer. The Organizer must agree in writing to accept this condition, as well as any other terms and conditions that may be detailed within the Contract.

3.2 Liability Regarding Failure to Abide:

IFBB ELITE PRO will not be held liable for any financial or other loss, including any harm to the reputation of the Organizer or any associated parties, should the Organizer be disciplined for failing to abide by the Rules or the terms and conditions of the Contract.

3.3 Liability Insurance:

Members of **IFBB ELITE PRO**, be they athletes, participate at IFBB Elite Pro Competitions by their own free will and, in so doing, agree that **IFBB ELITE PRO** will not be held liable for any accident or incident arising out of the organization or hosting of the competition. The Organizer of an IFBB Elite Pro Competition must agree in writing to make the necessary arrangements, either with the competition venue site or insurance agency, for their own liability insurance coverage.

3.4 Medical Personnel:

The Organizer of an IFBB Elite Pro Competition will ensure that accredited medical personnel are on duty and that emergency transportation is made available at the competition venue site throughout the duration of the Prejudging and Finals, at no cost to **IFBB ELITE PRO**.

Article 4 - Sponsorship

4.1 Sponsorship:

The Organizer of an IFBB Elite Pro Competition may solicit the sponsorship of government and commercial companies; however, the sponsorship must be pre-approved by **IFBB ELITE PRO**.

4.2 Exceptions:

The sponsorship of IFBB Elite Pro Competitions by companies or individuals that are directly or indirectly connected with any activities related to activities including but not limited to the manufacture, production, sale, distribution and/or advertisement of alcohol or tobacco trademarks or products and/or of prohibited substances or methods in sports, is strictly prohibited.

Article 5 – Advertising and Publicity

5.1 Advertising:

The organizer of an IFBB Elite Pro Competition may advertise at the competition by way of signage and/or banners so long as said advertising is not placed at the back center of the stage and in such a manner as to obstruct the view of the judging panel. Signs and logos may be printed directly on the back cover of the stage or banners may be hung from the top front of the stage, on either or both sides of the stage, and/or along the front edge of the stage. Signs and logos may also be projected on the back cover of the stage or displayed on screens placed on the sides of the stage. Signs, screens and/or banners must not be placed in such a position as to be within camera-view when photographing the top six finalists.

5.2 Publicity:

The Organizer will be responsible for ensuring that the competition receives maximum publicity, before, during and after the competition. The Organizer should retain the services of a Public Relations consultant to ensure maximum media coverage through newspapers, radio, internet and television. Prior to the official registration/weigh-in or immediately prior to the Prejudging the Organizer should arrange a Press Conference at which the Organizer and the **IFBB ELITE PRO** Chief Official may inform the public about the competition, the **IFBB ELITE PRO** activity and the sports of Bodybuilding and Fitness.

Article 6 - Television and Video

6.1 Exclusive Rights:

IFBB ELITE PRO has the exclusive right to negotiate any and all contracts for television and/or video rights to an IFBB Elite Pro Competition. Should television and/or video rights become an issue in the hosting of the competition, the Organizer is obligated to immediately advise **IFBB ELITE PRO** of this fact and will refrain from entering into any unilateral negotiations with any television and/or video agency without the expressed prior approval of **IFBB ELITE PRO**. **IFBB ELITE PRO** has “first rights” to any videotape of the event and, upon demand, the Organizer will immediately forward to **IFBB ELITE PRO** a first copy of the videotape for use as **IFBB ELITE PRO** deems appropriate.

6.2 Liability:

Should the negotiations between **IFBB ELITE PRO** and the organization offering the television and/or video contract fail to produce any fees, **IFBB ELITE PRO** will not be held liable for any resultant financial or other loss to the Organizer, or any related parties.

6.3 Breakdown of Fees:

IFBB ELITE PRO will receive any and all fees for television and/or video and will normally apportion said fees as detailed in a separate written and signed agreement or contract with the Organizer.

Article 7 - Media Accreditation

7.1 Rights:

IFBB ELITE PRO reserves the right to control any and all press accreditation, whether said accreditation be television, radio, website, print, photographic, or other media, at IFBB Elite Pro Competitions.

