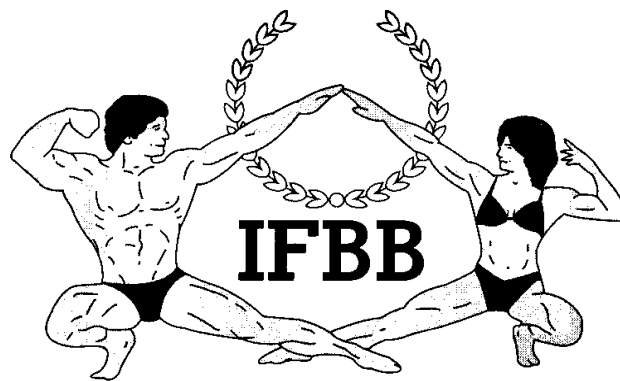


PROFESSIONAL RULES

BODYBUILDING, FITNESS AND FIGURE



In sport, there are no limitations, no barriers of race, religion, politics, or culture.
In sport, we are in touch with each other.

BODYBUILDING IS IMPORTANT FOR NATION BUILDING

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IFBB PROFESSIONAL RULES

For Bodybuilding, Fitness and Figure

ADMINISTRATIVE RULES

Article 1 – Introduction

1.1 General:

The IFBB Professional Rules for Bodybuilding, Fitness and Figure, hereinafter called the “*Pro Rules*”, shall consist of regulations, policies, directives, decisions and rulings intended to guide the IFBB Professional Division, hereinafter called the “*Pro Division*”, and it’s Members in the administration of the sport of bodybuilding, fitness and figure at the professional level.

1.2 Authority:

The IFBB Executive Council shall have overall authority to administer the *Pro Division* on behalf of the IFBB and to prescribe and amend the *Pro Rules*. The Council, at its discretion, may delegate its authority, in whole or in part, to the IFBB Professional Committee, hereinafter called the “*Pro Committee*”. The *Pro Committee*, where delegated, shall have authority to manage the *Pro Division* on behalf of the IFBB.

1.3 Agreement:

Athletes, judges and officials join the *Pro Division* of their own free will and, in so doing, agree to abide by the IFBB Constitution and *Pro Rules*. Should the IFBB Constitution and/or *Pro Rules* be contravened by any Member, the IFBB, through the *Pro Committee*, shall have authority to impose disciplinary measures against that Member.

1.4 Definitions:

The definitions that are contained within the IFBB Constitution shall also apply to the *Pro Rules*. The IFBB Code of Ethics, which forms an integral part of the IFBB Constitution, shall also form an integral part of the *Pro Rules* and is attached as Appendix 1.

1.5 Intent:

It is intended that the *Pro Rules* be considered as “guidelines” to assist the IFBB in administering the sport of bodybuilding, fitness and figure at the professional level. Each and every issue arising out of the *Pro Rules* should be judged on its own merits, with the primary consideration given to that which is in the best interests of the sport and the IFBB.

1.6 Interpretation:

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

1.7 Logo:

The *Pro Committee* may, subject to the approval of the IFBB, develop and use its own distinct logo to advertise and promote the *Pro Division*. This logo is not intended to replace that of the IFBB and, in any case, the IFBB logo shall occupy a prominent place on all important documents, publications, advertising and promotional material used by the *Pro Division*. The IFBB logo shall also be prominently displayed at all IFBB professional competitions and events.

Article 2 – Membership in the IFBB Professional Division

2.1 General:

The IFBB is a closed federation. Membership in the IFBB is non-transferable and is limited to those individuals interested in furthering the objects of the IFBB and who agree, upon becoming Members, to be bound by the IFBB Constitution and *Pro Rules*, and the regulations, policies, directives, decisions and rulings of the IFBB Executive Council and its delegated authority, the *Pro Committee*.

2.2 Membership by Association:

Although the IFBB does not offer direct individual membership, professional athletes, judges and officials, by virtue of their association with the *Pro Division*, become Members *by association* of the IFBB and are therefore subject to the IFBB Constitution and *Pro Rules*.

2.3 Membership Criteria:

In order to become a Member of the *Pro Division*, an individual must first be a Member in Good Standing of a National Federation affiliated to the IFBB.

2.4 “Athlete” Member:

“Athlete” membership in the *Pro Division* is open to any amateur athlete who, having satisfied the criteria in article 2.3, and upon written approval of that member’s National Federation, seeks “IFBB Professional Athlete” status. The *Pro Committee* reserves the right to refuse such status, for just cause, to any applicant.

2.5 “Judge” Member:

“Judge” membership in the *Pro Division* is open to any amateur judge who, having satisfied the criteria in article 2.3, and upon written approval of that member’s National Federation, seeks “IFBB Professional Judge” status. The *Pro Committee* reserves the right to refuse such status, for just cause, to any applicant.

2.6 "Official" Member:

"Official" membership in the *Pro Division* is open to any individual who, having satisfied the criteria in article 2.3, and upon written approval of that member's National Federation, seeks "IFBB Professional Official" status. The *Pro Committee* reserves the right to refuse such status, for just cause, to any applicant.

2.7 IFBB Professional Membership Card:

All professional athletes, judges and officials must possess a valid IFBB Professional Membership Card in order to compete in, or judge at, a professional competition or act in an official capacity within the *Pro Division*. This card must be renewed on an annual basis, at the beginning of each year. A membership fee will be charged for each card, said fee which shall be in an amount to be determined from time to time by the *Pro Committee*. Should an athlete, judge or official be suspended, expelled or resigned, the card must be returned to the IFBB.

2.8 Rights:

Every Member shall have the right to participate in, and to benefit from, any activity of the *Pro Division* so long as that Member is a Member in Good Standing of the IFBB and meets the qualifications of that activity.

2.9 Resignation:

Any Member may resign from the *Pro Division* by submitting a written letter of resignation to the *Pro Committee*.

2.10 Revocation:

Any Member may have his or her membership revoked, for just cause, by majority vote of the *Pro Committee*.

Article 3 – IFBB Professional Committee

3.1 General:

The *Pro Committee* shall be authorized by the IFBB Executive Council to manage the *Pro Division* on behalf of the IFBB.

3.2 Composition:

The *Pro Committee* shall be comprised of the following officers:

1. Chairman
2. Vice Chairman
3. General Secretary

3.3 Ex-officio Officers:

The IFBB President, IFBB Executive Assistant to the President, IFBB Executive Director, and IFBB General Secretary shall be ex-officio officers of the *Pro Committee*.

3.4 Appointment of Officers:

The Chairman, Vice Chairman, and General Secretary shall be appointed by the IFBB President.

3.5 Terms of Office:

The officers of the *Pro Committee*, once appointed, shall hold office until such time as the appointment becomes invalid.

3.6 Delegated Duties:

The *Pro Committee* shall have the following delegated duties:

1. To promote, develop, manage, control and supervise the activities of the *Pro Division* on behalf of the IFBB.
2. To ensure that the objects of the IFBB, pursuant to the IFBB Constitution, are carried out.
3. To arrange for IFBB Professional Membership Cards to be distributed to Athletes, Judges and Officials who have satisfied the criteria for IFBB Professional status.
4. To supervise and control all aspects associated with the scheduling and organization of all IFBB professional competitions and events.
5. To ensure that qualified judging panels and statisticians are present at all IFBB professional competitions.
6. To implement the IFBB professional judging format and judging procedures at all IFBB professional competitions, pursuant to the *Pro Rules*.
7. To take such steps as are deemed necessary to ensure that conditions allow for "fairplay" in competition.
8. To ensure that the IFBB Constitution, the *Pro Rules*, and other regulations, policies, directives, decisions and rulings governing professional bodybuilding, fitness and figure are adhered to by all professional Members.
9. To play a principle role in any disciplinary matter that may arise concerning the *Pro Division*.
10. To play a principle role in any complaint, protest or appeal that may arise concerning the *Pro Division*.
11. To take such steps as are necessary to safeguard the health of IFBB Professional Athletes, to include the implementation of doping controls at designated IFBB professional competitions.
12. To protect the rights of the Members of the *Pro Division*, pursuant to the IFBB Constitution and *Pro Rules*.
13. To deliberate on any matter affecting the *Pro Division* and to recommend improvements in this or any other area to the IFBB President and IFBB Executive Council.
14. To fulfill any other duty, or duties, that may be assigned by the IFBB President or IFBB Executive Council.

3.7 Meetings:

The *Pro Committee* shall meet in private at least once a year on the occasion of the Olympia competition, or whenever convened by agreement of the Chairman, Vice

Chairman, and General Secretary. The *Pro Committee* may, at its own discretion, convene meetings on occasions other than the Olympia competition.

3.8 Notice and Agenda:

Notice of any meeting of the *Pro Committee* shall be forwarded to the officers of the *Pro Committee* no later than thirty days before the date scheduled for the meeting. The notice shall contain the agenda for the meeting. The failure of any officer to receive notice shall not invalidate the meeting or make null and void any decision taken thereat.

3.9 Quorum:

A quorum shall exist where a majority of the officers of the *Pro Committee* are present.

3.10 Conduct of the Meeting and Voting:

The Chairman shall be the chair at all meetings of the *Pro Committee*. The officers of the *Pro Committee* who are present shall be entitled to one vote. Every issue before the *Pro Committee* shall be decided by majority vote. In the event of a tie, the Chairman shall cast a second and deciding vote.

3.11 Minutes:

The minutes of all meetings of the *Pro Committee* shall be recorded by the General Secretary and shall be forwarded to the officers of the *Pro Committee* and to the ex-officio officers named in article 3.3.

3.12 Resolutions:

Between annual meetings of the *Pro Committee*, a resolution in writing, approved by a majority of the officers of the *Pro Committee*, shall be considered as valid as if it had been passed at a meeting of the *Pro Committee*.

3.13 Vacancy of Office:

The Chairman may, until the next annual meeting of the *Pro Committee*, temporarily fill any vacancy of office resulting from resignation, revocation, or other reason.

3.14 Decisions and Rulings:

The decisions and rulings of the *Pro Committee* shall be final except where a decision or ruling fails to be confirmed by the IFBB President or IFBB Executive Council.

3.15 Honorary Titles:

The *Pro Committee* may, at its own discretion, award honorary titles to deserving individuals for their contributions towards the growth and development of the IFBB and the *Pro Division*.

