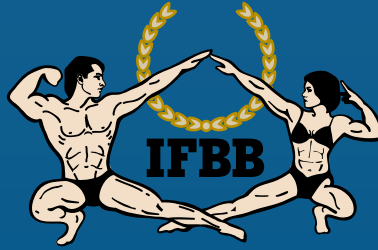


# INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



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**"IN SPORT, THERE ARE NO LIMITATIONS, NO BARRIERS OF RACE, RELIGION,  
 POLITICS OR CULTURE. IN SPORT, WE ARE IN TOUCH WITH EACH OTHER.  
 BODYBUILDING IS IMPORTANT FOR NATION BUILDING."**

**BEN WEIDER, O.C., C.Q., CStJ, Ph.D., IFBB Founder**



# MESSAGE FROM IFBB PRESIDENT DR. RAFAEL SANTONJA

Bodybuilding & Fitness are:

- Sports
- Successful complimentary training for other sports
- Healthy lifestyle.

As sport, the IFBB organizes more than 2,000 competitions worldwide each year, in which athletes from very young ages in children fitness categories to our master bodybuilding champions over 70, represent the maximum expectation of human physical muscular development in healthy harmony.

As complementary training for other sports, sport specialists have long known that bodybuilding-style weight-training and nutrition techniques play an essential role in preparing athletes to compete at the highest levels in all Olympic and non-Olympic sports.

An adapted muscle development helps the athlete to achieve his/her maximum potential in every sport.

Bodybuilding and Fitness training techniques are pioneering and most sophisticated systems to achieve strong muscular development, adapted to the highest sport performance.

The Bodybuilding lifestyle is followed by millions of people worldwide.

Regardless age, sex, and previous physical condition, bodybuilding training and nutrition can help individuals to achieve stronger, balanced bodies with a proper control of body fat and in good health.

Bodybuilding weight training techniques are great allies of physiologists, physiotherapists and the medical community to prevent and recover from injuries, accidents and maintain the muscular body functions in better condition for longer time.

Bodybuilding is the ideal preventive therapy for anti-aging. In fact, the aging process is expressed physically by the progressive deterioration of lean body mass, and it is represented by the progressive loss of muscles with increase of fat and connective tissues, what brings the ultimate musculoskeletal and physical deterioration.

Numerous scientific research already proved the great efficiency of fitness training and nutrition to prevent and / or reverse this process. Recent studies have even shown that strength training can cause functional reversal of aging at the molecular level, "repairing" very poorly functioning genes of elder people. Nothing else in human history has shown the similar effect! The best visual example of it, are our athletes over 60 and over 70 years old, and their healthy muscular bodies.

The IFBB is very conscious of all these capacities of our sport, and includes in its board a Scientific and Research Commission, working with scientific and university institutions worldwide in elaboration of reports, participation in symposiums and congresses, such as International Academy of Anti-Aging Medicine.

The IFBB is pleased to be active in all these areas in the strong believe that physical health is a great contribution from sport to society.

Dr. Rafael Santonja

# THE HISTORY OF THE IFBB FROM 1946 TILL THE PRESENT TIME

The International Federation of Bodybuilding and Fitness (IFBB) was founded in 1946 in Montreal by brothers Ben and Joe Weider. The two founding countries were Canada and the United States of America.

Over the next 69 years, the IFBB would grow to include National Federations from 191 countries.

The current IFBB President is Dr. Rafael Santonja, from Spain, who was elected in 2006, and re-elected in 2010 and in 2014 at the IFBB World Congress in Brasilia.

In 1969, the IFBB became a member of the General Association of International Sports Federations (GAISF), now SportAccord. The IFBB is also affiliated with the International Council of Sport Science and Physical Education (ICSSPE), the International Pierre de Coubertin Committee, the World Games (IWGA) and the International Council of Coach Education (ICCE).

The IFBB is recognized by the Olympic Council of Asia (OCA) and the Association of Pan American Sport Federations (ACODEPA).

The IFBB is also recognized by some 90 National Olympic Committees. The IFBB participates in the World Games and several Regional Games that are recognized by the International Olympic Committee (IOC): Central American Games, South American

Games, Arab Games, Asian Beach Games, Bolivarian Games and will be as invited sport at the 1<sup>st</sup> European Games.

