

# International Federation of Bodybuilding & Fitness

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## ENTRY FORM

**Deadline date to send the Entry Form is February 15<sup>th</sup> 2018**

### **ARNOLD AMATEUR CLASSIC 1st - 4th March 2018 COLUMBUS, OHIO**

COUNTRY	PRESIDENT NAME	FEDERATION NAME	
CONTACT No FEDERATION (OFFICE OR CELL PHONE)		EMAIL FEDERATION	
	If applicable: Responsible Delegate(s) name at this event	Cell phone	PASSPORT NR
1			
<b>ENTRY TO THIS EVENT IS UNLIMITED, BUT HAS TO BE APPROVED BY THE NATIONAL FEDERATION</b>			
	Competitor NAME:	CATEGORY	IFBB IC or PASSPORT NR
1			
2			
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14			
15			

IF YOU HAVE MORE ATHLETES AND/OR DELEGATES, PLEASE ADD THEM ON A SEPERATE PAGE OR COPY THE PAGE ABOVE.

**ALL THE COSTS FOR TRAVELLING, HOTEL ACCOMMODATIONS AND MEALS (AND TRANSPORT FROM AND TO THE AIRPORT) MUST BE COVERED BY THE NATIONAL FEDERATIONS. HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN THE NATIONAL FEDERATION AND THE HOTELS (List of recommended hotels and contacts are provided in the Inspection Report). THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELING ARRANGEMENTS AND MEALS.**

## IMPORTANT NOTES:

Please send Entry Form no later than February 15th 2018 to:  
(Preferably by email)

IFBB General Secretary  
William Tierney

E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

Please Send a copy to:

International Federation of Bodybuilding and Fitness (IFBB)  
Madrid Head Office

Phone: +34 91 535 2819

Fax: +34 91 535 1518

E-mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)

**The Organizer of the event in Columbus, Ohio will not accept any direct registration from athletes. Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid and IFBB General Secretary Mr William Tierney (see email addresses above). The final decision to allow an athlete to compete in this event rests with the IFBB.**

**Registration fee is 150 EUROS or 200 US \$ per athlete and will have to be paid in advance online on the IFBB website. Please follow link: <http://www.ifbb.com/registration> or you can pay through your own Paypal account to email address [accounts@ifbb-madrid.org](mailto:accounts@ifbb-madrid.org).**

## CATEGORIES ACCEPTED IN THE ARNOLD AMATEUR CLASSIC, COLUMBUS, OHIO

### MEN'S BODYBUILDING CLASSES

UPTO & INCLUDING 70 kg  
UPTO & INCLUDING 75 kg  
UPTO & INCLUDING 80 kg  
UPTO & INCLUDING 85 kg  
UPTO & INCLUDING 90 kg  
UPTO & INCLUDING 100 kg  
OVER 100 kg

### MEN'S CLASSIC BODYBUILDING\*

See table below

UPTO & INCLUDING 170cm  
UPTO & INCLUDING 180 cm  
OVER 180 cm

### MASTERS MEN OVER 40 YEARS

1 OPEN CATEGORY

### MASTERS MEN OVER 50 YEARS

1 OPEN CATEGORY

### MEN'S PHYSIQUE

UPTO & INCLUDING 170 cm  
UPTO & INCLUDING 172 cm  
UPTO & INCLUDING 175 cm  
UPTO & INCLUDING 180 cm  
UPTO & INCLUDING 182 cm  
OVER 182 cm

### WOMEN'S PHYSIQUE

UPTO & INCLUDING 163cm  
UPTO & INCLUDING 168cm  
OVER 168cm

### WOMEN'S BODY-FITNESS (FIGURE)

UPTO & INCLUDING 155cm  
UPTO & INCLUDING 159cm  
UPTO & INCLUDING 163cm  
UPTO & INCLUDING 167cm  
UPTO & INCLUDING 170cm  
OVER 170cm

### WOMEN'S FITNESS

OPEN CLASS

### WOMEN'S BIKINI

UPTO & INCLUDING 155cm  
UPTO & INCLUDING 159cm  
UPTO & INCLUDING 163cm  
UPTO & INCLUDING 167cm  
UPTO & INCLUDING 170cm  
OVER 170cm

### MASTERS BODY-FITNESS OVER 35 YRS

UPTO & INCLUDING 163 cm  
UPTO & INCLUDING 168 cm  
OVER 168 cm

### MASTERS BIKINI-FITNESS OVER 35 YRS

OPEN CLASS

**The weight to height limits for Classic Bodybuilding are as follows**

#### **Height**

Up to 168 cm  
Up to 171 cm  
Up to 175 cm  
Up to 180 cm  
Up to 190cm  
Up to 198cm  
Over 198 cm

#### **Bodyweight limit [kg]**

Athlete's height [in cm] minus 100  
Athlete's height [in cm] minus 100) + 2  
Athlete's height [in cm] minus 100) + 4  
Athlete's height [in cm] minus 100) + 6  
Athlete's height [in cm] minus 100) + 8  
Athlete's height [in cm] minus 100) + 9  
Athlete's height [in cm] minus 100) + 10

- example: If athlete is 165 cm tall, his weight should be below, but NOT MORE than 65 kg (165 minus 100 is 65)
- example: If athlete is 170,5 cm tall, his weight should be below, but NOT MORE than 72,5 kg (170,5 minus 100 is 70,5 plus 2 is 72,5)