Article 4 - Duties of the Officers of the IFBB Professional Committee

4.1 Chairman:

The Chairman shall have the following duties:

1. To supervise the day-to-day management and operation of the *Pro Division*.

2. To take such steps as are necessary to foster growth and development in the sport of professional bodybuilding, fitness and figure.
3. To ensure that the IFBB Constitution and *Pro Rules*, and the regulations, policies, directives, decisions and rulings of the IFBB President, IFBB Executive Council and *Pro Committee* are respected by all Members and are carried into effect.
4. To chair the meetings of the *Pro Committee* and to have a second and deciding vote in the event of a tie.
5. To approve IFBB Professional Membership Cards to professional Athletes, Judges and Officials.
6. To approve the scheduling and organization of all IFBB professional competitions and events.
7. To attend all IFBB Professional competitions and events. The organizer shall be responsible for the Chairman's business-class airfare, suite accommodations, and meal expenses. Should the Chairman be unable to attend a competition or event, he may, at his own discretion, delegate another officer of the *Pro Committee* to attend in his stead. This officer shall be entitled to the same privileges as the Chairman.
8. To appoint an "ad hoc" Disciplinary Committee to investigate and to decide upon disciplinary matters.
9. To appoint an "ad hoc" Appeals Committee to investigate and to decide upon complaints, protests and appeals.
10. To represent the *Pro Division* at all meetings of the IFBB Executive Council and IFBB Congress. The Chairman shall ensure that an annual report on the activities of the *Pro Division* is submitted to the Members of the IFBB Executive Council and IFBB Congress.
11. To deliberate on any matter affecting the *Pro Division* and to recommend improvements in this or any other area to the *Pro Committee*, IFBB President and IFBB Executive Council.
12. To fulfill any other duty, or duties, that may be assigned by the *Pro Committee*, IFBB President or IFBB Executive Council.

4.2 Vice Chairman:

The Vice Chairman shall have the following duties:

1. To assist the Chairman in the performance of his duties.
2. To assume the duties of the Chairman if, for whatever reason, the Chairman is unable to perform his duties.
3. To deliberate on any matter affecting the *Pro Division* and to recommend improvements in this or any other area to the *Pro Committee*, IFBB President and IFBB Executive Council.
4. To fulfill any other duty, or duties, that may be assigned by the *Pro Committee*, IFBB President or IFBB Executive Council.

4.3 General Secretary:

The General Secretary shall have the following duties:

1. To assist the Chairman in the performance of his duties.
2. To manage all correspondence on behalf of the *Pro Committee*.

3. To issue notice of, and to record the minutes of, all meetings of the *Pro Committee*.
4. To keep records of all important documents.
5. To ensure that the *Pro Rules* are maintained in an up-to-date manner.
6. To issue IFBB Pro Directives on behalf of the *Pro Committee*. An "IFBB Pro Directive" shall be used to amend the *Pro Rules* between annual meetings of the *Pro Committee*.
7. To deliberate on any matter affecting the *Pro Division* and to recommend improvements in this or any other area to the *Pro Committee*, IFBB President and IFBB Executive Council.
8. To fulfill any other duty, or duties, that may be assigned by the *Pro Committee*, IFBB President or IFBB Executive Council.

Article 5 – IFBB Professional Sub-Committees

5.1 General:

The *Pro Committee*, subject to the approval of the IFBB President, may form such sub-committees, both Standing and Ad Hoc, as are deemed necessary for the purpose of carrying out its duties on behalf of the IFBB.

5.2 Pro Judges Committee:

The Pro Judges Committee shall be a Standing sub-committee and shall be comprised of a Director, an Assistant Director and a Secretary and shall have the following duties:

1. To assist the *Pro Committee* in the performance of its duties.
2. To ensure that qualified judging panels and statisticians are present at all IFBB professional competitions.
3. To implement the IFBB professional judging format and judging procedures at all IFBB professional competitions.
4. To keep records of all judging documents.
5. To issue Judging Score Sheets to members of the media and other interested parties.
6. To keep Judging Accuracy Scores for all IFBB Professional judges.
7. To deliberate on any matter affecting the *Pro Division* and to recommend improvements in this or any other area to the *Pro Committee*.
8. To fulfill any other duty, or duties, that may be assigned by the *Pro Committee*.

5.2 Pro Disciplinary Committee:

The Pro Disciplinary Committee shall be formed on an "ad hoc" basis and shall be comprised of at least three Members, appointed by the Chairman, and shall have the following duties:

1. To investigate all disciplinary matters.
2. To recommend disciplinary measures to the *Pro Committee*.

5.3 Pro Appeals Committee:

The Pro Appeals Committee shall be formed on an "ad hoc" basis and shall be comprised of at least three Members, appointed by the Chairman. No Member of the

Disciplinary Committee shall serve as a voting Member of the Appeals Committee. The Pro Appeals Committee shall have the following duties:

1. To investigate all complaints, protests, and appeals.
2. To recommend a resolution on all complaints, protests and appeals to the *Pro Committee*.

Article 6 – Organization of IFBB Professional Competitions

6.1 Application for Sanction:

Any organizer who wishes to stage an IFBB professional competition must apply to the *Pro Committee* for a sanction at least nine months before the date of the proposed competition. The application must contain the following information:

1. Type of competition.
2. Date and time.
3. Venue site (city and country).
4. Prize money being offered.
5. A list of the competitors to be invited.
6. Travel arrangements.
7. Accommodations and meal arrangements for the competitors, judges and officials.
8. Proposed promotional publicity and advertising.
9. Proposed merchandising, both for the organizer and the participants.
10. Names of sponsors.
11. An undertaking to fully abide by the IFBB Constitution and *Pro Rules* in the conduct of the competition, and to agree that the *Pro Committee* shall have the final decision in any dispute.

6.2 Sanction Fee:

If the application for sanction is approved by the *Pro Committee*, the sanction fee shall be in an amount as determined from time to time by the *Pro Committee*, subject to the approval of the IFBB President. Normally, if the total amount of the prize money is less than US \$100,000.00, the sanction fee is US \$10,000.00 (men's event) and US \$4,000.00 (women's event). If the total amount of the prize money is greater than US \$100,000.00, the sanction fee shall be in an amount as determined by the IFBB President. The sanction fee must be paid in full no later than ten days before the date scheduled for the competition. This permit only authorizes sanctioning of the competition and, except where otherwise noted, in no way obligates the IFBB, the *Pro Division*, or the *Pro Committee* to any responsibilities in any way whatsoever to the organizer or to the participants.

6.3 Failure to Abide:

If the organizer of an IFBB professional competition fails to fully abide by the IFBB Constitution and/or *Pro Rules* and refuses to follow the instructions of the IFBB President or *Pro Committee*, the sanction for the competition will be withdrawn and the competition will be canceled.

6.4 Liability:

The IFBB will not be held liable or responsible for any financial or other loss or harm to the reputation of the organizer or any associated parties resulting from the withdrawal of the sanction for a failure to abide by the IFBB Constitution and/or *Pro Rules* and/or the directives of the IFBB President or *Pro Committee*. Organizers applying for sanctions must unreservedly accept these conditions, including recognition of the fact that the IFBB cannot be held liable for any financial or other loss which the organizer may sustain as a result of a cancellation under article 6.3. When the sanction is granted, the organizer and the organizer's associates must agree that the IFBB is not liable for any financial or personal loss, accident or incident that may arise as a result of the granting of a sanction and the hosting of the competition.

6.5 Insurance:

The organizer must arrange for his or her own liability/medical insurance as the IFBB does not accept any liability for accidents or other incidents arising out of the organization and hosting of the competition.

6.6 Medical:

The organizer must ensure that qualified medical personnel are on duty at the venue site throughout the whole of the Prejudging and Finals.

6.7 IFBB Responsibility:

Organizers, athletes, judges and officials recognize that the responsibility of the IFBB is limited to the sanctioning of the competition and to ensuring that it is organized in accordance with the IFBB Constitution and *Pro Rules*. All parties recognize and accept this condition when they organize a competition, participate in a competition, or otherwise attend an IFBB competition or event.

6.8 Advertising:

The organizer shall not advertise the competition or event until he or she is in receipt of an official Letter of Sanction from the *Pro Committee*.

6.9 Television/Webcast/Videotape:

As an IFBB professional competition or event is the exclusive property of the IFBB, the organizer must advise the *Pro Committee* if the competition or event will be televised or webcast and must provide details of any agreement with a television or webcast company, including any financial arrangements. Further, the organizer must advise the *Pro Committee* of any agreement with an individual or company to videotape the competition or event, including any financial arrangements made for the purpose of profiting from the videotape. The *Pro Committee* shall have the right to request a percentage of any sales generated from television, webcast or videotapes.

6.10 Prize Money:

The organizer shall agree to pay to the IFBB the full sum of the prize money no later than sixty days before the date scheduled for the competition, failing which the competition will automatically be canceled. The prize money will normally be distributed to the winners of the competition on the night of the Finals except where extenuating

circumstances compel the IFBB to withhold the prize money until a later date e.g. doping controls.

6.11 Refund Policy:

Once the organizer pays the IFBB the total sum of the prize money, that money will not be returned to the organizer for any reason. If, for any reason, the organizer cancels the competition, the total sum of the prize money will be distributed in equal amounts to each of the competitors who signed a contract to participate in the competition.

6.12 Rights:

The granting of a sanction in no way, shape or form shall mean that the IFBB relinquishes its right to ownership of the competition or event. All IFBB professional competitions and events are the exclusive property of the IFBB and shall remain so from the initial granting of a sanction to the conclusion of all competition or event activities.

Article 7 – Participation in IFBB Professional Competitions

7.1 General:

IFBB professional athletes are eligible to compete in all IFBB professional competitions, except where conditions limit entry due to the specialized nature of the competition.

7.2 Invitation:

In all IFBB professional competitions, except for the Olympia competitions where the athletes must qualify to enter, the organizer shall have the right to select those IFBB professional athletes he or she wishes to invite and to pay expenses for.

7.3 Contracts:

Contracts to compete in IFBB professional competitions will normally be sent out, by the *Pro Committee* or organizer, no later than three months before the date scheduled for the competition. The terms and conditions of the contract must be fully respected by the athlete, failing which disciplinary measures may be taken.

7.4 Replies to Contracts:

Replies to contracts must be returned to the *Pro Committee* within two weeks of receiving the invitation, regardless of whether or not the athlete accepts or rejects the contract. Failure to reply within this period will be taken as a refusal to compete and will render the contract null and void.

Article 8 – Athlete Participation Procedures

8.1 General:

The procedures by which an athlete requests participation in an IFBB professional competition are as follows:

1. An athlete indicates on his or her Pro Application Form which competitions he or she has an interest in competing.
2. The *Pro Committee* compiles a List of Participants by competition and forwards these lists to the appropriate organizers.

