

COMPETITION RULES

OF THE NATIONAL BODYBUILDING & FITNESS CHAMPIONSHIPS

1. REGISTRATION AND WEIGH-IN

The registration and weigh-in shall be controlled by the Chair of the Committee on Registration and the Committee on Weigh-in, respectively, and shall normally proceed as follows:

- 1.1 All competitors including the members of the National Team, shall be required to present themselves to the Committee on Registration to register first then submit themselves to the Committee on Weigh-in which shall take place in the morning of the competition. Athletes who fail to register at the designated time shall not be allowed to compete.
- 1.2 Considering that the competition is scheduled to finish within one day only, a competitor shall be required to compete in the body weight category based on the actual body weight shown on his first and final weigh in. This means that he will not be given time to reduce or increase his weight to qualify to his desired weight category declared in the registration form.
- 1.3 All competitors shall present themselves during the weigh-in in the same posing attire that they shall be wearing throughout the Prejudging and Finals so that the Chair of the Judges' Committee may ascertain that said posing attire meets the accepted standards of the ABBF. The Judges' Committee Chair, may at its option, put certain markings on the posing trunk used in weigh-in which passed the ABBF standard to ensure that same is used up to the finals. Please take note of the acceptable posing attire prescribed in Rule 2 of these competition rules.
- 1.4 After the weigh-in the competitors shall then be grouped according to their bodyweight starting from the flyweight up to the middle weight.
- 1.5 The competitors' tag number shall also be grouped into the different bodyweight categories with the lowest numbers given assigned to the flyweight division up to the middle weight division. Depending on the number of competitors of a particular body weight, the same tag numbers will be placed in a box, then the individual competitor will be required to pick his/her tag number.
- 1.6 All competitors shall be required to hand in their music cassette/cd, properly cued at the start of the music at the registration. Said cassettes/cds must be housed in a protective plastic case with the competitor's name and contact number written clearly on the case of the cassette/cd. The Judges' Committee Secretary or an assistant, shall affix on the plastic case of the cassette/cd the number corresponding to the same number to that of the competitor's tag number given during the weigh-in which will be attached to his/her posing attire during the competition.

- 1.7 There will be a total of six (6) categories that will be opened in the men's division. They are as follows:

1.5.2 Fly Weight	- 60 kg.
1.5.3 Bantam Weight	- 65 kg.
1.5.4 Light Weight	- 70 kg.
1.5.5 Welter Weight	- 75 kg.
1.5.6 Light Middle Weight	- 80 kg.
1.5.7 Middle Weight	- 85 kg. and above

In case competitor(s) weighs more than 85 kg., he will be classified under the middle weight category.

Each weight category must have at least four (4) registered competitors. The purpose of maintaining the minimum four (4) is to ensure that there really is a strong competition.

- 1.8 There will be only one (1) category that will be opened in the women's division, and this is the Open Women's Body Fitness division. All weigh-in requirements and grouping does not apply to the women's division.

The weight requirement per category will be strictly implemented. Competitor will not be given a chance to choose between categories if he fails to meet the required weight, even if the difference is of a fraction only. For this purpose, competitors must, on their own, exert efforts to make sure that they will be able to meet the weight requirement of their desired category at the time of the first and final weigh-in.

To ensure that the minimum registered four (4) competitors per body weight category can be implemented with the exception to the four (4) bodyweight categories earlier mentioned, the following rules have been promulgated:

In case a situation arises that a category fails to meet the minimum number of competitors, the category which fails to meet the minimum requirement shall be lumped to the nearest weight category which has met the minimum competitor requirement. In case two (2) or more categories fails to meet the minimum competitor requirement, the category with the lower number shall be lumped to the category with the higher number. In case of a tie as to the number of competitors for categories which fails to meet the minimum number of competitors, the competitors of each category failing to comply with the requirement shall be required to choose their representative for the toss coin that will be made to settle the tie.

Illustration:

- Scenario 1. Middle weight has three (3) competitors and light middle weight has four (4) competitors.

Action to be taken: Middle weight competitors shall be lumped or downgraded to light middle weight.

Scenario 2. Light middle weight has four (4) competitors and welter weight has three (3) competitors.

Action to be taken: Welter weight competitors shall be lumped or upgraded to light middle weight.

Scenario 3. Middle weight has three (3) competitors, and both Light middle weight and welter weight have four (4) competitors.

Action to be taken: Both light middle weight and light middle weight competitors have to appoint their representative for the toss coin. The losing category will be lumped to the winning category. The middle weight competitors will be lumped to the winning category of the toss coin.

Scenario 4. Both light flyweight and flyweight have four (4) competitors.

Action to be taken: Both light flyweight and fly weight competitors have to appoint their representative for the toss coin. The losing category will be lumped to the winning category.

In the most unlikely situation that in one or all of the protected four (4) weight categories the required minimum four (4) competitors cannot be met, then the actual number of competitors will be allowed to compete without applying the merging rules.

