

2023 GBO UNTESTED COMPETITOR GUIDELINES

Global Bodybuilding Organization was formed with the premise of keeping true to an “athlete first” competition friendly atmosphere.

Please read all of the following information carefully and keep this information as a reference. It should answer most of your questions.

We want you to enjoy your experience, have fun, and practice good sportsmanship.

I. GENERAL

- a. A competitor can do both Open and Novice in any division
- b. The first and second place winners in Open classes (in any division) are eligible to compete at the Pro Qualifier event to earn Pro status.
- c. NOVICE: an athlete that has never entered a Global Bodybuilding Organization sanctioned event. Once a competitor wins his/her novice class, they are not allowed to enter another novice class. If a competitor does not win, they may choose to compete again in a novice class. If a competitor is caught entering a novice class after winning, they will be disqualified. There are no overalls in novice and pro cards are not awarded in the novice classes.
- d. PROS: With these changes Professional competitors WILL NOT be prohibited from competing as an amateur in any other organization/federation for the purpose of obtaining a Pro Status with them. The definition of organization/federation for Global Bodybuilding Organization is an organization/federation where memberships are required as athletes who compete for Professional status, an organization/federation that has been operational for 7 plus years and this means no individualized or unsanctioned events. The purpose is for athletes to compete for Pro status with other organizations/federations. This does not apply to Global Bodybuilding amateur tested or untested events as you are a Professional within our organization and cannot step backwards. Professionals can compete with any organization/federation that will honor their Pro status. Due to this rule, you must keep up your Pro Membership with Global Bodybuilding. IF you compete as an amateur with another organization and your Pro Status is not kept up with Global Bodybuilding, you must requalify for Pro Status. A Commitment Entry will be required with a small administration fee attached for all untested events.
- e. TANNING: Competitors may use products such as JanTana, ProTan, etc. However, Dream Tan is prohibited at any GBO sanctioned show. The individuals or companies chosen for tanning are entirely up to the promoter with the exception of the vendors on the promoter’s contracts.
- f. Makeup Artist: The individuals or companies chosen for makeup and hair are entirely up to the promoter with the exception of the vendors on the promoter’s contracts.

- g. Photographer: The individuals or companies chosen for photos and videos are entirely up to the promoter with the exception of the vendors on the promoter's contracts.

II. MEMBERSHIP / BACKSTAGE POLICIES

- a. MEMBERSHIPS: In order to compete in any Global Bodybuilding Organization event, an athlete must purchase a GBO membership card allowing the athlete to compete for one year from the date of purchase. At this time, membership cards are \$120.00 for non-pro level athletes and \$150.00 for pro level athletes. A complete list will be kept on a membership management system. All athletes must purchase the membership card prior to the check-in on Friday for the event. We will not accept the purchase of the membership at the Check-in meeting. Athletes must show the electronic membership card at the check-in meeting. Be sure to place the card in either your wallet or photos on your phone for easy access. All registration and membership purchases are final, no refunds.
- b. BACKSTAGE: Individuals authorized to be backstage are promoters, staff, judging officials, expeditors, media with credentials, authorized tanning companies with insurance, authorized hair and makeup companies, and of course, competitors. All other individuals including and not limited to family, friends, trainers, etc. will be authorized backstage only with the purchase of a backstage pass and based on availability of space (venue specific). The only exception is the parent/guardian of competitors under age. The parent/guardian must sign a release of liability form at the check-in meeting. Backstage passes may be purchased for \$100. The backstage policy is the sole discretion of the promoter of the event.

III. CODE OF CONDUCT

- a. ZERO TOLERANCE: GBO is a zero tolerance organization. While we do not drug test our athletes, we encourage all athletes to be drug free. Any signs of drug use (i.e. extended abdominal, synthol abuse, and/or inflammation/swollen due to injection) will result in the athlete not placing during the judging period.
- b. DISCIPLINE: Disciplinary action may be considered by the Directors with communication to the President of GBO for any violation bringing discredit upon the GBO, including, but not limited to, passing "bad" checks, participation of athletes in an improper age division, or any violation of any part of the rules and guidelines under the Global Bodybuilding Organization. In instances of alleged violations, Board of review action may be taken against athletes due to conduct unbecoming of and not limited to athletes, their coaches, parents, friends, etc.
- c. DISQUALIFICATION: Disqualification criteria due to unsportsmanlike conduct will not be tolerated. Such conduct includes any that is unethical or dishonorable, such as disrespectfully addressing an official, fighting, taunting, and criticism of another competitor, and/or using profanity. GBO specifically

disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin. This rule shall apply to all athletes and their team personnel, friends, and family.

- d. **SUSPENSION/PENALTIES:** Engagement in unsportsmanlike conduct may result in disqualification from that event and/or further competition within GBO. Removal of an athlete's coach or other personnel shall be from further involvement/attendance at an event. In addition, penalties that may be imposed include, but are not limited to: suspension, expulsion, probation, reprimand, warning, or other penalties appropriate to the situation. Penalties may be imposed at the local GBO district level, national qualifier level, and/or national level or pro level show. An inappropriate action at a district or national qualifying meet may be grounds for disqualification or expulsion of an athlete for the entire contest for a set period of time. Penalties may be imposed for violation of GBO athlete contest rules, ethical policies, and code of conduct of the competitive rules of the Global Bodybuilding Organization.

IV. EVENT TYPES / TIMES

- a. The following shows will be assigned to Promoters –
- Local amateur show
 - Pro show
 - Pro masters show
- b. The Friday check-in will be 6:00 to 8:00 pm at the contest hotel or venue (check promoter information). Please bring proof of GBO membership and wear your posing suit (all divisions).
- c. Saturday morning, check-in for all athletes will be 8:00 am with prejudging to begin at 9:00 am. The night show check-in will be 4:00 pm followed by trophy presentations at 5:00 pm. If the show is a straight through format, the trophy presentations will begin approximately one hour after prejudging ends. It does not matter when your class will be on stage; all athletes must check-in at the above times.

V. DIVISIONS / CLASSES

The following divisions and classes will be offered. See each division separately for detailed rules for that division –

1. Men Standard Bodybuilding / open, novice, masters, and teen classes
2. Women Standard Bodybuilding / open and masters classes only
3. Men Classic Bodybuilding / open, novice, and masters classes
4. Women Classic Bodybuilding / open and masters classes only
5. Figure / open, novice, masters, and teen classes
6. Shape / open, novice, masters, and teen classes
7. Men and Women Beach Body / open novice, masters, and teen classes
8. Mixed Pairs / open class only

9. Fitness / open, novice, masters, and teen classes – some promoters may also offer kids fitness
10. Adaptive – competitors who qualify will enter one of the above divisions
11. Transformation or Wings may be offered as non-sanctioned divisions