3. The organizer, in consultation with the *Pro Committee*, then decides which athletes will be offered contracts for full expenses, partial expenses, or no expenses.
4. The proper contract is then sent out to each athlete by either the *Pro Committee* or the organizer.

8.2 Olympia:

In Olympia competitions, all competitors, since they must qualify, will be provided with a round-trip economy-class airline ticket, accommodations at the Official Hotel for a maximum of three nights, US \$50.00 per day for food and miscellaneous expenses, and one guest ticket for the Prejudging and Finals.

8.3 Other Events:

In all other IFBB professional competitions, the organizer has the right to recommend which athletes he or she wants to invite to compete. The expenses that are covered by the organizer shall depend on the type of contract sent to the athlete (full expenses, partial expenses, no expenses). Any athletes who are not invited by the organizer but who wish to compete may do so, except where conditions limit entry. These competitors are not entitled to any of the above considerations except for one guest ticket to the Prejudging and Finals. Transportation, accommodations, and meals will be at their own expense.

8.4 "Invitational" Designation:

An organizer has the right, subject to agreement by the *Pro Committee*, to designate his or her competition as an "invitational" event, which means that only invited competitors may compete.

8.5 Conditions:

All competitors must agree to the following conditions and must accept that the failure to abide by them may necessitate disciplinary action in accordance with the IFBB Constitution and/or *Pro Rules*.

1. To compete in his or her best physical condition.
2. To follow the timetable and special procedures agreed to for the competition.
3. To assist the organizer, within reason, with publicity and promotion of the competition, and to allow his or her photographs to be used in conjunction with any publicity pertaining to the successful promotion of the competition.
4. To abide fully by the IFBB Constitution and *Pro Rules* in the conduct of the competition.

8.6 Arbitration:

Should a conflict arise between an organizer and a competitor, both parties must agree that the *Pro Committee* will act as arbitrator, and that the decision of the *Pro Committee* shall be unreservedly accepted and shall be final and binding.

8.7 Damages/Expenses:

If an athlete causes damage to his or her room, or charges expenses at the Official Hotel in excess of those agreed to in the contract for which the organizer must subsequently pay, this will be considered a serious breach of the *Pro Rules*, and the individual in

question must refund to the organizer the extra expenditure which has been incurred. Further disciplinary measures may be taken against the athlete.

8.8 Failure to Compete:

An athlete who signs a contract to compete and who subsequently fails to do so shall be subject to a US \$5,000.00 fine and a suspension from all IFBB professional events. Should the failure occur at the Olympia competition, the fine will be US \$10,000.00. If the reason for not competing is medical in nature, the athlete must report to a doctor selected by the *Pro Committee*, at his or her own expense, to prove the illness.

8.9 Withdrawal:

Any athlete who wishes to withdraw from a competition must obtain written permission from the *Pro Committee* to do so, failing which the athlete shall be subject to disciplinary measures.

8.10 Hotel Accommodations:

If required, the organizer of an IFBB Professional event must provide a first-class airline ticket, suite accommodations and all reasonable meal expenses at the Official Hotel for the IFBB President. The Chairman of the *Pro Committee* shall also be entitled to a business-class airline ticket, suite accommodations and all reasonable meal expenses when attending an IFBB Professional event.

8.11 Unfit to Compete:

If the organizer of the Olympia competition considers that one of the participants, even though qualified in accordance with the eligibility criteria for this competition, is not in appropriate condition to compete, the organizer may lodge a complaint to the *Pro Committee*. The *Pro Committee* will evaluate the physical condition of the athlete and will render a decision on whether or not he or she may compete. If the athlete is ruled unfit to compete, the organizer of the competition shall be relieved of all financial obligations towards the athlete concerned.

Article 9 – Qualifications for Special Events

9.1 Mr. Olympia:

The organizer of the Mr. Olympia competition must invite the following competitors:

1. The top ten from the previous year's Mr. Olympia;
2. The top five from the same year's Night of Champions and Arnold Schwarzenegger Classic;
3. The top three from any Grand Prix or other professional bodybuilding competition held subsequent to the previous year's Mr. Olympia; and
4. The Overall Masters Olympia Champion.

9.2 Ms. Olympia:

The organizer of the Ms. Olympia competition must invite the following competitors:

1. The top three per weight division from the previous year's Ms. Olympia;
2. The top two per weight division from the same year's Ms. International; and

3. The weight division winner from any other professional bodybuilding competition held subsequent to the previous year's Ms. Olympia.

9.3 Fitness Olympia:

The organizer of the Fitness Olympia competition must invite the following competitors:

1. The top five from the previous year's Fitness Olympia; and
2. The top three from any other professional fitness competition held subsequent to the previous year's Fitness Olympia.

9.4 Figure Olympia:

The organizer of the Figure Olympia competition must invite the following competitors:

1. The top five from the previous year's Figure Olympia; and
2. The top three from any other professional figure competition held subsequent to the previous year's Figure Olympia.

9.5 Additional Factors:

The following additional factors shall apply:

1. The second and third place winners at the Mr/Ms/Fitness/Figure Olympia shall have two-year eligibility.
2. Any former Mr/Ms/Fitness/Figure Olympia winner shall have lifetime eligibility.
3. The IFBB shall have the right to expand the number of qualifying competitors from any professional bodybuilding competition because of a limited number of competitions in that calendar year.
4. The organizer shall have the right to nominate one competitor, as a "special invitee", who has not qualified for the current year's Olympia competition. This competitor shall compete only with the approval of the *Pro Committee*.
5. If the top three at any professional competition are already qualified to compete in the Olympia competition, the fourth place athlete will also qualify provided he or she is not already qualified; in which case, no further positions will become eligible.
6. If the top five at the Arnold Schwarzenegger Classic or Night of Champions are already qualified to compete in the Olympia competition, the sixth place athlete will also qualify provided he is not already qualified; in which case, no further positions will become eligible.
7. At professional competitions where the top two or class winner qualifies, if they are already qualified, the third or second place athlete respectively will also qualify provided he or she is not already qualified, in which case, no further positions will become eligible.

Article 10 – Press Accreditation

10.1 General:

The *Pro Committee* reserves the right to control all press accreditation (television, radio, printed press, photographic press, video, Internet, etc.) at all competitions under the sanctioning of the IFBB.

10.2 Press Officer:

The *Pro Committee* may, at its own discretion, appoint a Press Officer who shall be authorized to issue press accreditations to bona-fide members of the press, to photographers, writers, journalists, reporters and others.

10.3 Press Pass:

The Press Officer shall issue IFBB Press Passes bearing the designated area (press area, backstage area) as a means of identification. Only those individuals holding such passes will be allowed to enter the areas officially designated for the press during the Prejudging and Finals. The IFBB Press Pass shall remain the exclusive property of the IFBB and must be returned upon request. The IFBB reserves the right to dismiss any person from the designated press areas for just cause.

10.4 Backstage Access:

Access to the backstage area must be cleared through the *Pro Committee* at all IFBB professional competitions and events.

10.5 Conditions:

Possession of an IFBB Press Pass does not automatically give the bearer the right to cover the competition from the areas officially designated for the press. To obtain permission to cover an IFBB professional competition from such areas, the pass holder must submit a written request directly to the *Pro Committee* or Press Officer no later than ten days before the date scheduled for the competition in question. This procedure must be followed for each competition or event. Accreditation will be carried out on a first-come first-serve basis. Press passes will normally be distributed the day before the competition or event.

Article 11 – Medical

11.1 General:

All members of the IFBB are bound by the IFBB Constitution and *Pro Rules*, wherein the IFBB Code of Ethics forms an integral part. The IFBB endeavors to safeguard the health of its Members and advocates a clean, healthy and fit lifestyle. The IFBB encourages its members to engage in health-promoting activities and not to engage in practices which may endanger one's health.

11.2 Medical Personnel:

Qualified medical personnel, familiar with the types of problems that might arise during a competition, shall be on duty throughout the whole of the Prejudging and Finals of all IFBB professional competitions. Any form of treatment provided to any athlete shall be documented in writing by onsite medical personnel, who shall also forward a report to the IFBB President and *Pro Committee*.

11.3 IFBB Medical Commission:

The IFBB Medical Commission shall have authority over medical issues, to include doping control matters. The commission will assist its Members with any questions they may have regarding issues of a medical or doping control nature. The IFBB regularly provides relevant information on health, nutrition, training and doping control.

11.4 Medical Coverage:

The IFBB encourages its Members to acquire and maintain medical coverage and to obtain a yearly physical examination. Health maintenance is an individual matter which the IFBB actively endorses. The IFBB, however, does not endorse any particular form of medical treatment as this decision is left solely to the Member.

Article 12 – Doping Control

12.1 General:

The IFBB reserves the right to implement announced in-competition random or compulsory doping control at designated IFBB professional competitions. Further, the IFBB also reserves the right to implement unannounced out-of-competition doping control on any IFBB professional athlete. As a condition of membership in the *Pro Division*, and as a condition to participating in an IFBB professional competition, all professional athletes must unreservedly accept the authority of the IFBB to implement an anti-doping program and to conduct doping controls.

12.2 Guidelines:

Except where otherwise noted, the IFBB *Anti-Doping Program*, modeled after the Olympic Movement Anti-Doping Code (OMADC) and the World Anti-Doping Agency Code (WADA Code), shall serve as guidelines in the conduct of doping control at designated IFBB professional competitions and on individual athletes.

12.3 Sample Analysis:

All samples collected shall be analyzed at a professional laboratory, selected by the *Pro Committee*. The selected laboratory shall have complete and independent control over the sample collection and sample analysis process.

12.4 List of Prohibited and Restricted Substances and Prohibited Methods:

In consultation with the *Pro Committee*, the IFBB Medical Commission shall determine the substances and methods that are prohibited or restricted and that shall constitute an offence under the *Pro Rules*. Further, the Commission shall determine the class of prohibited or restricted substances to be tested for. The selected laboratory shall analyze and report only on the class of prohibited or restricted substances as directed by the Commission. The list shall be reviewed on an annual basis and shall be disseminated to all athletes.

12.5 Doping Offence:

A doping offence shall occur when:

1. An individual is found to be positive for the presence of a prohibited or restricted substance or metabolite, pursuant to article 12.4.
2. An individual is found to be guilty of using a prohibited method, pursuant to article 12.4.
3. An individual refuses to comply with a request, by an authorized doping control official, to provide a proper sample for testing.

