



RULEBOOK

DFNA - INBA / PNBA EUROPEAN CHAMPIONSHIPS 2024

INBA
AMATEUR & PRO SHOW
PNBA

EUROPEAN CHAMPIONSHIPS

DENMARK
18-20 OCTOBER 2024

PRO Elite Athlete
Global Member

DANISH ATHLETES

@DFNA.DK @DFNA

NATURAL BODYBUILDING NATURAL OLYMPIA QUALIFIER

LOCATION: VÆRKET, SVEN DALSGAARDS PL. 1, 8900 RANDERS
TICKETS, INFO & ENTRY: WWW.DFNA.DK

billetten NA NATURLIG ATLET Bodylab Copenhagen TAN



All info below can also be found on website: www.dfna.dk

Contest dates

18,19 & 20 October 2024.

Registration

Registration will take place at the Venue October 18th, between 12:00 and 17:00. (Between noon and 5PM).

Location of registration:

"Vaerket Randers" - Address: Sven Dalsgaards Pl. 1, 8900 Randers (Denmark)

Competition

The competition begins both days, Saturday October 19 & Sunday October 20, at 10:00 (10 AM).



Weekend Class overview



AMATEUR SHOW & PRO SHOW

EUROPEAN CHAMPIONSHIPS

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SATURDAY 19.10.2024	SUNDAY 20.10.2024
Women's Figure All classes (Pro & Am)	Men's Sportsmodel All classes (Pro & Am)
Men's Athletic All classes (Pro & Am)	Women's Sportmodel All classes (Pro & Am)
Mixed Pairs All classes (Pro & Am)	Men's Physique All classes (Pro & Am)
Men's Bodybuilding All classes (Pro & Am)	Women's Physique All classes (Pro & Am)
Women's Bodybuilding All classes (Pro & Am)	Classic Physique All classes (Pro & Am)
Wellness All classes (Pro & Am)	Bikini Diva's All classes (Pro & Am)

**The order of the class overview is not final, changes may occur*

What you see above is **not** the final time-schedule, this is just the weekend-plan, so athletes know which days the different classes will be on stage.

The final order & time-plan will be released 2 weeks prior to the event.



How to compete / enter the contest? (3 steps)

1. How to qualify:

To register you need to be qualified through either a national championship and/or an International event within the INBA / PNBA federation.

2. European Elite Tour Membership:

To compete at the European Championships every athlete needs to have a “European Elite-tour Membership”. *Click link below:*

<https://naturalbodybuilding.eu/elite-tour-membership/>

3. How to register for the competition:

Registration for the European Championships 2024 starts the 11th of March 2024. *Click link below:*

<https://dfna.dk/tilmelding-em/>

Registration ends the 15 of October 2024.

Make sure you follow the rules of your country when entering the contest.

Once you have registered for the Competition, and we have all the required documents, you will receive a confirmation of your entry!



PRICING:

Entry fee for athletes

Amateur classes price per entry:	170 € (euro)
Pro classes price per entry:	250 € (euro)

Your registration can only be confirmed with a succesfull payment.

Coach wristband

At registration, October 18, 2024. every athlete can buy one coach-wristband for 60 € (euro's). The coach wristband allows access to both the backstage & the audience all weekend.

Audience / Visitor tickets

Audience tickets for the show can be bought online at the Venues webpage. The price in in Danish valuta 349 DKK, and translated to around 45 € (euro) for one day. A ticket for both days can be bought for 499 DKK, and is translated to: 66 € (euro).

Click link below:

<https://vaerket.dk/kalender/sport/inba-pnba-european-championships-in-natural-bodybuilding-10th-year-anniversary/>

REGISTRATION:

To make the registration as smooth as possible we recommend all teams to have a team-captain that takes responsibility for the whole national team at the registration. Once the whole team is registered, a photographer will take a group-photo of the whole team together.

We recommend that teams wear a national team-suit for the registration.

Competition venue / location

"Vaerket Randers" - Address: Sven Dalsgaards Pl. 1, 8900 Randers (Denmark)



Organizer / host

President of the INBA DFNA (Danish Federation of Natural Athletes): Daniel Risgaard.

For all messages & questions regarding the contest, send an E-mail to:
(kontakt@dfna.dk)

For further info & information up until the show follow us on social media:
Instagram @[dfna.dk](https://www.instagram.com/dfna.dk) / Facebook: @**DFNA**,
- We do not answer DM's & Facebook messages. For important questions, send an e-mail.

