



UNITED KINGDOM BODYBUILDING AND FITNESS FEDERATION

MEMBERSHIP RULES

– Any person wanting to become a member of the UKBFF will do so out of his/her own free will. Once you decide to become a member, the UKBFF expects you to be loyal to the federation and you cannot be a member of any other bodybuilding or fitness association.

- Loyalty will always be one of the deciding factors for invitations to IFBB International events (i.e IFBB European and World Champs etc.) or IFBB Invitational events (i.e. Arnold Classic, IFBB World Cup etc.)
- Athletes who are not already members will be able to join on the day of a competition. Any competitor without proof of membership will be required to rejoin on the day.
- Memberships available

£75 for a 2-year Membership: Valid from the date of application and is valid for 2 years.

£125 for a Full Membership: Valid from the date of application and is valid for 4 years.

- No membership fee will be accepted on the day of the UK British Championships. All competitors should be members before these Finals.
- You can pay and submit your details online at www.ukbff.co.uk (“MEMBERSHIP”). Payment will be taken by PayPal or credit/debit card.

- If you wish to pay by cheque or postal order you can download a Membership Application Form online at www.ukbff.co.uk and click on “ENTRY FORMS & RULES. Note: it might take up to 28 days to be posted.

- Forward Membership application with cheque or Postal Order to:

UKBFF, P.O. Box 231, Waterloo, Liverpool L22 9WW

NOTE: Privileges, entitlements and discounts are only given to a Full (4-year) Membership holders.

ENTRY RULES

-All competitors must be current UKBFF members and must bring their membership card to the contest they wish to enter. If they are not a member, a membership has to be purchased on the day.

- 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.

- **Entry fee** is £10 for administration and will have to be paid in cash at the registration **on the day of the event**. Entry fee for the British is £10.

- Competitors should have **British citizenship** or have been a **permanent resident in the UK** for at least 1 year.

- At any show where the winners will qualify for the UKBFF British 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 can compete as a junior until the 31st December of the year in which he/she will reach his 23rd birthday.

- **MASTERS MEN** can compete in Masters, from the 1st January of the year they become 40 or 50 yrs .

- **MASTER WOMEN** can compete in Masters, from the 1st January of the year they become 35.

- **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 BB or Beginners BB.

- **BEGINNERS** class is restricted to competitors, who are in their **first** season of competing and have not qualified for the British yet. At qualifiers there is only a Beginners class for Bodybuilding.

- Once a competitor has qualified for the UKBFF British Championships in any particular class, he/she may not enter any further qualifying contest during the same season in the same category. They may enter another qualifier to compete in a different category (i.e. Bodybuilding to Classic Bodybuilding. Beginner to Men’s Bodybuilding)

-A competitor may not enter more than one class at a British **qualifying** show.

At some of the UKBFF **sanctioned** events a Junior or a Master competitor can enter the height/weight category as well.

- Former UKBFF UK/British Champions do not have to qualify for any UKBFF British Championships- provided that they have stayed loyal- but will have to inform the UKBFF office of their intention to enter.
- The **ULTIMATE BEGINNERS** event is only for athletes, who **NEVER** been on stage and competed before.

PARTICIPATING IN NON-UKBFF EVENTS

-Any UKBFF member, -may they be a competitor or official- is expected to support and be loyal to the UKBFF and not participate or officiate in non sanctioned events, either 'Open' or other associations Bodybuilding or Fitness events. A competitor, who is a member of the UKBFF, or a UKBFF official who participates or officiates at an event, which has not been sanctioned by the UKBFF/IFBB may be suspended, fined or expelled. 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.

-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

Men Bodybuilding and Classic Bodybuilding

- The posing trunks for Men can be of any material, but with no patterns, sequins or metallic chrystals.

Fitness, Bikini-Fitness, Body-Fitness, Women's Physique

-Posing bikini's can be of any material of the athlete's choice. See Rules on www.ukbff.co.uk

Fitness, Bikini-Fitness, Wellness-Bikini Fitness and Body-Fitness

- Posing bikini's can be of any material of the athlete's choice. High heeled shoes. No platform shoes allowed. See Rules on www.ukbff.co.uk

Men's Physique

-Board-shorts must be about 2 cm above the knee and can be any colour or pattern. See Rules on www.ukbff.co.uk

PLEASE NOTE:

- Women's costumes are to be of conventional bikini style, must cover the breasts and bikini bottoms must cover at least $\frac{3}{4}$ of the buttocks and may **not be of extremely thin or low cut style in the front**. G-strings are not permitted. This applies to ALL women's classes.

- Men's costumes must cover at least $\frac{3}{4}$ of the buttocks, At least 1 cm at the side and must cover the whole front. 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.

- For the Bodybuilding and Women's Physique categories 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 should be of a recommended brand of the UKBFF/IFBB. If using your own tan, this may not be a tan that can be wiped off. Failure to do so might lead to disqualification.

