



INBA PNBA NATURAL UNIVERSE

20 – 21 – 22 OCTOBER

BUCHAREST

PLACE



Auditorium Pallady

Bulevardul Theodor Pallady 40G, Bucharest

<https://www.google.com/maps/dir/44.4158322,26.0368903/auditorium+pallady/@44.4178241,26.0383131,12z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x40b1fc228ecf6f5d:0xabf2d72994037973!2m2!1d26.1826916!2d44.4090566?entry=ttu>

Romania

REGISTRATION

- Friday 20th october - Auditorium Pallady – we will announce the start time later
- The INBA PNBA NATURAL UNIVERSE is an AMATEUR and PRO competition
- The competition is open to athletes from all over the world

- Athletes can crossover into multiple categories!
- Registration takes place via www.zbodyfit.com
- If your country does not work with zbodyfit, please register with zbodyfit under OTHER - <https://www.zbodyfit.com/login/profil-user-new.php?asoc=world&back=index&lang=en>
- Please have your ID or passport ready. We accept cash only!

REGISTER HERE FOR THE COMPETITION ↓

<https://www.zbodyfit.com/competition/cestne-prehlasenie.php?sutaz=156&lang=en>

- For this competition you will need to purchase de european membership card - <https://naturalbodybuilding.eu/elite-tour-membership/> - This membership card will be **MANDATORY** for all athletes from Europe who will participate in the INBA PNBA NATURAL UNIVERSE
- For all amateur athletes from outside Europe, a GLOBAL MEMBERSHIP card is **MANDATORY** - <https://naturalbodybuilding.com/product/membership/>
Mobil +1 951-801-2009 and e-mail info@naturalbodybuilding.com
- For all PRO athletes a PNBA MEMBERSHIPS card is **MANDATORY** - <https://naturalbodybuilding.com/product/pnba-membership/>

➤ **Entry fees for participation in the competition:**

- ✓ First category – 190€ (including doping fee)
- ✓ Each additional category – 130€
- ✓ PNBA competition fee - 280€ (including doping fee)
- ✓ Physically Challenged – 40€
- ✓ Fitness Kids – 40€
- ✓ Coaches pass – 40€ (This do not provide spectator seats)
- ✓ Tickets – **we will announce when they will be available for sale**
 - VIP Seating - 30€ - Day 1
 - VIP Seating - 30€ - Day 2
 - General Admission - 20€ - Day 1
 - General Admission - 20€ - Day 2
 - VIP Seating Day 1 + Day 2 - 50€

- General Admission Day 1 + Day 2 - 35€

- General Admission for Children - 10€

➤ **The following men's categories are offered:**

Men's Natural Bodybuilding Ultra Masters over 60 years

Men's Natural Bodybuilding Grand Masters 50-59 years

Men's Natural Bodybuilding Masters 40-49 years

Men's Natural Bodybuilding Jr. Masters 35-39 years

Men's Natural Bodybuilding (divided into classes by height)

Men's Natural Bodybuilding – Novice (no top 3 in any other bodybuilding organization, no matter which one)

Men's Natural Bodybuilding Teen 13-19 years

Men's Natural Bodybuilding Junior 19-23 years

Men's Classic Physique Junior up to 23 years

Men's Classic Physique (divided into classes by height)

Men's Athletik

Men's Athletik Junior up to 23 years

Men's Physique Teen 13-19 years

Men's Physique Junior 19-23 years

Men's Physique – Novice (no top 3 in any other bodybuilding organization, no matter which one)

Men's Physique (divided into classes by height)

Men's Physique Jr. Masters over 35 years

Men's Sports Model – Open

Men's Beach Body

Men's Physically Challenged

➤ **The following women's categories are offered:**

Women's Bodybuilding

Women's Physique

Women's Bikini Diva's Junior up to 23 years

Women's Bikini Diva's (divided into classes by height)

Women's Bikini Diva's – Novice (no top 3 in any other bodybuilding organization, no matter which one)

Women's Bikini Diva's Jr. Masters 35-39 years

Women's Bikini Diva's Masters over 40 years

Women's Bikini Diva's Grand Masters over 50 years

Women's Bikini Mamas

Women's Sports Model (divided into classes by height)

Women's Figure

Women's Bathing Suit Beauties

Women's Angels

Women's Figure Classic

Women's Wellness – Open

➤ **Other categories:**

Mixed pairs

Fitness Kids

➤ **The following PRO categories are offered:**

Women's Physique PNBA Open

Women's Figure PNBA Open

Women's Bikini Diva's PNBA Open

Women's Sports Model PNBA Open

Men's Physique PNBA Open

Men's Classic Physique PNBA Open

Men's Natural Bodybuilding Masters PNBA Open

Men's Natural Bodybuilding PNBA Open

Men's Sports Model PNBA Open

Extra prizes for PRO athletes (EURO)