Hotel Services

“Hotel Randers” - Address: Torvegade 11, 8900 Randers - Denmark.

if you register as an athlete and send them your European Elite tour membership account as a proof that you are a competitor, you will receive a 20-30% discount depending on the room you choose!

Contact hotel ny e-mail: (hr@hotel-randers.dk)
Or by phone: (0045 86423422)

Other options:

We also have “Hotel Kronjylland - Best Western” where the DFNA has reserved 50 rooms for athletes. You can book your hotel room through this link:

[https://www.guestreservations.com/best-western-plus-hotel-kronjylland-randers/booking?
gad_source=1&gclid=Cj0KCQjwwMqvBhCtARIsAIXsZpZ36unsOCvgoUIKTD
4kOLHtN9fQaF3fEqUYLRi4NnvVEchBHcFMxblaAs8YEALw_wcB](https://www.guestreservations.com/best-western-plus-hotel-kronjylland-randers/booking?gad_source=1&gclid=Cj0KCQjwwMqvBhCtARIsAIXsZpZ36unsOCvgoUIKTD4kOLHtN9fQaF3fEqUYLRi4NnvVEchBHcFMxblaAs8YEALw_wcB)

When booking write “Daniel Risgaard - DFNA”, and you will get a discount on the hotel-rooms, as long as they are available.

Traveling

We recommend either 'Billund Airport' or Aarhus Airport'. Both airport have easy acces public transportation. Both Billund and Aarhus have trains going directly to Randers transtation.

Shuttlebusses from Airport to venue

We have arranged a direct shuttle-bus from "Billund airport" straight to the venue. You can purchase your shuttles tickets right here on the link below for 15 euro's. A lot of money and time will be saved, compared to using a car or by public transportation.

<https://form.jotform.com/242345473300044>

You will be asked to show the ticket when you hop on.

We have 2 busses planned:

- One leaves Thursday October 17 at 6 PM (18:00 local time).
- Another one leaves Friday October 18th at 10 AM (10:00 local time).



INBA AMATEUR SHOW & PRO SHOW PNBA

EUROPEAN CHAMPIONSHIPS

DENMARK
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BUSSES ARRANGED
BILLUND AIRPORT → VENUE

15 Euros per athlete €

	Thursday	Oct 17	6 PM (18:00)
	Friday	Oct 18	10 AM (10:00)



DANISH FEDERATION OF NATURAL ATHLETES

LOCATION: VÆRKET, SVEN DALSGAARDS PL. 1, 8900 RANDERS
TICKETS, INFO & ENTRY: WWW.DFNA.DK



Spray tan:

Copenhagen Tan will provide excellent tanning service the whole weekend. Their professional team will ensure that you have the required layer of coats to look perfect onstage and provide both touch-ups & glazing backstage. You can book their service here.

Click link below:

https://www.copenhagentan.dk/booking_dfna

We recommend you just book **any random** time-slot, and once the tanning-team knows the official timeplan, they will adjust the time, so it fits with your class. You will receive a message from Copenhagen Tan with your final time for tanning. If you book before the 19 of September, you get a discount!

Make-up, hair & styling services - Anne Dalum

My name is Anne, and I've helped over 700 athletes achieve the perfect stage look. I became a certified makeup artist and hair stylist in 2014, and I'm passionate about styling athletes because I competed in bikini fitness for several years myself. I know how hard you work to get ready for the stage, so it means a lot to me to be there on show day to ensure you 1) don't stress about styling, 2) get a look that suits YOU (and your category), and 3) are in good hands.

The price for makeup (including lashes) and hair styling is 1200 DKK, and for makeup (including lashes) only, it's 900 DKK.

You can check out my work on @beautybyannedalum. Feel free to message me there if you have any questions.

BOOKING AND MORE INFO:

We look forward to styling you! ❤️

Click the link below:

<https://beauty-by-anne-dalum.planway.com/>

Booking closes on October 1st.



Photo & Video-services

Do you want stage-photos and video material from the European Championships? Snedled Media will make sure to catch your best moments on-stage. Click the link and see more details!

You have the option to get both video's, photo's or a combination of both:

Click the link below:

<https://naturligatlet.dk/collections/european-championships-stage-photos-video>

Music - Posing Routines

All athletes who competes in the following classes: bodybuilding-classes, classic physique, mens athletic, classic physique or women's physique, must send their music for their posing routine to our e-mail:

(kontakt@dfna.dk)

This can be sent either directly or with file-sharing link.

The posing routine for amateurs may last between 30-60 seconds, while the Pros' routines may last between 30-90 seconds.

Make sure the music is cut and edited so if fits your routine the second it is played from the beginning. All music will be played from the start.