CONTEST PROCEDURE

- Posing music for Fitness, Bodybuilding, Classic Bodybuilding and Women's Physique 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 wristband or 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.

-Registration/administration fee is £10 at Qualifiers for the British. Registration fee for other sanctioned events, like the Amateur Grand Prix, will be decided by the UKBFF.

- 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 CATEGORIES

BODYBUILDING

- Up to and including 70kg
- Up to and including 80kg
- Up to and including 90kg
- Up to and including 100kg
- Over 100kg

CLASSIC BODYBUILDING

At Qualifiers

Open Class or 2 heights

British categories

Upto/incl 175 cm

Upto/incl 180 cm

Over 180 cm

MEN'S PHYSIQUE

At Qualifiers

Up to 178 cm

Upto 182 cm

Over 182 cm

Muscular Men's Physique - Open

At the British Finals there can be more classes

MEN CATEGORIES

BEGINNERS BODYBUILDING

-Open Class

INTERMEDIATES

- Up to and including 80kg
- Up to and including 90 kg
- Over 90kg

JUNIORS upto/incl. 23 years

- Juniors Bodybuilding
- Juniors Men's Physique

MASTERS

- Master Men Bodybuilding
Over 40 Years of age
Over 50 Years of age
- Master Men's Physique
Over 40 Years of age

WOMEN CATEGORIES

WOMEN'S PHYSIQUE

At Qualifiers

Open Class

BODY-FITNESS

-Open

At the British there will be 2 categories

BIKINI-FITNESS

-Up to and including 163cm

-Up to and including 169cm

-Over 169cm

At the British there will be more classes

WELLNESS-BIKINI

FITNESS

-Open

FITNESS

-Open

JUNIORS up to/incl. 23 years

- Junior Bikini-Fitness
- Junior Body-Fitness

MASTERS over 35years of age

-Master Bikini-Fitness

-Master Body-Fitness

* Classic Bodybuilding with the following height/weight

- Up to 168 cm : Max weight = Height (cm) minus 100
- up to 171 cm : Max weight = Height (cm) minus 100 + 2 kg
- up to 175 cm : Max weight = Height (cm) minus 100 + 4 kg
- up to 180 cm : Max weight = Height (cm) minus 100 + 6 kg
- up to 190 cm : Max weight = Height (cm) minus 100 + 8 kg
- up to 198 cm : Max weight = Height (cm) minus 100 + 9 kg
- over 198 cm : Max weight = Height (cm) minus 100 + 10 kg

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.

UKBFF BRITISH CHAMPIONSHIPS INVITATION

- An invitation to the UKBFF British Championships will normally be issued to the winner of each class at all qualifying competitions. If the standard of the class is very high, more invitations may be given.

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 British, it is their duty to withhold the invitation.

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.

COMPULSARY POSES (For Men Physique)

Quarter turns, relaxed, to the right starting with front pose:

1. Front pose 1 hand on hip with one leg slightly out to the side
2. Side pose, left hand on hip with right leg slightly out to the back
3. Back pose 1 hand on hip
4. Side pose right hand on hip with left leg slightly out to the back
5. Front pose 1 hand on hip with one leg slightly out to the side

COMPULSARY POSES (For Bikini-Fitness and Wellness-Fitness)

Quarter turns, relaxed, to the right starting with front pose:

1. Front pose 1 hand on hip, upright, relaxed with one leg slightly to the side
2. Side pose 1 hand on hip, upright, relaxed with front foot on toe and body slightly turned to judges
3. Back pose 1 hand on hip, upright, relaxed with one leg slightly to the side
4. Front pose 1 hand on hip, relaxed with front foot on toe and body slightly turned to judges

COMPULSARY POSES (For Women Physique)

Quarter turns to the right starting with front pose:

1. OPEN HANDED Front Biceps pose
2. Side Chest pose hands together stretch in front
3. OPEN HANDED Back Biceps pose
4. Triceps pose with nearside leg stretch in front

Only Quarter Turns will be performed for Body-Fitness categories and 2nd round for Fitness category

FREE POSING ROUTINE

- The individual or Free Posing routine for all Bodybuilding categories can be up to sixty (60) seconds. At UKBFF Qualifying events, the routine will be performed by the Top 3 competitors of these categories
- Women's Physique routine can be up to thirty (30) seconds.
- The Fitness routine can be up to two minutes (120 seconds). At UKBFF Qualifying events, the routine will be performed by the top 3 competitors of these categories.

At the UKBFF British Championships the posing routine will only be performed by the Top 6 of the Fitness, Bodybuilding and Women's Physique categories.

RESTRICTIONS

- The use of tan is on recommendation of the UKBFF/IFBB and cannot be a make-up style tan, which can be wiped off. If the tan comes off by just wiping a hand over it, the athlete will be asked to remove the tan before going on stage. Any tan that doesn't come off is permitted.
- Only our official tanning company is allowed to tan at the venue. If you are using your own tan, you will have to apply it at home.
- 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 E-mail: admin@ukbff.co.uk