

2024 GBO COMPETITOR GUIDELINES

MEN AND WOMEN TRANSFORMATION

I. GENERAL

- a. This is a non-sanctioned division and a celebration of all women and men who have transformed their lives through health and fitness.
- b. Transformation division will showcase athletes who have made a physical transformation resulting in fat loss and/or muscle gain.
- c. It will be comprised of two parts – before photos and stage comparisons.

II. REQUIREMENTS

- a. Athletes will take “before” photos with starting weight. Before photo does not have to be date as date of registration for show. Photos need to be within three (3) years of registration date to show overall journey.
- b. Photos need to show body and face clearly with minimal distractions in the background and with plenty of lighting.
- c. Submit photos by email as soon as the athlete registers for the event. Photos need to be ones which will be displayed on stage.
- d. Submit your starting weight and keep track of your measurements. Total weight loss is used only for placing in the correct category. So, it is not beneficial to give an incorrect starting weight.
- e. Athletes need to submit a 90-second video sharing information about your experience and your journey. Videos need to be in landscape mode on your phone. That is, hold the phone horizontal and parallel to the ground.
- f. ELIGIBILITY: Competitors must be at least 16 years of age at the time you enter the event. Athletes under 18 years of age must have parental consent. Anyone who has ever competed as a Professional Bodybuilder is not eligible.

III. CATEGORIES

- a. MEN – up to 30 lbs lost / 31-50 lbs lost / 51 lbs and above lost
- b. WOMEN – up to 30 lbs lost / 31-50 lbs lost / 51-100 lbs lost

IV. COMPETITION ATTIRE

- a. MEN – gym shorts / trunks that are not shorter than mid-thigh nor longer than just above the knee. Shorts must be solid color. Athletic shoes must be worn.
- b. WOMEN – sports bra and biker shorts or bikini / swimsuit. Athletic shoes must be worn.
- c. The competitor number is worn on left hip.

V. POSING

- a. Each competitor will perform a 15-20 second routine with poses to show progress in transformation.
- b. Each competitor will execute the Box Walk. Competitors will enter the stage and hit the first box closest to you and hit 2-3 poses, move to center stage and hit 2-3 poses, and finally move to third box and 2-3 poses. The expediter will then direct competitors to placement on stage.
- c. FRONT POSE: Face front, body standing tall, legs shoulder width apart, head is held high, arms are hanging by your side, one or both hands on hips, and smiling.
- d. BACK POSE. Face rear of stage, body is standing tall, legs shoulder width apart, head held high, arms hanging at your side, and back is relaxed but firm.
- e. LEFT/RIGHT SIDE POSE: Body is standing tall, leg facing away from judges is kicked back and leg closest to judges is holding your weight, torso is twisted at waist to face judges, arm closest to judges can be flexed towards back or above head to expose torso, and head facing judges with a smile.

VI. JUDGING

- a. Judging will be based on the before photos as well as stage comparisons and presentation – to include changes in weight, symmetry of the physique, muscularity, and presentation / poise.
- b. TRANSFORMATION: How much visible weight loss / muscle gain was achieved compared to starting point.
- c. SYMMETRY: How balanced is the transformation from upper body to lower body, front side to back side, and right side to left side.
- d. MUSCULARITY: Judges looking for muscular development, not just weight loss.
- e. COMPARISONS: Athletes will be directed by the Head Judge to perform quarter turns for comparisons. Competitors will start with front pose facing judges, then quarter turn to the right and hit left side pose, then quarter turn to the right and hit back pose, then quarter turn to the right and hit

right side pose, and finally quarter to the right and face judges. Head judge will ask athletes to switch places on stage for additional side by side comparisons. Remember to always smile.

- f. **FINALS / AWARDS:** Athletes will be introduced and move to center stage to hit 2-3 poses. Competitors will then exit stage. The top five competitors will be called back to the stage for awards and photos.