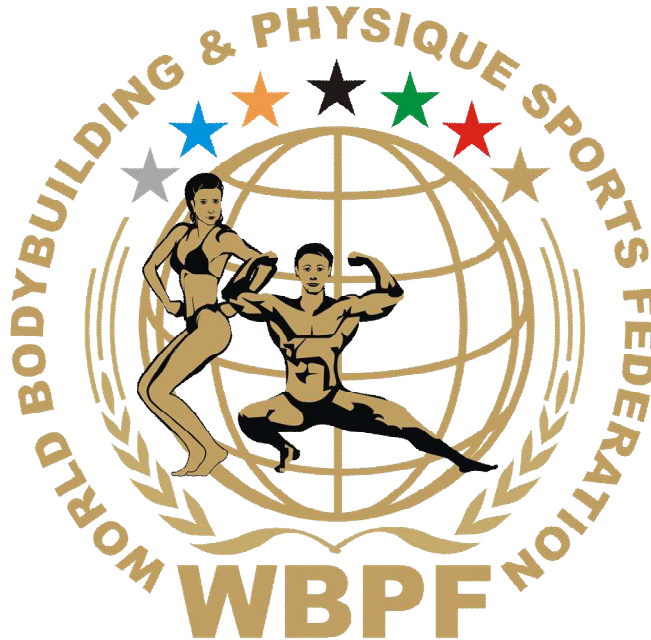


WBPF RULES-BOOK

**BODYBUILDING, FITNESS PHYSIQUE, ATHLETIC
PHYSIQUE, MODEL PHYSIQUE**



Adopted by the WBPF International Congress, November 5th 2009
Dubai/UAE
2009 EDITION

OUR VALUES: * TRANSPARENCY * INTEGRITY * COMMITMENT * RESPONSIBILITY * HONESTY *
SOLIDARITY * HARMONY

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GENERAL PROVISIONS

Article 1 – Introduction

1.1 General:

The WBPF RULES-BOOK consists of regulations, policies, directives and decisions intended to guide the WBPF and its Members in the administration of physique sports (Bodybuilding, Fitness Physique, Athletic Physique, Model Physique).

1.2 Disciplines and Categories:

The WBPF Physique Sports Disciplines are:

- Men´s and Women´s **Bodybuilding**
- Men´s and Women´s **Fitness Physique**
- Men´s **Athletic Physique**
- Women´s **Model Physique**

Each Physique Sports Discipline is divided into categories based on age/weight/height.

Age Categories:

- Juniors (16 - 21 years)
- Seniors (21 - 35 (women); 21 - 40 (men))
- Masters (over 35 (women) 40 – 49, 50 – 60, over 60 (men))

Categories by disciplines:

Bodybuilding:

Men´s Bodybuilding:

Junior Men´s Bodybuilding:

- a) up to 75kg
- b) over 75kg

Senior Men´s Bodybuilding:

- a) up to 55kg
- b) up to 60kg
- c) up to 65kg
- d) up to 70kg
- e) up to 75kg
- f) up to 80kg
- g) up to 85kg
- h) up to 90kg
- i) up to 100kg
- j) over 100kg

Master Men´s Bodybuilding:

40 – 49 years old

- a) up to 70kg
- b) up to 80kg

- c) up to 90kg
- d) over 90kg

50 to 60 years:

- a) up to 80kg
- b) over 80kg

over 60 years:

one open category

Women´s Bodybuilding:

Junior Women´s Bodybuilding:

one open category

Senior Women´s Bodybuilding:

- a) up to 50kg
- b) over 50kg

Master Women´s Bodybuilding:

one open category

Men´s Fitness Physique:

- a) up to 160cm
- b) up to 170 cm
- c) up to 180 cm
- d) + 180cm

Women´s Fitness Physique:

- a) up to 155cm
- b) over 155cm

Men´s Athletic Physique:

- a) up to 160cm/+ 2kg
- b) up to 170cm/+ 4kg
- c) up to 180cm/+ 6kg
- d) + 180cm/+ 8kg

Women´s Model Physique:

- a) up to 155cm
- b) up to 160cm
- c) up to 165cm
- d) + 165cm

1.3 Authority:

The Executive Council has authority to prescribe and amend the Rules. Between annual meetings of the Executive Council and Congress, this authority is vested in the President and General Secretary. Any decision made by the Executive Council, or by the President and the General Secretary relating to the day-to-day management and operation of the WBPF, has force and effect only until the next annual general meetings of the Executive Council and Congress, at which time the decision will either be ratified or rejected.

1.4 Agreement:

Affiliated National, Regional and Continental Federations, their athletes, officials and others, join the WBPF of their own free will and, in so doing, agree to abide by the Constitution and Rules. In becoming a Member of the WBPF, Affiliated Federations and other Members accept that the Constitution and Rules exist for the good of Bodybuilding & Physique Sports. Should the Constitution and Rules be contravened by any Member, the WBPF has authority to impose disciplinary measures against that Member.

1.5 Definitions:

The same definitions that are found in the Constitution also apply to the Rules.

1.6 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 Executive Council 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.

1.7 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 Physique Sports.

Article 2 - Sanctioning of International Competitions**2.1 Requirement for Sanction:**

An International Competition is any competition involving two or more National Federations. In order to host such a competition, an Organizer must first obtain an official sanction from the WBPF. To obtain an official sanction, the Organizer must file a Request for Official Sanction with the WBPF. The request must include all of the pertinent information about the proposed competition. Official sanctions may only be issued to National Federations; not to private individuals.

2.2 Contract:

Once the Request for Official Sanction is approved by the WBPF, 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. The Organizer will not advertise or promote the competition until the Contract is completed and signed by all relevant parties.

2.3 Sanction Fee:

The Organizer will pay a sanction fee to the WBPF for the right to host the competition. The amount of the fee will be set by the WBPF. All International Competitions are the exclusive property of the WBPF. 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 the WBPF and Organizer. Once the Contract is signed by all parties and the sanction fee, in whole or in part, is received by the WBPF, 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 fail to abide by the

Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President, the President may withdraw the sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of the WBPF.

2.6 Delegation of Authority:

The President may, at his discretion, delegate to a member of the Executive Council, normally the General Secretary or an area Vice President, the authority to represent the interests of the WBPF in granting an official sanction and signing a Contract for an International Competition.

Article 3 - Liability of the WBPF

3.1 General:

The organization of an International 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:

The WBPF 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 Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President.

3.3 Liability Insurance:

Members of the WBPF, be they Affiliated Federations, athletes, officials and others, participate at International Competitions by their own free will and, in so doing, agree that the WBPF will not be held liable for any accident or incident arising out of the organization or hosting of the competition. The Organizer of an International 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 International 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 the WBPF.

Article 4 – Sponsorship

4.1 Sponsorship:

The Organizer of an International Competition may solicit the sponsorship of government and commercial companies; however, the sponsorship must be pre-approved by the WBPF.

4.2 Exceptions:

The use of tobacco companies for sponsorship of International Competitions is strictly prohibited.

Article 5 – Advertising and Publicity

5.1 Advertising:

The organizer of an International Competition may advertise at the competition by way of signage and/or banners so long as said advertising is not placed at the back centre of the stage and in such a manner as to obstruct the view of the judging panel. Signs and/or banners may be hung from the top front of the stage, on either or both sides of the stage, along the front of the posing plinth, and/or along the front edge of the stage. Signs and/or banners must not be placed in such a position as to be within camera-view when photographing the top 5 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 and television. Immediately prior to the Prejudging, the Organizer should arrange a press conference at which the Organizer and the WBPF Chief Official may inform the public about the competition and the sport of Bodybuilding.

Article 6 – Television, Video, Web-Cast

6.1 Exclusive Rights:

The WBPF has the exclusive right to negotiate any and all contracts for television and/or video and/or Web-Cast rights to an International Competition. Should television and/or video and/or Web-Cast rights become an issue in the hosting of the competition, the Organizer is obligated to immediately advise the entering into any unilateral negotiations with any television and/or video agency without the expressed prior approval of the WBPF. The WBPF has "first rights" to any videotape of the event and, upon demand, the Organizer will immediately forward to the WBPF a first copy of the videotape (DVD) for use as the WBPF deems appropriate.

6.2 Liability:

Should the negotiations between the WBPF and the organization

offering the television and/or video contract fail to produce any fees, the WBPF will not be held liable for any resultant financial or other loss to the Organizer, or any associated parties.

6.3 Breakdown of Fees:

The WBPF will receive any and all fees for television and/or video and will normally apportion said fees as follows:

1. 30% to the Organizer; and
2. 70% to the WBPF.

Article 7 - Press Accreditation

7.1 Rights:

The WBPF reserves the right to control any and all press accreditation, whether said accreditation be television, radio, website, print, photographic, or other media, at International Competitions.

7.2 Press Passes:

The WBPF, and/or its appointee, is responsible for issuing press passes to selected media personnel. 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 WBPF Chief Official may dismiss any individual from the press area for just cause.

7.3 Event Coverage:

The possession of a press pass does not entitle the bearer to cover every International 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 International Competitions

8.1 Eligibility:

Only National Federations duly affiliated to the WBPF are permitted participation at International Competitions. Any country which is not affiliated to the WBPF, or any country which is affiliated but under suspension or disqualification, or any athlete who is under suspension by either the WBPF or a National Federation, is not permitted to participate at any International Competition worldwide.

