



## **INBA European Championships 2023 in Germany**

**14. & 15.10.2023**

### **Athlete Information**

#### Locality

Stadthalle Germersheim

Tournuser Platz 3

76726 Germersheim

Germany

#### Registration

- ❖ Athletes who have competed as PNBA Pro within the past 24 months are not eligible for the INBA European Championships.
- ❖ Registration for the championship takes place via [www.zbodyfit.com](http://www.zbodyfit.com)  
If your country does not work with zbodyfit, please register with zbodyfit under "Germany GNBf". Then you will be unlocked and can register for the championship. Following the examination of your international association membership and corresponding to an active membership in your national association, you will be activated and can register for the championship. If you are starting for a country that does not have an INBA partner association, a membership in the GNBf (see [www.gnbf.de](http://www.gnbf.de) "Become a member now") is the prerequisite for activating your ZBody Fit account.
- ❖ The upload of a possible posing routine is also mandatory via the above-mentioned website.

- ❖ To participate in the championship you must be a member of both the GNBF e.V., or your corresponding INBA regional association, and the INBA Elite Tour (<https://naturalbodybuilding.eu/elite-tour-membership>)
- ❖ Entry fees for participation in the competition:
  - First category: 125 €
  - Second category: 85 €
  - Each additional category: 65 €
  - Physically Challenged: 65 €
  - Fitness Kids: 65 €
  - Coaches pass: 45 €
  - Anti-doping fee: 30 €
- ❖ Fees are paid in cash at the time of Athletes sign in
- ❖ The following men's categories are offered:
  - Men's Bodybuilding Novice (no top 3 in any other bodybuilding-association, no matter which one)
  - Men's Bodybuilding Teen (13-19 years)
  - Men's Bodybuilding Junior (20-23 years)
  - Men's Bodybuilding Junior Masters (35-39 years)
  - Men's Bodybuilding Masters (40-49 years)
  - Men's Bodybuilding Grand Masters (50-59 years)
  - Men's Bodybuilding Ultra Masters (over 60 years)
  - Men's Bodybuilding Open (divided into classes by height)
  - Men's Physique Teen (13-19 years)
  - Men's Physique Junior (20-23 years)
  - Men's Physique Open (divided into classes by height)
  - Men's Physique Junior Masters (35-39 years)
  - Men's Physique Masters (over 40 years)
  - Men's Classic Physique Teen (13-19 years)
  - Men's Classic Physique Junior (20-23 years)
  - Men's Classic Physique Open (divided into classes by height)
  - Men's Athletics Junior (20-23 years)
  - Men's Athletics Open (divided into classes by height)
  - Men's Physically challenged
- ❖ The following women's categories are offered:
  - Women's Bikini Divas Novice (no top 3 in any other bodybuilding- association, no matter which one)
  - Women's Bikini Divas Teen (13-19 Jahre)
  - Women's Bikini Divas Junior (20-23 years)
  - Women's Bikini Divas Open (divided into classes by height)
  - Women's Bikini Divas Junior Masters (35-39 years)
  - Women's Bikini Divas Masters (40-49 years)
  - Women's Bikini Divas Grand Masters (over 50 years)
  - Women's Bikini Mamas
  - Women's Sport Model Open
  - Women's Figure Teen (13-19 years)
  - Women's Figure Junior (20-23 years)
  - Women's Figure Open (divided into classes by height)

- Women's Figure Junior Masters (35-39 years)
- Women's Figure Masters (over 40)
- Women's Physique Junior (20-23 years)
- Women's Physique Open (divided into classes by height)
- Women's Bodybuilding Junior (20-23 years)
- Women's Bodybuilding Open (divided into classes by height)
- Women's Angels Open
- Women's Wellness Open
- Women's Physically challenged
- ❖ Other categories:
  - Mixed Pairs
  - Fitness Kids
- ❖ The number of participants in the individual classes within a category is limited to a maximum of 18 athletes. Hypothetical example: A total of 108 participants register for the Men Bodybuilding Open category. There are a maximum of 18 athletes on stage per class, corresponding to 6 classes for this category. There is no restriction on the number of athletes within a category!
- ❖ Please read the evaluation criteria of the classes carefully and observe them when registering (<https://naturalbodybuilding.com/categories> and <https://naturalbodybuilding.eu/2019/09/16/mens-athletic>)
- ❖ In the bodybuilding category, the finalists are allowed to voluntarily perform a posing routine of a maximum duration of 90 seconds.
- ❖ Unfortunately, it is no longer possible to change classes after the registration deadline.
- ❖ The registration deadline for the championship is Friday, 07.10.2023, which is one week before athletes sign in.