7.2 Press Passes:

IFBB ELITE PRO is responsible for issuing press passes to selected media personnel. To obtain a press pass, a journalist or his/her employer must file a Press Accreditation Application Form with **IFBB ELITE PRO**, which will issue the **IFBB ELITE PRO** Press Accreditation to him/her. Based on this document, the Organizer will prepare a press pass for that person, which will be given after payment of the press accreditation fee, as determined by **IFBB ELITE PRO** from time to time. During the Prejudging and Finals, only those individuals in possession of valid press passes are permitted access to those seating areas that are designated for the press. The **IFBB ELITE PRO** Chief Official may dismiss any individual from the press area for just cause.

7.3 Event Coverage:

The possession of a **IFBB ELITE PRO** Press Accreditation does not entitle the bearer to cover every IFBB Elite Pro Competition from the press area. Permission to cover a competition must be obtained on a competition-by-competition basis with accreditation normally being granted on a first-come, first-serve basis.

Article 8 - Qualifications for Participation in IFBB Elite Pro Competitions

8.1 Eligibility:

Only athletes duly affiliated to **IFBB ELITE PRO** are permitted to participate at IFBB Elite Pro Competitions. Any athletes who are not affiliated to **IFBB ELITE PRO** or any athletes who are affiliated but under suspension or disqualification, are not permitted to participate at any IFBB Elite Pro Competition worldwide.

8.2 Participation:

In order to qualify for participation in an IFBB Elite Pro Competition, an athlete must be the titleholder of a valid **IFBB ELITE PRO CARD**. He or she must either be a citizen or have landed immigrant or legal resident status in the country that the athlete intends to represent. At the official registration/weigh-in, the athlete must show a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the current country of his or her domicile.

8.3 Invitations to Compete:

Athletes with valid year IFBB Elite Pro Card may register directly at events, **CONTACTING IFBB ELITE PRO** with copy to the Organizer; except for the invitational events, in which the Organizer will do the invitation to the athlete in coordination with the **IFBB ELITE PRO**.

8.4 Renewal of IFBB Elite Pro Cards:

The license must be renewed every calendar year until 31st January. Renewals made after this date will have an increase in the fee. This will not be applicable for new cardholders.

8.5 Expiration of Professional Status:

IFBB ELITE PRO athletes that do not renew his/her Pro Card for two years, will lose his/her professional status.

If an **IFBB ELITE PRO** athlete decides to resign to his or her professional category and return to amateur, he or she will not be authorised to return to **IFBB ELITE PRO** unless (a) a period of two (2) years following his or her resignation has lapsed, and (b) he or she again qualifies as professional.

8.6 Rules to apply for the IFBB Elite Pro Card

The conditions to obtain the IFBB Elite Pro Card are published at the IFBB Elite Pro Official website.

Article 9 – World Championships and other International Competitions

9.1 Guarantee:

Organizers of IFBB Elite Pro Competitions must guarantee unconditional entry to all athletes who are eligible to compete.

Article 10 - Prejudging and Finals Venue Requirements

10.1 General:

All IFBB Elite Pro Competitions will take place, whenever possible, in a complete theatre-like venue with an appropriately sized stage, professional lighting and sound, and tiered seating. The Organizer must pay special attention to the following critical requirements:

10.1.1 Staging:

The judging should be held on a raised stage with an optimum height of 80-100 cm, 16-24 m width and 6-8 m depth. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of 1.0 meter. If the stage is higher than that, the seats for the judges must also be raised so as to give them a full view of the competitors. The top of the stage should be covered by a plain grey carpet and the front and sides by cloth, paneling or paint.

10.1.2 Background:

The stage background should be of a neutral, non-distracting color, preferably dark blue or black and matt. The **IFBB** logo, **IFBB ELITE PRO** logo, **IFBB ELITE PRO** official sponsors' logos and the name of the event shall be displayed on it. The logo of the Organizer may also be displayed in this area; however, neither should be placed in such a position as to distract the view of the judges or photographers. The Organizer must not allow signage and/or banners to be displayed in this area, however, said signage and/or banners may be hung from the top front of the stage, on either or both front sides of the stage, along the front of the posing plinth, or along the front edge of the stage, and/or in any other area that does not interfere with the judge's and photographer's view of the competitors.

10.1.3 Sound:

The sound system will be of such quality to ensure that the competitor's music is reproduced in the best professional manner. The Organizer will also be responsible for ensuring that each competitor's music starts exactly where it should and on cue.