8.2 Citizenship:

In order to qualify for participation in an International Competition, an athlete must either be a citizen, or have landed

immigrant or legal resident status, in the country that the athlete intends to represent. If requested by the WBPF Chief Official, the athlete must produce a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the country of domicile.

8.3 Dual Citizenship:

An athlete, once having been declared a citizen, or landed immigrant or legal resident, of one country may not compete for another country without written permission from the National Federation of their current country of domicile. No athlete is allowed to compete for two different countries in any given year.

8.4 Invitations to Compete:

Organizers have authority to forward letters of invitation and entry forms to National Federations only. Organizers will not directly invite individual athletes from another country, or countries, to participate in an International Competition.

8.5 Athlete Responsibilities:

An athlete may not participate at an International Competition without the prior approval of his or her National Federation. Athletes are prohibited from directly contacting the Organizer for the purpose of obtaining participant status.

Article 9 – World Championships

9.1 Guarantee:

Organizers of International Competitions must guarantee unconditional entry to all countries eligible to participate and to all athletes eligible to compete.

9.2 Intent to Participate:

National Federations must forward their intent to participate at International Competitions immediately upon receipt of the letter of invitation and/or Preliminary Entry Form so as to allow the Organizer the opportunity to properly plan and budget for transportation, accommodations, meals, and other expenses. The intent to participate, if possible, should contain the names of the participating athletes and delegates; however, if the National Federation does not have the actual names of the athletes and delegates at the time of receipt of the letter of invitation and/or Preliminary Entry Form, they must forward, preferably by fax and directly to the Organizer, the actual number of athletes and delegates no later than forty (40) days before the date fixed for the Prejudging, failing which the National Federation may be required to cover the full costs associated with their participation at the competition. The Final Entry Form must be forwarded to the Organizer no later than the 30 (thirty) days before the date fixed for the Prejudging and must contain full details of each participant (athletes, delegates, judges, supporters, coaches, etc.). The exact date for the return of the Preliminary and Final Entry forms will be written on the form. The Final Entry Form will contain the Passport Number and Name, in English and as written on the Passport, of all participating athletes, delegates judges and other participants. National Federations that fail to meet the deadline date for the Final Entry form may be deemed ineligible for participation in the competition.

9.3 Responsibilities to the Executive Council:

The Organizer of World, Continental or other International

Competitions who requires the presence of a Member or Members of the Executive Council, must undertake to cover the cost of business-class travel as well as accommodations and meal expenses for this individual, or individuals, for the duration of the event. The Organizer of the Men's World Bodybuilding Championships and International Congress will undertake to cover the cost of single-room accommodations and meals (breakfast, lunch and dinner) for the Members of the Executive Council and their spouses (where applicable) for the duration of the event.

9.4 Responsibilities to Athletes and Delegates:

The Organizer of a World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for athletes and delegates as follows:

1. Men's World Bodybuilding Championships:

For five days (four nights) according to the following scale:

- a. Three or more competitors Two delegates
- b. One, two or three competitors One delegate

Note 1: A maximum of ten competitors (ten male bodybuilders) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 2: 1 Delegate without athletes will be accepted for the participation at the event.

2. Women's World Bodybuilding, Fitness Physique & Model Physique Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors Two delegates
- b. One, two or three competitors One delegate

Note 1: A maximum of eight competitors (two female bodybuilders, two fitness physique women and four Model Physique women) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 2: 1 Delegate without athlete will be accepted for participation at the event.

Note 3: Upon agreement between the WBPF and the Organizer, additional categories may be opened and single Categories may be discarded for competition.

3. Junior's and Master's Bodybuilding, Fitness Physique,

Athletic physique & Model Physique World Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors Two delegates
- b. One, two or three competitors One delegate

Note 1: A maximum of seventeen competitors (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness physique, one male junior fitness physique, two female junior model physique, one male junior athletic physique, one female master bodybuilder, six male master bodybuilders, one female master model physique) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 2: 1 Delegate without athletes will be accepted for the participation at the event.

Note 3: Upon agreement between the WBPF and the Organizer, additional categories may be opened and single Categories may be discarded for competition.

4. In Junior Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. In Junior Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

6. In Senior Men's Bodybuilding, each National Federation may enter up to a maximum of 10 competitors, with a maximum of two competitors allowed to compete in any one category.

7. In Senior Women's Bodybuilding, each National Federation may enter up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

8. In Master Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of six competitors, with a maximum of two competitors allowed to compete in any one category.

9. In Master Women's Bodybuilding, each National Federation may enter one competitor.

10. In Junior Men's Fitness Physique, each National Federation may enter an "A" team of up to a maximum of one competitor.

11. In Junior Women's Fitness Physique, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

12. In Senior Men's Fitness Physique, each National Federation may enter an "A" team of up to a maximum of one competitor.

13. In Senior Women's Fitness Physique, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

14. In Junior Women's Model Physique, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

15. In Senior Women's Model Physique, each National Federation may enter an "A" team of up to a maximum of four competitors, with a maximum of two competitors allowed to compete in any one category.

16. In Master Women's Model Physique, each National Federation may enter an "A" team of up to a maximum of one competitor.

17. In Junior Men's Athletic Physique, each National Federation may enter an "A" team of up to a maximum of one competitor.

18. In Senior Men's Athletic Physique, each National Federation may enter an "A" team of up to a maximum of three competitors, with a maximum of two competitors allowed to compete in any one category.

19. In World Championships, the host organizing National Federation may enter a "B" team (in the case where the National Federations are not permitted a "B" team) and a "C" team (in the case where the National Federations are permitted a "B" team) of which the team members may compete for individual places, awards, medals, and trophies; however, their results will not count for the "Best National Team" award.

20. Any extra delegates from a National Federation, whether VIPs, special guests, officials, judges, coaches, trainers, press, supporters or other individuals, in addition to those detailed in this article, must undertake to cover all of their own expenses.

9.5 A and B Teams:

The WBPF, in cooperation with its Continental, Regional and National federations, and in the interests of furthering the

development of the sport of bodybuilding and fitness, herewith provides notice of the rules governing "A"- and "B"- team competitors at the World Championships.

THE "A" TEAM

1. Each National Federation may enter an "A" team. The maximum allowable number of competitors in the "A" team shall be equal to the total number of categories open for competition at the Championships.
2. The maximum allowable number of "A"-team competitors per National Federation in any one category shall not exceed two (2).
3. Pursuant to applicable WBPF rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all "A"-team competitors.
4. Each National Federation shall pay a Registration Fee for each "A"-team competitor.
5. The "A"-team competitors shall compete for placings and awards, including the Best National Team award.
6. A National Federation must fully declare its "A"-team competitors on the Final Entry Form and must register the "A"-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

THE "B" TEAM

1. Each National Federation may enter a "B" team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the "B" team shall not exceed those in the "A" team.
2. Unless otherwise noted, the maximum allowable number of "B"-team competitors per National Federation in any one category shall not exceed two (2).
3. The National Federation shall be obliged to pay the Full Package Special Rate for each "B"-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.
4. The Registration Fee for "B"-team competitors shall be included in the Full Package Special Rate.
5. The "B"-team competitors shall compete for placings and awards, excluding the Best National Team award.
6. A National Federation must fully declare its "B"-team

competitors on the Final Entry Form and must register the "B"-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

JUNIORS COMPETITION

(age 16 – 21)

Junior Women's Bodybuilding

CATEGORY "B" TEAM

COMPETITORS

Open 1

Junior Men's Bodybuilding

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 75kg

Over 75kg

2

Junior Women's Fitness Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 155cm

Over 155cm

2

Junior Men's Fitness Physique

CATEGORY "B" TEAM

COMPETITORS

Open 1

Junior Women's Model Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 155cm

Over 155cm

2

Junior Men's Athletic Physique

CATEGORY "B" TEAM

COMPETITORS

Open 1

SENIORS COMPETITION

Senior Women's Bodybuilding

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 50kg

Over 50kg

2

Senior Men's Bodybuilding Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl. 55kg

Up to & incl. 60kg

Up to & incl 65kg

Up to & incl 70kg

Up to & incl 75kg

Up to & incl 80kg

Up to & incl 85kg

Up to & incl 90kg

Up to & incl 100kg

Over 100kg

10

Senior Women's Fitness Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 155cm

Over 155cm

2

Senior Men's Fitness Physique

CATEGORY "B" TEAM

COMPETITORS

Open 1

Senior Women's Model Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 155cm

Up to & incl 160cm

Up to & incl 165m

Over 165cm

4

Senior Men's Athletic Physique

CATEGORY "B" TEAM

COMPETITORS

Up to & incl. 160cm

Max weight (in kg) = height (in cm) - 100

Up to & incl 170cm

Max Weight (in kg) =

Height (in cm) -100 (+2kg)

Up to & incl 180cm

Max Weight (in kg) =

Height (in cm) -100 (+4kg)

Over 180cm

Max Weight (in kg) =

Height (in cm) -100 (+6kg)

4

MASTERS COMPETITION

Master Women's Bodybuilding

CATEGORY "B" TEAM

COMPETITORS

Open

35 years of age & older

1

Master Men's Bodybuilding

CATEGORY "B" TEAM

COMPETITORS

Up to & incl 70kg

40-49 years of age

Up to & incl 80kg

40-49 years of age

Up to & incl 90kg

40-49 years of age

Over 90kg

40-49 years of age

50-59 years of age

60 years of age & older

unlimited

Master Women's Model Physique

CATEGORY "B" TEAM

COMPETITORS

Open 1

9.6 Special Package Rates:

The Event Organizer shall provide two separate Event Special

Packages as follows:

1. FULL PACKAGE: accommodations, meals, onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

2. PARTIAL PACKAGE: onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

*limited to transportation between the official airport and official hotel(s) upon arrival and departure; between the Competition venue site and official hotel(s) for Prejudging and Finals; and, where applicable, between the Farewell Banquet venue site and official hotel(s).