## Athletes sign in

- ❖ The athletes sign in takes place at the 13<sup>th</sup> of October 2023 from 1 p.m. till 7 p.m. in the Stadthalle Germersheim.
- ❖ During the athletes sign in, the athletes are weighed (undressed except for underwear ) and measured, the bibs are assigned, all fees are paid and the wristbands are distributed.
- ❖ The applicable fees have to be paid in cash and just euros (€) are the only accepted valuta.
- ❖ One accompanying person (supervisor, coach, trainer or partner) is permitted for each athlete.
- ❖ **Please arrive on time! If you don't show up for the athletes sign in, you won't be able to participate in the championship.**
- ❖ The final classification of the classes takes place only after the end of the athletes sign in. This classification will be published around 9 p.m. in the WhatsApp group "GNBF Championships 2023" (<https://chat.whatsapp.com/Hlsg4nUBTkHFUlr2SYycUX>) and on the GNBF homepage ([www.gnbf.net](http://www.gnbf.net)).
- ❖ The personal QR code from [www.zbodyfit.com](http://www.zbodyfit.com)'s own profile must be printed out or presented by mobile phone. This can be accessed after logging in as a tab by name under "my QR code".
- ❖ your numbers are assigned in duplicate and are also valid for multiple starts in different classes.
- ❖ You need a valid federal identity card or passport

- ❖ Your posing outfit will be checked for compliance, so please bring it with you to the athletes sign in
- ❖ If your class allows a posing routine and you would like to perform a posing routine, please bring the corresponding music on a USB stick in mp3 format as a precaution. If the upload to zbodyfit was not successful, the music can still be uploaded in during the athletes sign in.
- ❖ After registering at 07:30 p.m., all German athletes are cordially invited to come together on stage for a joint photo.

## Contest

- ❖ Access to the hall is possible for athletes on Saturday and Sunday two hours before the start of the competition.
- ❖ Spectators are allowed to enter the hall one hour before the start of the competition.
- ❖ A schedule will be published on the GNBf homepage and in the WhatsApp group "GNBF Championships 2023". The schedule will also be posted in the entrance area of the hall.
- ❖ With the admission wristband, athletes have free access to the hall on both days.
- ❖ With the admission wristband, accompanying persons also have free access to the hall on both days.
- ❖ However, the athletes' wristband is only valid for the backstage area on the corresponding day of the competition.
- ❖ Accompanying persons can visit the backstage area with their wristband on both days.
- ❖ Please keep the wristband on your wrist (also during tanning and on stage). Removed admission wristbands lose their validity. This applies equally to your caregiver.
- ❖ Please visit the backstage and athlete area only in appropriate and sufficient temporal proximity to your class.
- ❖ The backstage team will call you in sufficient time before your class starts.
- ❖ The call is made via your start number. So you should know them.
- ❖ The start number are attached to the front left and back right of your posing outfit.
- ❖ Please make sure that you heed the calls.
- ❖ If you win your class, please stay in the backstage area for the overall winner of the category.
- ❖ Once your stage performance is finished, we ask you to vacate the backstage area. You can stay in the foyer and hall until the end of the event.
- ❖ Please wear clothing in the hall that covers a large part of your body so that you do not leave any tanning marks on the inventory and walls.
- ❖ Free chairs may of course be used. However, spectators have priority.
- ❖ The course of the competition and time delays will be shared in the WhatsApp group "GNBF Championships 2023".
- ❖ Separate areas may also not be entered by athletes.
- ❖ Training and warm-up equipment will not be provided.

## Tanning service

- ❖ At the championship, Pro Tan's tanning service is obligatory and makes sense to book in advance (<https://protan-europe.com/book-your-tan/404?l=de>)
- ❖ **No own tanning is allowed!**
- ❖ The GNBf e.V. has no influence on the allocation of appointments.

- ❖ If you have any questions, please contact Pro Tan Europe ([contact@protan-europe.com](mailto:contact@protan-europe.com) directly).
- ❖ Pro Tan also offers a make-up and hairstyling service (<https://www.protan-europe.com>)
- ❖ Pro Tan is also on-site during the athletes sign in.
- ❖ The tanning service is set up in the backstage area.

## Anti-doping

- ❖ Employees of GQS GmbH (<https://gqs-antidoping.de/en/home/>) will be present both during the competition and during the athletes sign in period and will check compliance with the anti-doping regulations by means of sightings and doping tests.
- ❖ If you are required to take part at a doping test, it is essential to follow the instructions of the GQS employees.
- ❖ If you have been selected for a doping test after completing your class, a so-called chaperone will accompany you until the doping test is submitted.
- ❖ Please allow sufficient time for the submission of the doping test, especially after the competition. A doping test that is not taken is considered a denied doping test and leads to disqualification.
- ❖ Participation in the competition is subject to the anti-doping rules of the INBA (<https://naturalbodybuilding.com/banned-substances>) and the list of prohibited substances of WADA ([https://www.wada-ama.org/sites/default/files/resources/files/2022list\\_final\\_en.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2022list_final_en.pdf)).

