



United Kingdom Bodybuilding and Fitness Federation

UKBFF GENERAL RULES



UNITED KINGDOM BODYBUILDING AND FITNESS FEDERATION

MEMBERSHIP RULES

Any person who decides to become a member of the UKBFF will do so out of his/her own free will. Only British citizens or UK Permanent Residents living and/or working in the UK are able to become a member.

The UKBFF is affiliated to the IFBB and abide by their rules.

- Loyalty will always be one of the deciding factors for invitations to IFBB International events (i.e IFBB European and World Champs etc.) or IFBB Invitational events (i.e. Arnold Classic, IFBB Diamond Cup etc.)
- Athletes who are not already members will be able to join on the day of a competition. Any competitor without proof of membership will be required to rejoin on the day.
- Memberships available
 - £50 for a 1-year Membership: Valid for 1 calendar year.
- No membership fee will be accepted on the day of the **UKBFF British Championships**. All competitors should be members before these Finals, as only qualified competitors can enter the British Championships.
- You can pay and submit your details online at www.ukbff.co.uk ("MEMBERSHIP"). Payment will be taken by PayPal or credit/debit card.

ENTRY RULES

- All competitors must be current UKBFF members and must bring their membership card/book to the contest they wish to enter. If they are not a member, a membership has to be purchased on the day.
- Unless the promoter has arranged otherwise, all entries must be submitted in advance. Entering on the day will usually be allowed with the permission of the UKBFF.
- **Entry fee** for British Qualifiers will be displayed on the UKBFF Events calendar.
- Competitors should be a **British citizen** or have been a **permanent resident in the UK** for at least 1 year.

JUNIORS AND MASTERS

- At any show where the winners will qualify for the UKBFF British Championships all Junior and Master competitors will be required to produce evidence of age. Such evidence can be a birth certificate, passport or driving license if it clearly shows your date of birth.
- **JUNIORS** can compete as a junior from the 1st of January of the year they become 16 years of age (with permission of their parent or responsible adult) until the 31st December of the year in which he/she will reach his/her 23rd birthday.
- **MASTERS MEN** can compete in Masters from the 1st January of the year they become 40 yr, 50 yr or 60 yr.
- **MASTERS WOMEN** can compete in Masters, from the 1st January of the year they become 35 yr.
- **INTERMEDIATES** bodybuilding class is restricted to those competitors who have never qualified for the UK British Championships before, whether or not they accepted their invitation. This rule is not applicable to Junior BB.
- Former UKBFF UK/British Champions do not have to qualify for any UKBFF British Championships- provided that they have stayed loyal- but will have to inform the UKBFF office of their intention to enter.
- The **ULTIMATE BEGINNERS** event is only for athletes, who **NEVER** been on stage and competed before.

COSTUME RULES

Men Bodybuilding and Classic Bodybuilding

- The posing trunks for Men can be of any material, but with no patterns, sequins either metallic or crystals.

Men Classic Physique

- The posing shorts for Men Classic Physique has to be black lycra, with no patterns, sequins either metallic or crystals.

Women's Physique

-Posing bikini's can be of any material of the athlete's choice. See Rules on www.ukbff.co.uk

Women's Fitness, Bikini-Fitness, Wellness-Bikini Fitness and Body-Fitness

- Posing bikini's can be of any material of the athlete's choice. High heeled shoes. **No platform** shoes allowed. See Rules on www.ukbff.co.uk

Men's Physique and Muscular Men's Physique

-Board-shorts must be about 2 cm above the knee and can be any colour or pattern. Rules on www.ukbff.co.uk

PLEASE NOTE:

- **Women's costumes** are to be of conventional bikini style. Tops must cover the breasts and bikini bottoms must cover at least $\frac{3}{4}$ of the buttocks and may **not be of extremely thin or low cut style in the front**. G-strings are not permitted. This applies to ALL women's classes.

- **Men's bodybuilding costumes** must cover at least $\frac{3}{4}$ of the buttocks, At least 1 cm at the side and must cover the whole front. G-string or 'posing pouch' are **not** permitted.

- **All competitors** must ensure that their costumes are of a proper fit and do not ride up or slip whilst posing.

- **For the Bodybuilding and Women's Physique categories no jewelry**, accessories or body make-up may be worn on stage at either pre-judging or the evening show, with exception of a wedding ring.