Where possible, the sound system controls/soundman should be located backstage, on the same side of the stage where the competitors enter, normally stage left (when viewed from the front). Microphones must be provided for the **IFBB ELITE PRO** Chief Judge, the Master of Ceremonies, and the onstage Expeditor (preferably hands-free).

10.1.4 Lighting:

The stage will be provided with one universal lighting system, evenly illuminating the whole stage. If this is impossible, two basic lighting set-ups are required. The first is needed to illuminate the complete line-up of all of the competitors when they are first brought before the judges. The second must be focused on the central area of the stage (10 m wide, from

the front of the stage to the back wall) for the individual posing routines, comparisons, pose down and awarding ceremony. It is important to avoid the shadowed area on the stage. The average luminance on the stage should be at the level of 4500 – 5000 lux.

10.1.5 Seating:

The Organizer must ensure that all judges and spectators are afforded a clear and unobstructed full-figure view of all the competitors who stand onstage. Judges and statisticians must be seated away from the spectators. Photographers and television and/or video personnel must not be allowed to obstruct the view of the judges.

10.1.6 Master of Ceremonies:

The Master of Ceremonies plays a significant role in the image that the **IFBB ELITE PRO** wish to present to the general public at all Competitions. For this reason, the MC should have a background in public speaking, or be comfortable in his or her role as “moderator” in front of an audience and must be adept at handling impromptu situations. The MC should have a speaker’s rostrum with a microphone, situated at the side of the stage from which the competitors enter.

10.1.7 Competitor Warm-up Area:

The Organizer will provide dressing rooms and washrooms/showers for the competitors. Next to the dressing room area, and adjacent to the stage, there should be an area where the Expeditors may assemble the competitors prior to leading them onto the stage. In the marshalling area, the Organizer will also provide an adequate amount of equipment for the competitors to warm up with before performing. There should be barbells of varying weights, several pairs of dumbbells of varying weights, adjustable benches, etc. Also, a couple of mirrors are needed, especially at the women’s competitions and a lot of paper towels plus waste-paper baskets.

10.1.8 Inspection:

The **IFBB ELITE PRO** Chief Judge should inspect the competition venue site prior to the commencement of Prejudging, for the purpose of ascertaining the readiness of the facility.

10.1.9 Communications:

The Organizer will be responsible for supplying enough communications equipment (i.e.: headsets/micas, walkie-talkies) for use by the backstage Expeditors.

10.1.10 Office/Photocopier:

The Organizer will be responsible for providing a complete office with computer/printer and photocopier with additional toner kept in reserve for use by **IFBB ELITE PRO** throughout the duration of the IFBB Elite Pro Competition.

10.1.11 Water:

The Organizer will provide enough quantities of still (no gas) water for its consumption at backstage by the expeditors and athletes.

10.1.12 Medical Emergency:

The Organizer will ensure that medical personnel and emergency transportation is made available for use throughout the entire duration of the Prejudging and Finals.

10.1.13 Backstage Access/Dressing Room Access:

Access to the backstage area/dressing room area is strictly limited to essential personnel only. There will be no admittance given to spouses, boyfriends, girlfriends, family members or any other athletes' relatives. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting. Under no circumstances will a coach, trainer, or any other individual be permitted in the dressing room area to assist any competitor of the opposite sex.

10.1.14 Cameras/Videotapes:

Cameras and videotape devices are strictly prohibited in the backstage area except when used by duly accredited press personnel. These devices are strictly prohibited in the dressing room area.

10.1.15 Access Control:

IFBB ELITE PRO reserves the right to control access to the backstage area during Prejudging and Finals.

Article 11 – Official Athlete Registration: Weigh-in and/or Height Measurement

11.1 Official Athlete Registration:

Weigh-in and/or Height Measurement: The Official Athlete Registration (weigh-in and/or height measurement) at all IFBB Elite Pro Competitions will be controlled by the **IFBB ELITE PRO** Chief Judge and will normally proceed as follows:

11.1.1 All competitors, regardless of their category, are required to personally show up at the Official Athlete Registration which will usually take place on the day prior to the Prejudging. Any competitor who fails to attend the Official Athlete Registration at the designated time may be eliminated from the competition.

