

Info and competition rules INBA/PNBA World Championships 2024



Competition dates: 13,14, 15 June 2024 (time schedule and details will follow)

Website: <http://www.inbanetherlands.nl/World-Championships-2024/>

Online registration: registration for the INBA/PNBA World Championships 2024 has started at 3 December 2023 at www.zbodyfit.com.

The final date to register will be 30 Mai 2024.

Make sure you follow the qualification rules of your country.

To compete at the world championships every athlete needs a membership of their country and a Global membership <https://naturalbodybuilding.com/product/membership/> or a European Membership when you live in Europe <https://naturalbodybuilding.eu/elite-tour-membership/>

Competition registration: 13 June 2024 at Recreatiepark “De Boshhoek” Voorthuizen (time schedule and details will follow)

Venue: De Eng, Rochetstraat 2, 3781 CZ Voorthuizen

Organizer: president INBA Netherlands Sandra van de Kamp
(info@inbanetherlands.nl / sandra@balancept.nl)

Official hotel: Recreatiepark “De Boshhoek” in Voorthuizen (www.boshhoek.nl).

At “De Boshhoek” there are lodges and bungalows (from 2-4 persons upto 20 persons if you like to share a bungalow with your team or family). Every accommodation has its kitchen so you can prepare your own competition food. Everything an athlete can wish for.

They have a 15% discount for you so make sure you follow these steps:

- Choose your accommodation (see the different options here: <http://www.inbanetherlands.nl/World-Championships-2024/>)
- Send an email to inba2024@deboshhoek.nl to book your room by writing which accommodation you want, the dates, how many persons, your name, address, country and phone number.
- As a proof that you are a competitor, you add a photo of your INBA/PNBA membership card (Global card or European card or your country card) to your email.

Traveling: The nearest airport to Voorthuizen is Amsterdam Schiphol Airport. We have made a deal with 20% discount with taxi company 'Snel een Taxi' from Schiphol Airport to

Recreatiepark De Boshoeck in Voorthuizen, the official hotel. The earlier you book your taxi, the better price you have, so don't wait too long. There is an option for a 4 persons car or a 8 persons mini bus [This is the link](#) you can use for your taxi booking with discount. If you travel alone, it might be a cheaper option to take the train first to Amersfoort Central Station. This is a direct train connection from the airport. [This is the link](#) for the taxi services with 20% discount from Amersfoort CS to Recreatiepark De Boshoeck in Voorthuizen

If you travel by other airports (Eindhoven or Rotterdam), we recommend to rent a car.

Spray tan: Protan Europe

<https://www.protan-europe.com/book-your-tan/627?l=>

Make-up & hair services: Protan Europe

<https://www.protan-europe.com/book-your-tan/627?l=>

Photoservices: Dunavolgyi Media Team, booking info will follow soon

Competition fee/coach ticket/visitor tickets:

- Competition fee Amateur: first category 190 euro, every additional category 150 euro
- Competition fee Pro divisions: 275 euro per division
(doping fee is included)

You will receive an email with payment instructions.

Your registration is automatically confirmed after payment of the competition fee

- Coach pass: 60 euros. The athlete can buy a coach pass at the registration (cash only) on 13 June 2024. This coach pass allows entrance to the backstage area and to the audience for the entire weekend, so no visitor ticket needed when you have a coach pass. Maximum 1 coach per athlete allowed.
- Visitor tickets: can only be bought online. A one day entrance pass will be 49,50 euros, a two day entrance pass will be 85,00 euros. Buy your tickets here:
<https://www.nowonlinetickets.nl/Shop/EventDetails/4FAE9E6D5F3DA28AE5944DD5BAA8DDCB>

Prize money Pro divisions:

Pro athletes can win prize money when they finish top 3 with a minimum number of athletes in the line up:

minimum 3 athletes: first place 300 euro

minimum 5 athletes: first place 500 euro, second place 300 euro, third place 100 euro

minimum 7 athletes: first place 1000 euro, second place 500 euro, third place 300 euro

Drugtesting:

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 organisation. Membership of the INBA /PNBA will be ended immediately and after investigation by our anti-doping committee the athlete and 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 Prohibited List (<http://www.inbanetherlands.nl/WADA-dopinglijst/>)

Categories:

Male:

- Men's Athletic (bodybuilding category with weight limit (weight in cm -/- 103)
- Teens Bodybuilding (15-17 years, only with parents permission)
- Bodybuilding juniors (18-23 years)
- Bodybuilding Masters (40+)
- Body Building Grand Masters (50+)
- Bodybuilding Ultra Masters (60+)
- Bodybuilding Open
- Classic Physique juniors (18-23 years)
- Classic Physique Masters 40+
- Classic Physique Open
- Men's physique juniors (18-23 years)
- Men's physique junior masters (35-39 years)
- Men's physique masters 40+
- Men's physique Open
- Men's Sportmodels Open
- Men's Formal wear

Female:

- Bikini Diva's juniors (18-23 years)
- Bikini Diva's junior masters (35-39 years)
- Bikini Diva's Masters (40+)
- Bikini Diva's Grand Masters (50+)
- Bikini Diva's Ultra Masters (60+)
- Bikini Diva's Open
- Sportmodels Masters (40+)
- Sportmodels Open
- Wellness Open
- Figure Jr Masters (35-39 years)
- Figure Masters (40+)
- Figure Grandmasters (50+)
- Figure Open
- Women's Physique
- Women's Bodybuilding
- INBA Angels
- Swimsuit Models
- Evening gown

Male and Female:

- Ink Division
- Mixed Pairs
- Physically Challenged

PNBA Pro divisions:

- Men's Bodybuilding
- Classic physique
- Athletic physique

- Men's physique
- Men's Sportmodels
- Bikini Diva's
- Sportmodels
- Wellness
- Figure Open
- Women's Physique
- Women's Bodybuilding
- INBA Angels

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, group A,B,C etc.) 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.