Note: The partial package is optional and left to the discretion of the organizer.

Article 10 – Official Athlete Registration: Weigh-in and/or Height Measurement

10.1 Official Athlete Registration: Weigh-in and/or Height Measurement:

The Official Athlete Registration (weigh-in and/or height measurement) at all International Competitions will be controlled by the WBPF Chief Judge and will normally proceed as follows:

1. All competitors, regardless of their category, are required to present themselves 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.
2. Each team represented at the competition, regardless of its numbers, will be accompanied to the Official Athlete Registration by its chief delegate, or other appointed representative.
3. All competitors will present themselves in the same competition attire that they will be wearing throughout the Prejudging and Finals so that the WBPF Chief Judge may ascertain that said competition attire meets the accepted standards of the WBPF.
4. The Organizer will provide a suitable room for the Official Athlete Registration in which there will be a certified weighing machine, calibrated in kilogrammes, 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; a table and chairs for the Judges Secretary and assistants, and a suitable number of chairs for the competitors and delegates. A measuring device will also be made available to record the height.

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

- a. A valid passport; or
- b. Citizenship papers (ie: birth certificate); or
- c. Landed immigrant or legal resident papers; and
- d. CD encased in a plastic protective case with the competitor's name affixed upon the case of CD, and the music properly cued at the beginning of the song title.

Note: At juniors and masters championships, if the day, month and year of birth are not indicated in the passport, or other papers, the athlete will be required to produce a legal document authenticating this information

6. There are ten categories in senior men's world-level bodybuilding competition, currently as follows:

- a. Fly weight: up to and incl. 55kg
- b. Super fly weight: up to and incl. 60kg
- c. Bantamweight: Up to and incl 65 Kg.
- d. Lightweight: Up to and incl 70 Kg.
- e. Welterweight: Up to and incl 75 Kg.
- f. Light-Middleweight: Up to and incl 80 Kg.
- g. Middleweight Up to and incl 85 Kg.
- h. Light-Heavyweight: Up to and incl 90 Kg.
- i. Heavyweight: Up to and incl 100 Kg.
- j. Super-Heavyweight: Over 100 Kg.

*Note: the number of categories may be reduced when the event is held in a Continent or Area where there is only a very small number of athletes in a certain body weight category.

7. There are two categories in senior women's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl 50 Kg.
- b. Heavyweight: Over 50 Kg.

8. There are two categories in junior men's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl 75 Kg.
- b. Heavyweight: Over 75 kg.

9. There is one open category in junior women's world-level bodybuilding competition.

10. There are six categories in master men's world-level

bodybuilding competition, currently as follows:

40 to 49 years of age inclusive:

- a. Lightweight: Up to and incl 70 Kg.
- b. Middleweight: Up to and incl 80 Kg.
- c. Light-Heavyweight: Up to and incl 90 Kg.
- b. Heavyweight: Over 90 Kg.

50 to 59 years of age inclusive: One open category

60 years of age and older: One open category

11. There is one open category in master women's world-level bodybuilding competition (35 years of age and older).

12. There are two categories in senior women's world-level fitness physique competition, currently as follows:

- a. Class A Up to and incl 155 cm
- b. Class B Over 155 cm

13. There are two categories in junior women's world-level fitness physique competition, currently as follows:

- a. Class A Up to and incl 155 cm
- b. Class B Over 155 cm

14. There are four categories in senior women's world-level Model Physique competition, currently as follows:

- a. Class A Up to and incl 155 cm
- b. Class B Up to and incl 160 cm
- c. Class C Up to and incl 165 cm
- d. Class D Over 165 cm

15. There are two categories in junior women's world-level Model Physique competition, currently as follows:

- a. Class A Up to and incl 160 cm
- b. Class B Over 160 cm

16. There is one open category in master women's world-level Model Physique competition.

17. There is one open category in junior men's fitness Physique.

18. There is one open category in senior men's fitness Physique, with the following height limitations:

- a. Up to & including 160cm:
Height (in cm) – 100 = max weight (in kg)
- b. Up to & including 170 cm:
Height (in cm) – 100 (+1 kg) = max weight (in kg)
- c. Up to & including 180 cm:

Height (in cm) – 100 (+2 kg) = max weight (in kg)

d. Over 180 cm:

Height (in cm) – 100 (+4 kg) = max weight (in kg)

19. There is one open category in junior men's athletic physique.

20. There are 4 categories in senior men's athletic physique, currently as follows:

a. Up to and including 160cm

Maximum weight (in kg) = height (in cm) – 100 (maximum + 1kg allowance)

b. Up to and including 170 cm:

Maximum weight (in kg) = height (in cm) – 100

(maximum +2 kg allowance)

c. Up to and including 180 cm:

Maximum weight (in kg) = height (in cm) – 100

(maximum +4 kg allowance)

d. Over 180 cm:

Maximum weight (in kg) = height (in cm) – 100

(maximum +6 kg allowance)

21. The Official Athlete Registration start time will be published by the Organizer. All competitors, regardless of category, must be present for the Official Athlete Registration at the published start time. A period of 20-30 minutes will normally be sufficient for registering each category.

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

23. Any competitor who does not make weight will be given a maximum of thirty minutes in which to do so. If, for whatever reason, the competitor does not return within thirty minutes, he or she will be eliminated from the competition. The onus is on the competitor to return within the deadline; the WBPF is under no obligation to issue time warnings or to track down the competitor.

24. A competitor who weighs in over his or her chosen category may elect to compete in the next higher category, provided this does not result in more than the maximum allowable number of competitors from the same National Federation in that category.

25. The WBPF 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, beginning with the lowest bodyweight /height category and proceeding to the highest.

26. All competitors must produce a valid passport, failing which the competitor will not be registered.

27. The Judges Secretary, and his or her assistant(s), will compile lists of all of the competitors, by category, once their bodyweight and/or height is verified by the WBPF Chief Judge and will then prepare photocopies of these lists for the WBPF Chief Judge, the WBPF Chief Marshal and his or her assistants, the chief delegates for the National Federations, the Master of Ceremonies, the various media personnel in attendance, and other individuals as required.

28. During the Official Athlete Registration, the WBPF 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. If in any category there are less than 5 competitors this category shall be put together with the next higher category (e. g. if there are 4 competitors in the senior men's bodybuilding category up to & including 60kg, the athletes have to compete in the category up to & including 65kg).

29. All competitors will be required to hand in their music CDs, properly cued at the start of the music, at Official Athlete Registration, said CD which must be housed within a protective plastic case with the competitor's name affixed upon the case and the CD. The Judges Secretary, or an assistant, will affix, on the CD, a number corresponding to the same number that the competitor was given to attach to his or her posing attire. If a competitor does not remit his or her music CD, that competitor will not be registered.

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

31. At the time of the Official Athlete Registration, a junior or master competitor must produce documentary evidence of his or her date of birth (ie: passport, birth certificate, etc.).

32. An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 21st birthday. The minimum age is 16 years (at the date of weigh in/registration).

33. A male athlete may compete as a MASTER competitor

from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age), 50th birthday (in the case of the category 50-59 years of age), or 60th birthday (in the case of the category 60 years of age and older).

34. A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.

35. Any competitor, once having been officially nominated by his or her National Federation for participation in an International Competition, and who is actually present at the event, who subsequently withdraws from the event, for whatever reason, without the expressed permission of the WBPF Chief Judge, will be suspended for a period of one year and his or her National Federation may be fined US \$1,000.00.

36. The chief delegate of each National Federation will be required to submit, to the Judges Secretary, a copy of the shortened version of their country's national anthem on cassette or CD, properly encased within a protective plastic case with the name of the country affixed on the case and the cassette or CD, as well as their country's national flag.

10.2 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 WBPF in promoting the WBPF and physique sports.

10.3 Access Control:

The WBPF reserves the right to control access to the Official Athlete Registration (Weigh-in and/or Height Measurement). The WBPF may issue one or more access control passes (green card) to each National Federation. These passes will normally be distributed at the Team Manager's meeting, which takes place immediately before the Official Athlete Registration, as follows:

- a. Up to 5 competitors 1 green card
- b. 5 or more competitors 2 green cards

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

Article 11 - Doping Controls

11.1 Doping Controls:

Doping controls will be conducted, under the supervision of the WBPF Medical Commission, at all International Competitions. The testing will be governed by, and conducted pursuant to, the WBPF

Anti-Doping Rules.

