



## INBA European Championships 2023 in Germany

13.10. - 15.10.2023

### Athlete Information

#### Locality

Stadthalle Germersheim

Tournuser Platz 3

76726 Germersheim

Germany

#### Registration

- ❖ The INBA European Championships is an amateur competition.
- ❖ In the individual categories of the INBA European Championships, **no** athletes who have competed as PNBA Pro in the corresponding category within the past 24 months are admitted.
  - Example: An athlete who has competed in a PNBA Pro Championship in the Men's Classic Physique category within the past 24 months is not allowed to compete in the Men's Classic Physique category at the INBA European Championships. However, a start in the Men's Bodybuilding category is possible.

Only European citizens are eligible to compete at 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 Open (divided into classes by height)
  - Men's Physically Challenged Wheelchair
  - Men's Physically Challenged Standing
- ❖ 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 Open (divided into classes by height)
  - Women's Angels Open
  - Women's Wellness Open
  - Women's Physically Challenged Wheelchair
  - Women's Physically Challenged Standing
- ❖ Other categories:
- Mixed Pairs
- ❖ 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 following categories, the finalists may voluntarily perform a posing routine of a maximum duration of **60 seconds**:
- Men's Physically Challenged (Wheelchair & Standing)
  - Mixed Pairs
  - Women's Physically Challenged (Wheelchair & Standing)
- ❖ In the category Men's Classic Physique, a freestyle of a maximum duration of **90 seconds** is mandatory and part of the judging.
- ❖ In the following categories, the finalists are allowed to show an I-Walk (**no T-Walk**):
- Women's Figure
  - Women's Bikini Divas
  - Women's Wellness
  - Women's Bikini Mamas
  - Women's Sport Model
  - Men's Physique
- The required music is provided by the GNBf.
- ❖ Unfortunately, it is no longer possible to change classes after the registration deadline.
- ❖ The **registration deadline** for the championship is **Tuesday, 10.10.2023, midnight**.

### Athletes sign in

- ❖ The athletes sign in takes place on the 13<sup>th</sup> of October 2023 from 12 p.m./noon till 6 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 ([Pro Tan® Competition Tanning - #1 Worldwide Since 1987 | events \(protan-europe.com\)](https://www.protan-europe.com))
- ❖ **No own tanning is allowed!**
- ❖ The GNBF e.V. has no influence on the allocation of appointments.
- ❖ The schedule will be sent out on the week of the competition to all athletes.
- ❖ If you have any questions, please contact Pro Tan Europe (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 GNBF 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/>
- ❖ For winning a PNBA Pro Card, there must be at least five competitors in a category, where no Overall Champion is elected.
- ❖ Additionally, the GNBf President Mr. Breitenstein and the INBA/PNBA President Mr. Rigo are allowed to nominate athletes as PNBA Pro athletes.
- ❖ 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.
- ❖ **Free training for all athletes is available at Powerhouse Heidelberg, Borsigstraße 1 in 69207 Sandhausen.**

## 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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- ❖ Daniel Gildner (Headjudge): [jury@gnbf.de](mailto:jury@gnbf.de)
- ❖ Diana Kakos (PNBA Pro Cards): [diana@naturalbodybuilding.com](mailto:diana@naturalbodybuilding.com)
- ❖ 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

*Friday, 13th October 2023, 07:00PM*

### **INBA European Championships Part I**

- Women's Physically Challenged Wheelchair
- Men's Physically Challenged Wheelchair
- Women's Physically Challenged Standing
- Men's Physically Challenged Standing
  
- Showact

### **PNBA German Pro International Championships**

- Women's Physique Pro
- Women's Figure Pro
- Women's Bikini Divas Pro
- Men's Physique Pro
- Men's Classic Physique Pro
- Men's Bodybuilding Masters Pro
- Men's Bodybuilding Pro
- Men's Bodybuilding Overall

*Saturday, 14th October 2023, 08:00 AM*

### **INBA European Championships Part II**

- Men's Athletic
- Men's Athletic Overall
- Men's Classic Physique Teen
- Men's Classic Physique Junior
- Men's Classic Physique Junior Overall
- Men's Classic Physique
- Men's Classic Physique Overall

### **INBA European Championships Part III**

- Women's Physique Junior
- Women's Physique
- Women's Physique Overall
- Women's Bodybuilding
- Mixed Pairs
- Men's Bodybuilding Novice
- Men's Bodybuilding Novice Overall

### **INBA European Championships Part IV**

- Men's Bodybuilding
- Men's Bodybuilding Junior
- Men's Bodybuilding Junior Overall
- Men's Bodybuilding Junior Masters



- Men's Bodybuilding Masters
- Men's Bodybuilding Grand Masters
- Men's Bodybuilding Ultra Masters
- Men's Bodybuilding Masters Overall
- Men's Bodybuilding
- Men's Bodybuilding Overall

*Sunday, 15th October 2023, 10:00AM*

#### **INBA European Championships Part V**

- Women's Bikini Mamas
  - Women's Sport Model
  - Women's Angels
  - Women's Wellness
  - Women's Figure Teen
  - Women's Figure Junior
  - Women's Figure Junior Masters
  - Women's Figure Masters
  - Women's Figure Masters Overall
  - Women's Figure
  - Women's Figure Overall
  - Men's Physique Teen
  - Men's Physique Junior
  - Men's Physique Junior Masters
  - Men's Physique Masters
  - Men's Physique Masters Overall
  - Men's Physique
  - Men's Physique Overall
- 
- Showact

#### **INBA European Championships Part V**

- 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 Masters Overall
- Women's Bikini Divas
- Women's Bikini Divas Overall