11.1.2 The Organizer will provide a suitable room for the Official Athlete Registration in which there will be a certified weighing machine, calibrated in kilograms, with accuracy up to 0.1 kg, as well as one back-up weighing machine, which should be made available to the competitors prior to the Official Athlete Registration, so that they may check their weight; tables and chairs for the Judges Secretary and assistants, and a suitable number of chairs for the competitors and delegates. A measuring device, calibrated in centimeters, with accuracy up to 1 mm, will also be made available to record the body height.

11.1.3 All competitors will be required to have in their possession, at the time of the Official Athlete Registration, the following items:

- a. A valid competitor's **IFBB ELITE PRO** Card; and
- b. A valid Passport; or
- c. Citizenship Identity Card with photography; or
- d. Music recorded in a storage device with the competitor's name affixed upon the device, and the music properly cued at the beginning of the song title.

11.2 There are four categories in men's categories currently as follows:

- MEN BODYBUILDING UP TO 90 KG
- BODYBUILDING OPEN
- MEN'S CLASSIC PHYSIQUE
- MEN'S PHYSIQUE

11.3 There are four categories in women's categories, currently as follows:

- WOMEN BIKINI-FITNESS
- BODYFITNESS
- WELLNESS
- WOMEN'S PHYSIQUE

11.4 The classic physique competitions, with the following bodyweight limitations:

1. Up to & incl. 168 cm
Max Weight [kg] = (Height [cm] – 100) + 4 [kg]+2
2. Up to & incl. 171 cm
Max Weight [kg] = (Height [cm] – 100) + 6 [kg]+2
3. Up to & incl. 175 cm
Max Weight [kg] = (Height [cm] -100) + 8 [kg]+2
4. Up to & incl. 180 cm
Max Weight [kg] = (Height [cm] -100) + 11 [kg]+3
5. Over 180 cm:
 - a) over 180 cm up to & incl. 188 cm:
Max Weight [kg] = (Height [cm] -100) + 13 [kg]+3
 - b) over 188 cm up to & incl. 196 cm:
Max Weight [kg] = (Height [cm] – 100) + 15 [kg]+3
 - c) over 196 cm:
Max Weight [kg] = (Height [cm] – 100) + 17 [kg]+3

11.5 The starting time for the Official Athlete Registration will be published by the Organizer. All competitors, regardless of category, must be present for the Official Athlete Registration at the published start time.

11.6 Any competitor who fails to register within the time limits set for his or her category may be eliminated from the competition.

11.7 Any competitor who does not make weight will be given time to make the weight. If, for whatever reason, the competitor does not return, he or she will be eliminated from the competition. The onus is on the competitor to return within the deadline; **IFBB ELITE PRO** is under no obligation to issue time warnings or to track down the competitor.

11.8 The **IFBB ELITE PRO** Chief Judge, and his or her assistant(s), will control the weighing machine and measuring device and will verify the bodyweight and/or height of each competitor.

11.9 All competitors must produce a valid athlete's **IFBB ELITE PRO** Card and other identity document

11.10 The Judges Secretary, and his or her assistant(s), will compile lists of all of the competitors, by category, once their body weight and/or height is verified by the **IFBB ELITE PRO** Chief Judge and will then prepare photocopies of these lists for the **IFBB ELITE PRO** Chief Judge, the **IFBB ELITE PRO** Chief Expeditor and his or her assistants, **IFBB ELITE PRO** General Secretary and his or her assistants (statisticians), the Music Control Judge, the Master of Ceremonies, **IFBB ELITE PRO** Press Commission representative, the various media

personnel in attendance, and other individuals as required.

11.11 During the Official Athlete Registration, the **IFBB ELITE PRO** Judges Committee will determine the order in which the competitors will appear before the judging panel. The Judges Secretary, or an assistant, will issue each competitor with a competitor number, said number which will be randomly-selected by the athlete and which will thereafter correspond to the order in which that competitor will appear before the judging panel. This number must be attached to the left side of the posing trunks, or bikini, and must be worn throughout the Prejudging and Finals.

11.12 All competitors will be required to hand in their music devices, properly cued at the start of the music, at Official Athlete Registration, said device which must be identified with the competitor's name affixed upon it. The Judges Secretary, or an assistant, will affix, on the music device, a number corresponding to the same number that the competitor was given to attach to his or her posing attire.