11.2 Declaration:

As a participant in an International Competition, an athlete agrees to abide by the WBPF rules governing doping controls. Should an athlete be found guilty of an anti-doping rule violation, the athlete agrees to accept whatever penalties or sanctions may be imposed pursuant to the WBPF Anti-Doping Rules. The athlete agrees that the WBPF may impose sanctions immediately the results of the "A" sample are known. This agreement does not exclude the athlete's right of appeal.

11.3 Testing:

1. In-Competition testing will be carried out as follows:

a. RANDOM: A number of athletes selected at random during the Competition e.g. at the Weigh-in and/or Height Measurement and Official Athlete Registration; and/or

b. WEIGHTED: A number of athletes selected at random from among the Top Finalists e.g. at the Finals; and/or

c. TARGETED: The WBPF reserves the right to target test any athlete.

2. Out-of-Competition testing will be carried out from a Registered Athlete Testing Pool, said Pool which

shall be established in 2010 from among the Top Finalists at all WBPF World Championships.

11.4 Continental & National Federations:

Doping control at the Continental and National levels falls within the jurisdiction of, and is governed by, the respective Continental or National Federation. The anti-doping programs of all Continental and National federations must conform to the provisions of the WBPF Anti-Doping Rules.

11.5 Drug Testing Consent & Waiver of Liability Form:

Each competitor must complete and sign the Drug Testing Consent & Waiver of Liability Form attached as Appendix 5 to these rules.

11.6 Athlete Whereabouts Information Form:

Each competitor must complete and sign the Athlete Whereabouts Information Form attached as Appendix 6 to these rules.

11.7 Responsibility:

All members, whether athlete or official, are solely responsible for remaining up-to-date with the competition rules. National Federations and their members are fully aware that these rules are available on the Official WBPF Website, www.WBPF.com. The WBPF 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 12 – Competition attire and stage presentation for athletes

12.1 Competition attire for athletes:

The competition attire must meet the following guide lines:

1. Male bodybuilding competitors will wear posing trunks of a solid, non-distracting colour which are clean and decent .
2. Female bodybuilding competitors will wear bikinis of a solid, non-distracting colour which must conform to accepted standards of taste and decency. The bikini will reveal the abdominal muscles as well as the lower back muscles.
The bikini bottom must cover at least 50% of the buttocks.
3. Male fitness physique competitors will wear tights of a solid, non-distracting colour which are clean and decent during the comparisons (Prejudging and Finals). For the routine they will wear tights of a solid, non-distracting colour which are clean and decent and a tank top (minimum attire).
4. Athletic Physique Competitors will wear the same competition attire as male bodybuilding competitors.
5. Female Fitness Physique and Model Physique Competitors will wear bikinis of a solid, non-distracting colour which must conform to accepted standards of taste and decency for the comparisons (Quarter Turns).
6. Female Fitness Physique Competitors for the routine will wear a costume of their own choice which must conform the accepted standards of taste and decency.

12.2 Stage Presentation:

The following points will apply during the competitor's stage presentation:

1. Competitors will not chew gum or consume food and/or drinks while onstage.
2. The use of props is prohibited. The term prop means an object, device or item, excluding competition attire, that is transported onstage before a routine and offstage after a routine by a competitor and/or other person or persons.
3. Bodybuilding and Athletic Physique Competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure, they may however wear a wedding ring.
4. Women's Fitness Physique and Women's Model Physique Competitors may have their hair styled and may wear jewelry.
5. Artificial body colouring may be used provided that it is

applied at least twenty-four hours prior to the Prejudging. Tanning lotion and/or creams should be applied evenly over the entire body and in such a manner so as not to cause streaking. The excessive application of oil on the body is strictly prohibited.

6. Fitness Physique Competitors may perform the routine bare footed or in athletic shoes.

7. Bodybuilding and Athletic Physique Competitors will not wear shoes, neither for the comparisons nor for the routines.

8. For the Comparisons (Quarter Terms) Fitness Physique and Model Physique competitors shall wear high-heel-stiletto-type-pumps.

Article 13 - Judges

13.1 General:

All judges wishing to judge at International Competitions must be members of an affiliated National Federation and must first be qualified to judge at the national level prior to test judging or judging at the international level. No judge shall adjudicate an event once he is 65 years or older and/or has a vision impediment of any kind.

13.2 National Judging Cards:

Each National Federation is responsible for issuing judging cards to qualified individuals within their own jurisdiction. Continental Federations are responsible for issuing judging cards at the continental level.

13.3 Nominations for International Judging Cards (Test Judging):

Each National Federation is responsible for nominating qualified national judges to test judge at the international level. The National Federation must provide on the Final Entry Form the names of all individuals who it nominates to test judge at the competition. Individuals who request permission to test judge at the event will not be allowed to do so.

13.4 Test Judging Procedures:

The test judging requirements are as follows:

1. To obtain a judging card at the Men's World Bodybuilding Championships, a test judge must successfully complete Prejudging papers from three categories.
2. In bodybuilding and athletic fitness, a test judge is only required to judge the Prejudging. In fitness physique, a test judge is only required to judge the Prejudging. In Model Physique, a test judge is only required to judge the Prejudging.

13.5 International Judging Cards:

Upon successfully test judging the required number of categories, with each category having a minimum of ten competitors, and upon payment of a judge's fee, said fee which will be in

an amount as determined from time to time by the WBPF Judges Committee, the individual will be issued an WBPF international judging card and official WBPF judge's badge.

13.6 Judging at International Competitions:

Every individual wishing to judge at an International Competition must first be in possession of a valid WBPF international judge's card. This card must be surrendered to the WBPF Judges Committee at the technical meeting which will be held before the Official Athlete Registration and prior to the Prejudging. The WBPF Judges Committee will select those individuals whom they consider to be the most qualified to serve on the judging panels. The cards will be returned at the completion of the Finals. Once selected for a panel, a judge must be present on the panel throughout the entire Prejudging and Finals.

13.7 Nomination Deadline:

A National Federation must provide on the Final Entry Form the names of all individuals who it nominates to judge at the competition, failing which the individual will not be allowed to judge.

13.8 Makeup of the Regular Judging Panel:

Seven judges are normally appointed by the WBPF Judges Committee to serve on a regular judging panel. Every attempt is made to ensure that all qualified judges who are present at the technical meeting are given the opportunity to serve on a panel and that all countries are equally and fairly represented with no country having two or more judges on the same panel. At no time will the number of judges on a panel be fewer than five. The WBPF Chief Judge is the final authority on the makeup of the judging panels.

13.9 Alternate Judges:

The WBPF Chief Judge may, at his discretion, allow a number of alternate judges, not to exceed four, to sit on the panel.

Article 14 - Judging Attire/Judging Panel

14.1 Judging Attire:

Judges shall be attired as follows:

1. The official WBPF uniform for male judges at all International Competitions consists of a dark grey suit with the official WBPF crest on the left breast pocket, white shirt with the official WBPF tie, black socks and black dress shoes.
2. The official WBPF uniform for female judges at all International Competitions consists of a dark grey blazer with the official WBPF crest on the left breast pocket, or white blouse (official WBPF tie optional), grey skirt or dress pants, and black dress shoes.
3. The Chief WBPF Judge has authority to remove from the

panel any judge who is not correctly dressed in the official WBPF uniform.

4. While working under hot/humid climate conditions and only at the Prejudging the WBPF head judge may allow a relaxed dress code as follows:

with Polo shirt with WBPF logo on the left breast together with grey dress pants (men or women) or grey skirt (women).

14.2 Officials:

The following officials are needed to control International Competitions:

1. A WBPF Chief Judge;
2. A Judges Secretary;
3. Seven judges from as many different countries as possible. If enough qualified judges are available, two or more panels of judges may be appointed.
4. Two statisticians;
5. A WBPF Chief Marshal and an appropriate number of assistants; and
6. A Master of Ceremonies, or Announcer.

14.3 WBPF Chief Judge:

The WBPF Chief Judge will coordinate and control all aspects of Official Athlete Registration, Prejudging and Finals. No other official will make any decision which might impact upon the smooth running of the competition without seeking the prior approval of the WBPF Chief Judge.

14.4 Placement of Judges:

The placement of judges will proceed as follows:

1. The Judges Secretary will seat the seven judges at their respective tables, which will be located at the front center of the stage, and will then seat the two statisticians at their tables, which will be located at the end of the row of judge's tables nearest to the Master of Ceremonies. The Judges Secretary will then ensure that the appropriate judging forms are distributed to each judge. In case of computer assisted judging each judge will receive a key pad/computer for scoring.
2. Each judge's position on the panel will be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers will be printed on both sides of the card so as to be viewed by the competitors and the judges. The regular panel judges will be seated so as to have the best view of the athletes; alternate judges shall be seated at one end of the regular panel.
3. The same judge who adjudicates a category during the Prejudging must adjudicate the same category during the

Finals and must be seated in the same position.

