

Welcome to the 2025 Atlas International Expo

Weigh In Meeting:

You will be required to be at the Amateur meeting on November 07, 2025 at 5:30pm – 6:30pm. Once the meeting

has concluded, our Classic Bodybuilders for both women and men will be required to weigh and height check. All other competitors will be required to check in with the scorekeeper and will be called up by division. This meeting is important and is required.

Competitors who are doing bodybuilding, classic bodybuilding and mixed pairs may be required to fill out the props prerequisite form if you have chosen to use props.

The form can be found online on the rules page and email to laura.gboonline@gmail.com or bring with you to

the weigh in meeting. Remember if you choose to use props, they are for your routine.

Note: All athletes must bring their suits to this meeting.

The weigh in meeting location and times is as follows:

Venue: Bob Duncan Center

Address: 2800 South Center Street Arlington Texas

Weigh In Date: November 7, 2025

Start Time 5:30pm

Phone: 214-507-4187 or 940-245-0021

Backstage:

Backstage will actually be defined as the holding room for athletes and not the immediate backstage areas due to space limitation. In addition to the backstage pass, the individual will need to sign a release form with payment. **This cannot be done day of show and must be done during the weigh in meeting.**

We will be limiting backstage to 12 passes. In the past we have seen an influx of individuals backstage.

Again, this will be limited this year. The only individuals permitted backstage are Promoters, volunteer staff, judging staff, expeditors, athletes, media with credentials, authorized tanning and makeup artists, venue staffing and anyone who had purchased a backstage pass. All unauthorized individuals found backstage will be asked to leave. Note: All underage Athletes must be accompanied by a

Legal Guardian. We will ask for ID and to look at your entry form. Note: Please have appropriate garments on while backstage (example: robe, contest regulated suits etc.) Backstage passes are 100.00 and a required form will need to be filled out for security reasons.

Athlete Services:

TNT Tanning will be the only Tanning company allowed backstage.

Individuals will not be allowed to tan backstage as the convention center

will be monitoring this. If you are tanning yourself, you must do

this off site before coming to the convention center. Tracy's contact information is:

<https://tracynelsonsontan.com/>

Hair and Makeup will be conducted by Jolinda Glam. Her contact information is:

jolindaglam@gmail.com

Jolinda will be the only Makeup and Hair artist allowed backstage.

Schedule of Competition Order:

- Pre-Judging and Finals will begin on Saturday November 8, 2025 with Professionals starting out and Amateurs following. All routines and box walks will be conducted during the Pre-Judging phase.
- After all Pre-judging has concluded, we will take an hour break and come back with Final overall judging, trophies to amateurs and cash and prizes to pro athletes. Note: see below for format which does include some smaller breaks in between during pre-judging The timing is hard to determine due to this being a live judging contest.
- This form consists of prejudging Professionals followed by Amateurs with the following divisional order (subject to change):
- Men standard and classic men and women bodybuilding, and figure divisions followed by a 10-minute break. Pre-judging will continue with shape and men and women beach body (subject to change with division order going into the break).
- Again, at the end of pre-judging, there will be an hour break. Again, Standard and classic bodybuilding will perform their routines during pre-judging only, not during trophy presentation. Figure, shape, and beach body will walk in a box walk formation led by the expeditor during pre-judging. Again, the expeditor will lead the competitor through the box walk with 2 poses only per spot.
- During trophy presentation while the emcee introduces each athlete to the stage, the bodybuilding and classic bodybuilding athletes will hit their favorite pose while the beach body, figure and shape walk through each spot without any poses since this was done during pre-judging.
- After all athletes have been introduced, the emcee will call the placings.

Athletes are required to read rules and regulations and specifically the Code of Conduct for GBO events.

House (Venue) Rules:

Some house rules for the venue. Please be courteous of the tanning solution and do not damage anything in center or designated area of the center. Suggestion for hotel rooms, you may want to purchase cheap sheets and bring with you to each show. As a GBO athlete you represent our shows. You will personally be liable for any damage due to negligence at a hotel or venue. Again, venues are starting to monitor this and will walk around to ensure this is being adhered to.

Ticket Sales:

One ticket price only! \$50.00

Children 8 years and under free

Military discount \$5.00 off must have ID

Events -

Schedule: Nov 8 2025, the doors will open at 8:00am for the pre-judging event with a start time of 9:00am. This is a straight through format and again, if you are just attending the evening the ticket price will not be changed.

We will have security monitors at each doors checking wrist bands.

The following rule will apply as a Pro Qualifier:

***All Open Overall winners are eligible for Pro Status

All Master divisions 3 or more in a class, 1st place is awarded Pro status. Remember, if you win open overall you may compete in the Professional event. Please see promoter for details and documents.

Masters Age Groups:

35-39-

40-49

50-59

60-69

70+