



## **UNITED KINGDOM BODYBUILDING AND FITNESS FEDERATION**

**MEMBERSHIP RULES** - All competitors must be current UKBFF members and must bring their membership card to the contest they wish to enter.

- Those who are not already members will be able to join on the day. Any competitor without proof of membership will be required to rejoin on the day. No refund will be given for any subscription paid under these circumstances.
- Membership is £20 per year and runs from 1st January till 31st December, regardless what date a competitor applied for membership (i.e. If a competitor pays for a membership at a contest in September, the membership will still run out on December 31st.)
- No joining fee will be accepted on the day of the UK British Championships. All competitors should have joined before the day of the Finals.
- Membership application forms can be obtained from: U.K.B.F.F Membership Secretary, 105 Queens Drive, Llantwit Fardre, near Pontypridd, CF38 2NY. You can also pay online (PayPal) or get an application online at [www.ukbff.co.uk](http://www.ukbff.co.uk)

**ENTRY RULES** - 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 promoter.

- Competitors should have British citizenship or have been a permanent resident in the UK for at least 2 years.
- At any show where the winners will qualify for the UK 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 must be 21 years old or under on the day of the contest. Any junior competitor, who has qualified for the UK Championships, but will be over the age limit on the day of the finals, will be permitted to take part in the UK Championships and will receive an invitation.
- MASTERS must be 40 years or older or 50 years old and over on the day of the contest.
- INTERMEDIATES class is restricted to those competitors who have never qualified for the UK Championships before, whether or not they accepted their invitation. This rule is not applicable to Junior or Classic BB competitors.
- Once a competitor has qualified for the UK Championships in any particular class, he/she may not enter that class in any further qualifying contest during the same season. A competitor may not enter more than one class at a qualifying show.
- Former UKBFF UK/British Champions do not have to qualify for any UK Championships- provided that they have stayed loyal- but have to inform the UKBFF office of their intention to enter.

**PARTICIPATING IN NON-UKBFF EVENTS** -A competitor who holds a current National UKBFF title (i.e. Class Champion or Overall Champion) or an International title, ranking or selection invitation or has an invitation for the UK Championships, is expected to support the UKBFF exclusively and may not participate in either 'Open' or other Federations' Bodybuilding or Fitness events. A competitor or UKBFF official who participates or officiates at an event, which has not been sanctioned by the UKBFF or IFBB will have his/her invitation, title or official standing withdrawn. 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](http://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** - Posing costumes must be of plain opaque material, with no patterns, sequins or metallic lame fabrics for all Men and Women classes except the Fitness and Body-Fitness classes. See separate rules for Bodyfitness.

- Women's costumes are to be of conventional bikini style, must cover the breasts and bikini bottoms must cover at least ¾ of the buttocks and may not be of extremely high cut style in the front. G-strings are not permitted. This applies to ALL women's classes.
- Men's costumes must cover at least ¾ of the buttocks. 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.
- No jewellery, 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 must be of a recommended brand of the IFBB. Failure to do so might lead to disqualification.

**CONTEST PROCEDURE** - Posing music 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 pass when they 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.
- 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'S CLASSES

- Up to and including 70kg, 80kg, 90kg, 100kg and Over 100kg.
- Classic Bodybuilding – One Class\* with the following height/weight
  - up to 170 cm : Maximum weight = Height (cm) minus 100 + 2 kg
  - up to 175 cm : Maximum weight = Height (cm) minus 100 + 4 kg
  - up to 180 cm : Maximum weight = Height (cm) minus 100 + 6 kg
  - up to 190 cm : Maximum weight = Height (cm) minus 100 + 8 kg
  - up to 198 cm : Maximum weight = Height (cm) minus 100 + 9 kg
  - over 198 cm : Maximum weight = Height (cm) minus 100 + 10 kg

\*At the UK Finals there may be 2 categories for the Classic

### -Intermediate

- Up to 80kg
  - Up to 90 kg
  - Over 90kg
- Juniors upto/incl. 21 years. / The YEAR of birth will be the deciding factor for the Junior class.
  - Masters over 40 years.
  - Masters over 50 years. / The DATE of birth will be the deciding factor for all Masters classes
    - **NOTE:** At some qualifying shows there will be ONE Intermediate class and ONE Masters class only, although competitors from all weight classes and age classes can be invited.
    - For Body-Fitness, Fitness and Classic Bodybuilder ask for rule sheet on these classes.

## 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.

**UK CHAMPIONSHIPS INVITATION** – An invitation to the UK Championships will normally be issued to the winner of each class at all qualifying competitions. 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 UK Championships, it is their right and their duty to withhold the invitation.

**FREE POSING ROUTINE** - The individual or Free Posing routine can be up to sixty seconds.

- The Fitness routine can be up to two minutes and will be performed in the evening show only.
- If a competition is a 'run-through' show, the Head Judge will determine the time limit for the routines.

**RESTRICTIONS** – The use of tan is on recommendation of the UKBFF/IFBB - 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](http://www.ukbff.co.uk) E-mail: [admin@ukbff.co.uk](mailto:admin@ukbff.co.uk)

## WOMEN'S CLASSES

### BODYBUILDING

- One open class
- Fitness Class.
- Body-fitness Class