The music is by own choice, but can not contain excessive cursing, sexual language, incitement to violence or racism. Music of this kind will not be played.

The music should be a MP3-file, in high quality 265 kbps, and should be sent no later then 2 weeks before the contest. (October 6th, 2024).



Anti-doping:

Urinetesting, Bloodtesting & Polygraphing

Urine & blood-testing

At the event 'Global Quality Sports GmbH' will ensure a fair competition, and are the ones responsible for the doping testing. The athletes can both be picked out for urine and/or blood testing if necessary. The drugtesting taking place tests for all prohibited substances mentioned in "WADA's prohibited list". *Click link below:*

<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/prohibited-list>

Athletes who needs to be tested will also be accompanied by a chaperon the entire time from getting off-stage until they are tested.

Polygraphing - **Only Danish athletes**

At the registration athletes will be picked for polygraphing, which takes place on both friday the 18th and Saturday the 19th. The polygraphing in Denmark is very thorough and takes between 30-60-minutes per athlete.

Since the INBA / PNBA doesn't normally polygraph, this only applies to the Danish athletes, since the affiliates have freedom to test their own athletes how they want. In Denmark we normally polygraph at our national shows.

In case of a positive test result the athlete will be disqualified from the competition. Any prizes won must be retuned to the organisation. Membership of the INBA/PNBA will be ended immediately. The WADA Guidelines are followed, and by registering for this competition, the athlete automatically agrees on the competition rules and gives permission to voluntarily participate in any relevant doping-testing.

If an athlete refuses to being drug tested, the athlete will automatically be disqualified, with no refund.



Categories INBA (Amateur classes)

Bikini Diva's juniors (18-23 y/o)
Bikini Diva's Masters (40+ y/o)
Bikini Junior Masters (35-39 y/o)
Bikini Diva's Grand Masters (50+ y/o)
Bikini Diva's Ultra Masters (60+ y/o)
Bikini Diva's Open

Bodybuilding Teens (15-17 with parents permission)
Bodybuilding Junior (18-23 y/o)
Bodybuilding Junior Masters (35-39 y/o)
Bodybuilding Masters (40+ y/o)
Bodybuilding Grand Masters (50+ y/o)
Bodybuilding Ultra Masters (60+ y/o)
Bodybuilding Open

Classic Physique Juniors (18-23 y/o)
Classic Physique Junior masters (35-39 y/o)
Classic Physique Masters (40+ y/o)
Classic Physique Open

Figure Junior (18-23 y/o).
Figure Junior Masters (35-39 y/o)
Figure Open
Figure Masters (40+ y/o)
Figure Grand Masters (50+y/o)

Men's Athletic Open

*(weight/height limited) (height in cm, minus 103 = max stage weight).
Example: 180cm - 103 = 77 kg stage weight.*

Physically Challenged Open
Mixed Pairs Open (2 athletes competing together)

Wellness Open



Women's Bodybuilding

Women's Physique

Men's Physique Junior (18-23 y/o)

Men's Physique Junior Masters (35-39 y/o)

Men's Physique masters (40+ y/o)

Men's Physique Grand Masters (50+ y/o)

Men's Physique Open

Women's Sportsmodel Junior (18-23 y/o)

Women's Sportsmodel masters (40+ y/o)

Women's Sports model Open

Men's Sportsmodel Junior (18-23 y/o)

Men's Sportsmodel masters (40+ y/o)

Men's Sports model Open

Categories PNBA (Pro classes)

- Men's Bodybuilding
- Classic Physique
- Athletic Physique
- Mens Physique
- Bikini Diva's
- Wellness
- Women's Bodybuilding
- Women's Physique
- Women's Figure
- Men's Sportsmodel
- Women's Sportsmodel

*If you are competing or wish to compete in a class that is **not** on our Categories list, send us an e-mail to: (kontakt@dfna.dk) with your wish. We will then consider adding your category if we have enough people with same demands / wishes.*



Prize money

Prizes:

All athletes (both amateurs & Pro's) will receive a participation medal, a goodiebag & an official "European Championships T-shirt specialmade by company "Naturlig Atlet"

All athletes (both amateurs & pro's) placing top 3 will receive prizes in form of both supplements, clothing & giftcards.

