



## **Rules and Guidelines for athletes**

Correct as of 2021 season and until further notice.

**PLEASE read carefully before directing any queries back to any DFNA official.**

### **Sections:**

- 1- Memberships
- 2- Amateur/Professional status
- 3- Drug testing/anti-doping
- 4- Competition classes
- 5- Rules/guidelines for individual disciplines

### **1 - Memberships –**

Membership and entry fees are shown on the entry form for the contest. The fees are presently as follows:

- Membership (January-December): kr. 450
- Entry fee: kr. 550

Payment of these amount (total of kr. 1.000) must be done via bank transfer in connection with the online registration process.

Registration must be done **no later than** 21 days before the competition. Payment for membership, registration fee etc. is not refundable unless special agreement with DFNA is made.

DFNA membership is available to all DK based amateur athletes. Guest memberships for non-DK athletes are granted for contests which allow international entrants. Each application is reviewed individually and the DFNA reserve the right to decline membership to any individual for any reason without stating said reason and without a right to appeal by the applicant.

Amateur athletes with a DFNA membership, who wish to compete in a competition held by other WNBFF affiliates, can only do this with the approval of DFNA, as said athletes - in a previous DFNA competition - must have proven to possess the required standard to compete internationally. All WNBFF affiliates are aware of this rule, and will not grant you access to their competitions without DFNA approval. An international qualification is a valid current year plus one year from the date of the competition, in which this qualification was obtained and is only valid for the class in which qualification was obtained. In special cases, DFNA may grant exemption for this rule.

If you have a valid international qualification and wish to compete in a WNBFF sanctioned competition abroad, you are required to have paid membership to DFNA that year.

***Any member of the DFNA whose conduct is deemed inappropriate, damaging to the association or not within the spirit of sport either in or out of a contest either in person or via social media or other virtual means may have their membership withdrawn.***

## **2 - Amateur/Professional status –**

An amateur athlete is defined as one whom is not currently an eligible WNBFF Professional, including Professional athletes who are members of other sanctioning bodies recognised by the WNBFF who would be eligible for WNBFF Pro status if requested. Athletes who hold Pro status in sanctioning bodies not recognised by the WNBFF are generally eligible to compete as amateurs, but will be reviewed on a case by case basis. WNBFF or accredited Professional athletes who have not competed as a Pro for over 2 whole seasons and have chosen to relinquish Professional status are also eligible to return to amateur competition and apply for DFNA membership.

Amateur members are free to compete with any sanctioning body they choose, without prejudice. Holding DFNA membership does not limit an athlete to competing only in DFNA events.

A professional athlete is one who has been either offered and has accepted WNBFF Pro status, or has obtained WNBFF Pro membership by way of holding Professional status with a recognised sanctioning body. Once such status is held, the athlete becomes a member of the WNBFF and applies/pays for membership directly to the WNBFF. A professional athlete does

not need to hold DFNA membership any longer, but needs to hold valid WNBFF membership before being able to compete in any Professional contests promoted by the DFNA.

Open Danish Championship is a Pro Qualifier according to the following rules. A Pro-card is awarded to over-all winners or class winners (if there is no over-all) in classes, where the number of athletes is a **minimum of 8**.

Pro-Cards are not awarded in junior classes.

*Example 1:*

4 Figure Athletes, Short Class + 4 Figure Athletes, Tall Class = 1 Over-all winner, who gets Pro-Card.

*Example 2:*

8 Mens Physique athletes in one class = 1 class winner, who gets Pro-Card.

*Example 3:*

4 Mens Physique Athletes, Short Class + 3 Mens Physique, Tall Class = 1 Over-all winner, NO Pro-card.

*Example 4:*

7 Figure athletes in a class = 1 class winner, NO Pro-Card.

### **3 – Drug Testing and Anti-doping –**

The DFNA adopts the eligibility criteria of the WNBFF, and operates in accordance with the WNBFF banned list.

All DFNA promoted events are drug tested by both urinalysis and polygraph/lie detector methods (with the DFNA reserving the right to test by any other additional means available without prior notice) and if selected for a test, an athlete has no right of refusal.

***Payment for the polygraph test must be made in cash immediately prior to the test. The price is \$ 65.***

Athletes aged under the age of 18 or with limited ability to consent will not be tested without the consent and presence of a parent/guardian/appropriate adult of their choosing and the approval of the testing official.

All DFNA members **MUST** ensure they are eligible for membership **BEFORE** they apply by checking the WNBFF banned list in its current form as shown on the WNBFF website [www.worldnaturalbb.com](http://www.worldnaturalbb.com) and are responsible throughout their membership for ensuring they adhere to the guidelines laid out in the banned list and alter the use of any substances which may subsequently be added to the list.