14.5 Conduct of Judges:

Once the judging panel is seated, the Judges Secretary will remind the judges of the rules of conduct, said rules which must be strictly followed throughout the Prejudging and Finals. Under penalty of immediate dismissal from the judging panel, no judge will:

1. Converse with any other judge, or judges;
2. Attempt to influence the decisions of any other judge, or judges;
3. Take photographs while the judging is in progress;
4. Coach any competitor, or competitors; or
5. Judge while under the influence of drugs or alcohol, or consume alcoholic beverages while judging.

14.6 Conflict of interest:

No judge will adjudicate a competition where there exists a clear and present conflict of interest between the judge and any of the Competitors. Judges must declare such conflicts of interest to the Head judge who will make a determination as to whether or not that Judge may sit on the judging panel. Failure to disclose conflicts of Interest may result in disciplinary measures.

14.7 Statisticians:

The Judges Secretary will ensure that the statisticians are seated, preferably on the same side of the stage as the Master of Ceremonies, and that they are in possession of the appropriate Statistician's Score Sheets.

14.8 Refreshments:

The Organizer is responsible for ensuring that liquid refreshments (e.g. water) are made available to each judge throughout the Prejudging and Finals.

Article 15 - Prejudging and Finals Venue Requirements

15.1 General:

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

1. Staging:

The judging should be held on a raised stage with an optimum height of 80 cm. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of at least 1 metre. If the stage is any higher than that, the seats for the judges must also be raised so as to give them a full view of the competitors. A posing plinth will be centrally located on the stage and in such a manner as to allow each of the judges to see all of the competitors who stand on it, from head to toe. To accommodate five competitors, it must be at least 6

metres long, 1.2 metres wide and 60 cm high. The top should be covered by a plain grey carpet and the front and sides by black cloth, panelling or paint. On the front of the posing plinth, at the centre, the letters "WBPF" must be affixed in white lettering.

2. Background:

The stage background should be of a neutral, nondistracting colour, preferably black. On it must be displayed the WBPF logo and the name of the event. The logo of the organizing federation 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.

3. Sound:

The sound system will be of such quality so as 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 Chief WBPF Judge, the Master of Ceremonies, and the onstage expeditor (preferably hands-free).

4. Lighting:

The stage will be provided with three lighting set-ups. 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 posing plinth for the individual posing routines. The third must cover the five competitors on the posing plinth for the comparisons and posedown. The WBPF lighting specifications call for 1000W per foot of stage frontage or posing plinth length, hung from the front of the stage at about a 45° angle; 500W per foot of stage frontage or posing plinth length, hung from the back of the stage at about a 65° angle; and 500W per two feet of stage frontage or posing plinth length of back floor-level lighting if this latter lighting is not possible, lights may be placed on both front sides of the stage.

5. Seating:

The Organizer must ensure that all judges and spectators are afforded a clear and unobstructed full-figure view of

all of 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 or spectators.

6. Master of Ceremonies:

The Master of Ceremonies plays a significant role in the image that the WBPF wish to present to the general public at all International 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. Competitors should enter stage left and exit stage right (when viewed from the front).

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 marshals 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.

8. Inspection:

The WBPF Chief Judge and, where possible, the Chairman of the WBPF Technical Committee, together with the Judges Secretary and WBPF Chief Marshall, should inspect the competition venue site prior to the commencement of Prejudging, for the purpose of ascertaining the readiness of the facility.

9. Communications:

The Organizer will be responsible for supplying sufficient communications equipment (ie: headsets/mics, walkietalkies) for use by the backstage marshalls.

10. Office/Photocopier:

The Organizer will be responsible for providing an office complete with computer/printer and photocopier for use by the WBPF throughout the duration of the International Competition.

11. Water/Towels:

The Organizer will provide sufficient quantities of water and towels for use backstage by the expeditors and athletes.

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.

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 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.

14. Cameras/Videotapes:

Cameras and videotape devices are strictly prohibited in the backstage area/dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

15. Access Control:

The WBPF reserves the right to control access to the backstage area during Prejudging. The WBPF may issue access control passes (green cards) to each National Federation. These passes will normally be distributed at the Team Manager's meeting, which takes place immediately before the Official Athlete Registration.

Article 16 – Competition Schedule

16.1 General:

The Competition consists of the Prejudging and the Finals. The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging each category should be published and should allow for approximately 30 minutes for the judging of each category. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warmup area at least 30 minutes prior to the start time of the judging of their category. The Finals will take place usually the day after the Prejudging. A timetable for the Finals shall be published and should allow for approximately 15 minutes for the judging of each category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

Article 17 – Prejudging:

17.1 Procedures:

The Prejudging will proceed as follows:

1. All competitors will be called onstage as a group, in a single line and in numerical order. The judging panel should be given a moment to note the competitor

numbers on their score sheet.

2. In groups of not more than 5 competitors at a time, and in numerical order, the competitors will be directed to perform the following poses at centre-stage:

Body-building and athletic physique:

- a. Front relaxed followed by Front Double Biceps
- b. Side Chest
- c. Back relaxed followed by Back Double Biceps
- d. Abdominal & Thighs

Fitness Physique and Model Physique:

- a. Quarter turn right
- b. Quarter turn back
- c. Quarter turn right
- d. Quarter turn front

This posing will not be scored but will be used by the judges to determine their own individual comparisons, which will immediately follow.

3. The judges will then compare the competitors while they are directed to perform the following poses, up to a maximum of five athletes at a time:

Men's Bodybuilding:

- a. Front double biceps;
- b. Front lat spread;
- c. Side chest;
- d. Back double biceps;
- e. Back lat spread;
- f. Side triceps; and
- g. Abdominals and thighs.

Women's Bodybuilding:

- a. Front double biceps;
- b. Side chest;
- c. Back double biceps;
- d. Side triceps; and
- e. Abdominals and thighs.

Athletic Physique:

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front
- e. Front double biceps
- f. Front lat spread
- g. Side chest
- h. Back double biceps
- i. Back lat spread
- j. Side triceps
- k. Abdominals and thighs

Fitness Physique and Model Physique:

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front

4. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested. Guidelines on "How to Assess an Athlete's Physique" are attached as Appendix 2.

5. The "Placement System" is used to judge competitors. In this system, each individual judge awards a unique place to each competitor, making sure, that no two or more competitors received the same place, except as noted in Rule 6.

6. The head judge may, at his only discretion, determine that there are too many competitors in a competition to allow for a unique placing for each and every competitor. For example, the head judge may direct the judging panel to award only 1st to 15th place. All other competitors will be awarded 16th place. Depending on the schedule however at least the places from 1st place to 10th place have to be awarded by the judging panel.

7. The scores for the prejudging will be used to place the competitors from 1st place to last place, or as determined by the head judge from 1st place to at least 10th place. The top 5 competitors from the prejudging will advance to the Finals, the scores from the prejudging will be added to the Finals scores.

8. At the discretion of the WBPF Chief Judge, the top 6 finalists may be announced after the Prejudging and before the Finals.

Article 18 – Finals:

18.1 Opening Ceremony:

The opening ceremony at all International Competitions will normally proceed as follows:

1. All participating National Federations will appear onstage in alphabetical order with the host National Federation appearing last.
2. The chief delegate of each National Federation's team will carry that country's flag and/or name at the forefront of the team and will form up at the front of the stage with the team members behind (typically one competitor per National Federation). The chief delegate must be dressed in the WBPF official uniform. Competitors will appear onstage in posing attire.
3. The national flag of the host National Federation's country and the WBPF flag will be raised while the national anthem of the host National Federation's country is played.

4. The following individuals will be called upon to give speeches, the order of which will be as follows:

- a. The president of the host National Federation; and/or
- b. The WBPF Vice President of the area; and/or
- c. The guest of honour of the host National Federation; and/or
- d. The president of the WBPF, or the WBPF Chief Official, who will declare the championships open for competition.

5. The speakers will then leave the stage followed by the National Federation teams.

6. The host National Federation may present a cultural show, the time of which should not exceed 20 minutes.

Article 19 – Finals:

19.1 Procedures:

The Finals will immediately follow the Opening Ceremony and will proceed as follows:

Bodybuilding , Athletic Physique:

1. In Round 2, the top 5 finalists will be brought onstage in a single line and in numerical order. Each finalist will be introduced by number, country and name.
2. Each of the top 5 finalists, in numerical order, will perform an individual posing routine to music of his or her choice, up to a maximum of 60 seconds. This round will be scored.
3. After the posing routines are concluded the top 5 finalists will be brought onstage again in a single line and in numerical order to perform the compulsory poses. This round will be scored.
4. Each judge will mark the competitors score for the posing and for the compulsory poses after the conclusion of each round in placings of 1 through 5, and will not give more than one athlete the same placing.

Fitness Physique:

1. The top 5 finalists, wearing their fitness routine attire, perform their routines to their own choice of music, the length of music shall be up to a maximum of 90 seconds. Each finalist will be introduced by number, name and country. This round is scored.
2. At some point later, the top 5 finalists, wearing their prejudging attire, will return to the stage, in numerical order an in a single line, to perform the Quarter turns. This round is scored.
3. The judges will place the competitors from 1st to 5th, given no to athletes the same placing.

