



„Against doping and drugs“

INBA EUROPEAN CHAMPIONSHIP 2014

in natural bodybuilding and fitness

Organizers:	Czech Federation of Natural Sport (ČSNS) INBA Europe
Term:	24. - 25. 10. 2014
Place:	GREAT HALL OF THE HOTEL THERMAL IN KARLOVY VARY (www.thermal.cz) CZECH REPUBLIC
Promoter:	Tomáš Procházka
Judges:	7
Medical Assistance:	MUDr. Roman Sýkora
Narrator:	Roman Wróbel
Contact address:	ČSNS&INBA EUROPE Tomáš Procházka - President Svahová 22 360 01 Karlovy Vary Czech Republic www.natural-sport.cz , www.inbaeurope.eu e-mail: info@natural-sport.cz

Conditions of participation

1. Contest is designed for bodybuilders using only natural methods of preparation incl. foods and food supplements without using any health damaging substances, especially doping substances and anabolic steroids. Only officially registered supplements for sportsmen of a Czech or international production are allowed.
2. The final term for sending applications is the 17. 10. 2014. The application sent after this term cannot be accepted.
3. Every contestant is asked to confirm by his sign that he did not use any drug and fully accepts rules of this contest incl. penalties.
4. **Doping control** – Organizer is responsible for doping control ensured by INBA Europe according international rules (WADA).
5. **Sanctions** – in an event that the contestant's drug test result is positive, he or she will be immediately disqualified. More information on <http://www.inbaeurope.eu/images/stories/dokumenty/antidoping-rules-inba-english.pdf>

CATEGORIES:

MALE – NATURAL BODYBUILDING

- I. Teen - 15 – 18 years
- II. Juniors – 18 - 21 years
- III. Novice Men
- IV. Men Open - under 170 cm
- V. Men Open - under 175 cm
- VI. Men Open - under 180 cm
- VII. Men Open - above 180 cm
- VIII. Masters – men 40 – 50 years
- IX. Super Masters – men 50 - 60 years
- X. Grand Masters – men above 60 years

1st part – Body evaluation – muscle development

¼ turns + mandatory poses:

Front Double Bicep, Front Lat Spread, Side Chest, Rear Double Bicep, Rear Lat Spread, Side Triceps, Abdominals + Thigh with hands behind head.

Marked are: Overall muscle volume, body Symmetry and overall harmony between individual muscles. Judges prefer muscle outline and quality not overdone volume and inadequate dehydration. Overall appearance must be pleasant, full of energy and strength. Judges will also take in account skin make-up.

2nd part – routine round

Routine round must be under 60 seconds. Attire should be neutral Posing Suit and athletes must be barefoot. Thongs are not permitted.

MIXED PAIRS – NATURAL BODYBUILDING

1st part Muscular development comparisons in 5 mandatory poses – 50%

2nd part Routine round must be under 60 seconds

MAN – FITNESS

- I. round – comparison of muscle development and symmetry ¼ turns. (40% points in evaluation).
- II. round – Routine round, where the athlete has to perform his movement and physical abilities (60% of points in evaluation). Routine round must be under 90 – 105 seconds.

Mr. PHYSIQUE

- I. round – comparison of muscle development and symmetry ¼ turns. (50% points in evaluation). Front Double Bicep, Front Lat Spread, Side Chest, Rear Double Bicep, Rear Lat Spread, Side Triceps, Abdominals + Thigh with hands behind head.
- II. round – Individual promenade + ¼ turns (50% points in evaluation).

Physically Challenged - one category !

FITNESS CHILDREN: free exercises only!!!

1. Category 8 – 11 years
2. Category 12 – 15 years

Children category should contain only a free exercise program. It should last 1.30 - 1.45 minutes. There should be power elements, flexible and acrobatic ones too. Composition should show particular movement skills of the competitor.

FEMALE FITNESS

- I. Bikini Fitness
- II. Fitness Model
- III. Fitness Classic
- IV. Fitness Figure
- V. Ms. Physique

Bikini Fitness

- | | |
|----------------------|---|
| 1 st part | Symmetry and overall presentation comparison in ¼ turns – 70% |
| 2 nd part | Individual promenade in swimsuit – 30% |

Fitness Model

- | | |
|----------------------|---|
| 1 st part | Symmetry round in 2 piece suite – ¼ turns – 70% |
| 2 nd part | Routine round in formal attire – 30% |

Fitness Classic

- | | |
|----------------------|---|
| 1 st part | Symmetry round in 2 piece suite – ¼ turns – 40% |
| 2 nd part | Routine round – 1min30sec to 1min45sec 60% |

Fitness Figure

- | | |
|----------------------|---|
| 1 st part | Symmetry round in 2 piece suite – ¼ turns – 70% |
| 2 nd part | Individual promenade in swimsuit – 30% |

Ms. Physique

- | | |
|----------------------|---|
| 1 st part | Symmetry round in 2 piece suite – ¼ turns – 50% |
| 2 nd part | Muscular development comparisons in 5 mandatory poses – 50% |

TIME SCHEDULE

Friday – 24. 10. 2014

- 15.00 - 17.00 - meeting representatives from all countries
 17.00 – 19.30 - registration of athletes (hotel Thermal)
 19.30 – 20.00 - briefing with athletes (hotel Thermal)

Saturday – 25. 10. 2014

- 8.30 – 15.30 – semifinals
 16.00 – 20.00 – finals in all categories
 21.00 – reception

Registration: competitors have to be registered in sport clothes having a passport and CD with music.

Registration fee: 50,- Euro/1 category

Accommodation:

Athletes will be accommodated in hotels in the area. There are different options for accommodation with prices ranging EUR 15 – 40 per person / night.

Contact e-mail for accommodation: lenka.helebrantova@cedok.cz

More information:

www.natural-sport.cz

www.inbaeurope.eu

www.naturalbodybuilding.com