3-5 ATHLETES	6-12 ATHLETES	13-17 ATHLETES	18+ ATHLETES
1ST PLACE - \$500	1ST PLACE - \$1,000	1ST PLACE - \$2,000	1ST PLACE - \$3,000
	2ND PLACE - \$500	2ND PLACE - \$500	2ND PLACE - \$700
	3RD PLACE - \$300	3RD PLACE - \$300	3RD PLACE - \$500

- **The promoter reserves the right to OPEN, MERGE or to CANCEL categories based on the numbers of athletes registered !!!**
- Please read the evaluation criteria of the classes carefully and observe them when registering:

<https://naturalbodybuilding.com/categories/>

<https://naturalbodybuilding.eu/2019/09/16/mens-athletic/>

- In the following categories, the finalists may voluntarily perform a freestyle of a maximum duration 60 seconds:
 - Men`s Bodybuilding
 - Men`s Classic Physique
 - Men`s Physically Challenged
 - Mixed Pairs
 - Women`s Physique
 - Fitness Kids
- It is no longer possible to change classes after the registration on deadline.
- One accompanying person (supervisor, coach, trainer or partner) is permitted for each athlete
- During the athletes registration, the athletes are weighed (undressed except for underwear) and measured, the bibs are assigned , all fees are paid and the wristbands are distributed
- Please arrive on time!
- The final classification of the classes take place only after the end of the athletes registration

- The personal QR code from www.zbodyfit.com 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 ID card or Passport
- 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 during registration.

COMPETITION

- Access to the venue is possible for athletes on SATURDAY and SUNDAY 2 hours before the start of the competition
- Spectators are allowed to enter one hour before the start of the competition
- A schedule will be published on the INBA ROMANIA facebook
- With the admission wristband athletes have free access to the hall on both days
- Accompanying person can visit the backstage area with their wristband
- Please keep the wristband on your wrist (also during tanning and on stage). Removed admission wristband lose their validity.
- The backstage team will call you in sufficient time before your class starts
- The call is made via your start number. The start numbers 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
- Please wear clothing in the venue that covers a large part of your body so that you do not leave any tanning marks on the chairs and walls
- Free chairs may of course be used. However, spectators have priority
- Separate areas may not be entered by athletes
- Training and warm-up equipment will not be provided

TANNING SERVICES

➤ ATTENTION

It is only allowed to use the official tan provider - INBA ROMANIA – Pro Tan`s tanning services and make sense to book in advance <https://www.protan-europe.com/book-your-tan/543?!=>

- Any contestants using a different tanning brand will be disqualified. All contestants must and should have similar tanning color!
- No own tanning is allowed!
- Pro Tan also offers a make-up and hairstyling services. Pro Tan is also on site during the athletes registration
- The tanning service is set up in Auditorium Pallady building
- It is kindly asked that all athletes and their coaches do not stain the walls and seats with tanning paint and tanning dyes. In a case someone stains exterior or interior, the person will be penalized with fine of 100 euro.

DOPING CONTROL

- The organizer ensures the doping control in line with the anti-doping charter and guidelines. Agreeing with online affidavit of a competitor is for every athlete binding.
- If you are required to take part at a doping test , it is essential to follow the instructions
- Participation the competition is subject to the anti doping rules of the INBA and the list of prohibited substances of WADA <https://www.wada-ama.org/en/resources/world-anti-doping-program/prohibited-list>

TICKETS

- www.iabilet.ro – we will soon announce when the tickets will be available for sale

QUALIFICATION

- **Automatic INBA PNBA NATURAL OLYMPIA 09.11.2023 – 12.11.2023 qualifiers for INBA PNBA NATURAL UNIVERSE athletes**

PHOTOS

- The official stage photos will be taken by IONUT STAN from ICS MEDIA
contact@icsmedia.ro

OFFICIAL GYM FREE

- COLISEUM GYM, Street Gheorghe Petrascu, 2b, sector 3
- COLISEUM GYM GHENCEA, Bdul Ghencea, 43B, et.7, sector 6

TIME SCHEDULE

- Saturday 21.10.2023
- Sunday 22.10.2023
- Expected start 09.00 AM

ACCOMMODATION

We will get back to you soon with details.

CONTACT

inbaromania@gmail.com