4. An individual fails to report, after having been properly notified, to the doping control site within the prescribed deadline.
5. An individual assists another individual in committing, or is knowingly involved in committing, a doping offence.
6. An individual is found guilty of dealing or trafficking in banned or restricted substances.

12.6 Penalties:

The penalties for being found guilty of a doping offence shall be as follows:

1. Under articles 12.5.1 and 12.5.2, for a prohibited substance or metabolite or for a prohibited method, for a first offence, a disqualification from the event, a one-year suspension and a US \$2,500.00 fine. For a second offence, a disqualification from the event, a two-year suspension and a US \$5,000.00 fine. For a third offence, a lifetime suspension. For a restricted substance, for a first offence, a disqualification from the event, a six-month suspension and a US \$1,000.00 fine. For a second offence, a disqualification from the event, a one-year suspension and a US \$2,500.00 fine. For a third offence, a disqualification from the event, a two-year suspension and a US \$5,000.00 fine. For a fourth offence, a lifetime suspension.
2. Under articles 12.5.3 and 12.5.4, for a first offence, a disqualification from the event, a one-year suspension and a US \$5,000.00 fine. For a second offence, a lifetime suspension.
3. Under articles 12.5.5 and 12.5.6, for a first offence, a lifetime suspension.
4. The athlete committing the offence shall reimburse the organizer any and all expenses incurred by the organizer on the athlete's behalf.

12.7 Rights:

A Doping Control Report or Certificate of Analysis from a professional laboratory shall be taken at face value and shall be considered proof that a doping offence has been committed. The IFBB shall have the right to impose disciplinary measures immediately it is in receipt of the Doping Control Report or Certificate of Analysis for the "A" sample. The athlete shall have the right to have his or her "B" sample analyzed, at his or her own expense. Pursuant to the IFBB *Anti-Doping Program*, for disciplinary purposes, the analysis of the "B" sample is not to be considered a "confirmation" analysis.

12.8 Publication of Results:

By way of acting as a deterrent, the IFBB reserves its right to publish doping control results in whatever forum and by whatever means it chooses. However, these results shall not be made public until a Final Finding has been established and the athlete has first been notified.

12.9 Liability:

The IFBB shall not be held liable for any harm or damage to the reputation or character of an athlete found guilty of committing a doping offence.

12.10 Protests and Appeals:

Any athlete, having been found guilty of a doping offence, shall have the right of protest, pursuant to the Pro Rules, and the right of appeal, pursuant to the IFBB Constitution. All protests and appeals shall be in writing; shall contain documentation to support the protest or appeal, and shall be forwarded to the *Pro Committee* within thirty days of the date of any Letter of Notification, failing which the right of protest or appeal shall be forfeited. With regard to protests and appeals under article 12.5.1, the protest or appeal must call into question the identity, integrity and/or security of the sample such that doubt is cast on the validity and reliability of the test result. Frivolous appeals will not be heard. It is sufficient for a finding of guilt that a banned or restricted substance is found in an athlete's bodily fluid; it is immaterial how the substance got there.

12.11 Reinstatement:

The IFBB *Anti-Doping Program* allows for the reinstatement of Members serving doping control suspensions, subject to the following criteria:

1. Two-thirds of any suspension must first be served. In the case of a lifetime suspension, four years must be served.
2. All fines must be paid in full.
3. The offender must submit, in writing and to the *Pro Committee*, a Request for Reinstatement detailing the rationale for the reinstatement.
4. The Pro Committee shall have authority to direct that reinstatement be conditional upon the athlete agreeing to a compulsory drug test at the first competition he or she enters.

Article 13 – Muscle Implants

13.1 Muscle Implants:

The IFBB does not condone, accept, or endorse the use of muscle implants. Any artificial improvement of the muscle, by whatever means, shall be considered a violation of the *Pro Rules*. Therefore, any athlete who acquires muscle implants for competitive purposes will face disqualification from the event in which he or she is competing and possible suspension for a period of time to be determined by the *Pro Committee*. Breast implants are not considered muscle implants.

Article 14 – Discipline

14.1 General:

Professional athletes, judges, and officials join the IFBB of their own free will and, in so doing, agree to respect and abide by the IFBB Constitution and *Pro Rules*. Should a Member contravene the IFBB Constitution and/or *Pro Rules*, that Member is considered automatically suspended from the IFBB, thus prohibiting participation in any IFBB activity worldwide, to include the activities of National Federations affiliated to the IFBB.

14.2 Failure to Abide:

Failure to abide by the IFBB Constitution and/or *Pro Rules* will call for an investigation by an "ad hoc" Pro Disciplinary Committee. If a Member is found guilty of contravening the

IFBB Constitution and/or *Pro Rules*, including the IFBB Code of Ethics, or of conduct prejudicial to the IFBB, that Member may be fined, suspended, and/or expelled.

14.3 Suspension Conditions:

If a Member is suspended, that Member may not compete, give exhibitions or seminars, judge, officiate or otherwise participate in any IFBB event or activity worldwide, to include the activities of National Federations affiliated to the IFBB.

14.4 Threats/Assaults:

Any Member, who threatens an athlete, judge or official, whether by word or gesture, will be immediately suspended for a period of time to be determined by the *Pro Committee*. Any Member who physically assaults an athlete, judge or official will be immediately expelled.

14.5 Unsportsmanlike Conduct:

Any Member, who openly and/or publicly criticizes, complains, condemns or protests a contest decision or an individual judge's decision, whether verbally, in print, or by unsportsmanlike conduct, whether onstage, backstage, at the contest venue, at the Official Hotel, or in any other place remotely related to the contest, will be subject to a fine and/or suspension. The first offense will be a US \$1,000.00 fine; the second offense will be a US \$5,000.00 fine, the third offense will be a US \$10,000.00 fine plus a one-year suspension; the fourth offense will be expulsion from the IFBB. If an athlete attacks another athlete, judge or official, whether verbally or through malicious innuendo, gossip and/or rumor-mongering, that athlete will be subject to a fine of US \$10,000.00 and a one-year suspension. If an athlete physically assaults another athlete, judge or official, that athlete will be expelled from the IFBB.

14.6 Protests:

The IFBB accepts that any Member has the right to protest a judging, disciplinary or other decision taken against that Member. However, the IFBB believes that all protests, regardless of the reason for the protest, must be carried out in a professional, courteous and respectful manner. Protests shall be made in writing and shall be forwarded to the *Pro Committee*. This Committee shall investigate the protest, or cause the protest to be investigated, and shall issue its findings within thirty days of the date of the Letter of Protest.

14.7 Complaints:

Any athlete, judge, or official who believes that he or she has been wronged shall have the right to file a complaint in writing to the *Pro Committee*. The *Pro Committee* shall investigate and shall make a determination on the complaint within thirty days of the date of the Letter of Complaint.

14.8 Non-sanctioned Events:

Any athlete who competes in a contest or gives exhibitions at events not approved or sanctioned by the IFBB, or any judge or official who acts in a similar manner, will be suspended for a period of time to be determined by the *Pro Committee*.

14.9 Prejudicial Conduct:

Prejudicial conduct shall be defined as any conduct that is demonstrably prejudicial to the IFBB and/or the *Pro Division*, whether through gross malfeasance or egregious moral behavior. Any Member may be disciplined for prejudicial conduct.

14.10 IFBB Code of Ethics:

Disciplinary action may be taken against any Member who contravenes the IFBB Code of Ethics, which forms an integral part of the IFBB Constitution and *Pro Rules*.

Article 15 – Hearings

15.1 Hearings:

Any Member under disciplinary action pursuant to the IFBB Constitution and/or *Pro Rules* shall have the right to request a hearing by the *Pro Committee* when it next meets. The Member requesting the hearing may present his or her submission in person or in writing. The *Pro Committee* will then consider the submission and determine a finding.

Article 16 – Payment of Fees and Fines

16.1 Payment of Fees and Fines:

The payment of fees and fines shall be take place as follows:

1. Fees, fines, debts and other outstanding dues shall be paid to the IFBB Head Office in Montreal, Canada.
2. Payment schedules shall be made through the Chairman of the *Pro Committee*.
3. Sanction fees must be paid in full no later than ten days before the date scheduled for the event.
4. Prize money must be paid in full no later than sixty days before the date scheduled for the event.
5. *Pro Division* membership fees must be paid in full by January 31st of each year.
6. Fines must be paid in full within thirty days of being levied
7. Outstanding debts may result in further disciplinary measures unless payment schedule arrangements are made through the Chairman of the *Pro Committee*.
8. Monies owed must either be wired or sent by certified check or money order, made payable to the “IFBB”.
9. Fees and fines are non-refundable.
10. Members may not participate in IFBB activities without having paid their membership fees, fines, debts or other outstanding dues.

Article 17 –Directives and Amendments

17.1 Directives:

The *Pro Committee* shall have delegated authority to amend the *Pro Rules*. These amendments shall be issued as IFBB “Pro Directives” and shall have force and effect until the next annual meeting of the *Pro Committee*, at which time they shall either be ratified or rejected.

17.2 Amendments:

Apart from the delegated authority of the *Pro Committee* to prescribe and amend the *Pro Rules*, Members of the *Pro Division* may submit, to the *Pro Committee*, written proposals to amend the *Pro Rules*. The *Pro Committee* shall evaluate all such proposals and shall make a determination on their acceptance or rejection.

APPENDIX 1
to the
IFBB “ADMINISTRATIVE” PROFESSIONAL RULES

IFBB CODE OF ETHICS

Introduction:

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

Athletes:

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

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

11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to compete drug-free.
13. to refrain from any conduct that may be considered prejudicial; to conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, the Pro Division and the IFBB.

Judges:

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

1. to apply honestly, impartially, and objectively all of the rules governing competitions.
2. to safeguard the interests of all competitors on equal terms.
3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.
4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. to respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.
6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.
8. to assist the IFBB in the promotion of bodybuilding, fitness and figure by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work *for* the IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
10. to honour the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.
11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial; to conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, the Pro Division and the IFBB.

Officials:

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

1. to serve all members, be they athletes, judges officials, or other administrators, according to their needs.
2. to promote, through the sport of bodybuilding, fitness and figure, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. to safeguard the health and physical fitness of the athletes.
4. to provide the athletes with the best possible conditions for achieving bodily perfection.
5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.
6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.
7. to respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.
8. to assist the IFBB in the promotion of bodybuilding, fitness and figure by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work *for* the IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
10. to recognize the value of bodybuilding, fitness and figure and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport of bodybuilding, fitness and figure.
11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial; to conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, the Pro Division and the IFBB.

