

**The 2nd Annual 2013 ABFF Clearwater Super Natural Pro Am
BODYBUILDING,
FITNESS, FIGURE & BIKINI CHAMPIONSHIPS Pro Qualifier!**



Saturday, March 2nd, 2013
At Countryside High School Auditorium

3000 State Road 580
Clearwater, FL 33761



Pre-Judging at 10 AM * Evening Show at 6pm

QUALIFICATIONS: Entrants must be 5 years drug free and random drug testing will be completed. There is no additional charge to be an ABFF member for this particular show. Proof of age (birth certificate copy or current driver's license) must accompany any masters or junior entries.

ENTRY FEE AND DEADLINE: \$50.00 per class. **Crossover Fee: \$30** Cashier's check or money order preferred, made payable to: Dana Ailor; PO Box 6076; Clearwater, FL 33758. Application must be submitted **no later than February 23rd, 2013.** A late entry fee of \$70 will be due to event information and programs.

CONTEST COVERAGE: Results listed on bodybuilding.com website. Photography completed by Tony Wilder. T-Wild Photography <http://www.twildphoto.com> Cell: 407-617-6739

HOST HOTEL: Baymont Inn and Suites Clearwater (26508 US Highway 19 N, Clearwater, FL 33761) Phone: 727-796-1234; Mention show for \$89.99 rate! Please bring your own bed sheets!

AWARDS: Awards for the top 5 competitors in each class, Special awards for overall winners. Cash prize for Overall Bikini and Pro Men only

GUIDELINES: All competitors will follow ABFF rules, guidelines, and mandatory poses (May be found at www.alaskabodybuilding.com). No moon poses. Section VII under ABFF guidelines states: "Poses that include lying down on stage are not allowed. **For bodybuilders only:** "Metallic suits are not allowed. Jewelry is not allowed (wedding bands are acceptable). Previous overall winners are now eligible to repeat if they have not placed in the top five in a national-level contest, and don't need to re-qualify. Bodybuilding women may wear multi-colored suits and jewelry in the evening show. **All Athletes are subject to drug testing.** For more information and a full list of banned substances go to alaskabodybuilding.com and download application.

MUSIC: CD's MUST be BLANK EXCEPT for the one piece of music being used & must be free from distortion. Mark CD with competitor's name with a maximum length of 60 seconds of music. **ABSOLUTELY NO PROFANITY!** We reserve the right to refuse any CD's not meeting these standards. **CD's must be turned in at WEIGH-IN!**

QUESTIONS? Please Contact Dana Ailor 253-225-1576 or dana@dnutrition.com

MANDATORY COMPETITOR SCHEDULE

Friday March 1st 6PM WEIGH IN/CHECK IN: At Baymont Inn & Suites 26508 US Highway 19 N, Clearwater, FL 33761. You will weigh in or get your height checked, be assigned numbers & check in music at this time. Remember to bring your CD to weigh-in. Weigh in must be done in posing attire.

MUST bring \$50 for Random Polygraph Testing. You will only be charged if tested.

Saturday March 2nd

9 AM CHECK IN: At Countryside High School Auditorium. Prejudging will begin promptly at 10 AM.

5 PM CHECK IN for Main Show. Evening show will begin PROMPTLY at 6 PM

Mail Entry Form/Fees and Banned Substances form to:

Dana Ailor
PO Box 6076
Clearwater, FL 33758

The 2013 ABFF CLEARWATER Super Natural Pro Am BODYBUILDING, FITNESS, FIGURE, & BIKINI CHAMPIONSHIPS

"Please print or type legibly"

Name: _____

Occupation: _____

Age: _____

Titles and/or Hobbies: _____

Street Address: _____

City: _____

Gym Name & City: _____

State: _____ Zip: _____

Sponsors: _____

Phone (h): (_____) _____

phone (w): (_____) _____

Special Thanks: _____

email: _____

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the ABFF, Performance Promotions, their agents and representatives, for any and all injuries suffered in connection with the contest and in traveling to and from it. By signing this form, I affirm that I meet all eligibility requirements for the contest which I am making application to enter. Further, I agree to hold harmless and waive and release all photo rights for media (TV, magazines and newspapers) for the purpose of promoting body building and FIGURE through the sale of video tapes and photos and any network, cable or local TV airing.