Any drug test failures will result in a ban from competition in line with WNBFF rules at the time of the failure.

The DFNA and its officials CANNOT endorse ANY supplement or product for being “safe” to use in competition unless its manufacturing process has been guaranteed to the association. It is the responsibility of the individual to ensure that no ingredients of any product used appear on the banned list, and for the manufacturer to confirm that the product contains nothing but the listed ingredients. If in doubt, don’t use it.

#### **4 – Competition Classes –**

In 2019 DFNA offers the following classes:

- Junior Men Bodybuilding (23 and above under)
- Masters Men Bodybuilding (above 40)
- Masters Ladies Figure (above 40)
- Masters Ladies Bikini (above 40)
- Open Ladies Bikini
- Open Mens Physique
- Open Ladies Figure
- Open Ladies Bodybuilding
- Light Weight Open Men Bodybuilding (Up to and including 70 kg.)
- Middle Weight Open Men Bodybuilding (Up to and including 80 kg.)
- Heavy Weight Open Men Bodybuilding (Above 80 kg.)

DFNA reserves the right to remove, add or combine classes if the number of registered athletes make it necessary. In case a large number of Male Open Bodybuilders makes it necessary to add further weight divisions, the split will be as follows:

- Bantamweight (Up to and including 68 kg.)
- Light Weight (Up to and including 75 kg.)
- Middle Weight (Up to and including 80 kg.)
- Light Heavy Weight (Up to and including 86 kg.)
- Heavy Weight (Above 86 kg.)

#### **TANNING:**

All tanning products, except oil-based products such as Dreamtan is allowed. It is expected that the individual athlete will treat the venue with respect and will clean up any uncovered place accidentally made dirty. Athletes failing to comply with this request, may risk being disqualified from the competition and lose their DFNA membership.

We strongly urge our athletes to use the official tanning service of the federation, if one exists for that competition.

## **5 – Rules and guidelines for individual disciplines –**

The specifics for each discipline are covered below. It is important that you are familiar with the rules for the division in which you plan to compete.

## **DFNA Bodybuilding, female and male**

### *COMPETITION ATTIRE:*

Men: bodybuilding posing suit (trunks)

Women: two-piece bodybuilding posing suit (bikini)

Suits must be of a single colored material, but may be adorned with glitter, jewels or any such adornments. No thong or G-string type suits are allowed.

### *JUDGING:*

Athletes will be judged by executing a series of quarter turns (semi relaxed) and mandatory poses. Competitors must hit all the mandatory poses in a timely manner. Remember every time a pose is called for the judges are looking at the complete package from top to bottom not just that body part.

Note: The Head Judge at all DFNA events reserves the right to penalize an athlete if the athlete refuses to perform the requested poses properly. The athlete will be given a warning to correctly perform the pose and if the judge's request is ignored, a penalty assessed to their placement for each improper pose. Athletes will perform only the poses requested by the Head Judge or face the same penalty.

### *DFNA BODYBUILDING POSES:*

- Quarter turns, showing all 4 sides. Feet **MUST** be flat to the stage and level with each other, and excessive twisting/flexing/posing in this round may be addressed by the head judge.
- The Front Double Biceps Pose
- The Front Lat Spread Pose
- The Side Chest Pose
- The Rear Double Biceps Pose (showing one calf)
- The Rear Lat Spread Pose (showing one calf)
- The Side Triceps Pose (both hands behind the back)
- The Abs and Thigh Pose (both arms overhead)
- The Most Muscular Pose (of your choice)

All competitors will perform a 60 second posing routine following their comparison rounds.  
NO props or costumes are allowed.

Posing music MUST NOT contain any profanity, sexually explicit or violent lyrics or racially offensive terminology. Such tracks will not be played.

Posing music must be submitted to the contest promoter via email at least 3 weeks before the contest. Any athlete who has not submitted music by this time will pose to music of the DJ's choice (except in rare cases where prior agreement with the DFNA is made)

## **DFNA Ladies Figure**

Figure is a class of physique competition judged equally on symmetry, tone, and stage presence (to include the stage walk). Judges will be looking at balance and proportion (e.g., between upper and lower body). Figures should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique. Competitors must also show good muscle tone. Leanness and muscle development is expected; however, competitors should NOT exhibit as much conditioning and muscle mass/size or present a physique as is presented in Bodybuilding.

Judges use two rounds to assess competitors in each of these areas.