11.13 The use of profane, vulgar or offensive language in posing music is prohibited.

11.14 Media Waiver of Liability:

By registering as a competitor at an International Competition, the participant agrees that his or her person and/or likeness may be filmed, videotaped, photographed and/or otherwise recorded, by electronic or other means, for use by the **IFBB ELITE PRO** in promoting the **IFBB ELITE PRO** and the sports of Bodybuilding and Fitness.

11.15 Access Control:

The **IFBB ELITE PRO** reserves the right to control access to the Official Athlete Registration room (Weigh-in and/or Height Measurement) as well as to the warming-up area during the Prejudging and Finals. The **IFBB ELITE PRO** may issue one or more access control passes (Green Cards) to each participant.

*The Green Card allows access to the restricted areas only and does not absolve the holder from requiring Prejudging and Finals tickets and/or passes.

Article 12 – Responsibility:

All athletes, judges and officials are solely responsible for remaining current with competition rules. All the members are fully aware that these rules are available on the Official **IFBB ELITE PRO** Website, www.eliteproifbb.com. The **IFBB ELITE PRO** does not accept a member's claim of ignorance of the rules as a reason to act in a manner contrary to these rules.

Article 13 - IFBB Elite Pro Judges

The IFBB international judges may perform as IFBB Elite Pro Judges, therefore, they will be able to be included in the IFBB Elite Pro panels with the permission of their National Federation. To be included in the IFBB Elite Pro judges panel, the international judges will have to pay their annual fee.

Article 14 – IFBB Elite Pro Competition Procedures (general concept)

14.1 The procedures of the IFBB Elite Pro Competitions are as follows:

14.1.1 Prejudging: Eliminations Round

When there are more than 15 athletes competing in a category, an elimination round will usually be held for the purpose of reducing the number to 15. The **IFBB ELITE PRO** Chief Judge decides if the Elimination Round will be necessary. The judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)".

Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.

If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and will once again be called on stage for the purpose of breaking the tie. Only the top 15 competitors will advance to Round 1.

The details of Elimination Round for each **IFBB ELITE PRO** sports discipline are provided in a Section of rules for this discipline.

14.1.2 Prejudging: Semifinals

Semifinals (Round 1) will immediately follow the Elimination Round. Only the top 15 athletes may compete in Semifinals. Semifinals round(s) may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

Using Form 3, entitled "Judge's Individual Placings (Prejudging)", each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled "Judge's Personal Notes" to record their assessment about each competitor. The scores for the Semifinals will be used to place the top 15 competitors from 1st place to 15th place.

The top 6 competitors from the Semifinals will advance to the Finals.

The top 6 finalists may be announced after the Prejudging and before the Finals. The details of Semifinals for each **IFBB ELITE PRO** sports discipline are provided in a Section of rules for this discipline.

14.1.3 Finals

Only the top 5/6 athletes from the Semifinals will take part in the Finals. They will start the Finals with zero points. Each judge will award each competitor an individual placing from 1st to 5th/6th, ensuring that no two or more competitors receive the same placing.

The statisticians will transcribe each judge's placings onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section. At the end of the Finals, the "FINAL SCORE" will be produced. Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 5th/6th place.

The details of the Finals for each **IFBB ELITE PRO** sports discipline are provided in a Section of rules for this discipline.

Article 15 – Awarding Ceremony

15.1 Procedures:

The Awarding Ceremony will normally proceed as follows:

1. The top 5/6 finalists will be called onstage to take part in the awarding ceremony.

The Master of Ceremonies, using Form 7, entitled "Top 5/6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the

left side (when viewed from the front) of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.

If the victory pedestal is not used, competitors are placed in the center of the stage, on both sides of the center cross or point.

2. The representative of the **IFBB ELITE PRO** will present the official **IFBB ELITE PRO** competitor's Gold Medal to the 1st-place competitor, the official **IFBB ELITE PRO** competitor's Silver Medal to the 2nd place competitor, and the official **IFBB ELITE PRO** competitor's Bronze Medal to the 3rd place competitor. The official **IFBB ELITE PRO** medals are mandatory prizes at all IFBB Elite Pro Competitions. In addition, the Organizer must provide six trophies for the five/six finalists, said trophies which will also be presented by the President, or his representative, as each place winner is called to the victory pedestal. The Organizer will also supply Certificates of Excellence to be presented to the 5th/6th to 1st place finalists.

