

United Kingdom Bodybuilding and Fitness Federation

UKBFF GENERAL RULES



UNITED KINGDOM BODYBUILDING AND FITNESS FEDERATION

MEMBERSHIP RULES

- Any person wanting to become a member of the UKBFF will do so out of his/her own free will. Once you decide to become a member, the UKBFF expects you to be loyal to the federation and you cannot be a member of any other bodybuilding or fitness association.
- Loyalty will always be one of the deciding factors for invitations to IFBB International events (i.e IFBB European and World Champs etc.) or IFBB Invitational events (i.e. Arnold Classic, IFBB World Cup etc.)
- Athletes who are not already members will be able to join on the day of a competition. Any competitor without proof of membership will be required to rejoin on the day.
- Memberships available
 - £75 for a 2-year Membership: Valid from the date of application and is valid for 2 years.
 - £125 for a Full Membership: Valid from the date of application and is valid for 4 years.
- No membership fee will be accepted on the day of the **UK British Championships**. All competitors should be members before these Finals.
- You can pay and submit your details online at www.ukbff.co.uk ("MEMBERSHIP"). Payment will be taken by PayPal or credit/debit card.
- If you wish to pay by cheque or postal order you can download a Membership Application Form online at www.ukbff.co.uk and click on "ENTRY FORMS & RULES. Note: it might take up to 28 days to be posted.
- Forward Membership application with cheque or Postal Order to:
UKBFF, P.O. Box 231, Waterloo, Liverpool L22 9WW

NOTE: Privileges, entitlements and discounts are only given to a Full (4-year) Membership holders.

ENTRY RULES

- All competitors must be current UKBFF members and must bring their membership card to the contest they wish to enter. If they are not a member, a membership has to be purchased on the day.
- Unless the promoter has arranged otherwise, all entries must be submitted in advance. Entering on the day will usually be allowed with the permission of the UKBFF.
- **Entry fee** is £15 for administration for British Qualifiers and will have to be paid in cash at the registration **on the day of the event**. Entry fee for the British is also £15. At some International Qualifying sanctioned events (i.e. Grand Prix) the entry fee will be higher. This will be mentioned on the Entry Form.
- Competitors should have **British citizenship** or have been a **permanent resident in the UK** for at least 1 year.
- At any show where the winners will qualify for the UKBFF British Championships all Junior and Master competitors will be required to produce evidence of age. Such evidence can be a birth certificate, passport or driving license if it clearly shows your date of birth.
- **JUNIORS** can compete as a junior until the 31st December of the year in which he/she will reach his 23rd birthday.
- **MASTERS MEN** can compete in Masters, from the 1st January of the year they become 40 yrs or 50 yrs.
- **MASTERS WOMEN** can compete in Masters, from the 1st January of the year they become 35.
- **INTERMEDIATES** class is restricted to those competitors who have never qualified for the UK British Championships before, whether or not they accepted their invitation. This rule is not applicable to Junior BB.
- **ROOKIE** class is restricted to competitors, who are in their **first** season of competing and have not qualified for the British yet.
- Once a competitor has qualified for the UKBFF British Championships in any particular class, he/she may not enter any further British qualifying contest during the same season in the same category. They may enter another British qualifier to compete in a different category (i.e. Bodybuilding to Classic Bodybuilding or Master Bodybuilding to Men's Bodybuilding)
- A competitor may not enter more than one class at a British **qualifying** show.
- At some UKBFF **sanctioned** events a Junior or Master competitor may enter the height/weight category as well.

- Former UKBFF UK/British Champions do not have to qualify for any UKBFF British Championships- provided that they have stayed loyal- but will have to inform the UKBFF office of their intention to enter.
- The **ULTIMATE BEGINNERS** event is only for athletes, who **NEVER** been on stage and competed before.

PARTICIPATING IN NON-UKBFF EVENTS

- Any UKBFF member, -may they be a competitor or official- is expected to support and be loyal to the UKBFF and not participate or officiate in non sanctioned events, either 'Open' or other associations Bodybuilding or Fitness events. A competitor, who is a member of the UKBFF, or a UKBFF official who participates or officiates at an event, which has not been sanctioned by the UKBFF/IFBB may be suspended, fined or expelled. In certain circumstances, the UKBFF may ask guidance from the IFBB.
- For official IFBB rules on this, please check the IFBB website at www.ifbb.com.
- Any competitor who holds a UKBFF/IFBB title and is asked to Guest Pose/Judge or do any official job at any non-UKBFF/IFBB event must seek clearance from the UKBFF Executive committee before accepting.