Model Physique:

1. The top 5 finalists, wearing their prejudging competition attire, will return to the stage, in numerical order and in a single line, to perform the Quarter turns. This shall be performed at stage center, left and right; then the order of the competitors will be reversed and the Quarter turns repeated at the stage center, left and right. This round is scored.
2. Each judge will mark the competitors in placing of 1st through 5th and will not give more than one athlete the same placing.

Posedown:

In Bodybuilding and Athletic Physique after the conclusion of the compulsory poses (Bodybuilding) or compulsory poses and Quarter turns (Athletic Physique) the finals shall be concluded by the posedown in a duration not exceeding 60 seconds. The choice of music for the posedown is up the discretion of the organizer. The posedown is not scored.

Article 20 – Finals: Victory Ceremony**21.1 Procedures:**

The victory ceremony will normally proceed as follows:

1. Each category will have its victory ceremony immediately following the category posedown, while the top 5 finalists are lined up at the back of the stage.
2. A victory pedestal with three places will be placed at the centre of the stage. Alternatively, the posing plinth used for the Prejudging and Finals may be used as the victory pedestal.
3. The Master of Ceremonies will announce the number, name and country of the competitor in 5th place and that competitor will stand to the left side (when viewed from the front) of the victory pedestal or posing plinth 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 right side of the victory pedestal or posing plinth and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner. The 5th to 2nd place competitors will leave the centre of the victory pedestal or posing plinth vacant for the 1st place winner.
4. The President of the WBPF, or his representative, will present the official WBPF competitor's Gold Medal to the 1st-place competitor, the official WBPF competitor's Silver Medal to the 2nd place competitor, and the official WBPF competitor's Bronze Medal to the 3rd place competitor. The official WBPF medals are mandatory prizes at all World Championships and must be purchased from the WBPF

Head Office by the Organizer. In addition, the Organizer must provide 5 trophies for the 5 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 to 1st place finalists.

5. The national anthem of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st- place award(s). Each National Federation will be responsible for providing their national anthem to the host organizing country at the Official Athlete Registration. At the same time as the playing of the national anthem, the flags of the top 3 countries will be slowly raised, with the 1st-place country's flag higher than the 2nd-place and the 2nd-place country's flag higher than the 3rd-place.

6. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes.

Article 21 – “Overall Champion” Award

21.1 Overall Champion Award:

At World Championships, the selection per discipline of the athlete who will become the Overall Champion will proceed as follows:

1. Immediately following the Victory Ceremony for the last category, all of the category winners will be brought onstage in numerical order and in a single line.
2. The WBPF Chief Judge will direct the competitors through the compulsory poses for that discipline and in the disciplines bodybuilding and athletic physique will then call for a 60- second posedown.
3. The judges will to place each athlete from 1st to last. The judges must place each athlete and not just select the one athlete whom they feel is the Overall Champion.
4. The statisticians will tally the scores and determine who is the Overall Champion.
5. The WBPF President, or his representative, will present a trophy to the Overall Champion. The trophy will be supplied by the organizing National Federation.

Article 22 – “Best National Team” Award

22.1 Best National Team:

The Best National Team scoring and presentation will proceed as follows:

1. The Judges Secretary will calculate each country's points "total" and "place". The scale of awarded points shall be as follows: 1st-16, 2nd-12, 3rd-9, 4th-7, 5th-6, 6th-5, 7th-4, 8th-3, 9th-2, 10th-1. When the top three national teams have been determined, a victory ceremony similar to that of the category victory ceremony will be held. The President, or his representative, will present the Best National Team awards, said awards which will be provided by the organizing national federation, to the top 3 countries.

2. The chief delegates or team leaders of the top 3 countries will accept the awards on behalf of their countries.

3. If a tie exists between two or more countries, the tie will be broken by determining which country has the "most number-one places, most number-two places, most number-three places", etc.

Article 23 – Resolving Ties

23.1 Resolving Ties at Prejudging:

Should a tie occur in the Prejudging "RD1 (SUB)SCORE", the tie is broken using the "Relative Placement" method. Each individual judge's scores for the tied athletes is compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All seven regular panel judge's scores are included in the tie breaking calculations. The number of dots are tallied for each of the tied athletes. The athlete with the greater number of dots is declared the winner of the tie and therefore receives the better placing.

23.2 Resolving Ties at Finals:

Should a tie occur in the Finals, "RD2 SUBSCORE", the tie need not be immediately broken, as the "RD2 SUBSCORE" must be added to the "RD3 SUBSCORE" to produce a "FINAL SCORE". Should a tie occur in the Finals, "RD3 SUBSCORE", the tie need not be immediately broken, as the "RD3 SUBSCORE" must be added to the "RD2 SUBSCORE" to produce a "FINAL SCORE". Should a tie occur in the "FINAL SCORE", the tie shall be broken in favor of the competitor with the better "RD3 SUBSCORE". If the "RD3 SUBSCORE" is tied, the tie shall be broken using the "Relative Placement" method and using the athlete's Round 3 scores.

Article 24 – Publication of Results

24.1 Results:

The Judges Secretary will the official results to the national delegations, press, radio, and television immediately after the competition (normally at the Farewell Banquet).

24.2 Contents:

The "Final Scoresheet" will contain the number, name and country of every athlete participating in each category, listing the competitors in order of competitor number, together with their round-by-round point total.

24.3 Other Contents:

The "Overall Champion" and the top 3 finalists in the "Best National Team" Award will also be listed on the "Final Scoresheet".

24.4 Amendments:

The WBPF will publish online at www.WBPF.com any subsequent amendment(s) to the initial competition results e.g. as a result of doping control.

Article 25 - Cash Awards

25.1 Cash Awards:

National, Regional and Continental Federations are free to present cash awards at designated events. For events at and below the national level, the respective National Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation, except that a National Federation may not invite other countries, or athletes from other countries, to participate in a competition at this level. For events above the national level and at or below the continental level, the respective Continental Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation.

Article 26 – WBPF Registration Fee

26.1 WBPF Registration Fee:

The WBPF will levy a Registration Fee for all bona fide athletes and delegates participating at all World Championships, including delegates without athletes. The Fee is currently \$ 50.00 US dollars.

Article 27 – Amendments

27.1 Amendments:

These rules may be amended from time to time by proposition submitted to the Executive Council and Congress at their annual general meetings. Between these meetings, these rules may be amended by majority decision of the Executive Council

Article 28 – Other Rules Pertaining to World Championships

28.1 Accommodations:

1. The Organizing Committee will provide free-of-charge accommodations and three (3) meals per day for all Official Participants (Athletes and Delegates) from the National Federations according to the following **WBPF**

Rules:

- Three (3) or more competitors: two (2) delegates
- One (1) or two (2) competitors: one (1) delegate
- National Federations with no athletes may send one (1) delegate at the expense of the organizer.

*The term "Official Participant" means: 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the **WBPF** to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the **WBPF** to participate in the Championships pursuant to **WBPF** rules (see above).

2. All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration. Any Official Participant not checked-in by the deadline, which will be clearly stated for each event and which will normally be one (1) hour before the start of the Weigh-in and Registration, will be classified as an "extra delegate" and will be responsible for all of his or her expenses.

3. Any judges, coaches or trainers who are not Official Participants (Athletes or Delegates) will be responsible for all of their own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your National Federation select this individual to be an Official Delegate for your National Federation; otherwise, this individual will be responsible for all of his or her own expenses. This ruling also applies to family members. No exceptions will be made under any circumstances.

28.2 Hotel Security Deposit:

A hotel security deposit of \$100 per person (USD or equivalent Euro) is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team. Please advise your team before departure not to create additional expenses.

28.3 Early Arrivals/Late Departures:

Any National Federation, including any of its individual team members, arriving before the Official Arrival Date and/or staying on after the Official Departure Date will be responsible for all of

their own expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals and/or late departures.

28.4 Weigh-in, Height Measurement and Official Athlete Registration:

1. It is the responsibility of the chief delegate or team leader of each National Federation to make sure that all athletes are on time for the Weigh-in, Height Measurement and Official Athlete Registration. If an athlete is late, that athlete may be disqualified and will have to pay all of his or her own expenses.
2. Each athlete must bring his or her PASSPORT and POSING MUSIC to the Weigh-in/Height Measurement and Official Athlete Registration, failing which the athlete will not be processed.

28.5 WBPF Registration Fee:

1. Each Official Participant (Athletes and Delegates, including delegates without competitors), must pay the WBPF Registration Fee of \$ 50 (USD or equivalent Euro). This fee is payable to the WBPF upon arrival at the Official Hotel(s). The WBPF Registration Fee is completely separate from the hotel security deposit. You must pay the Hotel Security Deposit and WBPF Registration Fee BEFORE your team members are provided accommodations.
2. If an athlete or delegate arrives without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and WBPF Registration Fee BEFORE a room can be assigned.

28.6 Parade of Nations:

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the WBPF official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

28.7 National Anthem/National Flag:

1. All National Federations must bring with them the music of their National Anthem (shortened version only) on CD. This must be on a separate CD to any posing music.
2. All National Federations must bring with them, when requested by the Organizer, their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

28.8 Judges:

All judges must attend the Judges/Team Managers meeting. If a judge is absent from this meeting, he or she will not judge.