Hats, gloves, shoes, sunglasses and other such 'props' are not permitted with the exception of the Fitness class and with permission of the promoter.

- **Artificial tan** should be of a recommended brand of the UKBFF/IFBB. If using your own tan, this may not be a tan that can be wiped off and cannot be applied at the venue. Failure to do so might lead to disqualification.

CONTEST PROCEDURE

- Posing music for Fitness, Bodybuilding, Classic Bodybuilding, Classic Physique and Women's Physique must be on CD or USB. Bad language or swearing in lyrics is strictly prohibited.

- A competitor does not need to buy a ticket for the contest in which he/she is competing and will generally be given a wristband or pass when they register/check-in.

- Where passes are provided competitors must wear or carry these at all times and show on request. Any competitor who is found to have given his/her pass to another person, risks disqualification.

- Unless otherwise agreed by the promoter, no one will be allowed to accompany the competitor backstage – this includes friends, training partners, relatives, etc.

- Competitors who arrive late for the weigh-in/registration are warned that they may not be allowed to enter the contest. Please ensure you arrive in good time for the weigh-in.

A competitor is allowed a maximum of thirty minutes to make the weight, provided that any attempts are made before the weigh-in closes.

MEN CATEGORIES

Various WEIGHT classes in:

**BODYBUILDING
INTERMEDIATES**

HEIGHT/WEIGHT restriction classes in:

**CLASSIC BODYBUILDING*
CLASSIC PHYSIQUE***

(*See table below)

Various HEIGHT classes in:

**MEN'S PHYSIQUE
MUSCULAR MEN'S PHYSIQUE**

AGE/HEIGHT classes in:

JUNIORS (upto/incl. 23 yrs)

- Junior Bodybuilding
- Junior Men's Physique

MASTERS (various ages +40 yrs)

- Master Bodybuilding
- Master Men's Physique

WOMEN CATEGORIES

Various HEIGHT classes in:

**WOMEN'S PHYSIQUE
BODY-FITNESS
BIKINI-FITNESS
WELLNESS-BIKINI FITNESS
FITNESS**

AGE/HEIGHT classes in:

JUNIORS (up to/incl. 23 yrs)

- Junior Bikini-Fitness
- Junior Body-Fitness

MASTERS (over 35 yrs of age)

- Master Bikini-Fitness
- Master Body-Fitness

* **Classic Bodybuilding** with the following height/weight restriction

- Up to & incl. 168 cm : Max weight = Height [cm] minus 100
- up to & incl. 171 cm : Max weight = Height [cm] minus 100 plus 2 kg
- up to & incl. 175 cm : Max weight = Height [cm] minus 100 plus 4 kg
- up to & incl. 180 cm : Max weight = Height [cm] minus 100 plus 7 kg
- up to & incl. 188 cm : Max weight = Height [cm] minus 100 plus 9 kg
- up to & incl. 196 cm : Max weight = Height [cm] minus 100 plus 11 kg
- over 196 cm : Max weight = Height [cm] minus 100 plus 13 kg

* **Classic Physique** with the following height/weight restriction

- Up to & incl. 168 cm Max Weight [kg] = Height [cm] minus 100 plus FOUR (4) Kgs
- Up to & incl. 171 cm Max Weight [kg] = Height [cm] minus 100 plus SIX (6) Kgs
- Up to & incl. 175 cm Max Weight [kg] = Height [cm] minus 100 plus EIGHT (8) Kgs
- Up to & incl. 180 cm Max Weight [kg] = Height [cm] minus 100 plus ELEVEN (11) Kgs
- up to & incl. 188 cm: Max Weight [kg] = Height [cm] minus 100 plus THIRTEEN (13) Kgs
- up to & incl. 196 cm: Max Weight [kg] = Height [cm] minus 100 plus FIFTEEN (15) kgs
- over 196 cm: Max Weight [kg] = Height [cm] minus 100 plus SEVENTEEN (17) kgs

NOTE:

At some qualifying shows there might be ONE Intermediate class, ONE Classic Bodybuilding and ONE Masters Bodybuilding class only, although competitors from all weight classes and age classes can be invited, if the standard is high.

