

**2nd ANNUAL BODYBUILDING & FIGURE COMPETITION
USAG STUTTGART, GERMANY
22 August 2009**

OFFICIAL ENTRY FORM

Name _____
Weight _____ Height _____ Age _____
Gym/Military Community _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Email: _____
Work Phone _____ Occupation _____

Divisions: Check One (may compete in more than one category)

Men's Bodybuilding:

Lightweight Up to 165.0lbs
 Middleweight 165.1- 176lbs
 Light Heavyweight 176.1- 190lbs
 Heavyweight 190.1lbs and over

Women's Figure:

Short Class Up to 5 feet, 5 inches.
 Tall Class 5 feet, 5 ¼ inches and up

Awards will be presented to 1st, 2nd, and 3rd place finishers in each division as well as for Best Overall Male & Female.

I understand that no entry will be accepted without a signature and entry fee. In consideration of acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against FMWR and the Department of Defense. I further agree to have my participation in this competition videotaped and photographed and I hereby waive and release all rights to said videotaped and photographs to FMWR for their exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding. I agree to abide by all decisions of the designed officials and declare that all the information contained herein is, to the best of my knowledge, true, correct, and complete. I have read and understood the contents of this entry blank.

The registration fee \$40.00 and includes INBF membership. Membership is mandatory to be eligible to compete. Athletes may be subject to drug testing.

Signature _____ Date _____

Return Entry Form and entry fee (\$40.00) Payable to USAG Stuttgart/FMWR/Sports & Fitness, ENTRY FEE IS NON-REFUNDABLE. CHECKS MUST INCLUDE SOCIAL SECURITY NUMBER AND DUTY PHONE NUMBER.



**Wor. Natural Bodybuilding Federation
& International Natural Bodybuilding
& Fitness Federation**



Official Pro Natural & Naturalmania Bodybuilding, Figure, Best Body & Ms. Fit Body Federations

2009 LIST OF INBF BANNED SUBSTANCES (Effective 1/1/09)

The following substances and related compounds are **banned** by BOTH the INBF and WNBF and their use constitutes grounds for dismissal from INBF Competitions and suspension from membership privileges in the organization for a period of seven years from the failure date. **This list is effective January 1, 2009.**

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dydrochlormethyl-testosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds, are strictly banned.

TESTOSTERONE (injections, patches, gels) in any form or for any reason, *even if under a doctor's prescription.*

TESTOSTERONE/EPITESTOSTERONE RATIO. The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause. *Note:* Should the use of any substance cause an elevated T/E ratio in excess of the 6/1 limit, the athlete will be ruled as positive (failure).

GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compounds). Oral, spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin are banned effective **January 1, 2001.**

HORMONES, PROHORMONES AND ALL PRECURSORS & METABOLITES, DERIVATIVES & RELATED COMPOUNDS. The use of **any hormone** (injectable, oral, sublingual or otherwise) for bodybuilding purposes – including **insulin** – is prohibited.

•**All hormonal precursors** (DHEA, androstenedione; 19-norandrostenedione; androstenediol; 5-AD; androstene-TRIONE; 17-androdione; etc.) are banned effective **January 1, 2000.** (*Includes Novadex, Superdrol, Halodrol, Methyl-1, etc.*)

NOTE: The sole exception of this ruling is **7-Keto DHEA** (also known as 7-OXO DHEA only), effective **June 1, 2007!**

•**All other additional hormonal supplements** (6-OXO; 6-OXO-androstenetrione; 2a,17a-dimethyl-17β-hydroxy-5a-androstan-3-one; 3,17-keto-ctiochol-triene; 1,4,6-androstatriene-3,17-dione; 3-Alpha (5a-androstan-3a,17b-diol); etc.) have been identified as prohormonal in nature as of January 1, 2004, and are banned effective **January 1, 2004.** (*Includes Novadex, Superdrol, Halodrol, Methyl-1, Forza-T, etc.*)

•**Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-ctiocholane-7-one (A7-D), 3,17-dihydroxy-delta-5-ctiocholane-7-one diethylcarbonate (A7-E), 7-OH DHEA, etc. are banned effective **January 1, 2007.** (*Includes Hot Rox, Fahrenheit, etc.*)

NOTE: 7-Keto DHEA (aka 7-OXO DHEA), when used for weight loss, is the **ONLY** hormonal product approved for use in WNBF/INBF.

•**Pro-Steroids** are banned as of **January 1, 2000.** They are marketed as not being prohormonal, but they ARE. (*Includes 1-Test, etc.*)

•**Prescription Thyroid Hormone Medication** when used for bodybuilding purposes is banned.

•**The presence of any banned substance in the urine** (i.e., nandrolone, etc.), **no matter how it arrived**, is ruled as a positive (failure).

INBF COMPETITORS ONLY: NOTE: Any athletes who are **NEW to the INBF, MUST NOT HAVE USED ANY PROHORMONES for AT LEAST TWO (2) YEARS before joining the INBF for the FIRST TIME!**

NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM! (E-mail inbf@epix.net.)

PRESCRIPTION DIURETICS. Any and all prescription weight-loss substances and diuretics used for bodybuilding purposes, *even when physician-prescribed*, are banned by the INBF.

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned effective **July 1, 2004.** Any athletes who are **NEW to the INBF ONLY MUST NOT HAVE USED EPHEDRA for AT LEAST SIX (6) MONTHS before joining the INBF for the FIRST TIME!**

PSYCHOMOTOR STIMULANTS such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes.

MUSCLE IMPLANTS OF ANY KIND are strictly prohibited. **BREAST IMPLANTS for females are not banned.**

CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST.