The IFBB is a Signatory to the World Anti-Doping Agency (WADA) Code and its anti-doping rules are in full compliance with the WADA Code. The IFBB promotes a fit healthy lifestyle and actively discourages the use of alcohol, tobacco and drugs.

The IFBB holds competition at the World Championships level for Juniors, Seniors and Masters in Men's Bodybuilding and Classic Bodybuilding, Men's and Women's Physique, Men's and Women's Fitness as well as Women's Bodyfitness and Bikini Fitness. Competitions are also held at the Continental, Regional and National levels.

The IFBB has produced many physique stars; the most notable being Arnold Schwarzenegger (the "Terminator"), Lou Ferrigno (the "Incredible Hulk"), Steve Reeves (the "Hercules"), Bollywood movie star Varinder Singh, Arab movie star El-Shahat Mabrouk, "Cirque de Soleil" performer Alevtina Titarenko and many others.

The IFBB is a not-for-profit international amateur sport governing body with a democratically elected Executive Council. The IFBB meets annually at its International Congress, held in conjunction with the Men's World Amateur Bodybuilding Championships.

The history continues...



# IFBB TODAY

Dr. Santonja was re-elected for the second term at the 2010 IFBB International Congress in Baku, Azerbaijan, and for the third term at the 2014 IFBB International Congress in Brasilia, Brazil.

The IFBB currently has 191 affiliated nations and is one of the largest and most active international sport federations in the world.

## The IFBB:

- Holds competitions in the eleven following competitive sports: men's bodybuilding, men's classic bodybuilding, men's fitness, men's physique, women's physique, women's body-fitness, women's bikini fitness, women's fitness, mixed pairs, children fitness, men's wheelchair bodybuilding.
- Organizes more than 2,000 local, national, regional, continental and world championships each year.
- According to the statistics, over 100 million people regularly train in gyms and fitness centres on six continents.
- Supplies the videos from its World and major Continental Championships to the major TV companies worldwide.
- [www.ifbb.com](http://www.ifbb.com) receives 15 million hits each month from over 180 countries around the world.



- IFBB is signatory of the WADA Code, already in full compliance with the new 2015 World Anti-Doping Agency Code.



- **IFBBMAG FREE ONLINE MAGAZINE:** Information and entertainment are mixed, each month, in a new digital communication platform to unite not only the fitness athletes from five continents, but also the fans and enthusiasts of getting in shape. Throughout its extensive monthly content, readers can find many free articles devoted to training, food, dietary supplements and sports competitions of all physical forms that make up the International Federation of Bodybuilding and Fitness (IFBB). With a vast audiovisual dossier that includes links to videos, pictures and diverse material, IFBBMAG is now available over the Internet, as well as for iOS and Android devices. Available in English, Spanish, Portuguese/Brazilian, Russian and Chinese. Soon in more languages.



- News from the world of the IFBB will be available to viewers of the Euronews Channel ([www.euronews.com](http://www.euronews.com)) by SportAccord. Euronews is the European leader in terms of audience figures, with over a billion viewers in 155 countries, and is a full multimedia platform for viewers on the move.



- As the worldwide authority on weight training and sport nutrition, the IFBB has an extensive Educational Course Program that provides qualified certification to Bodybuilding, Fitness, Health and Sport related individuals from a variety of academic and professional backgrounds.



IFBB MAG

[www.ifbb.com](http://www.ifbb.com)

IFBB News Release



# IFBB CATEGORIES

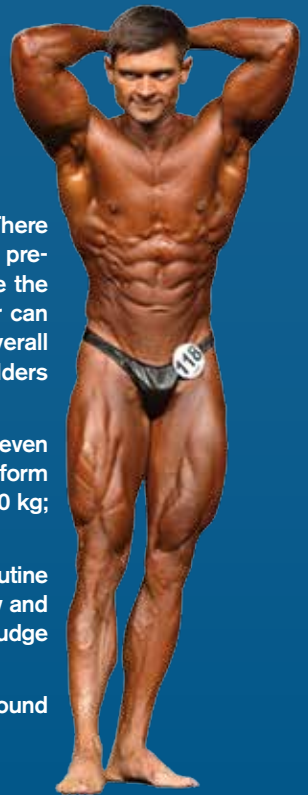
## MEN BODYBUILDING

Athletes train to develop all body parts and muscles to maximum size but in balance and harmony. There should be no “weak points” or underdeveloped muscles. Moreover, they should follow a special pre-competition training and dieting cycle to decrease the body fat level as low as possible and remove the underskin water to show the quality of the muscles; the density, separation and definition. Whoever can display more muscle details is scored higher at the contest. The other quality that is assessed is the overall physique, which should be proportionally built and have aesthetic body lines. This means broad shoulders and narrow waist as well as legs in proportion to the upper body with full, rounded muscles.

These qualities are displayed during two physique assessment rounds when competitors do seven compulsory poses during comparisons of three or more athletes selected by the judges. Athletes perform barefoot, in posing trunks. There are ten bodyweight categories for men: 60 kg; 65 kg; 70 kg; 75 kg; 80 kg; 85 kg; 90 kg; 95 kg; 100 kg and over 100 kg.

There is also a routine round where athletes can show their physique during a 60-second free posing routine performed to the music of their choice. It is an attractive, artistic presentation that includes compulsory and non-compulsory poses and other types of movements. There are three rounds. In each round, each judge must place the competitors in order, giving them individual places from first to the last.

The finalists (top 6) are judged from zero points in the finals and their scores and places from the finals (round 2 and 3) are taken into consideration only. This judging system is applied to Classic Bodybuilding also.



## MEN CLASSIC BODYBUILDING

Classic Bodybuilding is a version of bodybuilding for those male athletes who don't wish to develop their muscles to their “extreme” but prefer lighter “classic” physiques.

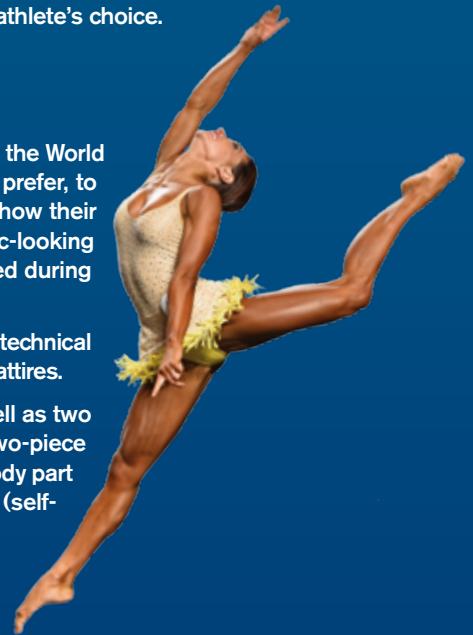
To ensure equality and fairness, the competitors' bodyweight is limited according to their body height, following a specific formula for each body-height category (currently there are five categories: 168 cm; 171 cm; 175 cm, 180 cm and over 180 cm). Since muscle mass is limited, special attention is paid to the overall physique, body proportions and lines, muscle shape and condition (density, body fat level, definition and details). These values are assessed by the judges during Rounds 1 and 2. In Round 3, like in bodybuilding, free posing routines are performed to music of the athlete's choice.

## WOMEN FITNESS

Women Fitness was introduced by the IFBB in the early 90's with official competition at the World level in 1996 in response to the increasing demand for competitions for women who prefer, to develop a less muscular, yet athletic and aesthetically pleasing physique and also to show their bodies in motion. In Women Fitness, the emphasis is placed on a shapely, athletic-looking physique, assessed by comparing during four quarter turns and athletic ability, assessed during a very attractive and dynamic 90-second fitness routine.

The judges are looking for strength elements, flexibility movements, high tempo, technical perfection, elegance and grace. Competitors may use small props, associated with their attires.

As it is a physique sport as well, there are also two physique assessment rounds as well as two artistic routine rounds. In Rounds 2 and 4, competitors perform four quarter turns in a two-piece bikini and high-heels, during which the judges assess their figure and body contours, body part shape, body fat level, body firmness and muscle tone, overall stage presentation (self-confidence, poise, coordination of movements).



## MEN FITNESS

Men Fitness is a new sport discipline that is similar in structure to women fitness; however, the body mass is limited according to the formulas established for all four body height divisions (170 cm, 175 cm, 180 cm and over 180 cm). The contest also includes four rounds, with the artistic fitness routine in Rounds 1 and 3 and quarter turns in Rounds 2 and 4.

During the quarter turns, competitors wear swim trunks only and the judges assess the overall male athletic physique. The routine should include strength and flexibility moves or other ways of displaying their athletic talent and sport capacity.