### ***COMPETITION ATTIRE:***

Two-piece Figure suit with straps of the bikini top making a X on the back, must be in good taste; thongs or T-back bottoms are not allowed and approx. 50% of glutes must be covered. The suit may be adorned with rhinestones, sparkles, sequins, etc. for added effect.

High-heeled shoes are required.

Jewellery is permitted; body jewellery (piercing) is allowed, so long as it is not offensive. Other jewellery (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

### ***JUDGING ROUNDS:***

#### **1 – GROUP COMPARISONS:**

Competitors will perform the mandatory quarter turns; judges will compare competitors against each other.

#### **Mandatory Poses (Quarter turns):**

Front pose:

Heels must be together and in line, without either foot ahead of the other toward the front. Hips MUST face the judges and arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide). Lats should be open/flared to show a nice V-Taper. Toes must face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation. Angle of outward extension cannot exceed 15 degrees with either foot; any exaggeration of this ruling will be corrected by the head judge Note: the head judge may insist that both feet be completely touching.



#### Side pose:

From the front pose, competitors execute a  $\frac{1}{4}$  turn to the right and adjust stance. Upper body turned 35 degrees toward judges so the rear shoulder can be seen, but nothing exaggerated. Hips must face side of the stage. Eyes must face side of the stage. Toes must face side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset). Long hair should be pushed back behind the front shoulder so it doesn't obscure view. Front and rear hands should hang freely with palms toward the body.

#### Rear pose:

From the side pose, competitors execute a  $\frac{1}{4}$  turn to the right and face the curtain or rear of the stage. Both feet must be together or very close (heels within 2-3 inches of each other). Toes cannot be spread wide apart. Feet cannot be offset to any degree (i.e., one in front of the other). Competitors should brush their hair to one side so their back can be seen. Arms must be at the sides with the hands hanging freely- palms toward the body. Lats spread wide to show upper body symmetry.

## 2 – STAGE WALK:

The Stage Walk is the competitor's opportunity to show their symmetry, tone and stage presence to the judges. Competitors should execute the Stage Walk in a tasteful, confident manner as exaggerated displays or taking excessive time onstage will be scored down. The stage walk will be conducted in a manner according to DFNA rules – see appendix 1. Competitors who fail to follow the designated walking pattern will be scored down.

You will execute the Stage Walk in the following manner:

1. Centre scene, rear (Front pose)
2. Centre scene, front (All 4 quarter turns in sequence)
3. After which the athlete will exit the stage

**ONLY the mandatory quarter turn poses are permitted during the stage walk. Any individually chosen poses are not permitted, and athletes will be marked down for performing them. However a certain amount of creativity in the transitions between poses are allowed.**

**A diagram of the correct Stage Walk Pattern is available to download from our website [www.dfna.dk](http://www.dfna.dk).**

## **DFNA, MENS PHYSIQUE**

This is NOT a bodybuilding contest, so muscularity (muscle size and conditioning) does not need to be excessive to do well in the event. In fact, competitors who exhibit a level of muscular development and conditioning equal to that which is required to compete successfully in the open bodybuilding classes WILL be marked down. Judges are looking for a lean, fit, athletic physique which is balanced and aesthetically pleasing. Elements such as a pleasing muscle shape, good v-taper (highlighted by relatively wide shoulders and a small waist) and a well-developed mid-section are prominent in the judges' criteria. Physiques should be well balanced, with no body part overpowering another, including a balance between upper and lower body parts.

### **COMPETITION ATTIRE:**

All competitors will be barefoot and wear shorts. No posing trunks/briefs allowed. The shorts must be "board short" style shorts, and be loose fitting around the thighs. Shorts must cover all of the thighs, and at most stop at (but not below) the knee. The waistband of the shorts should rest approximately mid-way between the hips and the navel, so as to cover the hips entirely but not obstruct any muscle groups.

### **JUDGING ROUNDS:**

#### **Round 1 – GROUP COMPARISONS:**

Scoring: All men will be compared for body shape, symmetry, muscle development, definition/conditioning, general fitness appearance and overall grooming and stage presence.

#### **Front pose:**

Heels can either be together (2-6 inches apart) or one foot facing forward slightly turned out and knee slightly bent and the opposite foot turned out and the leg extended to the side with the knee bent slightly or straight with or without one hand on the hip.

The hips MUST face the judges and the arms can remain at the sides or you can place one hand on your hip.

Lats should be open but not overly flared.

And your toes must face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation (this is assuming you are standing with your feet together, if you are choosing to stand with one leg extended to the side this does not apply • The angle of outward extension of any foot is permitted but any over exaggeration of this ruling will be corrected by the Head Judge. NOTE: The head-judge may ask the competitor place both feet together.