## Tickets

- ❖ Ticket sales for spectators are integrated via the GNBFB homepage.
- ❖ Tickets for the moderated livestream can be purchased at the following link: <https://solidsport.com/gnbf-live>

## Qualifications

- ❖ You can win a PNBA (Professional Bodybuilding Association) Pro Card at the championship. The exact regulations can be found on the following website: <https://naturalbodybuilding.com/pnba-elite-qualification/>
- ❖ The overall winner of the men's athletics also wins a PNBA Pro Card for the first time.
- ❖ The best three athletes in each class can qualify for the INBA Natural Olympia (09.11.23 – 12.11.23 in Las Vegas, USA). The placement is valid for the year in which the placement was achieved and for the following year (<https://naturalbodybuilding.com/natural-olympia-qualification>).

## Photos

- ❖ The official stage photos will be taken by Thomas Schwarz from Body Captures (<https://www.pictrs.com/bodycaptures?!=de>)
- ❖ Studio backstage photos will be taken by Mephisto Art Photography and can be purchased afterwards in various packages ([info@mephisto-art.com](mailto:info@mephisto-art.com)). Mephisto Art will also be present at the registered letter.

## Arrival

- ❖ The airports Frankfurt (116km), Mannheim (50km) and Stuttgart (111km) are close to the Germersheimer Stadthalle.
- ❖ Germersheim has the following train stations: Germersheim Bahnhof (2.2km to Stadthalle; S1, S2, S3, S4, S33, 572, 595, 599), Germersheim Mitte/Rhein (900m to Stadthalle; S1, S2, S3, S4, S33), Germersheim Süd/Nolte (1.7km to Stadthalle; S51, S52)
- ❖ Connections can be found here: <https://www.google.de/maps/> and [DB Fahrplan, Auskunft, Tickets, informieren und buchen - Deutsche Bahn](#)

## Accommodation

- ❖ You can find accommodation via the well-known websites, such as: booking.com or trivago.de.
- ❖ So far, the GNBf does not have a partner hotel or partner accommodation. If there are any changes here, you will be informed via newsletter or via the homepage.

## Other

- ❖ A GNBf merchandise stand is set up in the foyer.
- ❖ Other exhibitors are also located in the foyer.

## Contacts

- ❖ Lars Mehles (GNBF Competition Organization): [wk-orga@gnbf.de](mailto:wk-orga@gnbf.de)
- ❖ Franziska Rehagel (GNBF Competition Organization): [wk-orga@gnbf.de](mailto:wk-orga@gnbf.de)
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- ❖ Thomas Keller (Press & Media): [media@gnbf.de](mailto:media@gnbf.de)
- ❖ Berend Breitenstein (GNBF e.V. President): [berend@gnbf.de](mailto:berend@gnbf.de)



## Time schedule

### Saturday, 14.10.2023

Expected start: 09:00 a.m.

#### **PNBA**

PNBA Women's Physique Open Pro

PNBA Women's Figure Open Pro

PNBA Women's Bikini Divas Open Pro

PNBA Men's Physique Open Pro

PNBA Men's Classic Physique Open Pro

PNBA Men's Bodybuilding Pro Masters

PNBA Men's Bodybuilding Open Pro

#### **INBA**

Fitness Kids

Men's Athletics Junior

Men's Athletics Open

Men's Classic Physique Teen

Men's Classic Physique Junior

Men's Classic Physique Open

Women's Physique Junior

Women's Physique Open

Women's Bodybuilding Junior

Women's Bodybuilding Open

Mixed Pairs

Women's Physically Challenged

Men's Physically Challenged

Men's Bodybuilding Novice

Men's Bodybuilding Teen

Men's Bodybuilding Junior

Men's Bodybuilding Junior Masters

Men's Bodybuilding Masters

Men's Bodybuilding Grand Masters

Men's Bodybuilding Ultra Masters

Men's Bodybuilding Open

### Sunday, 15.10.2023

Expected start: 09:00 a.m.

#### **INBA**

Women's Bikini Mamas

Women's Sport Model Open

Women's Angels Open

Women's Wellness Open

Women's Figure Teen

Women's Figure Junior

Women's Figure Junior Masters

Women's Figure Masters

Women's Figure Open

Men's Physique Teen

Men's Physique Junior

Men's Physique Junior Masters

Men's Physique Masters



Men's Physique Open

Women's Bikini Divas Novice

Women's Bikini Divas Teen

Women's Bikini Divas Junior

Women's Bikini Divas Junior Masters

Women's Bikini Divas Masters

Women's Bikini Divas Grand Masters

Women's Bikini Divas Open