UKBFF BRITISH CHAMPIONSHIPS INVITATION

– An invitation to the UKBFF British Championships will normally be issued to the winner of each class at all qualifying competitions. If the standard of the class is very high, more invitations may be given.

If the Head-judge and the judges/officials present at these qualifying competitions feel that the standard of the class is not up to an acceptable level for an invitation to the British, it is their duty to withhold the invitation.

COMPULSARY POSES FOR BODYBUILDING, CLASSIC BODYBUILDING

Quarter turns to the right, relaxed, starting with front pose

1. Front Double Biceps
2. Front Lat Spread.
3. Side Chest.
4. Back Double Biceps.
5. Back Lat Spread.
6. Side Triceps
7. Abdominals and Thighs.

COMPULSARY POSES FOR CLASSIC PHYSIQUE

Quarter turns to the right, relaxed, starting with front pose:

1. Front Double Biceps
2. Side Chest.
3. Back Double Biceps.
4. Side Triceps
5. Vacuum pose
6. Abdominals and thighs
7. Favourite Classic pose

COMPULSARY POSES FOR MEN PHYSIQUE

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose 1 hand on hip with one leg slightly out to the side
2. Side pose, left hand on hip with right leg slightly out to the back
3. Back pose 1 hand on hip on leg to the side
4. Side pose right hand on hip with left leg slightly out to the back
5. Front pose 1 hand on hip with one leg slightly out to the side

COMPULSARY POSES FOR BIKINI-FITNESS AND WELLNESS-FITNESS

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose: 1 hand on hip, upright, relaxed with one leg slightly to the side
2. Side pose: 1 hand on hip, upright, relaxed with front foot on toe and body slightly turned to judges
3. Back pose: 1 hand on hip, upright, relaxed with one leg slightly to the side
4. Side pose: 1 hand on hip, upright, relaxed with front foot on toe and body slightly turned to judges
5. Front pose: 1 hand on hip, relaxed with one leg slightly to the side

COMPULSARY POSES FOR BODYFITNESS AND FITNESS

Quarter turns to the right, relaxed, starting with front pose:

1. Front pose: arms down the side of body, relaxed elbows, upright, with feet and knees together
2. Side-pose: Upright, feet together, legs/knees straight. Body slightly turned to judges. Face straight ahead
3. Back pose: arms down the side of body, relaxed elbows, upright, with feet and knees together
4. Side pose: Upright, feet together, legs/knees straight. Body slightly turned to judges. Face straight ahead
5. Front pose: arms down the side of body, relaxed elbows, upright, with feet and knees together

COMPULSARY POSES FOR WOMEN PHYSIQUE

Quarter turns to the right starting with front pose:

1. OPEN HANDED Front Biceps pose
2. Side Chest pose hands together stretch in front
3. OPEN HANDED Back Biceps pose
4. Triceps pose with nearside leg stretch in front

FREE POSING ROUTINE

- The individual Free Posing routine for all Bodybuilding categories and Classic Physique can be up to sixty (60) seconds. At **Qualifying events, the routine will be performed by the Top 3 competitors.**
- Women's Physique routine can be up to sixty (60) seconds.
- The Fitness routine can be up to two minutes (120 seconds).

At UKBFF Qualifying events, the routine will be performed by the top 3 competitors of these categories.

At the UKBFF British Championships the posing routine will only be performed by the Top 6 of the Fitness, Bodybuilding, Classic Bodybuilding, Classic Physique and Women's Physique categories.

RESTRICTIONS

- The 'MOON' pose is forbidden.
- The pulling up of the posing trunks at the side during a Lat Spread is forbidden
- The use of Ralgex or similar products is not allowed.

TANNING

- The use of tan is on recommendation of the UKBFF/IFBB and cannot be a make-up style tan, which can be wiped off. If the tan comes off by just wiping a hand over it, the athlete will be asked to remove the tan before going on stage. Any tan that doesn't come off is permitted. It's allowed to use your own tan, but you will have to apply it at home and not at the venue.

**Only our official tanning company REVOLUTION TANNING is allowed to tan at the venue. You can book your tan [Revolution Hair, Beauty and Tanning \(revolutiontanning.co.uk\)](http://revolutiontanning.co.uk)
They also do hair and make-up**

ENJOY YOUR TIME ON STAGE