

Welcome to the 2021 Mr. and Ms. Atlas International Expo **Weigh**

In Meeting:

You will be required to be at the meeting on December 2, 2021 at 6:00pm. Once the meeting has concluded, each competitor will either weigh in or go through a height check with the individual judge assigned to this task. Your suits will be mandated to be at the weigh in meeting and you may be asked to put on the suit.

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 emailed to laura.gboonline.com or bring with you to the weigh in meeting. Remember if you choose to use props, they are for your final routine.

The weigh in meeting location and times is as follows:

Venue: San Luis Resort Convention Center

Address: 5600 Seawall Boulevard Galveston TX

Date: December 2 2021

Time: 6:00pm – Please note that we will be conducting Pro meetings at 4:00pm. Please just come at the assigned time of 6:00pm however note that we need for you to be on time.

Phone: 214-507-4187

Backstage Passes:

We will be limiting backstage passes. In the past we have seen an influx of individuals backstage. In addition to the backstage pass, the individual will need to sign a release form. 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.

Schedule of Competition Order:

Pre-Judging and Finals will begin on Friday Saturday December 3 2021
Tested GBO Amateurs at 9:00 am and Saturday December 4 2021
Untested GBO Amateurs at 9:00am.

Please note we are doing both the Pre-Judging and Finals at one time. straight through format beginning at 9:00 am. This format consists of prejudging standard and classic bodybuilding and fitness and figure divisions followed by a 10-minute break. (Subject to change with regards to which division we will stop at before taking a break). Pre-judging will continue with shape and men and women beach body. At the end of pre-judging, there will be a 15 minute break. Standard and classic bodybuilding will perform their routines during pre-judging only, not during trophy presentation. Figure, shape, and beach body will perform the box walk during pre-judging. The expediter 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 top 3 or 5 athletes (depending on division) to the stage to accept their trophy.

Also note, judges are chosen from around the world and alternates will be changing out to avoid any conflict of interest. This will be discussed in the meeting. Athletes are required to read rules and regulations and specifically the Code of Conduct for GBO events.

Professionals will go on in the evening hours only Note: All individuals who receive Pro Status will be eligible to compete in the night show. You must see promoter for documents and instructions.

Awards:

We will award trophies as follows:

For Standard and Classic Bodybuilding, Couples- Top 3

For Figure, Fitness and Men and Woman's Beach Body, Shape– Top 5

House (Venue/Hotel) Rules: Some house rules for the hotel and convention center. Please be courteous of the tanning solution and do not damage anything in your hotel room or designated area at the convention 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 the hotel or venue.

Parking Options: Parking is free at the convention center. Do not park at Kroger parking lot, you will be towed.

Ticket Sales for Event is as follows:

For Dec 3, 2021 and Dec 4, 2021

Day Events including Amateur Pre-Judging and Finals during the day hours
- \$20.00 Regular price plus tax and if paying by credit card, a fee will be applied. Children 10 and under are free

Final Professional Event are a separate ticket sale:

General Seating \$45.00

Children 10 and under are free

Show Times: Featured

Events - Schedule:

For both Dec 3 and Dec 4 2021, the doors will open at 8:00am for the Amateur events and 4:00pm for the Professional Events.

Global Bodybuilding Organization

Tested Bodybuilding Contest on Friday 12-3-2021

Amateurs will go on at 9:00am as a straight-through format.

Professionals will go on at 5:00pm as a straight-through format.

Untested Athletes:

Saturday, December 4, 2021

Global Bodybuilding Organization Un-Tested Bodybuilding Contest on Saturday 12-4-2021 Amateurs will go on at 9:00am as a straight-through format.

Professionals will go on at 5:00pm as a straight-through format.

The following rule will apply as a Pro Qualifier:

***All Open Overall winners are eligible for Pro Status. All Master divisions 5 or more in a class, 1st place is awarded Pro status. Remember, if you win open overall or a master's division with 5 or more in a class, you may compete in the Professional event. Please see promoter for details and documents.

This applies to Untested Amateur show only. We cannot offer this to tested athletes since their status depends on drug results from the lab.

Masters Age Groups:

40-49

50-59

60-69

70+