

2020 INBF Natural USA Bodybuilding, Figure & Bikini Championships
Pro Qualifier for Men's & Women's bodybuilding*, Open Figure*, Open Bikini*,
Open Men's Physique*

www.inbfnaturalusa.com

DATE: April 18, 2020 at Greece Arcadia High School, 120 Island Cottage Rd, Rochester, NY 14612
TIME: Men's Show 10am (competitor entrance 8:30am); Women's Show 3pm (Competitor entrance 1:30pm)
HOST HOTEL: Hampton Inn 500 Center Pl Dr Rochester NY 14615, Phone: (585)663-6070 (Mention Contest) (Must book room by: April 1, 2020)
CONTACT: Dan Iatomasi (585)503-7570 or Paul Iatomasi (585)737-7357

ENTRY FEES: \$60 and \$35 for each crossover. **\$20 late fee postmarked after April 4th.**

After April 4th, 2020, we are only accepting money orders.

INBF CARD: Payment may include fee with application fee. If not included with application and sent separately to INBF, only money orders are accepted and Canadian applications will need to pay via credit card.

APPLY BEFORE April 4th, & get a FREE awesome T-shirt (fill in size below: Sm. to XL)

T-shirt size _____ /\$15 if you want to purchase additional shirts or if you miss deadline for FREE shirt.

BODYBUILDING

Men Bodybuilding

- LW - Under 156 lbs. MW- 156 1/4 lbs. to 176 lbs. LHW - 176 1/4 lbs. to 190 lbs.
 HW- over 190 lbs. Teen Masters 40+ Masters 50+ Masters 60+ Masters 70+
 Novice - approx show wt _____ Junior Men (ages 23 & under) Men's Physique (height _____)
 Men's Physique master's Men's Physique Novice (height _____)

Women's bodybuilding LW - under 118 lbs. HW - 118 lbs. & over Novice** Masters 40+

CROSSOVERS: Masters bodybuilders, Teens, Juniors & Men's Physique competitors have the option to crossover into the Open or Novice bodybuilding. Bodybuilders can also do figure, Ms. Fit Body.

**Novice: Has not placed in the top 3 in and open weight class & not placed 1st in a novice contest.

FIGURE & MS. FIT Body

Women's Ms. Fit Body Division - Based on two rounds; Symmetry and Posing

- Open Ms Fit class

Women's Figure: Based on one round - Swimsuit, walk and quarter turns

- Open Figure - height:** height (bare foot) _____ feet _____ inches
 Masters Figure 40+
 Novice Figure: height: height (bare foot) _____ feet _____ inches
 Novice Bikini (Classes TBD based on entries) height (bare foot) _____ feet _____ inches
 Bikini (Classes TBD based on entries) height (bare foot) _____ feet _____ inches
 Master's Bikini

NOTE: Novice Figure & Open Figure can also do Masters Figure & Ms Fit

***Mens & Women's Pro Card awarded only if 8 or more competitors are in the entire open division. Overall Men's, Figure, Bikini and Men's Physique winners win Pro Card. 5 in Open Women's bodybuilding required for Pro Card. Overall Open Winners are required to take urinalysis test. (See Waiver below)**

**OTHER INFO: download the checklist from our website as it will cover info such as:
Polygraph; Music (NO Profanity) – for bodybuilders; Check in times; Other important info**

POLYGRAPH: IT IS \$50 CASH (only cash is accepted for the polygraph). Please click the link <https://calendly.com/patk70/rochester> to find and secure your appointment time for Friday April 17th (possibly Thursday the 16th as well).

You are responsible to make the appointment. Polygraph appointments are taking place Friday before the show at the host hotel. There are some spots open Saturday morning (before the show) only for competitors coming from out of town.

INBF card No./exp date _____ (if you do not have one, get INBF form on our website. Can include INBF card fee with application fee.)

Name _____ Age _____ Ph. # Day _____

Ph. # Nite _____ e-mail _____

Cell phone number _____ Address _____

City _____ State _____ Zip _____ Gym Representing _____

Titles Won: PLEASE LIST TITLES AND CLASSES YOU PLACED _____

WAIVER: In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the International Natural Bodybuilding Federation Inc. (INBF), Greece Arcadia High School, Rochester NY, International Natural Bodybuilding Federation, Inc. (INBF), Dan Iatomasi and any sponsors, agents, representatives and assigns for any injures and/or losses suffered by me as a result of my participation and/or attendance at the 2017 INBF Natural USA Bodybuilding & Fitness Championships, Saturday April 22, 2017. I understand that, in order to compete in A INBF-sanctioned event, I will be required to submit to up two (2) drug tests to validate a seven year abstinence from the use any type steroids, hormones, prohormones, prescription diuretics and any and all other compounds deemed illegal by the decision of the INBF concerning my participation in an INBF-sanctioned contest pending the results of one or both tests, as well as my adherence to all INBF rules and regulations. Failure to pass INBF drug tests or failure to adhere to INBF rules and regulations will result in my expulsion from the competition in question, as well as loss of INBF eligibility for seven years. I also agree to submit to any and all out-of-season testing required by INBF and agree to stand by the results of said testing, whatever it may be.

DON'T FORGET YOU NEED A CURRENT INBF CARD (see our website for form) and a polygraph apt and book your hotel ASAP if you are from out of town (they book up quickly).

Signature _____ DATE _____

PARENT OR GUARDIAN (if under 18) _____

PLEASE FILL OUT & RETURN ENTIRE APPLICATION. Make money order/check payable: Paul Iatomasi. Mail to 318 creighton lane, Rochester NY, 14612. AFTER April 4th, ONLY MONEY ORDERS ACCEPTED. Due to the high cost of bank fees Canadians must pay by money order.

Competitor Bio Sheet
Please Print, no cursive

Competitor Name: _____

Competitor Number: _____ (We will fill that in for you)

Age: _____

Gym Representing: _____

Previous Competition Placings / Titles: _____

I would like to give a Special Thanks to: _____