CLENBUTEROL AND GHB (since 1992).

ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENCIES.

ANY FDA-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

ANY IOC-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

AGREED: I have read and agree to abide by this list of banned substances as a prerequisite for my participation in the WNBF/INBF and sanctioned events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 7 years from the date of the test failure.

Athlete's Name (Print)

Signature

Today's Date

2009 International Natural Bodybuilding & Fitness Drug Testing, Photography & Video Agreement, Wavier and Release.

In consideration of your accepting my application and intending to be legally bound, for myself and my heirs, executors or administrators, I waive and release any and all rights, claims, damages, demands and/or causes of action I have or, in the future, may have against. The International Natural Bodybuilding Fitness, Inc. (INBF), its sponsors, the Promoter, any corporate or individual sponsor, and each of their representatives, employees, successors and assigns relating to, arising out of or in connection with, the **2009 INBF USAG NATURAL BODYBUILDING & FIGURE CHAMPIONSHIPS Pro-Q**, including, but not limited to, any rights, claims, damages, demands and causes of action relating to polygraph testing, or the publication or other dissemination of the results of such testing, physical injury and/or emotional injury.

I understand that the contest is open only to contestants who have not taken any anabolic steroids, growth hormones, diuretics or any other prescription drugs uses to enhance physical performance for (7) years (length of drug-free period) and that I will be given a polygraph (lie-detector) examination to determine whether I am and have been drug-free. In consideration of your accepting my application, I further agree to as follow:

1. I will submit to a polygraph and optional urine test to determine whether or not I have taken anabolic steroids, growth hormones, diuretics or any other prescription drugs used to enhance physical performance within the restricted time limitation, or any other banned substances;
2. The Promoter has the absolute right to choose the Polygraph operator and urinalysis administrator.
3. The results of the polygraph examination and/or urinalysis given to me, as the results are determine and interpreted by the polygraph operator and urinalysis laboratory, will be binding and conclusive;
4. The INBF has no retest policy for polygraph testing. All test results are final and irrefutable. Urine testing includes retesting only on the "B" sample; taken at the same time as the "A" sample; and only under specific guidelines spelled out in the INBF Constitution & By Laws guidelines. Urinalysis testing results are final and irrefutable under said guidelines;
5. The polygraph operator is authorized to disclose the results of the polygraph examination, his or her opinions of the polygraph examination and/or any statements made by me to the Promoter, the INBF, the sponsors, any contestant, employee or representative of any of them.

I further understand and agree that I will not be permitted to enter the Contest if I do not take the polygraph test or if the results of said test, as determined or interpreted by the operator, indicate or disclose that I have taken anabolic steroids, growth hormones or diuretics within the last seven (7) years (length of drug-free period).

It is also acknowledged that I hereby expressly grant the right of the INBF or its designated media agents to photograph me and use my pictures, silhouette and other reproductions of my physical likeness (as the same may appear in any motion picture film), and in connection with the exhibition, theatrically, on television, and also in the advertising, exploiting and/or publicizing of any such motion picture, but not limited to television or theatrical motion pictures.

Competitor's Name (Print)

Signature of Competitor

POLYGARAPH TESTING RESULTS:

Passed

Failed

Dated: _____

Signature of Test Administrator

2009 INBF LIABILITY RELEASE

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administration, and my assignees waive and release all rights and damages I may have against the World Natural Bodybuilding Federation, Inc. (WNBFF), International Natural Bodybuilding & Fitness, Inc. (INBF), **Natural Bodybuilding & Fitness Magazine**, **Naturally Fit TV**, and any and all sponsors of the event their representatives and assignees, for any and all inquiries incurred by me in conjunction with the **2009 INBF USAG NATURAL BODYBUILDING & Figure CHAMPIONSHIPS Pro-Q**, in traveling to and from the event an, in further consideration of permission being granted to me to participate. I hereby grant the **INBF, Natural Bodybuilding & Fitness magazine, Naturally Fit TV**, or any INBF- approved magazine, video or entertainment organization and all of their agents successors, licensees and assignees, the right to photograph or otherwise reproduce (whether by film tape, still photography or otherwise) my voice, appearance and name and exhibit, distribute transmit and / or otherwise exploit any and all media, including without limitation, by means of still photography motion pictures, radio, television, television motion pictures, video, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and / or publicity and the right to use my name and information about me in connection with any of the foregoing. The rights granted by me hereunder and granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at a time in connection therewith. Nothing contained herein shall be deemed to obligate you, the INBF, and / or any WNBFF, **Natural Bodybuilding & Fitness magazine, Naturally Fit TV**, or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein.

I also understand that the aforementioned rights may be reassigned at any time without further comment.

I understand that the INBF, **Natural Bodybuilding & Fitness magazine, Naturally Fit TV**, Video and / or any other INBF-approved magazine or video entertainment organization, are photographing and videotaping the Contest in express reliance upon the foregoing and I am free to grant the rights to the Promoter, the INBF, **Natural Bodybuilding & Fitness magazine, Naturally Fit TV** and / or any other magazine, video or entertainment organization hereunder.

NAME (Please Print Clearly) _____

SIGNATURE _____

DATE _____

If this release is being signed by a person less than eighteen (18) years of age, the following must be completed:

The undersigned does hereby represent, agree and guarantee that the undersigned consent(s) to the execution by the minor of the Liability Release, that the undersigned will not revoke such consent being the minority of the minor, that undersigned has read the Liability Release and is/are familiar with the contents thereof, and that the minor shall fully and completely comply with all the terms of the releases.

PARENT / LEGAL GUARDIAN SIGNATURE (S) _____

DATE _____