COSTUME RULES

Men Bodybuilding and Classic Bodybuilding

- The posing trunks for Men can be of any material, but with no patterns, sequins either metallic or crystals.

Women's Physique

- Posing bikini's can be of any material of the athlete's choice. See Rules on www.ukbff.co.uk

Fitness, Bikini-Fitness, Wellness-Bikini Fitness and Body-Fitness

- Posing bikini's can be of any material of the athlete's choice. High heeled shoes. No platform shoes allowed. See Rules on www.ukbff.co.uk

Men's Physique

- Board-shorts must be about 2 cm above the knee and can be any colour or pattern. See Rules on www.ukbff.co.uk

PLEASE NOTE:

- Women's costumes are to be of conventional bikini style. Tops must cover the breasts and bikini bottoms must cover at least $\frac{3}{4}$ of the buttocks and may **not be of extremely thin or low cut style in the front**. G-strings are not permitted. This applies to ALL women's classes.
- Men's costumes must cover at least $\frac{3}{4}$ of the buttocks, At least 1 cm at the side and must cover the whole front. G-string or 'posing pouch' are not permitted.
- All competitors must ensure that their costumes are of a proper fit and do not ride up or slip whilst posing.
- For the Bodybuilding and Women's Physique categories no jewelry, accessories or body make-up may be worn on stage at either pre-judging or the evening show, with exception of a wedding ring.
- Hats, gloves, shoes, sunglasses and other such 'props' are not permitted with the exception of the Fitness class and with permission of the promoter.
- Artificial tan should be of a recommended brand of the UKBFF/IFBB. If using your own tan, this may not be a tan that can be wiped off. Failure to do so might lead to disqualification.

CONTEST PROCEDURE

- Posing music for Fitness, Bodybuilding, Classic Bodybuilding and Women's Physique must be on a reasonable quality standard type CD. Bad language or swearing in lyrics is strictly prohibited.
- A competitor does not need to buy a ticket for the contest in which he/she is competing and will generally be given a wristband or pass when they register/check-in.
- Where passes are provided competitors must wear or carry these at all times and show on request. Any competitor who is found to have given his/her pass to another person, risks disqualification.
- Registration/administration fee is £15 at Qualifiers for the British. Registration fee for other sanctioned events, like the Amateur Grand Prix, will be decided by the UKBFF.
- Unless otherwise agreed by the promoter, no one will be allowed to accompany the competitor backstage – this includes friends, training partners, relatives, etc.
- Competitors who arrive late for the weigh-in/registration are warned that they may not be allowed to enter the contest. Please ensure you arrive in good time for the weigh-in.
- A competitor is allowed a maximum of thirty minutes to make the weight, provided that any attempts are made before the weigh-in closes.

MEN CATEGORIES

Various Weight classes in:

**BODYBUILDING
INTERMEDIATES**

Height/Weight classes in: CLASSIC BODYBUILDING*

Various Height classes in:

**MEN'S PHYSIQUE
MUSCULAR MEN'S PHYSIQUE
ROOKIE MEN'S PHYSIQUE (1st year)**

Age/Height classes in: JUNIORS (upto/incl. 23 yrs)

- Junior Bodybuilding
- Junior Men's Physique

MASTERS (various ages +40 yrs)

- Master Bodybuilding
- Master Men's Physique

WOMEN CATEGORIES

Various Height classes in:

**WOMEN'S PHYSIQUE
BODY-FITNESS
BIKINI-FITNESS
ROOKIE BIKINI FITNESS (1st year)
WELLNESS-BIKINI FITNESS
FITNESS**

Age/Height classes in:

JUNIORS (up to/incl. 23 yrs)

- Junior Bikini-Fitness
- Junior Body-Fitness

MASTERS (over 35 yrs of age)

- Master Bikini-Fitness
- Master Body-Fitness

* Classic Bodybuilding with the following height/weight

- Up to 168 cm : Max weight = Height (cm) minus 100
- up to 171 cm : Max weight = Height (cm) minus 100 + 2 kg
- up to 175 cm : Max weight = Height (cm) minus 100 + 4 kg
- up to 180 cm : Max weight = Height (cm) minus 100 + 6 kg
- up to 190 cm : Max weight = Height (cm) minus 100 + 8 kg
- up to 198 cm : Max weight = Height (cm) minus 100 + 9 kg
- over 198 cm : Max weight = Height (cm) minus 100 + 10 kg

NOTE:

At some qualifying shows there might be ONE Intermediate class and ONE Masters Bodybuilding class only, although competitors from all weight classes and age classes can be invited, if the standard is high.

