

**The 4th Annual ABFF Central Washington
NATURAL MUSCLE & BIKINI CLASSIC**



Saturday, March 10th, 2018
At the Yakima Convention Center
10 N 8th Street
Yakima, WA 98901



Pre-Judging at 10 AM • Evening Show at 7 PM

QUALIFICATIONS: Entrants must be 7 years drug free and randomly drug tested. Masters men must be over 40 years of age, masters women must be over 35 years of age. Juniors must be 20 years of age or under. Proof of age (birth certificate or driver's license) must accompany any masters or junior entries.

This is a PRO NATURAL Qualifier! ALL athletes are subject to random drug testing.

ENTRY FEE AND DEADLINE: \$50.00 per class; cashier's check or money order preferred, made payable to: Performance Promotions; PO Box 124, Parker, WA 98939. Application must be submitted **no later than February 18th, 2018. Otherwise, additional LATE ENTRY fee of \$20 is due.**

AWARDS: Awards for the top 5 competitors in each class, plus Swords for overall winners.
PRO NATURAL QUALIFIER (Men's Physique and Bikini)

GUIDELINES: All competitors will follow ABFF rules, guidelines, and mandatory poses (May be found at www.alaskabodybuilding.com). No moon poses. Section VII under ABFF guidelines states: Poses that include lying down on stage are not allowed. **For bodybuilders only:** Metallic suits are not allowed. Jewelry is not allowed (wedding bands are acceptable). Bodybuilding women may wear multi-colored suits and jewelry in the evening show. **All Athletes are subject to drug testing.**

MUSIC: House music is used for bikini, figure, and physique—no exceptions.

Bodybuilding and Fitness ONLY: CDs must be BLANK except for the one piece of music being used & must be free from distortion. Mark CD clearly with competitor's name. Maximum length of 60 seconds of music. **ABSOLUTELY NO PROFANITY!** We reserve the right to refuse any music not meeting these standards. **Music must be turned in at WEIGH-IN.**

QUESTIONS? Please Contact Derek Snelson at (253) 380-4829 or dereksnelson@yahoo.com or visit us at www.facebook.com/centralwashingtonmuscle

MANDATORY COMPETITOR SCHEDULE

Saturday, March 10th 8AM WEIGH IN/CHECK IN: At Yakima Convention Center – 10 N 8th St, Yakima, WA 98901. You will weigh in or get your height checked, be assigned numbers & check in music at this time. Remember to bring your CD to weigh-in. Provide proof of age for any master or junior entries.

Saturday, March 10th, 2018

8 AM CHECK IN: At Yakima Convention Center. Prejudging will begin promptly at 10 AM.

6 PM CHECK IN for Main Show. Evening show will begin PROMPTLY at 7 PM.

HOST HOTELS: Howard Johnson Plaza, 9 N 9th Street, Yakima, WA 98901.

Discounted rates available. Call (509) 452-6511 for reservations.

Best Western Plus Ahtanum Inn, 2408 Rudkin Rd, Union Gap, WA 98903.

Discounted Rates Available. Call (509) 248-9700 for reservations.

Mail **Entry Form, Entry Fees & Banned Substances Form** to:

Performance Promotions

PO Box 124

Parker, WA 98939

The 2018 ABFF Central Washington *NATURAL MUSCLE & BIKINI CLASSIC*

·Please print or type legibly·

Name: _____

Occupation: _____

Age: _____

Titles and/or Hobbies: _____

Street Address: _____

City: _____

Gym Name & City: _____

State: _____ Zip: _____

Sponsors: _____

Phone (h): (_____) _____

Special Thanks: _____

Phone (w): (_____) _____

Email: _____

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the ABFF, Performance Promotions, their agents and representatives, for any and all injuries suffered in connection with the contest and in traveling to and from it. By signing this form, I affirm that I meet all eligibility requirements for the contest in which I am making application to enter. Further, I agree to hold harmless and waive and release all photo rights for media (TV, magazines and newspapers) for the purpose of promoting bodybuilding and figure through the sale of video tapes and photos and any network, cable or local TV airing.

Contestant's Signature: _____

Guardian's Signature (if under 18): _____

Classes:

MEN'S

- Open Bodybuilding
- Novice Men's Bodybuilding
- Masters Men (over 40)
- Novice Men's Physique
- Men's Physique under 5'8"
- Men's Physique 5'8" and over
- Men's Physique 35 and over
- Mixed Pairs

WOMEN'S

- Women's Bodybuilding
- Women's Figure under 5'4"
- Women's Figure 5'4" and over
- Women's Figure 35 and over
- Women's Fitness
- Novice Bikini
- Bikini under 5'4"
- Bikini 5'4" and over
- Bikini over 35
- Women's Physique

*Competitors in novice classes must have competed in NO MORE than 5 shows and must have not placed in top 2 in prior competitions.

TRAIN HARD AND NATURAL! EVERYONE IS A CHAMPION!

LIST OF ABFF BANNED SUBSTANCES (Effective 3/25/09)

The following substances and related compounds are **BANNED** by the ABFF and their use constitutes grounds for dismissal from ABFF Competitions and suspension from membership privileges in the organization for a period of three years from the failure date. This list is effective March 25th, 2009.

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dyhydrochlormethyl- 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.

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. (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),

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

•**Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-etiocholane-7-one (A7-D), 3,17-dihydroxy-delta-5-etiocholane-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 ABFF.

•**Pro-Steroids** are banned. 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).

NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM! (e-mail snlb@gci.net.)

Nutritional supplements products that are sold over-the-counter may not be banned by the FDA. As a competitive athlete, it is your responsibility to research the products before you purchase them. To insure your passing a urine test under the guidelines of the IOC, banned substance testing regulations, the ABFF's recommendation is "when in doubt don't buy it, don't use it".

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

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned

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.

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 ABFF and its sanctioned events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 3 years from the date of the test failure. All titles and placings will be stripped from the athlete.

Athlete's Name (Print) _____

Signature _____

Today's Date _____