IFBB PROFESSIONAL RULES

For Bodybuilding, Fitness and Figure

TECHNICAL RULES

Article 18 – Introduction

18.1 Introduction:

The Technical Rules consist of regulations, policies, directives, decisions and rulings intended to guide the *Pro Division* and its Members in the proper procedures for conducting IFBB professional competitions.

18.2 Authority:

All IFBB professional competitions shall be conducted under the authority of the IFBB and shall be controlled and supervised by the *Pro Committee*.

18.3 Agreement:

All Members participating at IFBB professional competitions automatically agree, by virtue of their membership in the *Pro Division*, to abide by the IFBB Constitution and *Pro Rules* and the directives, decisions and rulings of the *Pro Committee*.

Article 19 – IFBB Officials

19.1 IFBB “Chief Official”:

For chain-of-command and decision-making purposes, the IFBB “Chief Official” shall be the highest-ranking IFBB official in attendance at an IFBB professional competition. Normally, within the *Pro Division*, the IFBB Chief Official is the IFBB Vice President for the Professional Division and Chairman of the *Pro Committee*. From an “administrative” standpoint, no other official shall make any decision that might impact upon the smooth running of the event without seeking prior approval from the IFBB Chief Official. Should this official be unable to attend an event, he may, at his own discretion, delegate this responsibility to another officer of the *Pro Committee*.

19.2 IFBB “Chief Judge”:

The IFBB “Chief Judge” shall be responsible for implementing the judging format and controlling the judging procedures at all IFBB professional competitions. Normally, within the *Pro Division*, the IFBB Chief Judge is the Director of the Pro Judges Committee. From a “judging” standpoint, no other official shall make any decision that might impact upon the smooth running of the event without seeking prior approval from the IFBB Chief Judge. Should this official be unable to attend an event, he may, at his own discretion, delegate this responsibility to another Member of the Pro Judges Committee.

19.3 IFBB “Chief Backstage Expediter”:

The IFBB “Chief Backstage Expediter” shall be responsible for controlling the athletes while backstage to ensure a smooth and efficient flow of athletes into the onstage area, under the direction of the IFBB Chief Judge. This individual shall be appointed by the *Pro Committee*.

19.4 IFBB “Chief Onstage Expediter”:

The IFBB “Chief Onstage Expediter” shall be responsible for controlling the athletes while onstage, under the direction of the IFBB Chief Judge. This individual shall be appointed by the *Pro Committee*.

Article 20 – Registration

20.1 Registration of Athletes:

All IFBB professional athletes, intending to compete in an IFBB professional event, shall be required to officially register their participation at a meeting held for this purpose. The registration of athletes shall be controlled by the Pro Judges Committee and shall normally be held on the day before the Prejudging. All competitors, in addition to satisfying the normal criteria for participation, must be in possession of a valid IFBB Professional Membership Card, failing which the athlete may not be allowed to compete.

20.2 Registration of Judges:

All IFBB professional judges, intending to judge at an IFBB professional event, shall be required to officially register their participation at a meeting held for this purpose. The registration of judges shall be controlled by the Pro Judges Committee and shall normally be held on the day before the Prejudging. All judges, in addition to satisfying the normal criteria for participation, must be in possession of a valid IFBB Professional Membership Card, failing which the individual may not be allowed to judge.

20.3 Categories:

Where there are weight or height categories at an IFBB professional competition, each athlete shall be required to officially register his or her weight or height at a meeting held for this purpose. This registration shall be controlled by the Pro Judges Committee and shall normally be held on the day before the Prejudging.

20.4 Access:

The *Pro Committee* shall have authority to control access to the meeting, or meetings, held for the purpose of officially registering participants.

Article 21 – Press Conference

21.1 Press Conference:

Where applicable, the *Pro Committee* may, at its own discretion, organize a press conference to promote the event. The press conference shall normally be held on the day before the Prejudging. Attendance at the press conference shall be mandatory for all competitors, failing which a competitor may be subject to disciplinary measures.

21.2 Access:

The *Pro Committee* shall have authority to control access to the press conference.

Article 22 – Venue Requirements

22.1 Venue Site:

The organizer of an IFBB professional competition shall ensure that the venue site (place where the actual competition is being held) is theater-like in appearance, with a professional stage, lighting system and sound system.

22.2 Stage:

The organizer typically has wide discretion regarding the stage area, to include stage covering, posing platform, backdrop, signage and/or banners, and adornments. The only IFBB requirement for the stage area is that the IFBB logo and/or the letters “IFBB” be prominently displayed.

22.3 Lighting:

Proper lighting is critical to good judging. The organizer must ensure that a professional lighting system is used and that the lights are properly adjusted. To this end, the organizer should use professional lighting technicians to “set the lights” and must verify their proper adjustment, focus and intensity (luminosity) by using the services of a professional photographer familiar with the special lighting requirements of the sport. IFBB lighting requirements call for the following general lighting setup:

1. Front Lighting: 1,000W per foot of posing platform frontage, from above and to the front, at an angle of 45°.
2. Back Lighting: 500W per foot of posing platform frontage, from above and to the back, at an angle of 65°.
3. Other Lighting (Back Floor Level and/or Side): used to remove dark shadows from the sides and to create the effect of having the competitor stand out against the stage backdrop.

22.4 Sound:

The organizer must ensure that a professional sound system is used to play the athlete’s music cassettes or CDs and that the sound system is controlled by a professional sound technician.

22.5 Microphones:

The organizer must ensure that microphones are made available for the IFBB Chief Judge and the Master of Ceremonies.

22.6 Judging Area:

The judging area shall be under the control of the IFBB Chief Judge. The organizer shall ensure that sufficient tables and chairs are made available for the regular judging panel, which shall consist of not less than seven judges and not more than eleven judges. The organizer shall also ensure that sufficient tables and chairs are made available for the IFBB Chief Judge, the Judging Assistant and/or General Secretary, and the Statisticians. The judges should be seated not more than 25’ from the lineup of competitors.

22.7 Press Area:

The press area shall normally be under the control of the IFBB Press Officer. The organizer, in consultation with the *Pro Committee*, shall ensure that only bona-fide members of the press are seated in the Press Area. To this end, access should be strictly controlled and all press seats should be individually marked with the person's name and/or company. The Press Area must not interfere with the judging panel's unobstructed view of the competitors while onstage.

22.8 Special Seating Area:

The organizer, in consultation with the *Pro Committee*, shall ensure that sufficient seats are made available for VIPs, special guests and other special invitees.

22.9 Backstage Area:

The *Pro Committee* shall have authority to control access to the backstage area.

22.10 Medical Personnel:

The organizer must ensure that qualified medical personnel are on duty throughout the whole of the Prejudging and Finals.

22.11 Television and/or Videotape Cameras:

The organizer shall ensure that the placement of television and/or videotape cameras does not obstruct the view of the judging panel.

Article 23 – Judging Criteria

23.1 General:

The IFBB and *Pro Committee* remain committed to using only the best qualified judges to adjudicate IFBB professional competitions. To this end, the *Pro Committee* shall have authority as follows:

1. To ensure that all requests for IFBB Professional Judge status derive from National Federations that are Members in Good Standing of the IFBB.
2. To ensure that all such requests are bona fide, that is, that the Member requesting IFBB Professional Judge status is approved in writing by his or her National Federation.
3. To ascertain that the Member requesting IFBB Professional Judge status is qualified to initiate the request. To this end, the *Pro Committee* may request proof of the Member's judging history e.g. IFBB International Amateur Judging Card. Except in exceptional circumstances, and except where otherwise noted, the Member requesting IFBB Professional Judge status should first be a qualified IFBB international amateur judge.
4. To have the right to subject the Member requesting IFBB Professional Judge status to a test of his or her ability by conducting an analysis of his or her Judging Accuracy Scores at IFBB professional competitions, during an initial probationary period.
5. To have the right to refuse or withdraw IFBB Professional Judge status if, in the determination of the *Pro Committee*, such refusal or withdrawal is merited.

23.2 Selection of Judges:

The Pro Judges Committee shall have authority to select the judging panels at IFBB professional competitions. Under no circumstances will the organizer take part in the selection process.

23.3 Conflict of Interest:

No IFBB professional judge shall adjudicate an IFBB professional competition where there exists a clear and present conflict of interest between the judge and any of the competitors. If such a conflict of interest exists, or if it is felt that a conflict of interest might exist, that judge must declare the conflict to the IFBB Chief Judge, who shall 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.

23.4 Power and Authority:

The Pro Judges Committee shall empower a regular panel of not less than seven and not more than eleven judges to adjudicate IFBB professional competitions. Once the judges are empanelled, they shall have sole power and authority to adjudicate the competition for which they have been duly constituted, to include both Prejudging and Finals. The decision of a duly constituted judging panel shall be final and binding.

23.5 Alternate Judges:

The Pro Judges Committee shall have authority to select a number of alternate judges in addition to the regular panel of judges. Should the need arise, the IFBB Chief Judge shall have authority to discard the scores of a regular panel judge and replace these with the scores of an alternate judge.

23.6 Rules of Conduct:

Once the judging panel has been duly constituted and is seated, the following rules of conduct shall apply and, if breached, shall warrant immediate dismissal from the panel:

1. No judge shall converse with any other judge, or judges, while the competition is being adjudicated.
2. No judge shall attempt to influence the decision of any other judge, or judges.
3. No judge shall take photographs or videotapes while the competition is being adjudicated.
4. No judge shall coach any competitor, or competitors; or judge while under the influence of drugs and/or alcohol; or consume any alcoholic beverages while the competition is being adjudicated.
5. No judge shall discuss his or her individual placement of any athlete, or athletes, with any other person, or persons, until the completion of the competition.

23.7 Judging Accuracy Scores:

The IFBB and the *Pro Committee* shall have authority to conduct an analysis of the Judging Accuracy Scores at any IFBB professional competition. Where such an analysis is performed, the "Deviation Method" of calculating judging accuracy shall be used. This method computes the difference between an individual judge's placement of

an athlete and the entire regular judging panel's placement of that same athlete, subsequent to any highs and lows being discarded and any ties being broken.

Article 24 – Judging Attire

24.1 Judging Attire - Men:

The official uniform for all male judges at IFBB professional competitions shall be as follows:

1. Navy blue blazer with the IFBB crest on the left breast pocket.
2. White dress shirt with the IFBB tie.
3. Grey dress pants with black belt.
4. Dark socks and black shoes.

24.2 Judging Attire – Women:

The official uniform for all female judges at IFBB professional competitions shall be as follows:

1. Navy blue blazer with the IFBB crest on the left breast pocket.
2. White dress shirt or blouse. If a white dress shirt is worn, the IFBB tie must also be worn.
3. Grey dress skirt or grey dress pants.
4. Black shoes.

