

2025 GBO GENERAL COMPETITOR GUIDELINES

Global Bodybuilding Organization was formed with the premise of keeping true to an “athlete first” competition friendly atmosphere.

Please read all of the following information carefully and keep this information as a reference. It should answer most of your questions.

We want you to enjoy your experience, have fun, and practice good sportsmanship.

I. GENERAL

- a. A competitor can enter both Open and Novice in any division
- b. A membership card is required to compete in any division whether amateur or professional and whether sanctioned or unsanctioned.
- c. All events are Professional Qualifiers. The Open and Masters classes (in any division) will be the only classes eligible to earn Pro status. The Overall Winners in Open classes will earn Pro Status. The first-place winner in Masters classes will earn Pro Status only if there are three (3) or more in the class. There are no overall winners in Masters classes.
- d. The divisions marked unsanctioned will not award Professional Status. These divisions are awarded Trophies Only. These divisions include Mixed Pairs, Transformation, Fitness Athletic, Fitness Model, and/or Wings. All promoters will not offer these divisions at their contests. However, the rules and criteria for these divisions are listed. A membership card is required for these divisions.
- e. All athletes must meet the criteria for general rules, each divisions rules, the code of conduct, rules for teens, and prop regulations. When competing in a specific division, competitors must meet the criteria, including attire, jewelry, etc. There are no deviations allowed for each rule as listed. We are a family-friendly atmosphere and will remain one.
- f. NOVICE: an athlete that has never entered a Global Bodybuilding Organization sanctioned event. Once a competitor wins his/her novice class, they are not allowed to enter another novice class. If a competitor does not win, they may choose to compete again in a novice class. If a competitor is caught entering a novice class after winning, they will be disqualified. There are no overalls in novice and pro cards are not awarded in the novice classes.
- g. PROS: Competitors with pro status will not be prohibited from competing as an amateur in any other organization / federation. This does not apply to GBO amateur tested or untested events. Pros can compete with any organization / federation that will honor their pro status. Due to this rule, you must maintain your pro membership with GBO. If you compete as an amateur with another organization / federation and your pro status is not maintained, you must re

qualify for pro status. A commitment entry will be required with a small administrative fee for all untested events. For tested events you must use the promoter's platform of entry.

- h. Athletes are free to compete in either tested or untested GBO events. Those who compete at a tested event will provide a urine sample for testing if amateur athletes are class winners and/or overall winners and pro athletes who are division winners receiving monetary compensation.
- i. Props: For those who wish to use Props, a Prop Form must be filled out and turned into the judges at show check on Friday night before the event.
- j. CRITIQUES: Competitors are required to receive their critiques at the end of the show and will NOT be able to receive them at any other time! We no longer accept e-mails, messages, or phone calls regarding critiques. If you do not stay until the end of the event, the critiques will be destroyed following the event. This is due to an overwhelming number of inquiries to the head judge weeks after the event because the athlete did not take time to speak with a judge regarding their critique. The critiques are for your benefit to help you be the best you can on the stage.
- k. Tanning: Competitors may use products such as JanTana, ProTan, etc. However, Dream Tan is prohibited at any GBO sanctioned show. The individuals or companies chosen for tanning are entirely up to the promoter.
- l. Makeup Artist: The individuals or companies chosen for makeup and hair are entirely up to the promoter.
- m. Photographer: Jason Oliphant is the official photographer for Texas and Oklahoma. For events outside of Texas and Oklahoma, the individuals or companies chosen for photos and videos are entirely up to the promoter.