UKBFF BRITISH CHAMPIONSHIPS INVITATION

– An invitation to the UKBFF British Championships will normally be issued to the winner of each class at all qualifying competitions. If the standard of the class is very high, more invitations may be given.

If the Head-judge and the judges/officials present at these qualifying competitions feel that the standard of the class is not up to an acceptable level for an invitation to the British, it is their duty to withhold the invitation.

COMPULSARY POSES (For Bodybuilding, Classic Bodybuilding)

1. Front Double Biceps
2. Front Lat Spread.
3. Side Chest.
4. Back Double Biceps.
5. Back Lat Spread.
6. Side Triceps
7. Abdominals and Thighs.

COMPULSARY POSES (For Men Physique)

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose 1 hand on hip with one leg slightly out to the side
2. Side pose, left hand on hip with right leg slightly out to the back
3. Back pose 1 hand on hip
4. Side pose right hand on hip with left leg slightly out to the back
5. Front pose 1 hand on hip with one leg slightly out to the side

COMPULSARY POSES (For Bikini-Fitness and Wellness-Fitness)

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose: 1 hand on hip, upright, relaxed with one leg slightly to the side
2. Side pose: 1 hand on hip, upright, relaxed with front foot on toe and body slightly turned to judges
3. Back pose: 1 hand on hip, upright, relaxed with one leg slightly to the side
4. Side pose: 1 hand on hip, upright, relaxed with front foot on toe and body slightly turned to judges
5. Front pose: 1 hand on hip, relaxed with one leg slightly to the side

COMPULSARY POSES (For BodyFitness and Fitness)

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose: arms down the side of body, relaxed elbows, upright, with feet and knees together
2. Side-pose: Upright, feet together, legs/knees straight. Body slightly turned to judges. Face straight ahead
3. Back pose: arms down the side of body, relaxed elbows, upright, with feet and knees together
4. Side pose: Upright, feet together, legs/knees straight. Body slightly turned to judges. Face straight ahead
5. Front pose: arms down the side of body, relaxed elbows, upright, with feet and knees together

COMPULSARY POSES (For Women Physique)

Quarter turns to the right starting with front pose:

1. OPEN HANDED Front Biceps pose
2. Side Chest pose hands together stretch in front
3. OPEN HANDED Back Biceps pose
4. Triceps pose with nearside leg stretch in front

FREE POSING ROUTINE

- The individual or Free Posing routine for all Bodybuilding categories can be up to sixty (60) seconds. At UKBFF Qualifying events, the routine will be performed by the Top 3 competitors of these categories
 - Women's Physique routine can be up to sixty (60) seconds.
 - The Fitness routine can be up to two minutes (120 seconds).
- At UKBFF Qualifying events, the routine will be performed by the top 3 competitors of these categories.

At the UKBFF British Championships the posing routine will only be performed by the Top 6 of the Fitness, Bodybuilding and Women's Physique categories.

RESTRICTIONS

- The use of tan is on recommendation of the UKBFF/IFBB and cannot be a make-up style tan, which can be wiped off. If the tan comes off by just wiping a hand over it, the athlete will be asked to remove the tan before going on stage. Any tan that doesn't come off is permitted.
- Only our official tanning company is allowed to tan at the venue. If you are using your own tan, you will have to apply it at home.
- The 'MOON' pose is forbidden.
- The pulling up of the posing trunks at the side during a Lat Spread is forbidden
- The use of Ralgex or similar products is not allowed.

QUERIES -If in any doubt, contact the UKBFF office:

P.O.BOX 231, WATERLOO, LIVERPOOL, L22 9WW.