3. The finalists are obliged to remain onstage for a brief period for photographic purposes, and to follow the **IFBB ELITE PRO** Chief Judge or Stage Director commands.

Four separate photographs are needed:

- top 5/6 (finalists) with officials,
- top 5/6 (finalists) alone
- top 3 (medal winners) and
- the winner

4. Competitors are expected to accept the Official Results of the competition and their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Article 16 - Cash Awards

16.1 Cash Awards:

The Organiser of an IFBB Elite Pro Competition shall provide prize money to all finalist of the category. The amount will have to be agreed before the event and added to the contract.

Article 17 - Rules and Regulations

17.1 Visas

It is athlete responsibility to obtain an entry visa for the country organizing the championship. All the athletes may ask for an Invitation Letter either to the Championship Organizer or the **IFBB ELITE PRO Head Office**. The invitation letter does not mean the athlete is granted his or her visa. Neither the **IFBB ELITE PRO** nor the Championship organizer are responsible for obtaining the required athletes' and other attendants' visas.

To receive the invitation letter, the applicant should forward to the **IFBB ELITE PRO** or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who request and receive an invitation from the **IFBB ELITE PRO** Head Office or the Organizing Committee of an **IFBB ELITE PRO** sanctioned event for visa purposes, and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The athlete is responsible to carefully control the proper, legal use of the visa by his/her athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

APPENDIX 1

IFBB ELITE PRO CODE OF ETHICS

Introduction:

The **IFBB ELITE PRO** Code of Ethics exists as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the **IFBB ELITE PRO** family. Members join the **IFBB ELITE PRO** of their own free will and, in so doing, agree to abide by the **IFBB ELITE PRO** Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, the athletes, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfill our responsibility to society, to other athletes, judges, officials, and administrators of the **IFBB ELITE PRO**.
2. to honor, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the **IFBB ELITE PRO** Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the **IFBB ELITE PRO** in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the **IFBB ELITE PRO**.
7. to work for the **IFBB ELITE PRO**, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the **IFBB ELITE PRO**.
8. to continue striving for bodily perfection and correct moral principles.
9. to honor the special trust conferred upon us by our participation in, and by our representation of, the **IFBB ELITE PRO** and our country, at IFBB Elite Pro events, and to adhere to the standards of personal conduct expected from us.
10. to recognize the value of the sport and to promote its future by serving as an example to

inspire other people to participate.

11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the **IFBB ELITE PRO**.

12. to oppose the use of banned substances and methods and to compete drug free.

13. to refrain from any conduct that may be considered prejudicial to the **IFBB ELITE PRO**.

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the **IFBB ELITE PRO**.

Judges:

We, the judges, realizing that our actions and decisions as judges reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all the rules governing competitions.

2. to safeguard the interests of all competitors on equal terms.

3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials and, administrators.

4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.

5. to respect the **IFBB ELITE PRO** Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.

6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.

7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.

8. to assist the **IFBB ELITE PRO** in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the **IFBB ELITE PRO**.

9. to work for the **IFBB ELITE PRO**, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the **IFBB ELITE PRO**.

10. to honor the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.

11. to cooperate with the athletes, other officials, and administrators in the development of

high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the **IFBB ELITE PRO**.

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.

13. to refrain from any conduct that may be considered prejudicial to the **IFBB ELITE PRO**.

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the **IFBB ELITE PRO**.

Officials:

We, the officials, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges, officials, or other administrators, according to their needs.

2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.

3. to safeguard the health and physical fitness of the athletes.

4. to provide the athletes with the best possible conditions for achieving bodily perfection.

5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.

6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.

7. to respect the **IFBB ELITE PRO** Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the **IFBB ELITE PRO**.

8. to assist the **IFBB ELITE PRO** in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the **IFBB ELITE PRO**.

9. to work for the **IFBB ELITE PRO**, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumor-mongering; to refrain from personal attacks against any other Member of the **IFBB ELITE PRO**.

10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.

11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the **IFBB ELITE PRO**.

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the **IFBB ELITE PRO**.
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the **IFBB ELITE PRO**.

