



REGISTRATION
FOR
INTERNATIONAL OPEN CHAMPIONSHIP 2018

Promotion: MT Marketing

Registration fee per class: 85€ // Every additional class: 50€

Registration deadline: 07. October 2018 // Late fee after 07. October 2018: 50€

Please complete clearly

Mrs/Ms Mr

Given name _____

Sur name _____

Address _____

Postcode & City _____

Telephone _____

E-Mail: _____

Date of birth _____

Nationality _____

WNBF Germany membership number _____ or WNBF partner _____

Social media channels _____

The athlete is competing in the following classes:

Men's Bodybuilding

Teenager (16- incl. 18)*

Bikini**

Juniors (19 – incl. 23)*

Bikini Masters (40+)**

Bodybuilding*

Figure**

Masters (40+)*

Figure Masters (40+)**

Men's Physique**

Estimated weight for weigh in (only relevant for **Bodybuilding** athletes) _____ kg

Height (only relevant for **Men's Physique, Bikini und Figure** athletes) _____ cm

*All athletes of the bodybuilding classes have to weigh in during the registration. The WNBF Germany follows the bodybuilding classes of the WNBF, but reserves the right to provide a fair and competitive division of the classes. All athletes will be informed after the evaluation of the weigh ins.

**All athletes of the men's physique, bikini and figure classes have to be measured during the registration. All athletes will be informed after the evaluation of the classes.

Obligations of every athlete:

- The registration is **binding**. A deregistration is only possible due to health reason and has to be proven with a medical certification sent to info@wnbf-germany.de
- Approval of free usage of photos or videos of each person in relation to WNBf Germany and International Open (attached DSGVO form)
- For the registration and polygraph a **valid ID or passport** has to be shown.
- The WNBf Germany and all partners in relation to the International Open Championship assume no liability for possible personal injuries.
- **Reading and Examination** of the WNBf Germany doping list (attached doping list)
- Submission of a **medical certification (including diagnosis, medication, dosage, duration of intake)** if necessary for a medical treatment with a prohibited substance on the doping list
- Completion of the polygraph tests (Appointment under info@wnbf-germany.de)
- Eligible to enter **only** if polygraph is passed. Due to non-appearance of the prior arranged appointment of the polygraph a new appointment is not guaranteed.
- The **60€** for the polygraph test has to be paid **on site**.
- Each polygraph test that was passed within 5 weeks prior to the date of the International Open Championship at a WNBf partner is valid. The confirmation has to be sent to the WNBf Germany (info@wnbf-germany.de)
- The **Top 3 of each class** has to complete a urine test right after finals.
- The WNBf Germany reserves the right to make athletes complete a urine test **at random**.
- Positive test results independently (polygraph, urine test) result in **withdrawal of placement** (possibly Pro Carb when Overall) and disqualification according to the WNBf Germany doping list.
- The athlete has to accept the test results and legal sanction and refrains from taking legal action against the association and the tester.

Following forms are signed and attached to the registration:

- DSGVO
- Doping list
- Medical certificate (if necessary)

I hereby confirm my registration and the associated obligations above.

_____, the _____
Location Date Signature
(For minors signature of a legal guardian)

Direct debit authorization

I hereby agree that the outstanding registration fee may be withdrawn from my account
IBAN _____ at the
bank _____.

_____, the _____
Location Date Signature



**DECLARATION OF CONSENT
FOR THE
PUBLICATION OF MEMBERSHIP INFORMATION
OF**

„WNBF Germany e.V.“

The board is hereby pointing out that adequate technical measures were taken to ensure data security. However, comprehensive data security of personalized membership information can't be fully guaranteed. Therefore, the member is taking note of the risks of a potential violation of personal rights and is aware that:

- the personal data is also available in locations outside of Germany where no comparable data protection regulations are known
- the confidentiality, integrity, authenticity and availability of the personalized information is not guaranteed

The member is voluntarily making the decision to publish his/her information on the internet and is able to withdraw his/her consent from the board at all times.

CONSENT

„I hereby take note of the statements above and agree to allow the association **WNBF Germany e.V.** to publish the following data of myself:

- General data: Surname, given name, pictures, videos, social media handles, other data such as achievements
- Special data of functionary: Address, phone number, e-mail address

As stated on the following channels of the association:

- Homepage www.wnbf-germany.de
- Social media such as Instagram: @wnbfgermany, Facebook @WNBF Germany“

_____, the _____
Location Date

Signature

(For minors signature of a legal guardian)



List of permitted substances of WNBF Germany

*Substances are German (for English refer to <https://www.worldnaturalbb.com/drug-testing-banned-substances/>)

Vitamins (natural + synthetically manufactured)	Proteins / Amino acids	Fats / Fatty acids
Vitamin A (Retinol)	Milk protein (Casein, Lactalbumin, Whey)	All plant based and animal based fatty acids
Beta-Carotin, Lutein, Lycopin, Zeaxanthin	Meat protein, Ei-Albumin	EPA, DHA, MCT oils und fats
Vitamin D (Calciferol)	Plant based protein: Soy, Potato, Wheat	Konjugierte Linolsäure (CLA)
Vitamin E (Tocopherol)	Colostrum	Glycerin
Vitamin K (Phylloquinon)	Carnosin, Beta-Alanin	Lecithin
Vitamin B1 (Thiamin)	Individual Amino acids:	Phosphatidylserin
Vitamin B2 (Riboflavin)	L-Isoleucin (BCAA)	
Vitamin B6 (Pyridoxin)	L-Leucin (BCAA)	Plant based substances
Vitamin B12 (Cobalamin), Dibencozide	L-Valin (BCAA)	Beta Sistosterol, Gamma Oryzanol, Smilax,
Biotin	L-Lysin	Saw Palmetto, Yohimbe, Tribulus terrestris,
Folsäure	L-Methionin	Chrysin, Guggulsterone, Ginkgo Biloba
Niacin	L-Phenylalanin	Ginseng (Panax Ginseng, Sibirischer Ginseng)
Pantothensäure	L-Threonin	Guarana
Vitamin C (Ascorbinsäure)	L-Tryptophan	Sekundäre Pflanzeninhaltsstoffe wie: Sterine
	L-Arginin	Isoflavone, Phenole, Sulfide, Saponine etc.
Minerals / Trace minerals	L-Histidin	Synephrin, Bitterorangenextrakte, Pipradrol
Natrium	L-Alanin	Homöopathische Präparate
Kalium	L-Asparaginsäure	
Calcium	L-Cystin	Other substances
Magnesium	L-Glutamin (Glutaminsäure)	Kreatin (Monohydrat, Pyruvat, Kre-Alkalin)
Chlor	L-Glycin	L-Carnitin
Phosphor	L-Hydroxiprolin	Cholin, Inositol, Vanadyl Sulfat
Schwefel	L-Ornithin	Beta-Hydroxy-Methylbutarat (HMB)
Eisen	L-Prolin	Gamma-Aminobuttersäure (GABA)
Zink	L-Serin	Ornithin Alpha-Ketoglutarat (OKG)
Kupfer	L-Tyrosin	Coenzym Q10
Mangan	L-Arginin-L-Aspartat	Glycerol, DMAE, Melatonin
Chrom, Chromium Piccolinate	L-Taurin	Natural diuretics such as wie Löwen-
Jod		Zahn (Dandelion) Brennessel, Spargelextrakt
Fluorid		Nieren- und Blasentees
Kobalt	Carbohydrates	Fat absorber / carb blocker
Molybdän	Glukose, Fruktose, Galaktose	Litramine, Chitosan, Orlistat etc.
Selen	Saccharose, Laktose, Maltose	
Nickel	Dextrine, Dextrose, Ribose	Strengthener
	Polysaccharide, Stärke, Vitargo	Wie Strath, Vita Buerlecithin, Ginsana etc.

For questions regarding the permitted substances please refer to info@wnbf-germany.de

The list is constantly being updated; the valid version can always be found on www.wnbf-germany.de

Attention

- **This list not claim to be exhaustive**
- **The athlete is always responsible of the usage of a supplement!**
- **Even permitted substances can cause health issues when using higher dosages!**
- **Products from abroad (internet orders) have a higher risk of impurities. They could lead to a positive doping test!!!**

List of prohibited substances of WNBf Germany

*Substances are German (for English refer to <https://www.worldnaturalbb.com/drug-testing-banned-substances/>)

Substances and methods whose usage is prohibited seven years prior to the competition

Anabolic steroids

All anabolic/androgenic steroids, pre stages, isomers and metabolites.

1-Androstendiol, 1-Androstendion, 1-Androsteron, 1-Testosteron, 4-Hydroxytestosteron, Bolandiol, Bolasteron, Calusteron, Clostebol, Danazol, Dehydrochlormethyltestosteron, Desoxymethyltestosteron, Drostanolon, Ethylestrenol, Fluoxymesteron, Formebolon, Furazabol, Gestrinon, Mestanolon, Mesterolol, Metandienon, Metenolon, Methandriol, Merthasteron, Methyldienolon, Methyl-1-testosteron, Methynortestosteron, Methyltestosteron, Metribolon, Miboleron, Norboleton, Norclostebol, Norethandrolon, Oxabolon, Oxandrolon, Oxymesteron, Oxymetholon, Prostanazol, Quinbolon, Stanozolol, Stenbolon, Tetrahydrogestrinon, Trenbolon. 19-Norandrostendiol, 19-Norandrostendion, Androstanolon, Antrostendiol, Androstendion, Boldenon, Boldion, Nandrolon, Prasteron (DHEA and all DHEA metabolites prohibited since July 2016), Testosteron, Epitestosteron.

Or other substances with similar chemical structure or similar biological effect.

Common trivial names of the listed substances are Anabol Tablets, Anavar, Dianabol, D-bol, Primobolan, Turinabol, Deca Durabolin, Halotestin, Proviron, Winstrol, etc.

Testosterone

Testosterone is prohibited in any form and in any dosage form (injection, patch, gel)

This also applies to a medical certification (e.g. for hormone replacement therapy)

Testosterone/Epitestosterone-ratio

The testosterone / epitestosterone Ratio (T/E-Ratio) is used to establish the exogenic supply of testosterone or its pre stages. A T/E-Ratio that is greater than 6/1 will always be noted as positive no matter of the reason.

Growth hormones and growth factors

Growth hormones(GH), their fragments and releasing factors, growth factors and modulators of growth factors such as PDGF, FGF HGF, Insulin-like growth factor 1 (IGF1) MGF and any other similar or derived forms are prohibited. This applies to any dosage form.

Other hormones, pro hormones, metabolites and derivates

The usage of any form of anabolic hormones or derivates of any dosage form in order to increase performance is prohibited. If there are any medical indicators, every case will be assessed and analyzed individually (e.g. usage of insulin for diabetes). This class applies to:

- Ingredients that stimulate the Erythropoese (z.B. Erythropoetin (EPO), Darbepoetin (dEPO), Hypoxie-induzierbarer Faktor (HIF) activating factors such as Arbon, Cobald, Molidustat, Xenon, GATA Inhibitors z.B. K-11706, Inhibitors of transforming growth factors beta, native receptors agonists
- Peptidhormones und Hormone-Modulators such as Choriongonadotropin (CG) and Luteinisierendes Hormon (LH), Corticotropine and its releasing factors
- Beta-2-Antagonists such as Fenoterol, Formoterol, Higenamin, Indacterol, Olodaterol, Procaterol, Reproterol, Salbutamol, Salmeterol, Terbutalin, Tulobuterol, Vilanterol
- Hormone and metabolic modulators: Aromatasehemmer, SARMs (selektive Androgen Receptor Modulators such as Andarine, Ostarine, Tibolone, Zeranol), SERMs (selective estrogen Rezeptor Modulatoren such as Raloxifene, Tamoxifen, Toremifene), Anti estrogene substances such as Clomifen, Cyclofenil, Fulvestrant, Myostatinhemmer, Stoffwechselmodulatoren
- Meldonium and Trimedazidin
- Insulin
- All endogenous hormone pre stages (Prohormone), such as Androstenedion, 19-Norandrostenedion, Androstenediol, 5-AD, 5-Etioallocholen-3b,7b,17b-triol, etc.
- Thyroid hormones

- Clenbuterol, GHB

Blood doping and gene doping

The administration of blood cells, plasma or other blood elements for performance increase reasons are prohibited. The non-medical usage of cells, genes, gene elements or modulate of gene expression is prohibited.

Substances and methods whose usage is prohibited three months prior to the competition

All prescription diuretics

And all prescription medication for weightloss such as Orlistat.

Stimulants

- Such as Speed, Ephedrine, Ephedra, cocaine, pseudoephedrine, Sibutramin, Amphetamine, Modafinil
- DMAA, 1,3-Dimethylamylamin and Geranium and other related substances
- Fat burning pro hormones derivatives such as 6 OXO, A7D, A7E

Glucocorticoids; usage only with a medical certification

Special regulations

Generally prohibited:

All implants except breast implants for women; oil injections (Synthol)

Chemical und physical manipulations, refusal of doping test

- Pharmacological, chemical and physical manipulations with the goal to manipulate the doping test
- Refusal or fail to appear of the polygraph
- Refusal or fail to appear of urine test

24 hours prior to polygraph (urine test) the following is prohibited:

- **Anesthetic** such as Diamorphin (Heroine), Methadon, Morphin
- **Cannabinoids** such as Marihuana

For questions please refer to info@wnbf-germany.de

Be aware

If any prohibited substances have to be taken due to medical reason, it has to be proven with a medical certification before the polygraph test, as well as being told to the tester and WNBF Germany doping commissioner.

The usage of prescription medication has to be proven with a medical certification with the information **including diagnosis, medication, dosage and duration of intake**.

Every athlete has to complete all documents that applies to doping (polygraph test and urine test) and follow every instruction.

Every athlete has to complete the polygraph test.

The Top 3 of every class has to complete the urine test right after finals.

The WNBF Germany reserves the right to make athletes complete the urine test at random.

Individual substances are also prohibited despite a medical certification.

The WNBF Germany doping commission determines the participation of the athlete in this case.

For questions please refer to info@wnbf-germany.de

Hereby I confirm that I

- read and understood the WNBF Germany doping list carefully.
- am responsible for the usage of supplements according to the doping list.
- am not using any prohibited substances (exception with a medical certification).
- complete all documents in relation to the polygraph or urine test and follow all instructions of any tester.

_____, the _____
Location Date

Signature
(For minors signature of a legal guardian)