

U.K.B.F.F. BRITISH CHAMPIONSHIPS
NOTTINGHAM CONCERT HALL, NOTTINGHAM NG1 5ND
14-15 OCTOBER 2017

COMPETITORS INFORMATION

EARLY MEASURING AND WEIGH-IN AVAILABLE

NEW → Athletes can get their registering and weigh-in/measuring done early on

FRIDAY 13th October: 3pm till 9pm

Crowne Plaza hotel, Wollaton Street, Nottingham, NG1 5RH.
(Highgrove room)

Athletes can register on Friday or on your competition day.
Check below if it is Saturday or Sunday.

Procedure for Pre-registration and weigh-in/measuring on Friday 13th October

1. Registering, measuring and weigh-in on Friday will be done in the Highgrove room at the Crowne Plaza hotel, Wollaton Street, Nottingham, NG1 5RH. Open from 3-9pm
2. First fill in a Waiver of Liability Form.
3. Go to the first table and present your invitation and your current U.K.B.F.F. Membership Card.
4. Registration/Administration fee is £10 for each competitor. **You will be given your competitors WRISTBAND, which must be worn at all times on Saturday and/or Sunday.** This wristband will allow you access in to the British.
5. Follow the instructions of the UKBFF official to the weigh-in and height measurement area where you hand in your Waiver of Liability form to the official. After you have weighed in and/or measured you will receive back this form WITH your weight on it and you will be directed to the table that deals with your class.
6. If you don't need to be weighed in or measured (i.e. Masters, Juniors etc.) follow the instructions of the registration person, who will direct you to the table that deals with your class.
7. At the table that deals with your class you will have to hand in your Waiver of Liability form and your music (Fitness, Women's Physique and all Bodybuilding classes). Music will be accepted on CD only. **BAD LANGUAGE OR SWEARING IN THE LYRICS IS STRICTLY PROHIBITED.** BODYBUILDING categories will be allowed ONE MINUTE free posing. The FITNESS class will have ONE AND A HALF MINUTE. The WOMEN'S PHYSIQUE can have 30 SECONDS posing routine.
8. Your competitor's number will be given to you BACK STAGE when your category is going on stage.

Once you have registered, you will not have to register on the morning of your competition, but please make sure you are at the venue and back-stage well in time for your category to go on stage.

We would like to remind the competitors, that we don't make rules and regulations to make it more difficult for you, but to make it easier for everybody and to have a smooth running show!

GOOD LUCK AND ENJOY YOUR BRITISH CHAMPIONSHIPS APPEARANCE!

U.K.B.F.F., P.O. BOX 231, WATERLOO, LIVERPOOL L22 9WW, Tel: 0151-9314090

Email: admin@ukbff.co.uk Website: www.ukbff.co.uk

SATURDAY CATEGORIES REGISTRATION TIMES

REGISTRATION, MEASURING AND WEIGH-IN

Only for athletes who have not registered on Friday and are competing on Saturday, the last registration, weigh-in and measuring will be held in the backstage area at the back entrance of the venue Nottingham Royal Concert Hall.

ONLY COMPETITORS ARE ALLOWED IN THIS AREA. NO EXCEPTIONS MADE.

The categories mentioned below will be competing on Saturday and will be registered in the stated time.

CATEGORY	REGISTRATION TIME
JUNIORS UNDER 23 YEARS: Bikini-Fitness, Men's Physique & Body-Fitness	8:00 – 9:00 AM
ROOKIE BIKINI FITNESS	
BIKINI-FITNESS UP TO 163cm	
BIKINI-FITNESS UP TO 166cm	
ROOKIE MEN'S PHYSIQUE	
MEN'S PHYSIQUE UP TO 174 cm	
MEN'S PHYSIQUE UP TO 178 cm	
BODYFITNESS UP TO 163cm	
BODYFITNESS OVER 163cm	
WELLNESS BIKINI-FITNESS	
BIKINI-FITNESS UP TO 169cm	9:00 – 11:00 AM
MEN'S PHYSIQUE UP TO 182 cm	
BIKINI-FITNESS OVER 169cm	
MEN'S PHYSIQUE OVER 182cm	
MASTERS BIKINI OVER 35 yrs	
MASTER BODYFIT OVER 35 yrs	
MASTER MEN'S PHYSIQUE OVER 40 yrs	
MUSCULAR MEN'S PHYSIQUE	

SUNDAY CATEGORIES REGISTRATION TIMES

REGISTRATION, MEASURING AND WEIGH-IN

Only for athletes who have not registered on Friday and are competing on Sunday, the last registration, weigh-in and measuring will be held in the backstage area at the back entrance of the venue Nottingham Royal Concert Hall.

ONLY COMPETITORS ARE ALLOWED IN THIS AREA. NO EXCEPTIONS MADE.