Pre-judging/finals:

It's a one format show. This means that the finals and awardings per class will 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.naturalbodybuilding.com).

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. Only 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(es) 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 enough 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 organisation 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 Europe (book it in advance online by www.protaneurope.com), so that you do not show a different color on stage for a good comparison.

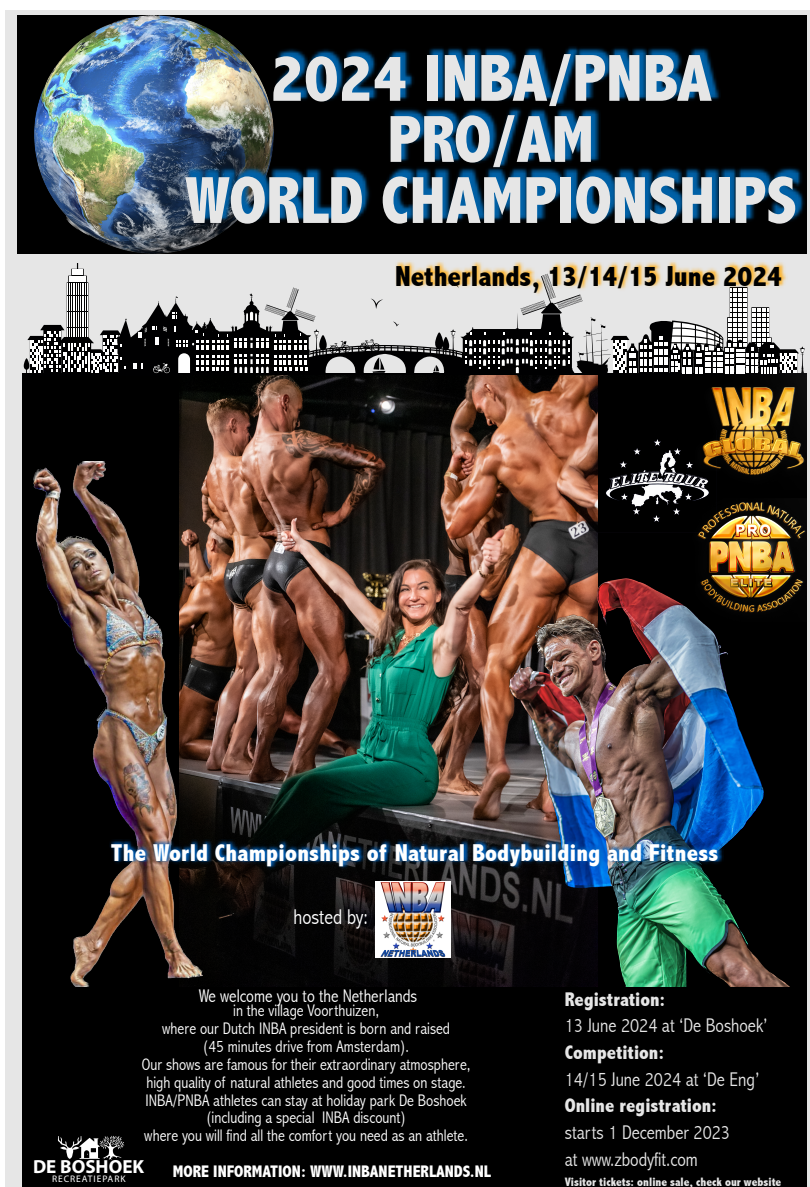
Bringing your own tents and spraytans are not allowed backstage.

If the athlete refuses his or hers cooperation to drugtesting, the athlete will be disqualified. 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.

INBA Global rules will be followed (www.naturalbodybuilding.com)




The poster features a globe in the top left corner. The main title is "2024 INBA/PNBA PRO/AM WORLD CHAMPIONSHIPS" in large, bold, blue and white letters. Below the title, it says "Netherlands, 13/14/15 June 2024" in yellow and white. The central image shows a group of bodybuilders on a stage, with a woman in a green outfit sitting in the foreground. The INBA and PNBA logos are visible on the right side. At the bottom, there is a section titled "The World Championships of Natural Bodybuilding and Fitness" with a "hosted by:" logo for INBA Netherlands. Below this, there is a paragraph of text and a registration/competition schedule. The bottom left corner features the logo for "DE BOSHOEK RECREATIEPARK" and the website "WWW.INBANETHERLANDS.NL". The bottom right corner has information about registration, competition, and online registration, along with a note about visitor tickets.

**2024 INBA/PNBA
PRO/AM
WORLD CHAMPIONSHIPS**

Netherlands, 13/14/15 June 2024

The World Championships of Natural Bodybuilding and Fitness

hosted by: 

We welcome you to the Netherlands in the village Voorhuizen, where our Dutch INBA president is born and raised (45 minutes drive from Amsterdam). Our shows are famous for their extraordinary atmosphere, high quality of natural athletes and good times on stage. INBA/PNBA athletes can stay at holiday park De Boshoeck (including a special INBA discount) where you will find all the comfort you need as an athlete.

Registration:
13 June 2024 at 'De Boshoeck'

Competition:
14/15 June 2024 at 'De Eng'

Online registration:
starts 1 December 2023
at www.zbodyfit.com

Visitor tickets: online sale, check our website

DE BOSHOEK
RECREATIEPARK

MORE INFORMATION: WWW.INBANETHERLANDS.NL