24.3 Removal:

The IFBB Chief Judge shall have authority to remove any member of the judging panel who is not appropriately attired.

24.4 Relaxed Attire:

The *Pro Committee* shall have authority to implement a “relaxed-dress” code during the Prejudging only. If so ordered by the IFBB Chief Judge, the attire shall be as follows:

1. Black short-sleeve golf shirt with the *Pro Division* logo on the left breast pocket.
2. Grey dress pants for men; grey dress skirt or grey dress pants for women.
3. Dark socks and black shoes for men; black shoes for women.

Article 25 – Judges Remuneration

25.1 Remuneration:

The organizer shall be responsible for remunerating the judges as follows:

1. Transportation to and from the event. If by air, this shall mean an economy-class airline ticket. If by car or other means, this shall mean all reasonable transportation expenses, subject to receipts.
2. Single-room accommodations at the Official Hotel.
3. US \$50.00 per day for meal expenses.
4. US \$100.00 per day Judging Fee except for the Olympia competition, where this fee shall be US \$200.00 per day.

5. All fees shall be paid by the organizer to the IFBB Chief Judge who shall distribute the fees appropriately upon completion of the event.

Article 26 – Competitor Attire

26.1 Competitor Attire – Men’s Bodybuilding:

Male competitors shall wear posing trunks of a solid, non-distracting color, made from cloth fabric, which are clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the trunks. The use of padding anywhere in the trunks is prohibited. The posing trunks and/or the competitor’s body shall not contain any commercial advertising and/or endorsements. If a competitor’s posing attire does not conform to the above rules, or does not conform to acceptable standards of taste and decency, the IFBB Chief Judge shall have authority to direct that the competitor change his posing attire, failing which the competitor may be disqualified.

26.2 Competitor Attire – Women’s Bodybuilding:

Female competitors shall wear a two-piece bikini of a solid, non-distracting color, made from cloth fabric, which is clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the bikini. The fastenings of the bikini must be plain with no attached ornamentation. The bikini must reveal both the abdominal muscles and the lower back muscles. The use of padding anywhere in the bikini is prohibited. The posing trunks and/or the competitor’s body shall not contain any commercial advertising and/or endorsements. If a competitor’s posing attire does not conform to the above rules, or does not conform to acceptable standards of taste and decency, the IFBB Chief Judge shall have authority to direct that the competitor change her posing attire, failing which the competitor may be disqualified.

26.3 Other Conditions – Bodybuilding:

The following other conditions shall apply to men’s and women’s bodybuilding:

1. During the Prejudging, the competitor’s number shall be securely attached to the left side of the posing attire. This number shall not be required during the Finals.
2. During the Prejudging, competitors shall not wear footwear, watches, rings (except wedding rings), bangles, pendants, chains, bracelets (wrist or ankle), earrings, pierced jewelry, ornamentation or artificial aids to the physique. During the Finals, these prohibitions may be somewhat relaxed, within reason.
3. The use of props during the Prejudging or Finals is strictly prohibited.
4. During the Prejudging of women, the hair must be worn off the shoulders so as not to hide the musculature of the upper back and shoulders. The hair may be styled for the Finals.
5. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is strictly prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products which produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are strictly prohibited. Bronzing agents which produce a metallic look are also strictly prohibited.

6. The IFBB Chief Judge shall have authority to take disciplinary measures against any competitor who, after one initial warning, does not conform to the above standards.

26.4 Competitor Attire – Women’s Fitness:

Women’s fitness attire shall conform to the following regulations:

1. In *Round One*, competitors shall wear a full-length (to the neck, wrist and ankle), plain, opaque, black leotard, with black athletic shoes. No jewelry (accept wedding ring) or other adornments shall be worn.
2. In *Round Two*, competitors shall wear a two-piece bikini, the color and style of which shall be at the competitor’s discretion. The bikini must cover a minimum of one-half of the buttocks area. Gstrings are strictly prohibited. Footwear shall not be worn.
3. In *Round Three*, competitors shall wear costumes of their own choosing; however, the costume must cover a minimum of one-half of the buttocks area. G-strings are strictly prohibited. Footwear shall be at the discretion of the competitor.
4. In *Round Four*, competitors shall wear a one-piece swimsuit, the color and style of which shall be at the competitor’s discretion. The swimsuit shall contain no cutouts, strips or criss-crosses and must cover a minimum of one-half of the buttocks area. Gstrings are strictly prohibited. Footwear (high-heels) shall be worn.
5. The IFBB Chief Judge shall have authority to take disciplinary measures against any competitor who, after one initial warning, does not conform to the above standards.

26.5 Competitor Attire – Women’s Figure:

The attire for women’s figure shall conform to the following regulations:

1. For the Prejudging, competitors shall wear a one-piece swimsuit and high-heels, style and color at the competitor’s discretion. The swimsuit must cover a minimum of one-half of the buttocks area and conform to accepted standards of taste and decency. G-strings are strictly prohibited.
2. For the Finals, competitors shall wear a two-piece bikini and high-heels, style and color at the competitor’s discretion. The bikini must cover a minimum of one-half of the buttocks area and conform to accepted standards of taste and decency. G-strings are strictly prohibited.

Article 27 – Judging Procedures for Men’s Bodybuilding

27.1 General:

In men’s professional bodybuilding, all competitors shall be judged as one single class, regardless of weight or height. The entire judging procedure, comprising both Prejudging and Finals, shall consist of four rounds – two rounds for the Prejudging; two rounds for the Finals.

27.2 Placement System:

The "Placement System" shall be 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 receive the same place, except where otherwise noted.

27.3 Special Condition:

The IFBB Chief Judge may, at his own discretion, determine that there are too many competitors in a competition to allow for a unique placing for each and every competitor. In this case, the IFBB Chief Judge may direct the judging panel to award only 1st to 15th place. All other competitors will be awarded 16th place. If so decided, this procedure shall be carried out at the Prejudging.

27.4 Finalists:

The IFBB Chief Judge, in consultation with the Chairman of the *Pro Committee* and the organizer, shall determine the number of competitors who shall perform their complete posing routine during *Round Three* of the Finals.

27.5 Procedures for the Prejudging:

The procedures for the Prejudging shall be as follows:

1. In *Round One*, the entire lineup of competitors shall be called onstage, in a single line and in numerical order.
2. At the discretion of the IFBB Chief Judge, each competitor may be announced by number, name and country.
3. Depending on the number of competitors, and at the discretion of the IFBB Chief Judge, the entire lineup may be directed to perform the four quarter turns (to the right) as a group. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out.
4. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors shall be positioned in such a manner so as to have no distraction to their rear.
5. The IFBB Chief Judge shall then proceed to the comparisons of the quarter turns, comparing no more than three competitors at a time. A detailed description of the quarter turns is attached as Appendix A.
6. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
7. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage.
8. In *Round Two*, each competitor will be called onstage individually, and in numerical order, to perform the seven compulsory poses under the direction of the IFBB Chief Judge. The seven compulsory poses for men are:
 - a. Front Double Biceps.
 - b. Front Lat Spread
 - c. Side Chest (either side)
 - d. Back Double Biceps
 - e. Back Lat Spread

- f. Side Triceps (either side)
- g. Abdominals and Thighs

A detailed description of the seven compulsory poses for men is attached as Appendix B.

- 9. Upon completion of the individual compulsory poses, the entire lineup will be called onstage, in a single line and in numerical order. As the next procedure is the comparisons of the compulsory poses in small groups, the onstage expeditors shall ensure that the lineup is positioned so that the area immediately behind the competitors who are being compared is free from distraction.
- 10. The IFBB Chief Judge shall then proceed to the comparisons of the compulsory poses, comparing no more than three competitors at a time.
- 11. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
- 12. Upon completion of the comparison of the compulsory poses, all competitors will be reformed into one single line, in numerical order, before being directed offstage.

27.6 Procedures for the Finals:

The procedures for the Finals shall be as follows:

- 1. In *Round Three*, each competitor shall be announced by number, name and country and shall be called onstage, in numerical order, to perform an individual free posing routine to music of his own choice.
- 2. The free posing routine shall have a maximum duration of three minutes. The sound technician shall keep track of the time and, at the three-minute point, shall fade out the competitor's music over a period of five seconds.
- 3. In *Round Four*, the top five finalists shall be called onstage, in a single line and in numerical order.
- 4. Under the direction of the IFBB Chief Judge, the finalists shall perform the seven compulsory poses.
- 5. Upon completion of the compulsory poses, the finalists shall be directed to perform a posedown to music of the organizer's choice. The duration of the posedown shall normally be one minute; however, where circumstances warrant, the IFBB Chief Judge shall have discretion to prolong the posedown.
- 6. Upon completion of the posedown, the finalists shall reform into one single line, in numerical order, to await the judging panel's decisions.

27.7 Procedures for the Award Ceremony:

The procedures for the Award Ceremony shall be as follows:

- 1. The Master of Ceremonies (MC) shall announce 5th place who, after receiving his awards, shall take up a position stage right (the right side of the stage when viewed from the stage).
- 2. The MC shall then announce 4th place, who, after receiving his awards, shall take up a position stage left (the left side of the stage when viewed from the stage).

3. The MC shall then announce 3^d place who, after receiving his awards, shall take up a position stage right, to the left of the 5th-place competitor.
4. The MC shall then announce 2nd place who, after receiving his awards, shall take up a position stage left, to the right of the 4th-place competitor.
5. The MC shall then announce 1st place who, after receiving his awards, shall take up a position center-stage, between the 2nd and 3^d-place competitors.
6. If applicable, officials and/or sponsors may join the finalists in a raised-arms victory ceremony photo opportunity.
7. Subsequent to this, the finalists should remain onstage for a brief period to allow for further photo opportunities.