### Side Pose:

From the front pose, competitors execute a  $\frac{1}{4}$  turn to the right and adjust stance: Upper body turned 35 degrees towards judges, so the rear shoulder can be seen, but nothing exaggerated; The hips MUST face the side of the stage; the hip may come up a bit but not over exaggerated and you may twist your shoulders 35 degrees towards the judges. Your hips must face the competitor in front of you No exceptions. You may turn your head and look directly at the judges. You can choose either of these two foot positions: The complete strict side pose: with the front foot offset only half the distance from the back foot (the foot that is facing the judges; the heel of that foot has the ball of that foot touching the ball of the opposite foot, or you can also lift the foot facing the judges off the ground a bit leaning on your front toe. However, in either position, toes must face the side of the stage and not turn out towards the judges. Hips must face the side of the stage as well. The rear hand may be placed on the hip or could hang freely with palms towards the body.

### Back pose:

From the side pose, competitors execute a  $\frac{1}{4}$  turn to the right and face the curtain or rear of the Stage. Just like the front pose, heels can either be together (2-3 inches apart) or one foot facing forward slightly turned out and knee slightly bent and the opposite foot turned out and the leg extended to the side with the knee bent slightly or straight with or without one hand on the hip. Arms can either be at the sides with the hands hanging freely-palms towards the body or with one hand at the hip. Lats open but not over flared to show upper body symmetry

At no time during the Back pose is a competitor permitted to turn their head to look at the judges.

After the rear pose, the athlete will take a further quarter turn to the right and perform the other side pose.

The competitor should hit their poses and only move to reset themselves. Any over exaggerated and distracting movement on stage will not be permitted and the head judge reserves the right to tell the competitor to hold their pose.

## 2 – STAGE WALK:

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## **DFNA, BIKINI**

The Bikini Contest is designed to find the most athletic and fit athletes that represent the ideal for the division. Bikini is a “softer” and lighter muscled look than competitive Fit Body and Bodybuilding, and competitors should be aware of the judging differences. Athletes displaying levels of muscularity (both muscle size and conditioning) that are more appropriate for Fit Body or Bodybuilding competition may be marked down.

### **COMPETITION ATTIRE:**

Traditional plain two-piece beach bikini swimsuit (not a bodybuilding “crossover” back bikini), however the fabric may be a multi-coloured fabric of choice in solid print.

Note: Studs, rhinestones, beads or any appliqués (sequins, glitter etc.) are allowed on the Bikini division competition posing suits including the connectors, straps and hip connectors.

Appropriate coverage in the back of the suit is REQUIRED (at least 35%). No thongs/G-strings/ T-backs.

High-heeled shoes must be worn. No specified style or heel/sole depth/height.

Jewellery is permitted.

### **JUDGING ROUNDS:**

#### **Round 1 – GROUP COMPARISONS:**

Front pose:

Heels can either be together (2-6 inches apart) or one foot facing forward slightly turned out and knee slightly bent and the opposite foot turned out and the leg extended to the side with the knee bent slightly or straight with or without one hand on the hip.

The hips MUST face the judges and the arms can remain at the sides or you can place one hand on your hip. Note: Your arms should not touch the sides of your suit or be over exaggerated (spread wide).

Lats should be open but not overly flared.

And your toes must face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation (this is assuming you are standing with your feet together, if you are choosing to stand with one leg extended to the side this does not apply • The angle of outward extension of any foot is permitted but any over exaggeration of this

ruling will be corrected by the Head Judge. NOTE: The head-judge may ask the competitor place both feet together.

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#### Back Pose:

From the side pose, competitors execute a  $\frac{1}{4}$  turn to the right and face the curtain or rear of the Stage. Just like the front pose, heels can either be together (2-3 inches apart) or one foot facing forward slightly turned out and knee slightly bent and the opposite foot turned out and the leg extended to the side with the knee bent slightly or straight with or without one hand on the hip. Competitors can either choose to "T" their feet in their back pose meaning placing their feet in a crossed position. Competitors should brush their hair to one side when they turn to the rear so their back can be seen (if they have long hair).

Arms can either be at the sides with the hands hanging freely-palms towards the body or with one hand at the hip. Lats open but not over flared to show upper body symmetry

At no time during the Back pose is a competitor permitted to turn their head to look at the judges.

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### CONCLUSION

Any queries NOT answered in this document are to be directed via email to [tnr@dfna.dk](mailto:tnr@dfna.dk)

### Annex 1:

