

Welcome to the 2023 Atlas International Expo

Weigh In Meeting:

You will be required to be at the Professional meeting on November 10, 2023 at 4:00pm. 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. This meeting is important and is required.

There will be no commitment entries allowed at the weigh in meeting. All Professionals were required to fill out the commitment entry and turn in by the deadline date.

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

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

The weigh in meeting location and times is as follows:

Venue: Esports Stadium Arlington & Expo Center

Address: 1200 Ballpark Way, Arlington, TX 76011

Date: November 10 2023

Time: 4:00pm

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.

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://tracynelsontan.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 11 2023 Untested GBO Pros at 4:00PM.

Please note we are doing both the Pre-Judging and Finals at one time as a straight through format beginning at 4:00 pm. This format consists of prejudging 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). 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 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.

Professionals will go on in the evening hours only

Awards:

The following will apply as cash prize awards per entry count per division for the Mr. and Ms. Atlas and Expo 1st place through 3rd place Placings 4 and 5 will receive a Medal.

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. Again, venues are starting to monitor this and will walk around to ensure this is being adhered to.

Parking Options:

Parking is \$10 at the convention center.

Ticket Sales:

November 11, 2023

Day Events including Amateur Pre-Judging and Finals along with the full expo (vendors, Sumo Wrestling and Kettle Bells) during the day hours - \$30.00 Note a fee will be applied if paying by credit card. Children 10 and under are free

~~Note: If you would like to add Cheerleading, there is an additional charge of \$20 making it a total of \$50 for this ticket type.~~

Cheerleading Canceled

Final Professional Event are a separate ticket sale:

This is our year end Professional International Event.

General Seating \$50.00

Children 10 and under are free for general tickets

Show Times:

Featured Events - Schedule:

Nov 11 2023, the doors will open at 8:00am for the Amateur events with a full Expo Note: There are two ticket types for the day time events. See tickets.

Doors will open at 3:00pm for the Professional Events.

Saturday, November 11, 2023

Global Bodybuilding Organization Contest on Saturday 11-11-2023

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

Professionals will go on at 4:00pm as a straight-through format.