APPENDIX 2

WAIVER OF LIABILITY FORM

PLEASE READ THIS FORM CAREFULLY

I understand that in order for me to participate as Competitor in any IFBB Elite Pro Event, I must agree to be bound by this 'Waiver of Liability' and that I do so willingly and of my own will:

1. I acknowledge and I agree that I voluntarily participate in any IFBB Elite Pro Event. I am fully and completely aware of and I hereby assume the risk of illness, accident, injury, death, personal injury, bodily harm, emotional distress, psychological harm, property damage and all other dangers potentially arising from or in connection with my involvement and/or participation in any IFBB Elite Pro Event (all of foregoing, collectively, the 'Risks'). I am aware of and assume all Risks that may result from, among other causes, the active or passive negligence (including but not limited to negligent supervision) of the IFBB Elite Pro, the Event Organizer as well as their respective affiliates, officers, directors, managers, employees, agents, licensees, successors and assigns (all of the foregoing, collectively, the 'Released Parties').
2. I understand, accept and agree that I will be covered by IFBB Elite Pro civil liability insurance solely if: (a) I have timely processed my complete data through IFBB Elite Pro and (b) I have paid timely my IFBB Elite Pro annual License Fee; in case I do not fulfill the aforesaid requirements, I understand, accept and agree that neither IFBB Elite Pro nor any of the Released Parties will obtain insurance on my behalf and that I will be the sole responsible for obtaining my own insurance, if I so desire.
3. I, in my own name and on behalf of all of my agents, representatives, spouse, guardians, successors, assigns, heirs and next of kin (all of the foregoing, collectively, the 'Participant Parties'), hereby irrevocably waive, release, discharge and holds all of the Released Parties harmless from and against any and all losses, liabilities, claims, costs, damages, demands and expenses (including but not limited to attorney fees, lost wages and medical expenses) arising from or in connection with any and all Risks, whether occurring on or off the premises where the Event takes place. I shall bear the sole and exclusive responsibility for all Risks.
4. I hereby irrevocably grant to IFBB Elite Pro the perpetual worldwide, royalty-free, sublicensable, transferable right, license and privilege to: (a) photograph, film and otherwise make audio and visual records of me and my voice, image and appearance at the Event (all of the foregoing, the 'Recordings'), (b) quote or paraphrase all or a portion of any statements that I may make before, during or after the Event (all of the foregoing, the 'Statements'), (c) publish, display and otherwise use my name, image, likeness, voice and biographical data (all of the foregoing, the 'Image'); and (d) publish, exhibit, distribute, transmit, advertise, promote, commercially exploit and otherwise use any of the Recordings, Statements and/or Image in any and all media. I hereby irrevocably waive, release, discharge and hold all of the Released Parties harmless from and against any and all losses, liabilities, claims, costs, damages, demands and expenses (including but not limited to attorney fees, lost wages and medical expenses) arising from or in connection with any and all uses of the Recordings, Statements and/or Image, including but not limited to any claims based on the right of privacy, the right of publicity, copyright, trademark or any other right or privilege.
5. I REPRESENT AND WARRANT TO THE RELEASED PARTIES THAT I NOR THE 'PARTICIPANT

PARTIES' SHALL NOT MAKE OR INSTITUTE ANY LAWSUIT OR CLAIM ANY LIABILITY, IN LAW OR IN EQUITY, AGAINST ANY OF THE RELEASED PARTIES, WITH RESPECT TO ANY OF THE RISKS.

6. In entering into this agreement, I am not relying in any oral, written or visual representations or statements made by the 'Released Parties' to induce me to participate in any IFBB Elite Pro Event.
7. I assure I stay loyal to the IFBB Elite Pro and I respect and abide by the IFBB Elite Pro Rules, which I declare to know, understand and accept. I am aware that, if I compete or participate in events not sanctioned by the IFBB Elite Pro I will be subjected to the relevant measures settled in IFBB Elite Pro Rules, which I declare to know, understand and accept.
8. I am fully aware that the named IFBB Elite Pro Card, issued by the IFBB Elite Pro will not have any validity and will be revoked if, at the date of its issuance, I am under investigation or procedure related to doping subjects and/or I am serving an ineligibility period due to Anti-Doping Rule Violations.
9. I declare to be fully aware that the prize money won will be subject to withholding tax, in accordance with the local applicable laws.
10. I confirm that I am full age of majority and that I have read and understood this agreement prior to signing it. I agree this agreement will be binding upon me (as participant or guardian), my spouse, heirs, next of kin, assigns, executors, agents, administrators, successors.