28.9 Media Accreditation:

All media accreditation, except local media, shall be controlled by the WBPF. All persons wishing to obtain media accreditation for an event must register with the WBPF by completing and signing an WBPF Media Accreditation Form, said form which must be remitted to the WBPF by e-mail at info@WBPF.com. A copy of this form is available at www.WBPF.com.

28.10 Athletes without Delegates:

All Athletes competing at WBPF World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an Official Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

30.11 Failure to Honor Final Entry Form Deadline:

1. Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of **WBPF** Rules.

2. If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

28.12 Misrepresentation:

1. Misrepresentation is a serious breach of the **WBPF** Rules and occurs when an "official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

2. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

3. Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

28.13 Medical Withdrawal:

1. Once officially registered, no Athlete may withdraw from competition without the prior approval of the WBPF Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the WBPF Chief Judge, who has the right to

verify the reason for the withdrawal.

2. Any National Federation that fails to seek the prior approval of the WBPF Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

28.14 Attendance at the WBPF International Congress:

It is the duty and responsibility of each National Federation to ensure that it is represented at the WBPF International Congress meeting. All National Federations officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the Congress.

28.15 Rules and Regulations

3. It is the responsibility of the president or general secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at WBPF World Championships, to include the WBPF Constitution, WBPF Rulebook for Bodybuilding, athletic physique, Fitness and model physique, WBPF Anti-Doping Program and the statements contained within the Inspection Report.

4. If any of your athletes and/or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with all of the abovementioned rules and regulations.

5. All of these documents are available online at www.WBPF.com.

APPENDIX 1:

HOW TO ASSESS THE PHYSIQUE OF BODYBUILDING & ATHLETIC PHYSIQUE COMPETITORS

1.1 General:

When assessing a competitor's physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the compulsory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should

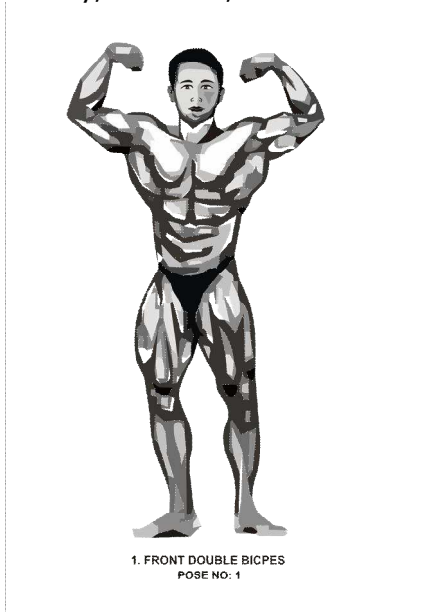
be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the compulsory poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

1.2 Men's Compulsory Poses:

1. **Front Double Biceps** (see Figure below)

Standing face front to the judges, with the legs and feet in-line and a short distance apart, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

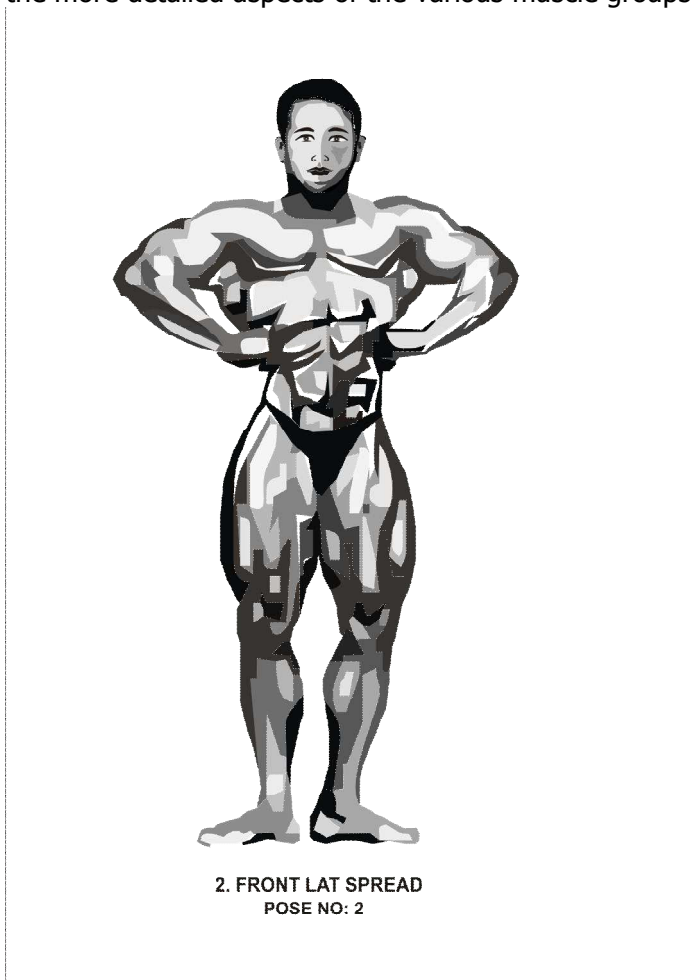


2. **Front Lat Spread** (see Figure below)

Standing face front to the judges, with the legs and feet a short distance apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower

waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.



3. **Side Chest** (see Figure below)

The competitor may choose either side for this pose, in order to display the "better" arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps

femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.



4. Back Double Biceps (see Figure below)

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the

competitor's muscle density, definition, and overall balance.

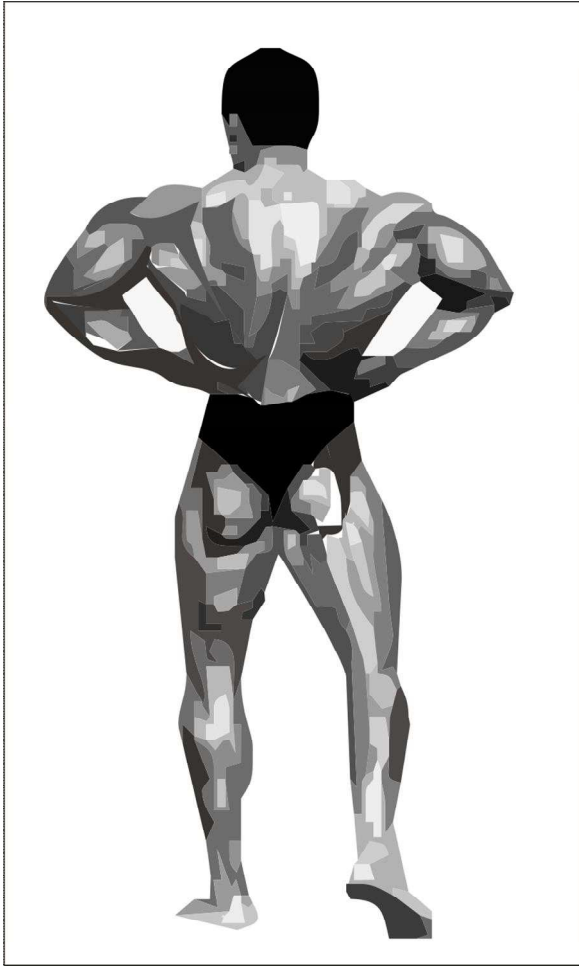


4. BACK DOUBLE BICIPES

POSE NO: 4

5. **Back Lat Spread** (see Figure below)

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, one foot back and resting on the toes. He will then contract the latissimus dorsi as wide as possible and display a calf contraction by pressing downward on the rear toes. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the the judge may assess both calf muscle equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles. The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-foot survey.



5. BACK LAT SPREAD

POSE NO: 5

6. Side Triceps (see Figure below)

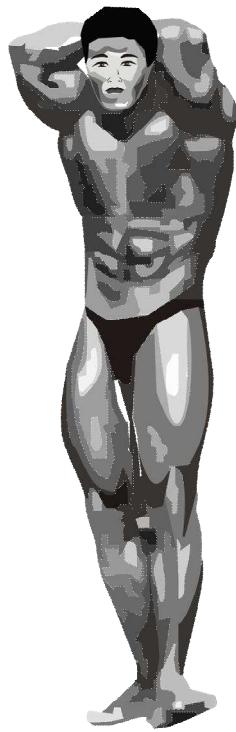
The competitor may choose either side for this pose so as to show the "better" arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles. The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.



6. SIDE TRICEPS
POSE NO: 6

7. Abdominals and Thighs (see Figure below)

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by "crunching" the trunk slightly forward. At the same time, he will contract the thigh muscles of the forward leg. The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.



7. ABDOMINAL AND THIGHS
POSE NO: 7

1.3 Assessing the male physique:

In assessing the male physique, the overall shape and that of the various muscle groups is important. The judge should favour competitors with a harmonious, classical physique. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne, tidily dressed hair, well-shaped feet, and toes. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.

1.4 Assessing the female Physique:

First and foremost, the judge must bear in mind that this is a women's competition, and that the goal is to find an ideal female physique. Therefore, the most important aspect is shape - a muscular yet feminine shape. The other aspects are similar to those described for assessing the male physique, but muscular development must not be carried to such an excess that it resembles the massive muscularity of the male physique. Definition of a woman's muscles must not be confused with emaciation resulting from extreme loss of weight. Competitors shall also be assessed on whether or not they carry themselves in a graceful manner while walking to and from their position onstage.