Telephone: 0151-931-4090

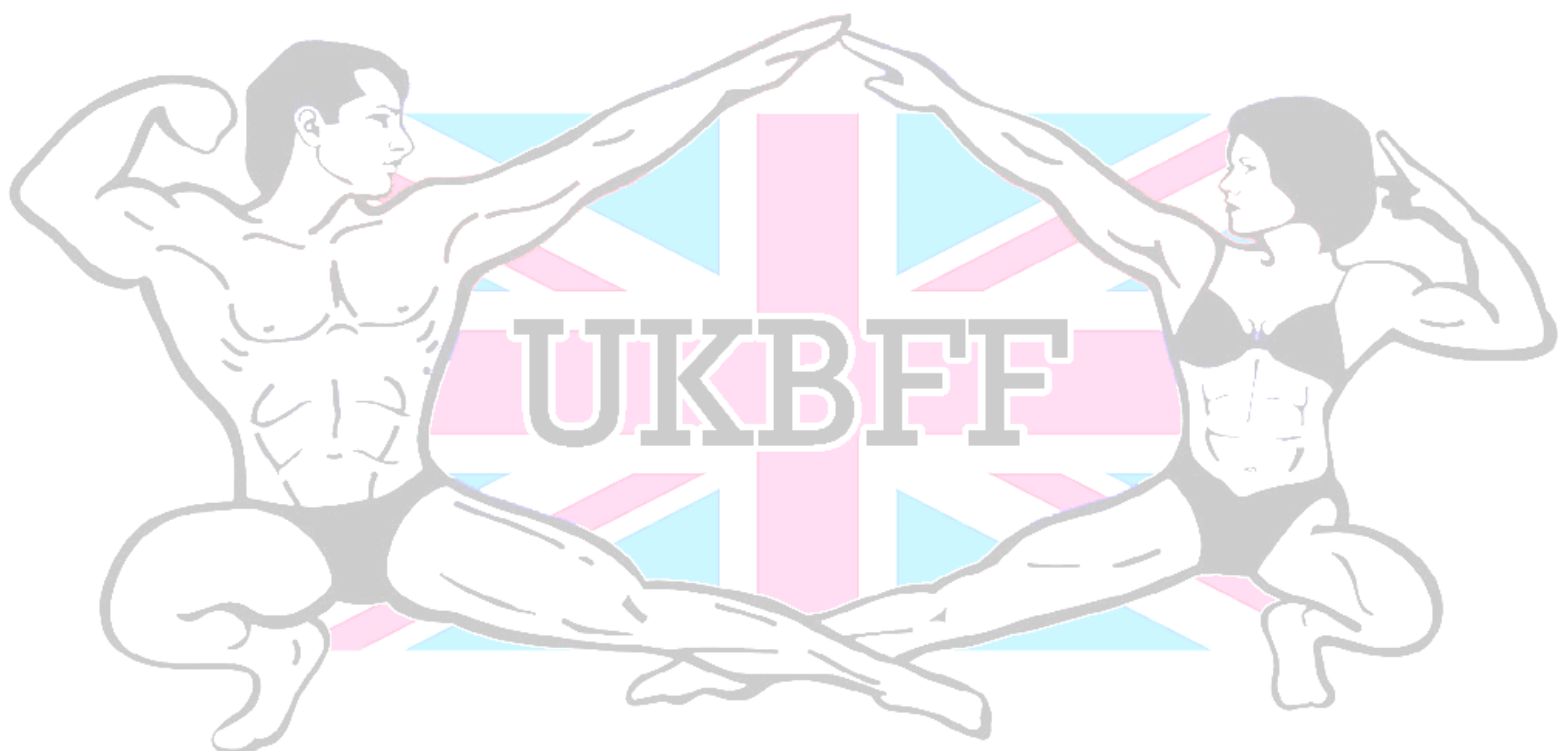
Website: www.ukbff.co.uk E-mail: admin@ukbff.co.uk



UKBFF/IFBB ATHLETE CODE OF CONDUCT

We, the athletes, realizing that our conduct reflects on the good name of the sport and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To fulfil our responsibility to society, to other athletes, judges, officials and administrators of the UKBFF/IFBB
2. To honour, dignify and support the sport by competing in the best condition and to the best of our ability and by being in top shape when giving an exhibition or a seminar
3. To respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship
4. To respect the UKBFF/IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators and organisers
5. To accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly and objectively
6. To assist the UKBFF/IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner and protecting the good image and integrity of the sport and the UKBFF/IFBB
7. To work for the UKBFF/IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in the most courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour mongering; to refrain from personal attacks against any other Member of the UKBFF/IFBB
8. To continue striving for bodily perfection and correct moral principles
9. To honour the special trust conferred upon us by our participation in, and by our representation of, the UKBFF/IFBB and our country, at international events, and to adhere to the standards of personal conduct expected of us
10. To recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate
11. To cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the UKBFF/IFBB
12. To oppose the use of banned substances and methods and to compete drug free
13. To refrain from any conduct that may be considered prejudicial to the UKBFF/IFBB
14. To conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the UKBFF/IFBB



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Website: www.ukbff.co.uk
<https://www.facebook.com/ukbffofficial>