CATEGORY	REGISTRATION TIME
WOMEN'S FITNESS	8:00 – 9:00 AM
BEGINNERS BB	
JUNIORS UNDER 23 YEARS: Bodybuilding	
MASTERS MEN +40 YEARS Bodybuilding	
MASTERS MEN +50 YEARS Bodybuilding	
INTERMEDIATES upto/incl 80K	9:00 – 10:00 AM
INTERMEDIATES upto/incl 90K	
INTERMEDIATES over 90K	
CLASSIC BB UP TO 178 cm	
CLASSIC BB OVER 178cm	
WOMEN'S PHYSIQUE	9:00 – 11:00 AM
MEN'S BODYBUILDING upto/incl 70K	
MEN'S BODYBUILDING upto/incl 80K	
MEN'S BODYBUILDING upto/incl 90K	
MEN'S BODYBUILDING upto/incl 100K	
MEN'S BODYBUILDING over 100K	

REGISTRATION PROCEDURE FOR SATURDAY AND SUNDAY

1. For athletes, who have not registered, measured/weighed-in on Friday at UKBFF Registration area in the Crowne Plaza hotel:

Athletes competing on Saturday and didn't register on Friday in the hotel, can do the last registration on Saturday morning only. Please check the time-table on previous page and report to the Registration located at the back stage entrance of the Royal Concert Hall in Nottingham.

Athletes competing on Sunday and didn't register on Friday in the hotel, can do the last registration in Sunday morning only. Please check the time-table on previous page and report to the Registration located at the back stage entrance of the Royal Concert Hall in Nottingham.

2. At the back-stage registration, fill in a Waiver of Liability Form.
3. Present your invitation and your current U.K.B.F.F. Membership Card.
4. Registration/Administration fee is £10 for each competitor. You will be given your competitors WRISTBAND, which must be worn at **all** times on Saturday and/or Sunday. This wristband will allow you access in to the British.
5. Follow the instructions of the UKBFF official to the weigh-in and height measurement area where you hand in your Waiver of Liability form to the official. After you have weighed in and/or measured you will receive back this form WITH your weight on it and you will be directed to the table that deals with your class.
6. If you don't need to be weighed in or measured (i.e. Masters, Juniors etc.) follow the instructions of the registration person, who will direct you to the table that deals with your class.
7. At the table that deals with your class you will have to hand in your Waiver of Liability form and your music (Fitness, Women's Physique and all Bodybuilding classes). Music will be accepted on CD only. **BAD LANGUAGE OR SWEARING IN THE LYRICS IS STRICTLY PROHIBITED.** BODYBUILDING categories will be allowed ONE MINUTE free posing. The FITNESS class will have ONE AND A HALF MINUTE. The WOMEN'S PHYSIQUE can have 30 SECONDS posing routine.
8. Your competitor's number will be given to you BACK STAGE when your category is going on stage.

ONLY COMPETITORS ARE ALLOWED BACKSTAGE. Competitors who attempt to take friends, relatives etc. backstage, may be disqualified.

We will prepare an area, where your coach can be with you, but you cannot dress/undress in this area.

ALL TANNING PRODUCTS HAVE TO BE ACCORDING UKBFF/IFBB STANDARDS AND RULES.

Jan Tana and ProTan are the official IFBB tanning products and will be available at the venue with the official UKBFF tanner PROGLOW.

You can make an appointment with ProGlow by email at information@proglowtanning.co.uk

Other types of tans that DO NOT wipe off are also allowed and athletes can apply tan themselves, but it can't be applied at the venue.

Any tan that comes off when you wipe your hand over it, is banned and will have to be removed.

RALGEX and similar products are prohibited.

TENTATIVE RUNNING ORDER WILL BE AVAILABLE IN SEPTEMBER

Please Note:

The Categories running order will be in the same order as the Registration table on the previous page. Approximate times will be displayed on the Running Order at the show

START OF SHOW AT 10:00 AM PROMPT ON BOTH SATURDAY AND SUNDAY

During the Pre-Judging on Saturday, every Bikini-Fitness, Body-Fitness and Men's Physique competitor will perform Quarter Turns followed by comparisons (Round 1).

The top 6 will be called back to perform the I-walk and Quarter Turns in the Finals.

During the Prejudging on Sunday, every Bodybuilding and Women's Physique competitor will be judged doing compulsory poses followed by comparisons (Round 1).

The top 6 will be called back to perform Compulsory Poses and Posedown (Round 2) and their Posing Routine (Round 3).

All Fitness competitors will perform their Posing Routine and Quarter Turns on Sunday

PLEASE MAKE SURE YOU ARE AT THE VENUE IN TIME FOR YOUR CATEGORY!!!!

A definite running order and time-table will be distributed on the day of the competition.

Competitors can sit in an allocated area- but will need to have their wristband on to get in and out of the venue and auditorium. **Please note: If you want to sit with family/friends in a different area, you will have to buy a ticket. If your family/friends want to sit with you in the competitors allocated area that is allowed, if they have a ticket.**

Tickets are for sale from JULY 2017 at the Nottingham Concert Hall box office 0115 989 5555.

Or go online at <http://www.trch.co.uk/>