2. POSING ATTIRE AND STAGE PRESENTATION

The posing attire shall meet the following guidelines;

- 2.1 Male competitors shall wear posing trunks of a solid, non-distracting color which is clean and decent. Metallic materials, such as gold or silver lame, may not be used to make up the trunks. The use of padding anywhere in the trunks shall be prohibited.
- 2.2 Female competitors shall wear two-piece bikinis and high-heels which must conform to accepted standards of taste and decency. The bikini bottom must cover a minimum of one-half of the buttocks. G-strings are strictly prohibited. The color and style of the bikini and high-heels will be left to the competitor's discretion.
- 2.3 All competitors shall wear the posing attire that has been approved by the Chief Judge at weigh-in, for both the Prejudging and Finals. Use of any other posing attire shall be strictly prohibited and a penalty of plus three (3) points shall be made in the score of the violating competitor(s) and may lead to a disqualification from the event, at the discretion of the Chief Judge.

3. STAGE PRESENTATION

The following points shall be strictly adhered to during the competitor's stage presentation:

- 3.1 Except for a wedding ring, competitors shall not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, anklet, earrings, wigs, distracting ornamentation or artificial aids to the figure. Nor shall any competitor chew gum or candy while onstage. In the women's division, the same applies except for the wearing of footwear, jewelries, and ornaments, which are allowed.
- 3.2 The use of props during the Prejudging or Finals presentation shall be strictly prohibited.
- 3.3 Artificial body coloring may be used provided that it is applied 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. Sparkles, glitter, or shiny metallic particles are prohibited whether applied as part of a tanning lotion and/or cream or applied separately.
- 3.4 The excessive application of oil on the body shall be strictly forbidden. However, body oils, skin creams or moisturizers may be used in moderation.
- 3.5 During the Prejudging, the hair shall be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. The hair may be styled for the Finals.

4. ATHLETES' MEETING

All competitors including the members of the National Team must attend the Athletes' Meeting prior to the Prejudging.

5. JUDGES' MEETING

Judges appointed to the competition may not be allowed to judge if one fails to attend the Judges' meeting.

6. PREJUDGING

The Prejudging shall be open to the general public and shall take place immediately after the Judges' Meeting. All competitors, including the members of the National Team, shall be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage. Failing to appear onstage will eliminate the competitor.

The Prejudging shall proceed as follows:

- 6.1 All competitors per weight category shall 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's number on the score sheet. The Tabulators will, however, do their best to write the competitor's number in the score sheet. They shall be directed to perform two turns in the relaxed position, front and back. The judges shall then go straight to the comparisons of the following seven compulsory poses:
- 6.1.1 Front double biceps;
 - 6.1.2 Front lat spread;
 - 6.1.3 Side chest;
 - 6.1.4 Back double biceps;
 - 6.1.5 Back lat spread;
 - 6.1.6 Side triceps; and
 - 6.1.7 Abdominals and thighs.

Comparison for certain contestants may be made, if so requested by the members of the Board of Judges.

The tabulator's score sheets and the competitor's scores must be kept strictly confidential and shall be known only to the tabulators, the Chief Judge and the Judges' Secretary who are obligated not to divulge any score, or scores, to any competitor, judge, other official, administrator, organizer or member of the PFBB Executive Council, except the President. In the women's division, rules are applied as provided by the ABBF or IFBB rulebook on Body Fitness.

7. LUNCH BREAK

8. REHEARSAL

All competitors including the members of the National Team are required to attend the rehearsal. Failure to attend will result to an additional two (2) points/mark on the over-all score.

9. REST PERIOD FOR ALL THE ATHLETES

10. FINALS

All competitors including the members of the National Team are required to be at the back stage in their posing attire not later than 2:00PM and shall appear onstage by 3:00 PM for the Parade and Presentation of Participating Athletes at the Opening Ceremony of the Finals. The Finals shall immediately proceed as follows:

- 10.1 All the competitors by weight category shall be called on stage by their competitor number, name and gym affiliation. The top five (5) competitors from the Prejudging per weight category shall be asked to step forward and in a single line and the other athletes shall be asked to

exit the stage. The top five (5) will start in the round with zero points. Then they will be required to perform the seven (7) compulsory poses as a group in the middle, left and lastly on the right side of the stage. This round will be scored. All finalists, except the athlete posing first, shall be asked to exit the stage. Each finalist, in numerical order, shall again be introduced individually by competitor number, name and gym affiliation and shall then perform his or her individual free posing routine to the music of his or her own choice, the length of which shall be up to a maximum of 60 seconds for men and 90 seconds for women. The individual posing routine will be scored.

- 10.2 The top three (3) finalists shall then be called back onstage, in numerical order and in a single line.
- 10.3 A **60 second** pose down to the music of the organizer's choice will be performed. The **60 second** pose down will not be scored.
- 10.4 The bronze, the silver and the gold medal winners shall be announced and awarded with token medals for presentation purposes only. Official medals will be awarded the winner after the results of the doping test results shall have been obtained within 4-5 weeks after the competition. Final medals will be available at the office of the PFBB.
- 10.5 In case the declared winner of a certain bodyweight category will later on be found to be positive of banned substance, the first runner-up will be declared the official winner. However, if the first runner up is also found positive in the doping test, the particular weight category shall be declared vacant for the year 2008.

