

BNBF Ultimate Athlete



ENTRY FORM

Name: _____ Email: _____

Address: _____ Phone: _____

City: _____ Post Code _____ Country: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____

WAIVER/RELEASE

Waiver: I hereby intend to be legally bound for myself and waive and release any and all rights and claims for damages I may have against the facility owners, BNBF, the promoters, and any sponsors, agents, or representatives for any injuries and/or losses suffered by me as a result of my participation and/or attendance at this contest.

I acknowledge I have reviewed and understand the BNBF drug testing procedures and list of banned substances. I agree to abide by the decision of the BNBF, and/or contest promoters concerning my participation in an BNBF-sanctioned contest pending the results of any form of testing used to detect use of banned substances with the BNBF. I understand that the administrator or laboratory utilized for substance screenings is the choice of the BNBF and/or the promoters, and agree to accept the results of said testing, whatever they may be. 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 sanctioned event or my membership in the BNBF.

I have read, understand, and agree to the above terms.

Name: _____

Signature: _____

Date: _____

If under 18:

Parent's name: _____

Parent's Signature: _____

DIVISION ENTERING (*check*)

Male Athlete _____

Female Athlete _____

Amount to Enclose with Entry Form:

Entry Fee: £10 BNBF Membership £35

Total Fee: £45

Make payments payable to BNBF

Payment by check, Cash or Postal Order

Send Entry & Payment to:

BNBF

40 South William Street

Perth

PH2 8LS

List of BNBF Banned Substances

The following substances and related compounds are banned by the BNBF and their use constitutes grounds for dismissal from BNBF 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 BNBF)

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 the use of any substance cause 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 BNBF 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 BNBF will thereupon investigate the substance in question and its usage and make its own decision on whether you are eligible for BNBF Competitions.

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

ATHLETES NAME

SIGNATURE

DATE

BNBF AMATEUR MEMBERSHIP APPLICATION

NAME _____ Previous Mem No. _____

ADDRESS

PHONE: DAY _____ **EVENING** _____

E-mail _____

HEIGHT _____ **WEIGHT** _____

AGE _____ **DOB** _____

MEMBERSHIP FEE: £35

Payment is required with application. Cheques payable to BNBF

Membership expires on 31st 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.

Name _____ **Signature** _____ **DATE** _____

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

FOR OFFICIAL USE ONLY

Fee Collected _____ BNBF NO. _____