

Info and competition rules INBA Dutch Championships 2024



Competition details:

- Competition date: 20 April 2024
- Registration: 19 April 2024 from 5:00 PM to 7:00 PM
- Venue: De Eng, Rochetstraat 2, 3781 CZ Voorthuizen
- Organizer: Sandra van de Kamp
- Competition starts at: 9:30 am (doors open at 9:00 am)
- Official hotel: Recreatiepark de Boshoeke in Voorthuizen (www.boshoeke.nl)
- Subscription online at www.zbodyfit.com from 1 December 2023 to 5 April 2024 or until the maximum number of participants has been reached.
- Maximum number of participants : 125 (open to INBA members from all countries, this competition is part of the European Elite Tour)
- Participation in this competition is mandatory for Dutch athletes who want to participate at the INBA/PNBA World Championships 2024. For this reason, Dutch athletes receive a one-week head start on subscription for this competition compared to international athletes. **Registration for international athletes will open on 8 December 2023.**
- Spray tan: Protan Benelux (www.protanbenelux.com)
- Make-up & hair services: Monica Stage Make-up bernaertsmonica@gmail.com
- Judges: 5 judges will be in the judge panel

Competition fee/coach ticket/visitor tickets:

- Entry fee first class: 69 euros (including doping fee)
- Competition fee for each additional category: 45 euros.
- The competition fee must be paid in advance (you will receive an email with payment instructions). Your registration is confirmed after payment of the competition fee.
- Coach pass: 40 euros. You can buy a coach pass at the registration (cash only) on 19 April 2024. This pass allows entrance to backstage and to the audience) Maximum 1 coach per athlete.
- Visitor tickets: can be bought only online: <https://www.nowonlinetickets.nl/Shop/EventDetails/5B5C8BCEEDC235DDB2F4104F31442712>
- Dutch athletes must be in possession of a valid INBA Netherlands membership card. This membership costs 40 euros per year and you pay 2 years in advance. This card must be shown on registration day (<http://www.inbanetherlands.nl/Word-INBA-member>)
- International athletes need to have a valid INBA Membership card from their country or a European Card or a Global Card if your country doesn't have an INBA joined federation.

- This competition is part of the Europe Elite Tour (<http://www.inbanetherlands.nl/European-Elite-Tour/>). If you want to join this tour, you need to have a European Card. You can order this card online at <https://naturalbodybuilding.eu/elite-tour-membership/>

Drugtesting:

The drugtesting will be done on request of the judges and/or by a selection of Global Quality Sports (GQS). This may include blood and/or urine tests or a hair test. In case of a positive result, the athlete will be disqualified from the competition. Any prizes won, must be returned to the organization. Membership of the INBA will be ended immediately and after investigation by our anti-doping committee, the athlete and the used prohibited substances can be published at the Hall of Shame and a 2000 euros fine will be charged to the athlete. The WADA guidelines are followed for blood and urine tests. By registering for this competition, the athlete automatically gives permission to voluntarily participate in the relevant tests and agrees to the competition rules.

The athlete must ensure that he or she is familiar with the WADA Doping List (<http://www.inbanetherlands.nl/WADA-dopinglijst/>)

Categories:

Male:

- Men's Athletic (bodybuilding category with weight limit (weight in cm +/- 103)
- Teens Bodybuilding (15 t/m 17 years, only with parents permission)
- Bodybuilding juniors (18 t/m 23 years)
- Bodybuilding Masters (40+)
- Body Building Grand Masters (50+)
- Bodybuilding Ultra Masters (60+)
- Bodybuilding Open
- Classic Physique juniors (18 t/m 23 years)
- Classic Physique Open
- Men's physique juniors (18 t/m 23 years)
- Men's physique masters 40+
- Men's physique Open

Female:

- Bikini Diva's juniors (18 t/m 23 years)
- Bikini Diva's junior masters (35+)
- Bikini Diva's Masters (40+)
- Bikini Diva's Grand Masters (50+)
- Bikini Diva's Open
- Sportmodels Masters 40+
- Sportmodels Open
- Wellness
- Figure Masters (40+)
- Figure Open
- Women's Physique
- Women's Bodybuilding
- INBA Angels
- Swimsuit Models

Male and Female:

- Ink Division
- Mixed Pairs
- Physically Challenged

The Open categories remain open categories. There will be no different height categories. If the classes are very large, they will be split into several groups (by height) from which a top 3 will be selected each time. These top 3 athletes from each group, will compete together for the top 5 and ultimately for the title of the open class. With two groups it will be a top 6.

Check our website for more information about the different classes.

Pre-judging/finals:

It's a one format show. This means that the finals and awardings per class always take place immediately after the pre-judging. The pre-judging consists of quarter turns/ mandatory comparison poses (see the rules per class on the website www.inbanetherlands.nl).

For each class, the top 5 advance to the finals.

Only the top 5 performs routines/T-walk. The awards ceremony will follow immediately afterwards.

Also in the Classic Physique, only the top 5 perform a routine. In this class the posing routine will be judged.

House rules:

Access to the backstage area is only open to athletes and coaches. A maximum of 1 coach per athlete is allowed. Because it is a one show format, you are not supposed to stay backstage all day. You arrive at the required time for your class and once you have finished your competition, you leave the backstage, including your personal belongings. This is necessary to give the athletes who still have to perform space backstage.

All valuables or money should be left with friends or coaches. The organizer is not responsible for loss or damage to personal property.

It is strongly requested that all athletes and their coaches do not make stains on the walls, chairs, interior or exterior of the venue with tanning products. In case that someone does cause damage, both indoors and outdoors, the person will be punished with a fine of € 100,00 and will be held personally responsible for the costs of the damage that is caused.

It is only permitted to use the spray tanning service offered by our organization or at least "dry" non-bleaching tanning, for example ProTan. It is not allowed to use Dreamtan or similar products that are sticky, not dry and transfer color.

We strongly recommend athletes to use the services of Protan Benelux (book it in advance online by www.protanbenelux.com), so that you do not show a different color on stage for a good comparison.

Bringing your own tents and spraytans are not allowed backstage.

If the athlete refuses his or hers cooperation to drugtesting, the athlete will be disqualified. The drugtesting can be done by a urine test, blood test and/or hair test. Incurred costs, such as competition fees, membership fees, tanning, posing clothes, travel expenses, etc., are for the athlete's own expense.

The athlete declares to be in good health to participate in this competition. When there's any doubt, the athlete has consulted a doctor/specialist who has given permission to participate in this competition. The INBA Netherlands is not liable for any form of damage to the athlete's health or consequences of competition participation and/or competition preparation.

There will be no refunds.

The INBA Netherlands follows the rules of INBA Global.