Contestant's Signature: _____

Guardian's Signature (if under 18): _____

"Please check competition entered"

MEN'S OPEN

- ☐ Light Wt (176 lbs & under)
- ☐ Heavy Wt (176 lbs & over)
- ☐ Junior Men (20 & under)
- ☐ Novice Men
- ☐ Masters Men (over 40)
- ☐ Masters Men (over 50)
- ☐ Mixed Pairs / name of partner:
- ☐ Men's Physique
- ☐ Pro Men (Must be a Pro Natural Bodybuilder)

WOMEN'S OPEN

- ☐ Open Women
- ☐ Novice Women
- ☐ Teenage Fitness (10-19 yrs)
- ☐ Masters Women (over 35)
- ☐ Novice Women Figure
- ☐ Women's Fitness
- ☐ Women's Figure under 5'4"
- ☐ Women's Figure 5'4" & over
- ☐ Women's Figure 35 & over
- ☐ Women's Figure 50 & over
- ☐ Mixed Pairs / name of partner:
- ☐ Bikini Division 5' 4" & over
- ☐ Bikini Division under 5'4"
- ☐ Bikini Division over 35
- ☐ Novice Bikini
- ☐ Women's Physique

ABFF: Alaska Bodybuilding, Fitness, & Figure

LIST OF ABFF BANNED SUBSTANCES (Effective 3/25/09)

The following substances and related compounds are **BANNED** by the ABFF and their use constitutes grounds for dismissal from ABFF Competitions and suspension from membership privileges in the organization for a period of three years from the failure date. This list is effective March 25th, 2009.

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dyhydrochlormethyl- testosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds, are strictly banned.

TESTOSTERONE (injections, patches, gels) in any form or for any reason, even if under a doctor's prescription.

TESTOSTERONE/EPITESTOSTERONE RATIO. The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause. Note: Should the use of any substance cause an elevated T/E ratio in excess of the 6/1 limit, the athlete will be ruled as positive (failure).

GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compounds). Oral, spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin are banned.

HORMONES, PROHORMONES AND ALL PRECURSORS & METABOLITES, DERIVATIVES & RELATED COMPOUNDS. The use of any hormone (injectable, oral, sublingual or otherwise) for bodybuilding purposes – **including insulin** – is prohibited.

- **All hormonal precursors** (DHEA, androstenedione; 19-norandrostenedione; androstenediol; 5-AD; androstene-TRIONE; 17-androdione; etc.) are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, etc.)

NOTE: The sole exception of this ruling is 7-Keto DHEA (also known as 7-OXO DHEA only),

- **All other additional hormonal supplements** (6-OXO; 6-OXO-androstenetrione; 2a,17a-dimethyl-17β-hydroxy-5a-androstan-3-one; 3, 17-keto-etiochol-triene; 1,4,6-androstatriene-3,17-dione; 3-Alpha (5a-androstan-3a,17b-diol); etc.) have been identified as prohormonal in nature as of January 1, 2004, and are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, Forza-T, etc.)

- **Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-etiocholane-7-one (A7-D), 3,17-dihydroxy-delta-5-etiocholane-7-one diethylcarbonate (A7-E), 7-OH DHEA, etc. are banned effective January 1, 2007. (Includes Hot Rox, Fahrenheit, etc.)

NOTE: 7-Keto DHEA (aka 7-OXO DHEA), when used for weight loss, is the **ONLY** hormonal product approved for use in ABFF.

- **Pro-Steroids** are banned. They are marketed as not being prohormonal, but they ARE. (Includes 1-Test, etc.)

- **Prescription Thyroid Hormone Medication** when used for bodybuilding purposes is banned.

- **The presence of any banned substance in the urine** (i.e., nandrolone, etc.), **no matter how it arrived**, is ruled as a positive (failure).

NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM! (e-mail snlb@gci.net.)

Nutritional supplements products that are sold over-the-counter may not be banned by the FDA. As a competitive athlete, it is your responsibility to research the products before you purchase them. To insure your passing a urine test under the guidelines of the IOC, banned substance testing regulations, the ABFF's recommendation is "when in doubt don't buy it, don't use it".

PRESCRIPTION DIURETICS. Any and all prescription weight-loss substances and diuretics used for bodybuilding purposes, **even when physician-prescribed**, are banned by the ABFF.

- ☐ **EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS** are banned

- ☐ **PSYCHOMOTOR STIMULANTS** such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes.

- ☐ **MUSCLE IMPLANTS OF ANY KIND** are strictly prohibited. **BREAST IMPLANTS for females are not banned.**

- ☐ **CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST.**
- ☐ **CLENBUTEROL AND GHB.**
- ☐ **ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENCIES.**
- ☐ **ANY FDA-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**
- ☐ **ANY IOC-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**

AGREED: I have **read** and **agree to abide by** this list of banned substances as a prerequisite for my participation in the ABFF and it's sanctioned events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 3 years from the date of the test failure. All titles and placings will be stripped from the athlete.

Athlete's Name (Print) _____

Signature _____

Today's Date _____

Alaska Bodybuilding Figure and Fitness