27.8 Additional Factors:

The following additional factors shall apply to the Prejudging and Finals procedures:

1. If a competitor breaches the IFBB Constitution, *Pro Rules*, or IFBB Code of Ethics while participating in an IFBB professional competition, depending on the severity of the breach, the competitor shall normally receive one warning from the IFBB Chief Judge. Any subsequent breach shall result in immediate disqualification from the competition.
2. Throughout the actual judging process (while the judges are assessing the competitors), all competitors must remain onstage and in full view of the judging panel unless there arises a medical problem that calls for the competitor to leave the stage area. Regardless of the reason for the absence, a competitor cannot expect to be judged if he is not onstage. The competitor must understand that any absence, regardless of how temporary, may impact negatively on his placing.
3. The IFBB Chief Judge may not act as a judge except to replace a regular panel judge who has, for whatever reason, become unable to judge and only then, if no other qualified judge is available to take his place.
4. The IFBB Chief Judge shall be responsible for the onsite review of the judge's scores and for determining whether or not a judge is biased, prejudicial and/or incompetent. The IFBB Chief Judge shall have authority to remove from the judging panel any judge whom he believes to be unfit to judge, for whatever reason, for just cause. If a judge is removed for just cause, an investigation shall be conducted into the reason for the removal and the offending judge may be further disciplined.
5. Any legitimate complaints lodged by either a competitor or judge during the course of a competition must be acted upon by the *Pro Committee* without delay, said Committee which shall have authority to resolve the complaint and whose resolution shall be final and binding.
6. No decision made by the *Pro Committee* against a competitor or judge shall preclude that competitor or judge from exercising the right of protest or appeal, pursuant to the *Pro Rules* and IFBB Constitution.

Article 28 - Judging Procedures for Women's Bodybuilding

28.1 General:

In women's professional bodybuilding, the *Pro Committee* may, at its own discretion, determine that competitors shall be judged by weight category. The entire judging

procedure, comprising both Prejudging and Finals, shall consist of four rounds – two rounds for the Prejudging; two rounds for the Finals.

28.2 Placement System:

The “Placement System” shall be 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 receive the same place, except where otherwise noted.

28.3 Procedures for Prejudging:

The procedures for the Prejudging of women’s bodybuilding shall be the same as those used for men’s bodybuilding, detailed in article 27.5, except for the following:

1. Where there is more than one weight category, the competitors shall proceed through the Prejudging in the order of lowest weight category to highest.
2. There shall be five compulsory poses for women as follows:
 - a. Front Double Biceps
 - b. Side Chest (either side)
 - c. Back Double Biceps
 - d. Side Triceps (either side)
 - e. Abdominals and Thighs

A detailed description of the five compulsory poses for women is attached as Appendix C. An explanation of how to assess a female physique is attached as Appendix D.

28.4 Procedures for the Finals:

The procedures for the Finals for women’s bodybuilding shall be the same as those used for men’s bodybuilding, detailed in article 27.6, except for the following:

1. Where there is more than one weight category, the competitors shall proceed through the Finals in the order of lowest weight category to highest.
2. Where the competitors are directed to perform the compulsory poses, there shall be five compulsory poses for women.

28.5 Award Ceremony:

The procedures for the Award Ceremony for each weight category of women’s bodybuilding shall be the same as those used for men’s bodybuilding, detailed in article 27.7.

28.6 Additional Factors:

The same additional factors that apply to men’s bodybuilding as detailed in article 27.8 shall also apply to women’s bodybuilding.

28.7 Overall Champion:

Where there is more than one weight category, the judging panel shall be required to select an “Overall Champion”. The procedures for this selection shall be as follows:

1. All weight category winners shall be called onstage, in a single line, by order of lowest weight category to highest.
2. The IFBB Chief Judge shall then direct the competitors to perform the five compulsory poses.
3. Upon completion of the compulsory poses, the competitors shall be directed to perform a posedown to music of the organizer's choice, the duration of which shall not be more than one minute.
4. Upon completion of the posedown, all competitors shall be reformed into one single line to await the judging panel's decision.
5. The Master of Ceremonies shall announce the "Overall Champion".

Article 29 – Judging Procedures for Women's Fitness

29.1 General:

In women's professional fitness, the *Pro Committee* may, at its own discretion, determine that competitors shall be judged by height category. The entire judging procedure, comprising both Prejudging and Finals, shall consist of four rounds – two rounds for the Prejudging; two rounds for the Finals.

29.2 Placement System:

The "Placement System" shall be 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 receive the same place, except where otherwise noted.

29.3 Procedures for Prejudging:

The procedures for the Prejudging of women's fitness shall be as follows:

1. In *Round One*, each competitor shall be called onstage individually to perform a 45-second fitness routine. Each competitor shall be introduced by number, name and country.
2. The routine shall consist of six mandatory movements (three strength and three flexibility), performed in the following order:
 - a. Two one-arm pushups done in succession
 - b. Four high kicks (alternating legs)
 - c. One straddle hold
 - d. One full side split
 - e. One leg extension hold
 - f. One full front split
3. The 45-second routine shall be choreographed to one piece of music.
4. In *Round Two*, the entire lineup shall be called onstage, in a single line and in numerical order.
5. Depending on the number of competitors, and at the discretion of the IFBB Chief Judge, the entire lineup may be directed to first perform the four quarter turns (to the right) as a group. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out.

6. The IFBB Chief Judge shall then proceed to the comparisons of the quarter turns, comparing no more than three competitors at a time. A detailed description of the quarter turns is attached as Appendix A.
7. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors shall be positioned in such a manner so as to have no distraction to their rear.
8. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
9. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage.

29.4 Procedures for the Finals:

The procedures for the Finals shall be as follows:

1. In *Round Three*, each competitor shall be announced by number, name and country and shall be called onstage, in numerical order, to perform an individual aerobic/dance routine to music of her own choice.
2. The routine shall have a maximum duration of two minutes. The sound technician shall keep track of the time and, at the two-minute point, shall fade out the competitor's music over a period of five seconds.
3. The routine shall have three music changes – one at the 40-second point, another at the 80-second point.
4. In each 40-second segment, the competitor shall perform a minimum of one strength and one flexibility movement.
5. The routine should include elements of strength, flexibility, dance, gymnastics, aerobic movements and cardiovascular endurance.
6. Costumes and props may be used; however, the IFBB Chief Judge must be notified, in advance, of the use of props.
7. In *Round Four*, the competitors shall be called onstage, in a single line and in numerical order.
8. Under the direction of the IFBB Chief Judge, the entire lineup of competitors shall perform the four quarter turns as a group. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out.
9. The IFBB Chief Judge shall then proceed to the comparisons of the quarter turns, comparing no more than three competitors at a time. A detailed description of the quarter turns is attached as Appendix A.
10. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors shall be positioned in such a manner so as to have no distraction to their rear.
11. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
12. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage or while awaiting the Award Ceremony.

29.5 Award Ceremony:

The procedures for the Award Ceremony for each height category, if applicable, of women's fitness shall be the same as those used for men's bodybuilding, detailed in article 27.7.

29.6 Additional Factors:

The same additional factors that apply to men's bodybuilding as detailed in article 27.8 shall also apply to women's fitness.

29.7 Overall Champion:

Where there is more than one height category, the judging panel shall be required to select an "Overall Champion". The procedures for this selection shall be as follows:

1. All height category winners shall be called onstage, in a single line, by order of lowest height category to highest, wearing their one-piece swimsuit.
2. The IFBB Chief Judge shall then direct the competitors to perform the four quarter turns.
3. The Master of Ceremonies shall announce the "Overall Champion".

Article 30 – Judging Procedures for Women's Figure

30.1 Procedures for Prejudging:

The procedures for the Prejudging of women's figure shall be as follows:

1. Each competitor shall be called onstage, individually and in numerical order, wearing a one-piece swimsuit and high-heels. Each competitor shall be introduced by number, name and country.
2. The IFBB Chief Judge shall direct each competitor to perform the four quarter turns.
3. Upon completion of this procedure, the entire lineup will be called onstage, in a single line and in numerical order.
4. The IFBB Chief Judge shall then proceed to the comparisons of the quarter turns, comparing no more than three competitors at a time. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out. A detailed description of the quarter turns is attached as Appendix A.
5. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors shall be positioned in such a manner so as to have no distraction to their rear.
6. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
7. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage.

30.2 Procedures for the Finals:

The procedures for the Finals shall be as follows:

1. Each competitor shall be called onstage, individually and in numerical order, wearing a two-piece bikini and high-heels. Each competitor shall be introduced by number, name and country.
2. At the discretion of the IFBB Chief Judge, and where numbers warrant, the top finalists only may be directed to proceed to the Finals.
3. The IFBB Chief Judge shall direct each competitor to perform the four quarter turns.
4. Upon completion of this procedure, the entire lineup will be called onstage, in a single line and in numerical order.
5. The IFBB Chief Judge shall then proceed to the comparisons of the quarter turns, comparing no more than three competitors at a time. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out. A detailed description of the quarter turns is attached as Appendix A.
6. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors shall be positioned in such a manner so as to have no distraction to their rear.
7. At the discretion of the IFBB Chief Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
8. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage or to await the Award Ceremony.

Article 31 – Scoring System

31.1 Placement System:

The “Placement System” shall be 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 receive the same place, except where otherwise noted.

31.2 Judging Panels:

All judging panels shall consist of an odd number of judges, who shall make up the “regular” panel. The regular panel shall not be less than seven and not more than eleven judges. The judging panel may also consist of a number of “alternate” judges, not to exceed three. A number of high and low scores shall be discarded as follows:

1. If seven judges are used, one high and one low score shall be discarded.
2. If nine judges are used, two high and two low scores shall be discarded.
3. If eleven judges are used, three high and three low scores shall be discarded.

31.3 Scoring the Prejudging:

The scoring for the Prejudging for men's and women's bodybuilding and women's fitness shall be carried out as follows:

1. During *Round One*, using the "*Judges Individual Score Sheet*", each judge shall award a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where otherwise noted.
2. At the completion of *Round One*, the IFBB Chief Statistician shall transcribe each judge's individual placings onto the "*Statistician's Score Sheet*".
3. Depending on the number of regular-panel judges as described in article 31.2, high and low scores shall then be discarded.
4. The remaining five scores shall be summed to produce a *Round One* "subscore".
5. Ties in the *Round One* "subscore" shall not be broken.
6. During *Round Two*, using the "*Judges Individual Score Sheet*", each judge shall award a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where otherwise noted.
7. At the completion of *Round Two*, the IFBB Chief Statistician shall transcribe each judge's individual placings onto the "*Statistician's Score Sheet*".
8. Depending on the number of regular-panel judges as described in article 31.2, high and low scores shall then be discarded.
9. The remaining five scores shall be summed to produce a *Round Two* "subscore".
10. Ties in the *Round Two* "subscore" shall not be broken.
11. The scoring for the Prejudging for women's figure shall be similar to that described above except, since there is only one round at Prejudging, there is only one "subscore".