1.5 Women's Compulsory Poses:

1. **Front Double Biceps** (see Figure below)

Standing face front to the judges, with the legs and feet in-line and the right leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.



1. FRONT DOUBLE BICIPES

2. **Side Chest** (see Figure 9)

The competitor may choose either side for this pose, in order to display the "better" arm. She will stand with her left or right side towards the judges and will bend the arm

nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. She will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles. The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.



2. SIDE CHEST

3. Back Double Biceps (see Figure below)
Standing with her back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.



3. BACK DOUBLE BICIPES

4. **Side Triceps** (see Figure below)

The competitor may choose either side for this pose so as to show the "better" arm. She will stand with her left or right side towards the judges and will place both arms behind her back, either linking her fingers or grasping the front arm by the wrist with her rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. She will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative

development more accurately.



4. SIDE TRICEPS

5. **Abdominals and Thighs** (see Figure below)

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. She will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, she will contract the thigh muscles of the forward leg.



**5. ABDOMINAL AND THIGHS
APPENDIX 2:**

HOW TO ASSESS A FITNESS PHYSIQUE COMPETITOR:

Judges are strongly reminded that they are judging a FITNESS Physique competition and not a BODYBUILDING or Athletic Physique competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a bodybuilder will not be considered acceptable if displayed by a fitness physique competitor and therefore, must be marked down.

GENERAL PRESENTATION:

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise and self-confidence. This is especially true at all times when the competitor is standing in line or walking and during the comparisons of the quarter turns.

When standing, the competitors will still adopt a tense pose, so his body is erect and displayed favorably. A relaxed stance means that the competitor must stand erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms at the side.

During each of the quarter turns, the same rules shall apply. Again, the stance shall be erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and

arms at the side.

COMPARISONS IN THE QUARTER TURNS:

In this portion of the competition, the competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns, first as an entire group and then in smaller groups of no more than 5 competitors at a time in the finals just to top 5 competitions. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested.

Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a "Total Package".

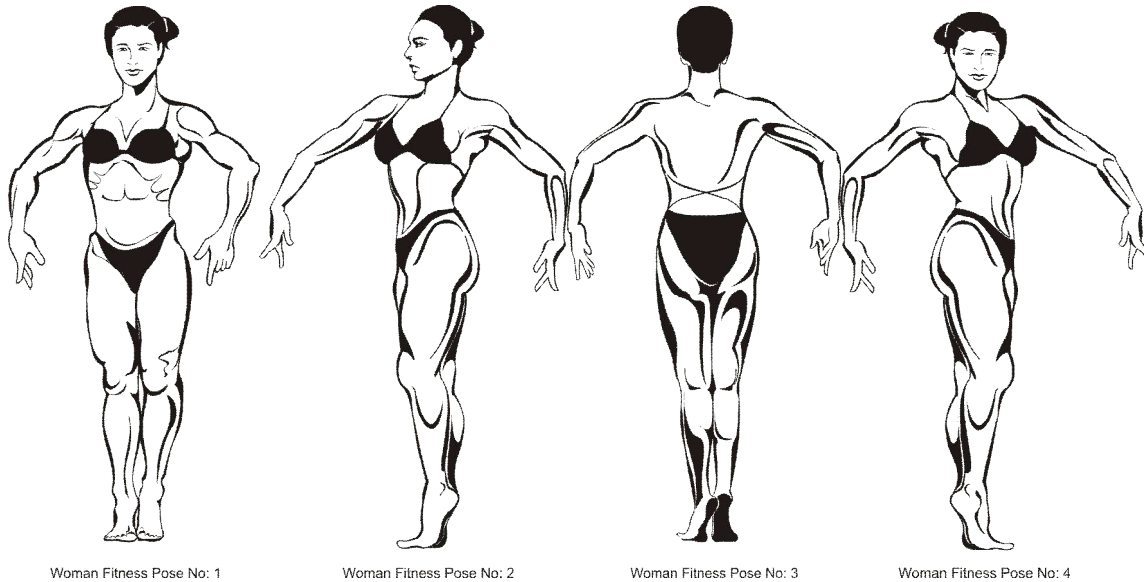
The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the whole physique including hair and face; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be too muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance. The face and hair should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment the competitor walks onstage until the moment she/he walks offstage. At all times, the fitness physique competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

The performance of the Quarter turns (see figures below):



ASSESSMENT OF THE ROUTINE:

In this round, the athletes perform a fitness routine, to his/her own choice of music, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the "Total Package", that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage.

The judges are reminded that, during this Round, they are judging **ONLY** the fitness routine and **NOT** the physique.

The judge should look for a well-choreographed and creative routine performed at a high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of **STRENGTH** - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

2. Elements of **FLEXIBILITY** – for example, high kicks, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

3. The **SPEED** or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Once again, the judge must always consider the "Total Package" and not just the sum of the individual movements. There is a component - an element of "showmanship", which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

APPENDIX 3:

HOW TO ASSESS A MODEL PHYSIQUE COMPETITOR:

Introduction:

Judges are strongly reminded that they are judging a Model Physique Competition and not a bodybuilding or Fitness Physique Competition. Therefore muscularity, vascularity, muscular definition, and/or striations will not be considered acceptable if displayed by a Model Physique Competitor and therefore, must be mark down.

Instead of looking for muscularity, vascularity and muscular definition judges shall look for the overall aesthetic, not necessarily highly athletic image displayed by the competitor that should demonstrate poise, grace and self confidence. The beauty of the physique is the main aspect of judging.

APPENDIX 4

DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM PLEASE READ THIS FORM CAREFULLY

In order to participate as a Competitor in this Event, I the undersigned Athlete do hereby agree to be bound by the WBPF Constitution and Rules, the WBPF Rulebook, and the WBPF Anti-Doping Rules. I further agree to cooperate fully with the WBPF and the Event Organizer. I understand, accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That the WBPF has the right to conduct drug testing at this Event, pursuant to the WBPF Anti-Doping Rules.
2. That if I am selected for drug testing, I will cooperate fully with the drug testing officials at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That I accept sole responsibility to remain current with the rules and

regulations governing this Event, including those pertaining to drug testing and results management.

5. That I do hereby declare and make oath that I am competing in this Event free from prohibited performance-enhancing drugs.

WAIVER OF LIABILITY

1. That I understand that in order for me to participate as a Competitor in this Event, I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.

2. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the World Bodybuilding & Physique Sports Federation (WBPF), its affiliated National Federation in the country of the Championships, the Event Organizer, the WBPF and Event officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever, including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.

3. That I agree that medical and personal injury insurance coverage while participating in this Event is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally, I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.

4. In entering into this agreement, I am not relying on any oral, written or visual representations or statements made by the Released Parties to induce me to participate in this Event.

5. I confirm that I am the full age of majority or, in the alternative; I have indicated that I am the guardian of the minor participant named, and that I have read and understand this agreement prior to signing it and agree that this agreement will be binding upon me (as a participant or guardian), my heirs, next of kin, executors, administrators and successors.

PRINT FIRST & LAST NAME COUNTRY

SIGNATURE DATE

THIS FORM MUST BE SIGNED BY THE ATHLETE AND PRESENTED TO THE WBPF BEFORE THE COMPLETION OF THE WEIGH-IN AND REGISTRATION, FAILING WHICH THE ATHLETE WILL NOT BE ALLOWED TO COMPETE. INFORMATION ON WBPF RULES AND REGULATIONS MAY BE FOUND AT WWW.WBPF.COM.

Appendix 5

ATHLETE WHEREABOUTS INFORMATION FORM

Pursuant to WBPF Anti-Doping Rules every Athlete competing in WBPF World Championships must provide accurate and upto-date Whereabouts information.
Rules governing the Registered Athlete Testing Pool and Out-of-Competition doping control program may be found at www.WBPF.com.

PLEASE PRINT LEGIBLY

- 1 **LAST NAME** (AS WRITTEN IN PASSPORT):
- 2 **FIRST NAME & MIDDLE NAME(S)** (AS WRITTEN IN PASSPORT):
- 3 **PASSPORT NUMBER**
- 4 **NATIONALITY**
- 5 **SEX**
(MALE OR FEMALE)
- 6 **DATE OF BIRTH**
(DD.MM.YYYY)
- 7 **PLACE OF BIRTH**
(CITY/TOWN/COUNTRY)
- 8 **COMPLETE HOME/MAILING ADDRESS** (STREET/APT #, CITY, COUNTRY,
POSTAL CODE)
- 9 **HOME TELEPHONE NUMBER**
- 10 **MOBILE NUMBER**

11 **E-MAIL ADDRESS**

12 **NAME OF EMPLOYER/COMPANY**

13 **COMPLETE WORK ADDRESS** (STREET/APT #, CITY, COUNTRY, POSTAL CODE)

14 **WORK TELEPHONE NUMBER**

15 **NAME OF TRAINING FACILITY** (GYM, CLUB, FITNESS CENTRE)

All information provided on this form is strictly CONFIDENTIAL and shall be used only for the intended purpose of establishing a Registered Athlete Testing Pool and implementing an Out-of-Competition doping control program.

Signature of Athlete

Date