



**THE BRITISH NATURAL BODYBUILDING FEDERATION  
PRESENTS THE  
2018  
NATURAL BODYBUILDING QUALIFIERS  
(QUALIFIERS FOR BNBf BRITISH FINALS 7<sup>th</sup> Oct 2018)**

**Scottish 3<sup>rd</sup> June, Northern Ireland 16<sup>th</sup> June, Welsh 1<sup>st</sup> July, Southern 22<sup>nd</sup> July,  
Central 29<sup>th</sup> July, Midland 12<sup>th</sup> August, Northern 26<sup>th</sup> August.**

**ELIGIBILITY:** - Open to anyone who has been drug free for 7 years on date of contest. Athletes must obtain BNBf membership 14 Days prior to date of contest.

**PLACE:**

**Scottish-PERTH CONCERT HALL, PERTH  
Northern Ireland- WATERFRONT HALL, BELFAST  
Welsh- DOLMAN THEATRE , KINGSWAY NEWPORT  
Southern- THE HAYMARKET, BASINGSTOKE  
Central- THE ALBAN ARENA, CIVIC CENTRE, ST ALBANS  
Midland- THE CRESENT, BIRMINGHAM  
Northern- RNCM, OXFORD ROAD MANCHESTER**

**TIME:** CONTESTANT CHECK IN 11.30AM  
PREJUDGING 1PM DOORS OPEN 12.30PM, EVENING SHOW 4PM DOORS OPEN 3.30PM

**MUSIC:** If possible music should be emailed to [info@bnbf.co.uk](mailto:info@bnbf.co.uk) clearly marked with name, contest and class entering. Alternatively Contestant can post a, cd to a maximum of **60 seconds**. If music does not play, the DJ will play substitute music. **Please ensure that the CD is a good copy and clean.**  
**Music should be submitted at least 2 weeks before event!**

**ENTRY FEE: £10 FOR ALL CONTESTANTS  
(PAYABLE WITH ENTRY TO BNBf)**

**MEMBERSHIP:** Competitor must be a BNBf Member 14 days prior to competition.

**DEADLINE: ENTRIES TO BE IN 14 DAYS PRIOR TO COMPETITION**

**INFO: BNBf c/oThe Body Academy 01738 446 006**

**IMPORTANT** ENTRY FORMS TO BE SENT TO  
BNBF C/OThe Body Academy, 40 South William Street, Perth PH2 8LS  
Cheques Payable to BNBf

**IMPORTANT** Instant tan are banned from BNBf stages.  
you will not be judged if deemed to be wearing instant tan. Recommended tan is Dark As available from  
[www.darkastan.co.uk](http://www.darkastan.co.uk)

CONTESTANTS DO NOT REQUIRE A TICKET FOR ENTRY INTO EVENING SHOW.

**IMPORTANT** Remember to circle which qualifiers you intend competing in.

## List of BNBFBanned Substances

**The following substances and related compounds are banned by the BNBFB and their use constitutes grounds for dismissal from BNBFB competitions and suspension from membership in the organization.**

**ANABOLIC STEROIDS.**

**TESTOSTERONE (Testosterone/epitestosterone Ratio)**

**The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 4/1 is ruled as positive, no matter what the cause.**

**GROWTH HORMONES** (pharmaceutical HGH, HCG and any other related compounds)

**HORMONES AND PRECURSORS** The use of any hormone including T3 and T4 (injectable, oral, sublingual or otherwise) including insulin is strictly prohibited. All hormonal precursors ( androstenedione, 19 norandrostenedione, etc.) are banned.

**PRESCRIPTION DURETICS** (Fen-Phen and all other prescription weight-loss substances used for bodybuilding purposes, even when physician-prescribed are banned by the BNBFB)

**PSYCHOMOTOR STIMULANTS**

**MUSCLE IMPLANTS OF ANY KIND**

**CHEMICALS/DRUGS USED TO DECIEVE OR PASS POLYGRAPH**

**CLENBUTEROL AND GHB**

**ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE**

**ANY FDA-BANNED SUBSTANCE UNLESS INDICATED**

**ANY IOC-BANNED SUBSTANCE UNLESS INDICATED**

Note: Should there be an elevated T/E ratio in excess of the 4/1 limit, the athlete will be ruled as positive (failure). Likewise the presence of any banned substance in the urine (i.e. nandrolone) no matter how it arrived there is ruled as positive (failure)

Products that contain ingredients that have chemical names similar to anything on the banned substance list could potentially cause a positive urine test result. Check with the BNBFB drug testing officials if uncertain as to whether a particular product is disallowed or not.

Any use of a banned substance in the case of a medical circumstance, requires an application for exemption. This should be initiated by a letter from a doctor which should accompany this application. The BNBFB will thereupon investigate the substance in question and its usage and make its own decision on whether you are eligible for BNBFB Competitions.

I have read and agree to abide by this list of banned substances as a prerequisite for my participation in the BNBFB and its sanctioned events. I agree to be tested at any time to prove my adherence to the above.

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ATHLETES NAME

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SIGNATURE

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DATE

# **BNBF AMATEUR MEMBERSHIP APPLICATION**

**NAME** \_\_\_\_\_ **Previous Mem No.** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PHONE: DAY** \_\_\_\_\_ **EVENING** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_ **WEIGHT** \_\_\_\_\_

**AGE** \_\_\_\_\_ **DOB** \_\_\_\_\_

**MEMBERSHIP FEE: £30** Payment is required with application.

Cheques payable to BNBF

\*Membership expires on 31<sup>st</sup> Dec of the year joined irrespective of date of joining.\*

In consideration for your acceptance of my application to join the amateur **British Natural Bodybuilding Federation** (BNBF), I understand and agree to abide by the rules and by laws of the BNBF, Including the drug free and conduct policies of the organization. I understand that, in order to compete in a BNBF sanctioned event, I may be required to submit up to two or more drug tests to validate a seven year abstinence from the use of any type of steroids, hormones, prescription diuretics and any and all compounds deemed illegal by the BNBF. I may also be asked to validate an absence of muscle implants via drug testing. Such testing will be done through polygraph and/or urinalysis. I further agree to abide by the decision of the BNBF concerning my participation in a BNBF –sanctioned contest pending the results of one or both my tests. Failure to pass BNBF drug tests or failure to adhere to BNBF rules and regulations will result in my expulsion from the competition, as well as loss of BNBF eligibility for 7 years. I will also agree to submit to any and all out-of-season testing required by the BNBF and agree to stand by the results, whatever it may be.

WAIVER: I hereby waive and release any claims or demands against the BNBF its representatives, sponsors and promoters that may arise out of my participation in a BNBF event or my membership in the BNBF.

**AGREED:**

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

Mail to: **BNBF 40 South William Street, Perth, Scotland PH2 8LS**

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FOR OFFICIAL USE ONLY

Fee Collected \_\_\_\_\_ BNBF NO. \_\_\_\_\_