31.4 Scoring the Finals:

The scoring for the Finals in men's and women's bodybuilding and in women's fitness shall be carried out as follows:

1. During *Round Three*, using the "*Judges Individual Score Sheet*", each judge shall award a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where otherwise noted.
2. At the completion of *Round Three*, the IFBB Chief Statistician shall transcribe each judge's individual placings onto the "*Statistician's Score Sheet*".
3. Depending on the number of regular-panel judges as described in article 31.2, high and low scores shall then be discarded.
4. The remaining five scores shall be summed to produce a *Round Three* "subscore".
5. Ties in the *Round Three* "subscore" shall not be broken.
6. During *Round Four*, using the "*Judges Individual Score Sheet*", each judge shall award a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where otherwise noted.
7. At the completion of *Round Four*, the IFBB Chief Statistician shall transcribe each judge's individual placings onto the "*Statistician's Score Sheet*".
8. Depending on the number of regular-panel judges as described in article 31.2, high and low scores shall then be discarded.

9. The remaining five scores shall be summed to produce a *Round Four* “subscore”.
10. Ties in the *Round Four* “subscore” shall not be broken.
11. The “subscores” for all four rounds shall then be summed to produce a Final “score” and Final “place”.
12. If the Final “score” is tied, the tie shall be broken as follows:
 - a. First, the discarded highs and lows from all three previous rounds will be used to break the tie.
 - b. If a tie still exists, the scores from any alternate judges will be used to break the tie.
 - c. If a tie still exists, the IFBB Chief Judge shall canvass each regular panel judge to break the tie.

Article 32 – Judging Accuracy Scores

32.1 General:

The Pro Judges Committee may, at its own discretion, assess the Judging Accuracy Scores of any IFBB professional judge, at any IFBB professional competition.

32.2 The Deviation Method:

Where Judging Accuracy Scores are assessed, the “Deviation Method” shall be used. This method compares the difference between an individual judge’s placement of a competitor and the entire regular judging panel’s placement of that same competitor (after highs and lows are discarded and any ties are broken). If, for example, 15 competitors are being judged, the “Deviation Method” process is as follows:

1. A “*denominator*” is produced that is directly related to the total number of competitors that are being judged. This number is the sum of the total possible individual placings. For example, with 15 competitors, the “*denominator*” is 120 (1 + 2 + 3 ... + 13 + 14 + 15).
2. Starting with Judge #1, this judge’s individual placement for each competitor is compared with the entire regular judging panel’s placement of that same competitor (after highs and lows are discarded and any ties are broken). For example, if a judge places a competitor 5th and the regular judging panel places that same competitor 3rd, the deviation is “2”.
3. The individual deviations for each judge are summed to produce a “*total deviation*”. For example, let us say that the “*total deviation*” is “20”.
4. The “*total deviation*” is subtracted from 120 to produce a “*numerator*”, and then, this “*numerator*” is divided into the “*denominator*” of 120 to produce a Judging Accuracy Score. For example, $120 - 20 = 100$. $100 \div 120 = 0.83 = 83\%$.
5. The IFBB minimum standard for Judging Accuracy is 70%.
6. As the “*denominator*” is directly proportional to the number of competitors being judged; the fewer the competitors, the more strict the assessment.

Article 33 – Amendments and Proposals

33.1 Amendments:

The *Pro Committee* shall have delegated authority to issue temporary amendments to the *Pro Rules*. These amendments shall be issued in the form of IFBB “Pro Directives” and shall have force and effect until the next annual meeting of the *Pro Committee*, at which time they shall either be ratified or rejected. If ratified, the amendment shall become permanent on the date of ratification; if rejected, the amendment shall cease to have force and effect on the date of rejection.

33.2 Proposals:

Members of the *Pro Division* may submit, to the *Pro Committee*, written proposals to amend the *Pro Rules*. The *Pro Committee* shall evaluate all such proposals; shall make a determination on their acceptance or rejection; and shall issue, where applicable, such IFBB “Pro Directives” as it deems necessary for the purpose of publishing the decision.

APPENDIX A
to the
IFBB “TECHNICAL” PROFESSIONAL RULES

DESCRIPTION OF THE QUARTER TURNS

The following is a detailed description of the four quarter turns, which shall be initiated from the front-facing position:

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.

Quarter Turn Back:

Facing the back of the stage, relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.

Quarter Turn Front:

Facing the front of the stage, relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed

and at the side along the center-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.

APPENDIX B
to the
IFBB “TECHNICAL” PROFESSIONAL RULES

DESCRIPTION OF THE
SEVEN COMPULSORY POSES FOR MEN

Front Double Biceps:

Standing facing the judges, with legs 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. This will cause the biceps and forearm muscles to contract, which are the main muscle groups to be assessed in this pose. In addition, the competitor should attempt to contract as many muscles as possible because the judges will be surveying the whole physique.

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. In the compulsory poses, he or she should first look at the primary muscle group being displayed. The judge should survey the whole of the physique, starting from the head and looking at every part in a downward sequence, beginning with general impressions, 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 upper and lower trapezius, teres and infraspinatus, erector spina, the gluteus group, leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups can be made during the comparisons when it helps the judge to compare muscle shape, density, and definition while still bearing in mind overall balanced development.

Front Lat Spread

Standing facing the judges, with feet a short distance apart, the competitor will place the hands, preferably clenched, against the lower waist and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible.

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 feet survey as in the first pose, noting first the general aspects and then concentrating on the more detailed aspects of the various muscle groups.

Side Chest

The competitor can choose either side for this pose, so that he is displaying his better arm. He will stand with his left or right side towards the judges. He will bend the front arm nearest to the judges to a right angle position with the fist clenched and with the other hand will grasp the wrist. The front leg nearest to the judges will be bent at the knee and will rest on the toes. The competitor will expand the chest, and by upward pressure of the front bent arm, 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 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 his survey once again with the head to feet examination.

Back Double Biceps

The competitor will stand with his back to the judges; he will bend the arms and wrists as in the front double biceps and will place one foot back resting on the toes. He will 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 survey the head to feet, during which there are more muscle groups to look at than in all of the other poses, including: 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 to determine the quality of the competitor's muscle density and definition and overall balance.

Back Lat Spread

The competitor will stand with his back to the judges and place his hands on his waist with the elbows kept wide, one foot back resting on the toes. He will then contract the latissimus dorsi as widely as possible and display a calf contraction by pressing downward on the rear toes. The judges will look for a good spread of the latissimus dorsi but also for good muscle density and will again conclude with the head to feet survey.

Side Triceps

The competitor can choose either side for this pose, so that he is showing the judges his better arm. He will stand with his left or right side towards the judges and will place both arms behind his back. He can either link his fingers or grasp the front arm by the wrist with his rear hand. The front leg nearest to the judges will be bent at the knee and will rest on the toes. 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 muscle as well as the thigh and calf muscles.

The judge will first survey the triceps display and then conclude with the head to foot examination. In this pose and the side chest pose, the judge will be able to survey the thigh and calf muscles in profile, which will help him to grade their comparative development more accurately.

Abdominals and Thighs

Standing facing the judges, the competitor will place both arms behind the head and 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 in the forward leg.

The judge will survey the abdominal and thigh muscles and then conclude with the head to foot examination. The importance of these comparisons cannot be over emphasized. These will help the judge in deciding which competitor has the superior

physique from the aspects of muscular bulk, balanced development, muscular density, and definition.

APPENDIX C
to the
IFBB “TECHNICAL” PROFESSIONAL RULES

DESCRIPTION OF THE
FIVE COMPULSORY POSES FOR WOMEN

Front Double Biceps

Front view, arms overhead at 45 degrees with hands open or closed, right leg is placed to the side, contraction of the biceps, abdominal, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

Side Chest

As in the men’s Side Chest pose, the female competitor can choose either side for this pose, so that she is displaying her better arm. Left or right side to the judges, front knee bent forward with heel raised, front arm bent to 90 degrees with palm upward, the rear hand gripping on top of the front wrist, contraction of the biceps, pectoral, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

Back Double Biceps

Back view, arms overhead at 45 degrees with hands open or closed, one leg placed to the rear with the calf spiked, contraction of the biceps, upper and lower back, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

Side Triceps

As in the men’s Triceps pose, the female competitor can choose either side for this pose, so that she is displaying her better arm. Right or left side to the judges, front leg extended backward, arms behind the back, contraction of the triceps, pectoral, abdominal, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

Abdominals and Thighs

Front view, both hands behind the head, one leg place forward, contraction of the pectoral, abdominal, and thigh muscles. The competitor will rotate and display both legs to the judges. The competitor will also display the serratus muscles along with the abdominals.

Judges will assess this pose in exactly the same manner as described for the men.

APPENDIX D
to the
IFBB “TECHNICAL” PROFESSIONAL RULES

ASSESSING THE FEMALE PHYSIQUE

The following factors shall be taken into consideration when assessing the female physique:

1. Female bodybuilders should be judged in the same manner as their male counterparts unless there is a specific reason to make exceptions.
2. Bodybuilding is about the aesthetic development of muscle. Women should be encouraged to develop as much muscle mass as possible as long as this development conforms to accepted standards of bodybuilding aesthetics – symmetry, shape, proportion, definition, etc.
3. “Too big” is a term that applies only to whether or not a competitor has developed too much muscle mass for her skeletal structure and proportions. A competitor should never be considered “too big” because she is much better developed than the other bodybuilders in a given lineup.
4. True muscularity (having full, well-shaped muscles that are clearly defined as opposed to being in a defined but overly-depleted state) is the result of a good training program and an effective, non-depleting diet.
5. Aesthetics are important, but a bodybuilder must have enough muscle development to be competitive on whatever level she is competing. Aesthetics without muscle is as bad as muscle without aesthetics.
6. Bodybuilding is about the beauty of the developed physique, but it is not a conventional beauty contest. If a female competitor is attractive by normal standards, all the better, but this kind of attractiveness is no substitute for having a well-developed, balanced, muscle structure.
7. The four rounds of an IFBB professional contest are all physique rounds, although a variation of whether or not the body is flexed or in repose is displayed in each round. Judges should score every round, looking at every aspect of the physiques they observe during that round as if that round were the entire contest.
8. Women are encouraged to develop their physique to the limits of their individual potential, keeping in mind all of the aspects of the criteria to which they will be judged: shape, size, symmetry, proportion, and definition. They should not be too thick or bulky or depleted or emaciated to the point of detracting from a healthy look.
9. Carriage and posture are also important aspects when judging the physique. How a competitor transitions between poses; how she is standing on stage; and how graceful she walks all are important aspects of the overall assessment. The judges should always keep in mind therefore, that if two physiques are equal in development, then these last criteria can enter in to the final evaluation and be reflected in their scores.