Prize money:

Pro Athletes can win prizemoney when they finish top 3 in a class with a minimum of a certain amount of athletes:

Minimum of 3 athletes: first place 300€ (euro)

Minimum of 5 athletes: first place 500€ (euro) , second place 300€ (euro), third place 100€ (euro)

Minimum of 7 athletes: first place 1000€ (euro), second place 500€ (euro), third place 300€ (euro)

Pro-cards

All amateur winners in classes consisting of 7 and above competitors will be awarded a Pro-card and the status of being a PNBA Professional. If you wish to compete in a pro-class in the same weekend, you need to purchase & activate the pro-card before doing so.

The purchase & activation is done on the following webpage:

Click link below:

www.naturalbodybuilding.com



Show format / method:

The European Championship runs a format where each class will be judged from start to finish in one sitting (pre-judge, finals, routine & awards).

Each class begins with the pre-judging round where judges compare quarter turns & mandatories.

Once scores are counted and the 5 finalists are found, the finalists will go through another round of comparison: quarter turns, mandatories & routines (t-walks or posing routines).

After the routines, the award ceremony will begin, and the placings will be announced.

If you compete in a category that has several classes, the award-ceremony will be held after all those are judged.

Once the winners are found from each class, there will be an overall-battle between the classwinners. This is where the pro-cards are won.

Example of how a Bodybuilding category segment will look.

Mens bodybuilding Junior

Mens Bodybuilding Open

Mens Bodybuilding Master

Mens Bodybuilding grandmaster

Award ceremony —> Medals, prices & trophies

Overall battle —> Overall Trophy & Pro-card



House rules

Backstage area is only open to athletes and coaches. Only one coach per athlete is allowed. Reason being fire-restrictions & safety-precautions. Once an athlete has finished their competition they must leave the backstage area immediately & clean up after themselves and bring all personal belongings. This is necessary to give the athletes who still have to perform enough space backstage.

All valuables or money should be left with friends and coaches. The organizer is not responsible for loss or damage to personal property.

It is very important to keep the backstage area as neat as possible & not make stains on the walls, chairs, interior or exterior of the venue with tanning products. The backstage area will be covered in plastic, but we still appreciate people taking care of the surroundings!

We highly recommend using our spraytan service, since they will ensure a high quality layer of tan, and will be available for touch-ups & corrections throughout the competition. The more athletes using the same spraytan service, the easier it is for the judges to compare the athletes conditioning. If an athlete decides to bring their own tanning-product, make sure it is a “dry” product such as Protan or Jantana.

It is not allowed to use oily colored products such as dreamtan.

It is also not allowed to bring your own tent and spray-tan backstage.

The athlete declares to be in good health to participate in this competition. If an athlete has any signs of illness they need to consult with a doctor/ specialist who has given permission to compete in this competition. In case of an athlete taking / being prescribed any medicine, they need to fill out a “TUE”, and send it to the email:

(kontakt@dfna.dk) before the competition.

The DFNA, INBA Denmark is not liable for any form of damage to the athletes health or consequences in relation to competition participation and/or competition preparation.

There will be no refunds.

INBA Global rules will be followed: (www.naturalbodybuilding.com)

POSING

Posing: (general)

Information about posing criteria, information & requirements can be accessed on the global website.

Click the link below:

(<https://naturalbodybuilding.com/categories/>)

Important information

Wellness class:

At the European Championships the Wellness class will have more options when it comes to both front -and backposes.

The **frontpose** can be hit in 2 ways:

- Hips directly facing the judges and feet in line
- Hips slightly tilted with one leg slightly closer to the judges



The **backpose** can be hit in 2 ways:

- Backpose with shoulder blades spread and one hand on hip
- Backpose with shoulder blades pinched, & both hands on thighs



The athletes have freedom to pick whatever pose suits their physique, but should practice all poses, in case the judges choose to call all variations.

The sidepose will be hit normally, with the option of switching between which legs is in straightened.

See Picture:





STAGWEAR

Suits, bikinis & other stage wear

Information about trunks, boardshorts, bikinis and other stage wear can be accessed on the global website.

Click the link below:

(<https://naturalbodybuilding.com/categories/>)

VENUE, EXPO & SHOPPING

Expo, restaurant, drinks & shopping possibilities

Shopping

Just across the road of the Venue (1 minute walk), there is a “Netto” supermarket. Athletes, visitors & coaches can buy whatever they need.

Restaurant

The Venue “Værket” has its own restaurant that serves food all weekend at a reasonable price & great taste.

Drinks

The venue also sells water, soda's, beer & alcoholic beverages all weekend.

EXPO

The venue will have an Expo in the reception area where you can buy clothes, supplements, lifting-straps & other products, and activities for the audience in the break.

WE LOOK FORWARD TO SEE YOU ALL AT THE EUROPEAN CHAMPIONSHIPS 2024!