11. URINE SAMPLE

The Doping control testing shall be conducted under the supervision of the PFBB Medical and Doping Committee. The testing shall be conducted pursuant to the IFBBF Doping Control Policy and Anti-Doping Program, which follows the Olympic Movement Anti-Doping Code and uses only IOC-approved doping control kits and IOC-accredited laboratories.

The top two (2) winners shall immediately report to the PFBB Medical and Doping Committee for the taking of the urine sample.

The Security Committee will have the responsibility of bringing the athletes to the Medical and Doping Committee's designated area for urine sample gathering.

Refusal on the part of an athlete to undergo urine sample-taking shall constitute a doping offense. Should an athlete be found guilty of a doping offense, the athlete agrees to accept the penalties or sanctions that may be imposed by the PFBB, which is a ban in the participation in any PFBB-sanctioned competition for the next two (2) years for the first offense and for life for the second offense.

QUALIFICATION OF ATHLETES JOINING THE COMPETITION

1. Must be a Filipino citizen;
2. Must be of legal age or 18 years old at the time of the competition;
3. Must be willing to train in Manila in preparation for the forthcoming international games.

JUDGES' GUIDELINES

The judges shall be selected by the PFBB Executive Council. The Council will consider the most qualified to serve on the judging panel.

There will be seven (7) judges to serve on the regular judging panel. At no time will the number of judges on a panel be fewer than five (5).

All judges are required to score every athlete during the prejudging and finals to determine the correct average score for every competitor.

CHIEF JUDGE or CHAIRMAN OF THE JUDGES' COMMITTEE. Shall coordinate and control all aspects of the weigh-in/registration, Prejudging and Finals. No other official shall make any decision which might impact upon the smooth running of the competition without seeking the prior approval of the Chief Judge/Chairman.

Accuracy in Judging. The following rules shall pertain to judging accuracy:

1. Our sports official shall ensure that all athletes are adjudicated by the most qualified judges available. The PFBB Judges Committee shall be empowered to take whatever measures it deems necessary to ensure that this obligation is met by selecting and paneling only those judges who meet or exceed the minimum accepted standard of judging accuracy approved by the IFBB.
2. The minimum acceptable standard shall be an overall score of 70%, calculated by averaging the Prejudging and Finals scores for all categories judged.
3. Judging accuracy shall be calculated using the "Deviation Method". This method calculates the "deviation between an individual judge's placement of an athlete and the entire regular judge's panel placement of that same athlete.

Judging Attire and Judging Panel. At all IFBB sanctioned events, judges shall be attired as follows:

1. The official PFBB uniform for male judges' at all local and national competitions shall consist of a blue blazer, pale blue shirt and grey pants.
2. The Chief Judge or Chairman shall have the authority to remove from the panel any judge who is not correctly dressed during the ceremonies.

Placement of Judges. The placement of judges shall proceed as follows:

1. The Judges Secretary shall seat the seven (7) judges at their respective seats/tables, which shall be located at the front center of the stage and shall then seat the two (2) tabulators at their tables, which shall be located at the end of the row of the judge's table/seats nearest the Master of Ceremonies. The Judges Secretary shall then ensure that the appropriate judging forms are distributed to each judge using those forms.

2. The regular panel judges shall be seated so as to have the best view of the athletes; alternated judges shall be seated on both ends of the regular panel.
3. The same judge who adjudicates a category during Prejudging must adjudicate the same category during the Finals and must be seated in the same position.

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

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; and
4. Coach any competitor, or competitors; or judge while under the influence of drugs or alcohol, or consume alcoholic beverages while judging.

DOPING TEST PROCEDURES

Doping Test Procedure. The PFBB Medical and Doping Committee, composed of the Chairman and its members, is in charge of taking the urine samples of all the top winners, compose of the Chairman and its members. The procedure will be as follows:

1. After the Over-all Champion has been determined, the Security Group should immediately get hold of the winning candidates to proceed to the designated doping area for urine sample collection.
2. It will only be the Chairman or his designated assistant who shall fill up the Form.
3. The Chairman would then direct the Athlete to take one Doping Kit. It should only be the Athlete who should physically open the Doping Kit and take out the bottle from the Doping Kit and no other.
4. The Athlete will then read aloud the number of the Doping Kit to the Chairman or his designated assistant who in turn will write the number on the form.
5. If the Athlete is now ready to extract the urine sample, he/she will be given the sample container. Then two (2) members of the Doping Committee shall be present to witness the urine extraction to ascertain that the urine sample being gathered is truly that of the Athlete.
6. After gathering the urine sample, the Athlete should personally pour the urine sample at more than one half (1/2) to Bottle "A" and the remainder to Bottle "B".
7. If the Athlete is not yet ready to extract his urine sample, he/she has to personally take the bottled water and drink it to induce him/her to urinate. He/she is given enough time to wait until he/she is ready to urinate.
8. All the urine samples taken should be then placed in a refrigerated container to preserve them.
9. The Doping Chairman will then send the samples to Malaysia thru a reliable courier service.