

THE BRITISH NATURAL BODYBUILDING FEDERATION
PRESENTS THE
2019
NATURAL BODYBUILDING QUALIFIERS
(QUALIFIERS FOR BNBf BRITISH FINALS 29th Sept 2019 in Perth Scotland)

**Scottish 2nd June, Northern Ireland 15th June, Welsh 30th June, Central 27th July,
Southern 4th Aug, Midland 25th Aug, Northern 15th Sept.**

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
Central- QUEENS THEATRE, HORNCHURCH
Southern- THE LEATHERHEAD THEATRE, LEATHERHEAD
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 clearly marked with name, contest and class.
Alternatively Contestant can post a, cd or memory stick. Routines will be a maximum of 60secs.

Please ensure that the CD is a good copy and clean.
Please note any CDs or memory sticks will not be returned.
Music should be submitted at least 2 weeks before event!

ENTRY FEE: £10 FOR ALL CONTESTANTS
(Cheque or Postal Order -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 co The 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 or postal orders Payable to BNBf
Note- Membership form and entry form can be sent together.

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.com

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.

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 or postal order payable to BNBFB

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 BNBFB, Including the drug free and conduct policies of the organization. I understand that, in order to compete in a BNBFB 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 BNBFB. 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 BNBFB concerning my participation in a BNBFB –sanctioned contest pending the results of one or both my tests. Failure to pass BNBFB drug tests or failure to adhere to BNBFB rules and regulations will result in my expulsion from the competition, as well as loss of BNBFB eligibility for 7 years. I will also agree to submit to any and all out-of-season testing required by the BNBFB and agree to stand by the results, whatever it may be.

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

AGREED:

SIGNATURE: _____ DATE _____

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

FOR OFFICIAL USE ONLY

Fee Collected _____ BNBFB NO. _____