II. **MEMBERSHIP / BACKSTAGE POLICIES**

- a. MEMBERSHIPS: In order to compete in any Global Bodybuilding Organization event, an athlete must purchase a GBO membership card allowing the athlete to compete for one year from the date of purchase. At this time, membership cards are \$135.00 for non-pro level athletes and \$175.00 for pro level athletes. A complete list will be kept on a membership management system. All athletes must purchase the membership card prior to the check-in on Friday for the event. We will not accept the purchase of the membership at the Check-in meeting. Athletes must show the electronic membership card at the check-in meeting. Be sure to place the card in either your wallet or photos on your phone for easy access. All registration and membership purchases are final, no refunds.
- b. BACKSTAGE: Individuals authorized to be backstage are promoters, staff, judging officials, expeditors, media with credentials, authorized tanning

companies with insurance, authorized hair and makeup companies, and of course, competitors. All other individuals including and not limited to family, friends, trainers, etc. will be authorized backstage only with the purchase of a backstage pass and based on availability of space (venue specific). The only exception is the parent/guardian of competitors under age. The parent/guardian must sign a release of liability form at the check-in meeting. Backstage passes may be purchased for \$100. The backstage policy is the sole discretion of the promoter of the event.

III. **CODE OF CONDUCT**

- a. **ZERO TOLERANCE:** GBO is a zero tolerance organization. We encourage all athletes to be drug free. Any signs of drug use (i.e. extended abdominal, synthol abuse, and/or inflammation/swollen due to injection) will result in the athlete not placing during the judging period.
- b. **DISCIPLINE:** Disciplinary action may be considered by the Directors with communication to the President of GBO for any violation bringing discredit upon the GBO, including, but not limited to, passing “bad” checks, participation of athletes in an improper age division, or any violation of any part of the rules and guidelines under the Global Bodybuilding Organization. In instances of alleged violations, Board of review action may be taken against athletes due to conduct unbecoming of and not limited to athletes, their coaches, parents, friends, etc.
- c. **DISQUALIFICATION:** Disqualification criteria due to unsportsmanlike conduct will not be tolerated. Such conduct includes any that is unethical or dishonorable, such as disrespectfully addressing an official, fighting, taunting, and criticism of another competitor, and/or using profanity. GBO specifically disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin. This rule shall apply to all athletes and their team personnel, friends, and family.
- d. **SUSPENSION/PENALTIES:** Engagement in unsportsmanlike conduct may result in disqualification from that event and/or further competition within GBO. Removal of an athlete’s coach or other personnel shall be from further involvement/attendance at an event. In addition, penalties that may be imposed include, but are not limited to: suspension, expulsion, probation, reprimand, warning, or other penalties appropriate to the situation. Penalties may be imposed at the local GBO district level, national qualifier level, and/or national level or pro level show. An inappropriate action at a district or national qualifying meet may be grounds for disqualification or expulsion of an athlete for the entire contest for a set period of time. Penalties may be imposed for violation of GBO athlete contest rules, ethical policies, and code of conduct of the competitive rules of the Global Bodybuilding Organization.

IV. **EVENT TYPES / TIMES**

- a. The following shows will be assigned to Promoters –
 - Local amateur show
 - Pro show
 - Pro masters show
- b. The Friday check-in will be 6:00 to 8:00 pm at the contest hotel or venue (check promoter information). Please bring proof of GBO membership and wear your posing suit (all divisions).
- c. Saturday morning, check-in for all athletes will be 8:00 am with prejudging to begin at 9:00 am. The night show check-in will be 4:00 pm followed by trophy presentations at 5:00 pm. If the show is a straight through format, the trophy presentations will begin approximately one hour after prejudging ends. It does not matter when your class will be on stage; all athletes must check-in at the above times.

V. **DIVISIONS / CLASSES**

The following divisions and classes will be offered. See each division separately for detailed rules for that division –

1. Men Standard Bodybuilding / open, novice, masters, and teen classes
2. Men Classic Bodybuilding / open, novice, masters, and teen classes
3. Women Classic Bodybuilding / open and masters classes only
4. Figure / open, novice, masters, and teen classes
5. Shape / open, novice, masters, and teen classes
6. Men and Women Beach Body / open, novice, masters, and teen classes
7. Mixed Pairs / open class only
8. Transformation
9. Wings
10. Fitness Athletic
11. Fitness Model
12. Adaptive – competitors who qualify will enter one of the above divisions