For finalists, only scores and places from two final rounds (round 3 and 4) are taken into consideration. The same judging system applies to Women's Fitness.

# MEN'S PHYSIQUE

In 2012 the Men's Physique division was officially launched as an ideal sport in the IFBB.

It proves to be a very popular category and within a short period of time, the IFBB has increased the classes in the Men's Physique from 2 (two) to 4 (four) classes.

It is aimed at men who do weight training, keep fit and eat a healthy balanced diet, but who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

They are fit looking contestants who display proper shape and symmetry combined with some muscularity and good overall condition in line with the healthy principles of fitness lifestyle. The athletes should have stage presence and poise and their personality and ability to present themselves onstage with confidence, should be visible.



# WOMEN BODYFITNESS

Bodyfitness has been implemented by the IFBB since 2002 to provide the opportunity to compete for a wide group of shapely women performing the physique rounds only (no routine round). This formula has proved very popular, with much more competitors than in a very demanding fitness. Currently, they also have the possibility to show their figure in motion, performing individually "T-walking" at the beginning of the finals.

Currently, there are two rounds of quarter turns. Competitors must wear a bikini-style costume and high-heels of their own choice. Judges assess the overall athletic appearance of the physique, taking into account a symmetrically developed figure, muscle tone and shape, with a small amount of body fat, as well as the hair and facial image and individual style of presentation, including personal confidence, poise and grace.

This sport discipline is widely open for all well-shaped women working out in the fitness centres and following a healthy sport diet. Semifinalists (places from 7 to 15) receive their scores and places at the end of the semifinals. The finalist start the battle from the beginning, with zero points, and they receive their scores and places at the end of the finals. This judging system is applied to all IFBB women's divisions. There are four body height categories: 158 cm, 163 cm, 168 cm and over 168 cm.

# WOMEN BIKINI FITNESS

This category has been introduced in 2011 and is aimed at women who keep their body in shape and eat healthy. Overall body lines, balance and proportions, body tone and healthy appearance are taken into consideration. High-intensity weight training and hard, lean muscles are not necessary. The emphasis is on a well-shaped, fit, healthy and attractive appearance similar to that of models.

Competitors are assessed in two rounds, wearing a two-piece bikini and high-heels. In both rounds, quarter-turns, including front, back and both sides stance, are performed. As well, the final round begins with "T-walking", which gives each competitor a chance to present her body and her charm on the move. This competition started with one open class and – due to the extreme popularity – expanded to six body-height categories nowadays: 160 cm, 163 cm, 166 cm, 169 cm, 172 cm and over 172 cm.

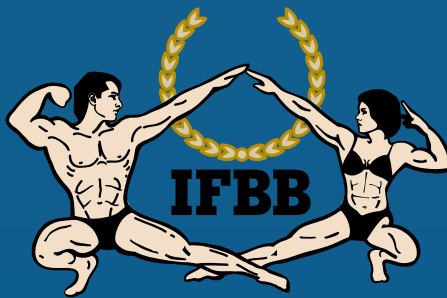
# WOMEN PHYSIQUE

This is the latest IFBB "baby" introduced with the beginning of 2013 for women who want to prepare, heavier, bodybuilding-style body but not extremely dried, lean and muscular, yet athletic and aesthetically pleasing. Altogether, there are 3 rounds. In round 1 (semi-finals) competitors' physiques and muscularity are assessed during quarter turns and compulsory poses. In the finals compulsory poses and the posedown are performed in round 2 and a short, 30-second posing routine to music of competitor's choice in round 3. This sport is placed somewhere between bodyfitness and former women bodybuilding which has been removed from the IFBB list of official sports.

Competitors are expected to present the overall athletic development of the musculature but also balanced and symmetrical development of all muscle groups as well their sport condition and quality, with visible separation between them.

The condition of the skin and the athlete's style of onstage presentation is also taken into consideration. There are two categories in this sport: up to 163 cm and over 163 cm.





INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

A WORLD SPORT FAMILY



Delegates attended the Congress in Brasilia (Brazil)



# INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

Dublín nº 39-I - Las Rozas 28232 Madrid - SPAIN

Phone: +34 91 535 28 19

Web: [www.ifbb.com](http://www.ifbb.com)

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

AFFILIATED TO:

