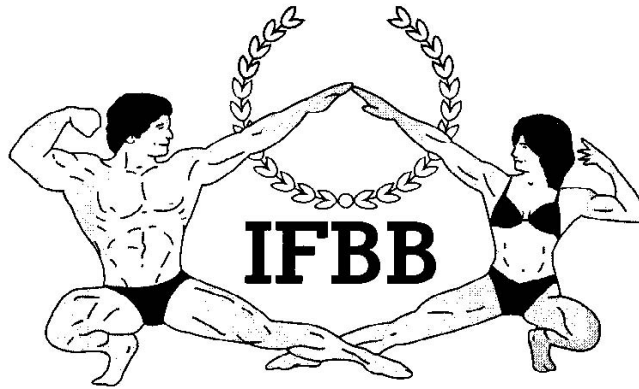


CONSTITUTION

of the

INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)



“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.St.J, C.Q., Ph.D., IFBB Founder & Honorary Life President

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Article 1 – Interpretation

1.1 Interpretation:

In the interpretation of the IFBB Constitution and Rules, unless the context otherwise requires:

1. “IFBB” shall mean the International Federation of BodyBuilding & Fitness.
2. “Constitution” shall mean the by-laws of the IFBB as set out in the Letters Patent and Supplementary Letters Patent and as prescribed and amended from time to time by the Executive Council.
3. “Rules” shall mean those rules, regulations, policies, guidelines, directives and decisions which the Executive Council may from time to time prescribe and amend for the purpose of carrying out the objects of the IFBB.
4. “Executive Council” shall mean the board of directors of the IFBB, comprised of the President, Executive Assistant to the President, Executive Director, General Secretary, Assistant General Secretary, Area Vice Presidents, Chairpersons and Secretaries (where applicable) of Standing Committees, Special Advisors, Treasurer, Legal Counsel, and Patrons.
5. “Congress” shall mean the Executive Council together with the National Federations, as represented by the presidents of the National Federations or their duly appointed representatives or proxies.
6. “National Federation” shall mean an affiliated national sport governing body for the sport of bodybuilding and fitness that has been duly recognized by the IFBB based on one National Federation per country.
7. “Regional” or “Continental Federation” shall mean an affiliated regional or continental sport governing body for the sport of bodybuilding and fitness that has been duly recognized by the IFBB based on one regional or continental federation per region or continent as defined by the IFBB.
8. “Member” shall mean a Member in good standing of the IFBB, namely a Member who is in conformity with [not in breach of] the Constitution and Rules.

Article 2 – Logo

2.1 Logo:

The logo of this organization, an impression of which is printed upon the front cover of this Constitution, shall be the official logo of the IFBB. The logo is a registered trademark and shall not be used without the expressed written consent of the IFBB. Where consent for use is granted, the logo shall not be modified in any way, shape or form except where the letters “IFBB” are replaced by the initials of a National Federation.

Article 3 – Name

3.1 Name:

This organization shall be known under the name “International Federation of BodyBuilding & Fitness”, hereinafter called the “IFBB”.

Article 4 – Composition

4.1 Composition:

The IFBB, founded in 1946, is an international amateur sport governing body for the sport of bodybuilding and fitness and is composed of the Executive Council and those National Federations that have been duly affiliated by the Congress.

Article 5 – Objects

5.1 Objects:

The objects of the IFBB are:

1. To develop, promote and control the sport of bodybuilding and fitness on an international scale.
2. To promote an interest in, and a dedication to, better health and fitness through physical culture, proper nutrition, and weight training.
3. To develop and strengthen friendship and cooperation among the Members of the IFBB.
4. To supervise the activities of the National, Regional and Continental Federations.
5. To legislate rules for the sport of bodybuilding and fitness.
6. To sanction, regulate and control all international bodybuilding and fitness competitions.
7. To implement an anti-doping program in accordance with such anti-doping rules as may be enacted for that purpose; to conduct

in- and out-of-competition doping controls, whether announced or unannounced; whether random, weighted or targeted; whether with advance notice or without advance notice; to conduct doping controls at all world-level competitions; and to ensure that anti-doping programs are implemented and that doping controls are conducted at national, regional and continental levels.

8. To conduct research into the benefits of bodybuilding and fitness as it relates to physical conditioning, both as a basis towards reaching peak athletic performance in sport and to improve the general health of the population at large.
9. To conduct training programs for athletes, coaches, judges, and other officials.
10. To distribute research information on physical culture, nutrition, and weight training to its Members and other interested individuals and organizations.
11. To act as the official international representative of the sport of bodybuilding and fitness at all international sports federations meetings and events.
12. To collaborate with the International Olympic Committee (IOC), the General Association of International Sports Federations (GAISF), and other organizations having as their purpose the promotion of sport on an international scale.
13. To qualify judges at the international level.
14. To discipline Members whose acts are judged contrary to the Constitution and Rules.
15. To honor outstanding contributions to the sport of bodybuilding and fitness, by Members or other individuals or organizations, with special plaques, medals or certificates.

Article 6 – Head Office

6.1 Head Office:

The head office of the IFBB shall be located in the city in which the President resides.

Article 7 – General Provisions

7.1 General Provisions:

The general provisions of the IFBB are:

1. The IFBB is a company without share capital (not-for-profit). Members of the Executive Council are democratically elected or

appointed and serve on a voluntary basis. As such, they may neither derive a salary by virtue of their membership nor derive any personal financial gain by carrying out any duty that may ensue because of such membership.

2. The IFBB forbids its membership from engaging in any racial, political or religious discussion, demonstration or act that may result, whether directly or indirectly, in the fostering of bias or prejudice between any of its Members.
3. The IFBB does not distinguish or discriminate between individuals or countries for reasons of race, color, religion, or politics.
4. The duration of the IFBB shall be unlimited.
5. The sole authority to interpret the Constitution and Rules shall rest with the President whose interpretation shall be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.

Article 8 – Official Languages and Correspondence

8.1 Official Languages and Correspondence:

The IFBB policy on official languages and correspondence is:

1. English shall be the official language of the IFBB. All communications, publications, documents, and correspondence between the IFBB and its membership shall be conducted and printed in English. The proceedings and reports of the Executive Council and Congress shall be conducted and printed in English. Representatives of National Federations may speak their mother tongue however; they shall provide an interpreter to translate into English.
2. The National Federation in whose country the annual meeting of the Congress is held shall provide facilities for interpretation into English.

Article 9 – Membership

9.1 General:

Membership in the IFBB shall be non-transferable and shall be limited to those individuals and organizations interested in furthering the objects of the IFBB and who agree, upon becoming Members, to be bound by the Constitution and Rules and the decisions and rulings of the Executive Council and Congress. Membership shall be offered in the following categories only:

1. **Executive Council:**
This membership shall be comprised of those individuals who have been duly elected or appointed to the Executive Council pursuant to the terms of the Constitution.
2. **National Federation:**
This membership shall be comprised of those organizations that have been duly recognized by the IFBB as National Federations pursuant to the terms of the Constitution.

9.2 Direct Membership:

Although the IFBB shall not offer direct individual membership, members of National, Regional and Continental Federations, by virtue of their acceptance into the IFBB family, agree to be bound by the Constitution and Rules.

9.3 Membership by Association:

Athletes, judges, administrators, and other officials become Members of the IFBB by virtue of their association with their National, Regional or Continental Federation pursuant to the terms and conditions as set out in the constitution and rules of the respective National, Regional or Continental Federation.

9.4 Rights:

Every Member shall have the right to participate in, and to benefit from, any activity of the IFBB so long as that Member meets the qualifications of that activity.

9.5 Resignation:

Any Member may resign from the IFBB by submitting a written letter of resignation to the President.

9.6 Revocation:

Any Member may have their membership revoked by majority vote of the Executive Council, or its delegated authority.

9.7 Fee:

Every National Federation shall pay a yearly membership fee to the IFBB in such an amount as may be determined from time to time by the Executive Council. Notwithstanding the fact that a National Federation may be delinquent in the payment of its affiliation fee, a National Federation may, upon the approval of the President, remain a Member of the IFBB and therefore subject to the Constitution and Rules, but shall otherwise be prevented from enjoying any privileges that would normally accrue by virtue of being a Member in good standing.

Article 10 – Executive Council

10.1 Composition:

The Executive Council is composed of the following officers:

1. President
2. Executive Assistant to the President
3. Executive Director
4. General Secretary
5. Assistant General Secretary
6. Area Vice Presidents for North America, Europe, Caribbean, Asia, South America, Oceania, South Pacific, Africa, and the Middle East
7. Chairpersons and Secretaries (where applicable) of the Judges Committee, Technical Committee, Women's Committee, Medical Commission, and Research, Exercise and Education Committee
8. Special Advisor to the Medical Commission
9. Treasurer
10. Legal Counsel
11. Patrons

10.2 Powers:

The Members of the Executive Council shall be the directors of the IFBB and, as such, the Executive Council shall have power to:

1. Direct the affairs of the IFBB in all matters, including the power to prescribe and amend the Constitution and Rules. Between meetings of the Executive Council, the President, Executive Assistant to the President, Executive Director and General Secretary shall be responsible for the day-to-day management and operation of the IFBB.
2. Form such committees and delegate such authority as it deems necessary in order to carry out the objects of the IFBB.
3. Supervise and control all of the activities of the IFBB.
4. Make or cause to be made for the IFBB, in its name, any kind of contract that the IFBB may lawfully enter into.
5. Authorize expenditures on behalf of the IFBB.
6. Delegate by resolution to a Member of the Executive Council the right to employ and pay salaries to employees.
7. Enter into a trust arrangement with a trust company for the purpose of creating a trust fund in which the capital and interest may be made available for the benefit of promoting the interests of the IFBB in accordance with such terms as the Executive Council may prescribe.
8. Take such steps as may be deemed requisite to enable the IFBB to acquire, accept, solicit or receive legacies, gifts, grants, settlements, bequests, endowments and donations of any kind whatsoever for the purpose of furthering the objects of the IFBB.

9. Ensure that the Constitution and Rules are followed by all of its Members and, in the event that the Constitution or Rules is breached, administer such disciplinary measures as are set out in the Constitution and Rules.
10. Convene the meetings of the Executive Council and Congress.
11. Ensure that the decisions of the Executive Council and Congress are carried into effect.

10.3 Meetings:

The Executive Council shall meet once a year on the occasion of the Men's World Bodybuilding Championships, or whenever convened by agreement of the President, Executive Assistant to the President, Executive Director and General Secretary, or at the request of the majority of the Members of the Executive Council.

10.4 Teleconference:

If any Member of the Executive Council consents, generally or in respect of a particular meeting, the Executive Council or a Member thereof may participate in a meeting of the Executive Council by means of such conference telephone or other communications facilities as permits all persons participating in the meeting to hear each other and, a Member of the Executive Council participating in the meeting by such means is deemed to be present at the meeting.

10.5 Notice:

The notice of any meeting of the Executive Council shall be given to each Member of the Executive Council in writing at least thirty days before the date fixed for the meeting. The notice shall contain sufficient information concerning the business to be conducted so as to permit the Members of the Executive Council to form a reasoned judgment on any decision to be taken. The term "*notice*" is defined primarily as "*electronic communications by means of e-mail and publication on the World Wide Web*".

10.6 Errors or Omissions:

No error or omission in giving notice of any meeting or any adjourned meeting of the Executive Council shall invalidate such meeting or make void any proceedings taken thereat and any Member of the Executive Council may at any time waive notice of any such meeting and may ratify, approve and confirm any or all proceedings taken or had thereat.

10.7 Quorum:

The quorum at any meeting of the Executive Council shall consist of the Members of the Executive Council who are present at the meeting. The President, or the Executive Assistant to the President; the Executive Director, or the General Secretary, or the Assistant General Secretary, must be present.

10.8 Conduct of Meeting and Voting:

The President shall be the chair at all meetings of the Executive Council. Each Member of the Executive Council who is present, except the Special Advisors, Treasurer, and Legal Counsel, shall have one vote. Every issue before the Executive Council shall be decided by majority vote. In the event of a tie, the President shall have a second and deciding vote.

10.9 Resolutions:

Between annual meetings of the Executive Council, a resolution in writing, approved by a majority of the Members of the Executive Council entitled to vote on that resolution at a meeting of the Executive Council, is as valid as if it had been passed at a meeting of the Executive Council.

10.10 Minutes:

The minutes of all meetings of the Executive Council shall be taken by the General Secretary, or a duly appointed representative, and shall be forwarded to the Members of the Congress as part of the “IFBB International Congress Report”.

10.11 Vacancy of Office:

The office of a Member of the Executive Council shall automatically be vacated:

1. If the Member resigns from office by delivering a written letter of resignation to the President.
2. If the Member is found by a court to be of unsound mind.
3. If the Member bankrupts or suspends payment or compounds with his creditors.
4. If, at a meeting of the Executive Council, a resolution is passed by a majority of the Members entitled to be present and to vote at the meeting that the Member be removed from office for just cause.
5. On death.

10.12 Agents and Employees:

The Executive Council may:

1. Appoint such agents and engage such employees as it may deem necessary from time to time and such person shall have such authority and shall perform such duties as shall be prescribed by the Executive Council at the time of such appointment. Employees or agents of the IFBB may, but need not be, Members of the IFBB.

2. Fix by resolution a reasonable remuneration for such agents and employees. Such resolution shall have force and effect only until the next meeting of the Executive Council at which time the resolution shall be confirmed failing which the remuneration to such agents and employees shall cease to be payable from the date of such meeting.

10.13 Retirement:

A retiring Member of the Executive Council shall remain in office until the dissolution or adjournment of the meeting at which his retirement is accepted and his successor is elected or appointed.

10.14 Decisions and Rulings:

The decisions and rulings of the Executive Council shall be final except where a decision or ruling subsequently fails to be confirmed by the Congress.

10.15 Absence:

Any Member of the Executive Council who is absent without just cause from any two consecutive meetings of the Executive Council, or who neglects his duties, unless for a valid reason, may be replaced by a majority vote of the Executive Council.

10.16 Sittings:

The sittings of the Executive Council shall be conducted in private.

Article 11 – Congress

11.1 Composition:

The Congress shall be composed of the Members of the Executive Council together with the National Federations, as represented by the presidents of the National Federations or their duly appointed representatives or proxies.

11.2 Powers:

The powers of the Congress are as follows:

1. To confirm or withhold confirmation of the Constitution and Rules, or any amendment to the Constitution and Rules.
2. To consider any matter pertaining to the objects of the IFBB and to adopt any measure it may judge necessary on this subject.
3. To elect or appoint, at the relevant special electoral meeting of the Congress, the Members of the Executive Council who shall be the directors of the IFBB and who shall serve for a four year term or until such time as they are replaced in accordance with the terms of the Constitution.

4. To receive, at each Congress, the annual reports of the Members of the Executive Council, the annual financial statements and the auditor's report.
5. To consider and transact any general or special business properly brought before the Congress.

11.3 Meetings:

The annual meeting of the Congress shall be held in conjunction with the Men's World Bodybuilding Championships.

11.4 Agenda:

The agenda of the annual meeting of the Congress shall consist of, but shall not be limited to, the following items:

1. The examination and approval of the annual reports of the:
 - a. President
 - b. Executive Assistant to the President
 - c. Executive Director
 - d. General Secretary
 - e. Assistant General Secretary
 - f. Vice Presidents
 - g. Chairpersons of Standing Committees
2. The affiliation of new National Federations.
3. The selection of locations for all international events.
4. The propositions from the National Federations.

11.5 Notice:

The notice of the annual meeting of the Congress shall be given in writing and shall be forwarded to the Members of the Executive Council and to the National Federations no later than thirty days prior to the date fixed for the meeting. The notice shall contain sufficient information concerning the business to be conducted so as to permit the Members of the Congress to form a reasoned judgment on any decision to be taken. The term "*notice*" is defined primarily as "*electronic communications by means of e-mail and publication on the World Wide Web*".

11.6 Errors or Omissions in Notice:

No error or omission in giving notice of any annual meeting of the Congress shall invalidate such meeting or make void any proceedings taken thereat. Any National Federation may at any time waive notice of any such meeting and may ratify, approve and confirm any or all proceedings taken or had thereat. For the purpose of sending notice, the address of the National Federation shall be the last address recorded on the books of the IFBB.

11.7 Quorum:

The quorum at the annual meeting of the Congress shall consist of those National Federations present, as represented by the presidents of the National Federations, or their duly appointed representatives or proxies, and the Members of the Executive Council who are present at the meeting. The President, or the Executive Assistant to the President; the Executive Director, or the General Secretary, or the Assistant General Secretary, must be present.

11.8 Conduct of the Meeting and Voting:

The President shall be the chair at the annual meeting of the Congress. Each National Federation present, provided they otherwise qualify, is entitled to one vote. Each Member of the Executive Council who is present and who is entitled to vote shall have one vote. Every issue before the Congress shall be decided by majority vote. The chair of the meeting shall have a second and deciding vote in the case of a tie.

11.9 Proxy:

A National Federation may, by means of written proxy, appoint a proxy holder to attend and act at an annual meeting of the Congress, in the manner and to the extent authorized by the proxy. A proxy holder must be a Member of the Congress.

11.10 Minutes:

The minutes of the annual meeting of the Congress shall be taken by the General Secretary, or a duly appointed representative, and shall be forwarded to the Members of the Congress as part of the “IFBB International Congress Report”.

11.11 General:

The following general rules shall apply for all annual meetings of the Congress:

1. Provided they otherwise qualify, each National Federation which enters a team of three or more competitors, up to a maximum of eight competitors, at the Men’s World Bodybuilding Championships may be represented by two delegates at the annual meeting of the Congress but shall be entitled to only one vote.
2. A National Federation which enters a team of one or two competitors, or which does not enter a team, may be represented by one delegate and shall be entitled to only one vote.
3. Before the opening of the Congress, the General Secretary, or a duly appointed representative, shall verify the credentials of the Members of the Congress and shall issue to each bona fide Member an IFBB voting card.
4. The National Federation in whose country the Congress is being held shall be responsible for underwriting the cost of

accommodations and meals for the Members of the Executive Council as listed in Article 10.1 and, except for delegates without athletes, for the number of competitors and delegates noted in Article 11.11.1 and Article 11.11.2.

5. Propositions from the National Federations must reach the office of the President no later than sixty days before the date fixed for the annual meeting of the Congress.
6. Only those items that are listed on the agenda may be discussed at the annual meeting of the Congress. Time permitting, the President may allow other business to be discussed.
7. To avoid the unnecessary prolongation of the Congress, the President shall have the authority to determine the number and the duration of any speeches.
8. The annual meeting of the Congress shall be conducted in private.

Article 12 – Elections

12.1 Elections:

The election and appointment of officers to the Executive Council shall proceed as follows:

1. Every four years, at a special electoral meeting of the Congress, the election and appointment of officers to the Executive Council shall take place.
2. National Federations may nominate deserving Members for any position on the Executive Council, except where a Member is an active bodybuilder or fitness athlete.
3. Nominations for the various positions on the Executive Council must be approved in writing by the president of the nominee's National Federation, said approval which must reach the office of the President by registered mail no later than ninety days before the date fixed for the special electoral meeting of the Congress. Where a nominee holds dual citizenship status, the approval must come from the president of the National Federation in whose country the nominee is resident and domiciled.
4. Elected or appointed officers shall normally hold office for a period of four years, or until such time as their successors are elected or appointed in accordance with the terms of the Constitution.

5. Incumbent Members of the Executive Council shall be eligible for re-election or re-appointment without the need to be nominated by a National Federation.
6. Candidates for election or appointment to the Executive Council must be present at the special electoral meeting of the Congress in order to be elected or appointed.
7. Members of the Executive Council, once elected or appointed, shall have an obligation to attend all of the regularly convened meetings of the Executive Council and Congress. A National Federation nominating a candidate for the Executive Council must enable that Member, if elected or appointed, to attend all of the regularly convened meetings of the Executive Council and Congress.
8. Election shall be by secret ballot. The President shall appoint two scrutinizers to collect and count the votes. The results will be given to the President who shall announce the names of the successful candidates.
9. If two or more candidates obtain an equal vote, there shall be a second ballot. If a tie still exists, the President shall cast a second and deciding vote.

12.2 Order of Election:

The election or appointment of officers to positions on the Executive Council shall proceed in the following order:

1. President
2. Executive Assistant to the President
3. Executive Director
4. General Secretary
5. Assistant General Secretary
6. Area Vice Presidents for North America, Europe, Caribbean, Asia, South America, Oceania, South Pacific, Africa, and the Middle East
7. Chairpersons and Secretaries (where applicable) of the following Standing Committees:
 - a. Judges Committee
 - b. Technical Committee
 - c. Women's Committee
 - d. Medical Commission
 - e. Research, Exercise and Education Committee
8. Special Advisors
9. Treasurer
10. Legal Counsel
11. Patrons

12.3 Elected Positions:

The following Members of the Executive Council shall hold their positions by virtue of being elected:

1. President
2. General Secretary
3. Assistant General Secretary
4. Area Vice Presidents
5. Chairpersons and Secretaries (where applicable) of the following Standing Committees:
 - a. Judges Committee
 - b. Technical Committee
 - c. Women’s Committee
 - d. Medical Commission

12.4 Appointed Positions:

The following Members of the Executive Council shall hold their positions by virtue of being appointed by the President:

1. Executive Assistant to the President
2. Executive Director
3. Special Advisor to the Medical Commission
4. Chairperson, Research, Exercise and Education Committee
5. Treasurer
6. Legal Counsel
7. Patrons

12.5 Right to Vote:

The following Members of the Executive Council shall have the right to vote at all meetings of the Executive Council and Congress:

1. President
2. Executive Assistant to the President
3. Executive Director
4. General Secretary
5. Assistant General Secretary
6. All Vice Presidents
7. Chairpersons and Secretaries (where applicable) of Standing Committees
8. Patrons

12.6 Dual Positions:

A Member may hold up to a maximum of two positions on the Executive Council but shall be entitled to only one vote.

Article 13 – Duties of the Members of the Executive Council

13.1 President:

The President is the Chief Executive Officer of the IFBB and, as such, shall have the following duties:

1. To have the general and active management of the affairs of the IFBB.
2. To chair, direct the debate, preside over and keep order at all meetings of the Executive Council and Congress, according to the tradition and rules of parliamentary debate.
3. To ensure that all orders and resolutions of the Executive Council and Congress are carried into effect.
4. To have the sole authority to interpret the Constitution and Rules, said interpretation to be final and binding. The President may, at his own discretion, seek the advice of other Members of the Executive Council or Congress before arriving at a final decision.
5. To be the official spokesperson and representative of the IFBB in all matters of public relations.
6. To represent the IFBB at all meetings of the General Association of International Sports Federations (GAISF), the International World Games Association (IWGA) and the International Olympic Committee (IOC).
7. To make the inspection tour of the National Federation in whose country the World Bodybuilding Championships or any other major international championships is being organized. The organizer shall incur the cost of his first-class travel, suite accommodations, and meals.
8. To attend the World Bodybuilding Championships and all continental championships. The organizer shall incur the cost of his first-class travel, suite accommodations, and meals.
9. To play a principle role in the opening and closing ceremonies at the World Bodybuilding Championships or at any other competition that he may attend.
10. To present awards to the category winners at the World Bodybuilding Championships and at all other major competitions above the national level that he may attend.
11. To preside over the Judges Committee at all international competitions, with the authority to settle any dispute or appeal that may arise.
12. To have authority to appoint an ad hoc disciplinary committee whose purpose shall be to investigate and evaluate disciplinary matters and to recommend a resolution to the President.

13. To have authority to appoint an ad hoc appeal committee whose purpose shall be to investigate and evaluate complaints, protests and appeals and to recommend a resolution to the President.
14. To have a second and deciding vote in the event of a tie at any meeting of the Executive Council or Congress.
15. To have authority to appoint a representative or representatives to attend any particular event should he, for whatever reason or reasons, be unable to do so. The representative(s) shall be accorded the same privileges as the President.
16. To have authority to make appointments, or withdraw appointments, to positions on the Executive Council and all Standing and Ad Hoc committees.
17. To have authority to appoint a “delegate-at-large” whose purpose shall be to assist in the organization of bodybuilding and fitness events within a specific area of the world.
18. To be an ex-officio Member of all standing or “ad-hoc” committees.

13.2 Executive Assistant to the President:

The Executive Assistant to the President shall have the following duties:

1. To assist the President in the performance of his duties.
2. To assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member, or a National Federation. If necessary, the President may direct that he conduct an investigation in the country concerned and the National Federation of that country shall incur the cost of his business-class travel, accommodations and meals.
3. To make, when mandated by the President, the inspection tour of the National Federation in whose country the World Bodybuilding Championships or any other major international championships is being organized. The organizer shall incur the cost of his business-class travel, accommodations and meals.
4. To be an ex-officio Member of all standing or “ad hoc” committees.
5. To represent the IFBB when mandated to do so by the President.
6. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

13.3 Executive Director:

The Executive Director shall have the following duties:

1. To assist the President in the performance of his duties.
2. To correspond and liaise with the National Federations as directed by the President.
3. To be the consultant for all National Federations requiring information or advice on the Constitution and Rules, or about actions of their Members which are in violation of the Constitution and Rules.
4. To make, when mandated by the President, the inspection tour of the National Federation in whose country the World Bodybuilding Championships or any other major international championships is being organized. The organizer shall incur the cost of her business-class travel, accommodations and meals.
5. To be an ex-officio Member of all standing or “ad hoc” committees.
6. To represent the IFBB when mandated to do so by the President.
7. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

13.4 General Secretary:

The General Secretary shall have the following duties:

1. To assist the President in the performance of his duties.
2. To record, or have recorded, in the books to be kept for that purpose, all votes and minutes of the meetings of the Executive Council and Congress.
3. To give or cause to be given notice of all meetings of the Executive Council and Congress.
4. To carry out any correspondence that may be directed by the President or the Executive Council.
5. To keep and maintain files of all documents in writing of the IFBB.
6. To have custody of the minute book and seal of the IFBB, which he shall deliver only when authorized by the President to do so and to such person or persons as may be named by the President.
7. To provide information concerning bodybuilding and fitness to interested parties.

8. To assist the President in drawing up the agenda of the annual meeting of the Congress; to include the propositions from the National Federations, and to send this agenda to the Members of the Executive Council and to the National Federations no later than thirty days prior to the date fixed for the annual meeting of the Congress.
9. To distribute the annual “IFBB International Congress Report” to the National Federations.
10. To ensure the publication of all championship results at the national and international levels.
11. To assist the President in the resolution of any problems that may arise as a result of a violation of the Constitution and Rules by any Member or a National Federation. If necessary, the President may direct that he conduct an investigation in the country concerned and the National Federation of that country shall incur the cost of his business-class travel, accommodations and meals.
12. To make, when mandated by the President, the inspection tour of the National Federation in whose country the World Bodybuilding Championships or any other major international championships is being organized. The organizer shall incur the cost of his business-class travel, accommodations and meals.
13. To be an ex-officio Member of all standing or “ad hoc” committees.
14. To represent the IFBB when mandated to do so by the President.
15. To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

13.5 Assistant General Secretary:

The Assistant General Secretary shall have the following duties:

1. To assist the President in the performance of his duties.
2. To carry out the duties of the General Secretary should the General Secretary, for whatever reason or reasons, be unable to do so.
3. To have the same powers as the General Secretary when called upon to act in his stead.
4. To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

13.6 Area Vice Presidents:

The Area Vice Presidents shall have the following duties:

1. To assist the President in the performance of his duties.
2. To supervise the activities of the National Federations within their continental jurisdiction without interfering with the internal control of the National Federations unless they violate the Constitution and Rules.
3. To take an active part in the organization of the continental championships within their jurisdiction.
4. To play an active advisory role at any continental annual meeting of any congress that may be held within their jurisdiction.
5. To report on the activities of their continent at the annual meeting of the Executive Council and Congress.
6. To ensure that a national championships is organized every year in each country under their jurisdiction.
7. To fulfill any other duty, or duties that may be assigned by the President or the Executive Council.

13.7 Special Advisors:

The President may appoint, at his discretion, a number of Special Advisors who shall have those duties and responsibilities as assigned by the President, generally to act as an advisor to a Standing Committee or to the Executive Council.

13.8 Treasurer:

The Treasurer shall have the following duties:

1. To assist the President in the performance of his duties.
2. To have the custody of the funds and securities of the IFBB and to keep full and accurate accounts of all assets, liabilities, receipts and disbursements of the IFBB in the books belonging to the IFBB and to deposit all monies, securities and other valuable effects in the name and to the credit of the IFBB in such chartered bank or trust company, or, in the case of securities, in such registered dealer in securities as may be designated by the President.
3. To disburse the funds of the IFBB as may be directed by the President taking proper vouchers for such disbursements, and to render to the President, whenever he may require it, an accounting of any and all transactions and a statement of the financial position of the IFBB.

4. To arrange for audited financial statements to be submitted to the Executive Council and Congress at their annual general or other meetings.
5. To fulfill any other duty, or duties, that may be assigned by the President or the Executive Council.

13.9 Legal Counsel:

The Legal Counsel shall have the following duties:

1. To advise the IFBB on all matters of a legal nature.
2. To represent the IFBB in all matters wherein such legal representation is requested by the President.
3. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

13.10 Patrons:

The President, at his discretion, may appoint, to the position of Patron, any Member who has demonstrated a lifetime of dedication and commitment towards the development of the IFBB and the sport of bodybuilding and fitness. Patrons may attend and vote at the annual meetings of the Executive Council and Congress.

Article 14 – Standing Committees

14.1 Standing Committees:

The Executive Council may, from time to time, form such standing committees, as it may deem necessary in order to carry out the objects of the IFBB. The standing committees shall perform such tasks and provide such reports to the President, Executive Council and Congress as may be determined by way of rules enacted for that purpose.

14.2 Judges Committee:

The Judges Committee shall be comprised of a Chairperson and a Secretary and shall have the following duties pertaining to IFBB international events:

1. To be responsible for the training, appointment, and promotion of judges at the international level.
2. To appoint statisticians, who shall be sworn to secrecy and who shall, from the judge's score sheets, calculate the results of all IFBB international events.
3. To determine the timetable for the registration and weighing-in of competitors.
4. To supervise the registration and weighing-in of competitors.

5. To supervise and determine the order in which the competitors shall appear before the judges.
6. To select judges for IFBB international events from the nominations of the National Federations. The selection meeting shall be conducted in private.
7. To supervise and determine the selection of competitors for the semi-finals (prejudging) and finals.
8. To have the power to temporarily co-opt Members to assist in carrying out the duties of the Committee.
9. To arrange the practical testing of test and probationary judges.
10. To maintain a list of accuracy marks for all judges who adjudicate IFBB international events.
11. To deliberate on any matter affecting the judging rules and procedures and to recommend improvements in this area to the President and Executive Council.
12. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

14.3 Technical Committee:

The Technical Committee shall be comprised of a Chairperson and shall have the following duties:

1. To ensure that all amendments to the Constitution and Rules are carried out in accordance with the directives of the President or Executive Council.
2. To ensure that the propositions from the National Federations are presented in a format suitable for review by the President and Executive Council.
3. To liaise with the organizers of the Men's World Bodybuilding Championships and International Congress, or any other event as directed by the President, for the purpose of assisting in the handling of any technical matter.
4. To assist the Judges Committee in ensuring the smooth running of the Men's World Bodybuilding Championships, or any other event as directed by the President.
5. To have the power to temporarily co-opt Members to assist in carrying out the duties of the Committee.
6. To assist the President or Executive Council in resolving issues of a technical nature.

7. To deliberate on any matter affecting the technical aspects of the sport of bodybuilding and fitness and to recommend improvements in this area to the President and Executive Council.
8. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

14.4 Women's Committee:

The Women's Committee shall be comprised of a Chairperson and shall have the following duties:

1. To promote, develop and control all activities of women in the sport of bodybuilding and fitness, including competitions and championships.
2. To encourage the formation of similar organizations within National Federations and to liaise directly with them in matters pertaining to women's bodybuilding and fitness.
3. To prepare material for the wider popularization of women's bodybuilding and fitness.
4. To be responsible, in cooperation with the Judges Committee, for the training of women judges.
5. To formulate the rules and regulations for judging women's competitions and championships.
6. To publish guidelines and standards for awarding points and placings.
7. To have the power to temporarily co-opt Members to assist in carrying out the duties of the Committee.
8. To meet at least once per year on the occasion of the Women's World Bodybuilding and Fitness Championships.
9. To deliberate on any matter affecting women's bodybuilding and fitness and to recommend improvements in this area to the President and Executive Council.
10. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

14.5 Medical Commission:

The Medical Commission shall be comprised of a Chairperson and a Secretary and shall have the following duties:

1. To be responsible for the collection of medical material on the effects of years of bodybuilding and fitness on the human organism.
2. To prepare material for the wider popularization of bodybuilding and fitness as a method for improving physical conditioning.
3. To exchange information on specific sports injuries, their cure, and prevention.
4. To collect documentation on sports medicine in the sphere of bodybuilding and fitness.
5. To coordinate the planning and carrying out of research for the solution of scientific problems for bodybuilders and fitness athletes.
6. To become a member of the International Federation of Sports Medicine (FIMS) and the International Council of Sport and Physical Education (ICSPE) and to maintain ongoing communications with these organizations.
7. To organize medical symposia in conjunction with the World Bodybuilding and Fitness Championships.
8. To have the power to temporarily co-opt Members to assist in carrying out the duties of the Commission.
9. To actively oppose the use and abuse of prohibited substances and methods for the purpose of attempting to gain a pharmacological advantage in sport competition.
10. To supervise the doping control at designated IFBB events.
11. To deliberate on any matter affecting medical and doping issues and to recommend improvements in this area to the President and Executive Council.
12. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

14.6 Research, Exercise and Education Committee:

The Research, Exercise and Education Committee shall be comprised of a Chairperson and shall have the following duties:

1. To conduct research into sports psychology as it pertains to bodybuilders and fitness athletes.
2. To conduct research into exercise kinesiology as it applies to bodybuilders and fitness athletes.

3. To educate the bodybuilding and fitness community on matters pertaining to sport-related issues.
4. To deliberate on any matter affecting sport-related issues and to recommend improvements in this area to the President and Executive Council.
5. To fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

Article 15 – National Federations

15.1 General:

For the purposes of governing the sport of bodybuilding and fitness at the national level, and carrying out the mandate and objects of the IFBB at such level, the IFBB shall recognize one National Federation per country where such country shall be defined as “a country whose statehood is recognized by the international community”.

15.2 Procedures:

Any national sport governing body for the sport of bodybuilding and fitness, wishing to affiliate with the IFBB, shall submit, in writing and to the President, the following documentation:

1. A request for affiliation, signed by their president and general secretary.
2. Documented proof of the organization’s acceptance by their Ministry of Sport, or National Olympic Committee, that they are the sole recognized national sport governing body for the sport of bodybuilding and fitness within their country.
3. A copy of their constitution and rules, said constitution and rules which must be in conformity with the Constitution and Rules of the IFBB.
4. The annual affiliation fee, said fee which shall be made payable to the IFBB and which shall be in an amount as established from time to time by the Executive Council.
5. A signed statement by the president of the organization seeking affiliation with the IFBB that the organization agrees to abide by the Constitution and Rules of the IFBB and the decisions and rulings of the Executive Council.

15.3 Confirmation of Membership:

Upon receipt of the applicable documentation and affiliation fee, the organization shall be provisionally affiliated as a National Federation until the next annual meeting of the Congress at which time the affiliation shall either be confirmed or denied.

15.4 Authority:

The National Federations shall be authorized by the IFBB to carry out its objects at the national level and, as such, shall have the following duties:

1. To administer the sport of bodybuilding and fitness within their own jurisdiction according to the Constitution and Rules.
2. To advise their Members of the current Constitution and Rules, decisions and rulings of the President, Executive Council and Congress, as well as the policies and activities of the IFBB.
3. To submit and uphold the points of view of their Members at the annual meeting of the Congress.
4. To implement Doping Control programs and to ensure that their athlete-members are competing drug-free at IFBB-sanctioned international events.

15.5 Resignation:

Any National Federation may resign from the IFBB at any time by submitting a written letter of resignation to the President.

15.6 Suspension:

Any National Federation may be suspended for the following reasons:

1. Failing two or more years in arrears in the payment of its affiliation fee.
2. Failing to adhere to or comply with the Constitution and Rules or the decisions and rulings of the Executive Council and Congress.
3. Failing to implement an effective Anti-Doping Program and to ensure that its athletes are competing drug-free at IFBB-sanctioned international events.

15.7 Notification:

Any notification regarding suspension, expulsion or dissolution of a National Federation shall be forwarded by registered mail.

15.8 Obligations:

Every National Federation shall be obligated to organize bodybuilding and fitness competitions within their country including annual national championships. The National Federation shall make every effort to send a national team with delegates to the various IFBB international events and shall take such steps as are necessary to ensure that national team Members are competing drug-free at IFBB international events.

Article 16 – Regional and Continental Federations

16.1 Provisions:

The IFBB may recognize Regional and Continental Federations subject to the following provisions:

1. That the President must give written approval of any request to organize a Regional or Continental Federation.
2. That only National Federations already affiliated with the IFBB may affiliate with a Regional or Continental Federation.
3. That a copy of their constitution and rules shall be forwarded to the President, said constitution and rules which shall be in conformity with the Constitution and Rules of the IFBB.
4. That any regional or continental championships shall be conducted in accordance with the Constitution and Rules.
5. That the Regional or Continental Federation shall neither have the power to issue international judging cards nor the power to issue sanctions for competitions outside their regional or continental jurisdiction.
6. That the Area Vice President shall be a Member of their executive council and shall act as the liaison between the Regional or Continental Federation and the IFBB.
7. That the Regional or Continental Federation shall ensure that the IFBB Anti-Doping Program is followed at all regional- and continental-level events.

16.2 Assistance:

Should a Regional or Continental Federation require assistance in developing, organizing and coordinating their activities, the President may authorize the Area Vice President to perform such duties as are deemed necessary to ensure the successful management and operation of the Regional or Continental Federation. The Area Vice President may appoint individuals within that continent to assist in reaching any organizational goals.

Article 17 – Fees

17.1 Affiliation Fees:

The National Federations shall pay an annual affiliation fee, said fee which shall be made payable to the IFBB and which shall be in an amount as determined from time to time by the Executive Council. This fee shall become due and payable in the month of January of each year. Any National Federation that fails to pay their annual affiliation fee may neither participate in, nor vote at, the annual meeting of the Congress, or

the meetings of the Standing Committees, nor may their Members participate in any competitions organized under the sanction of the IFBB, including the World Championships. A letter of reminder shall be forwarded to any National Federation who is delinquent in the payment of their annual affiliation fee.

Article 18 – Honorary Titles

18.1 Honorary Titles:

The President may grant honorary titles to any deserving individual for meritorious service to the IFBB and the sport of bodybuilding and fitness. All such individuals shall have the right to attend the annual meeting of the Congress and may join in all discussions but shall not have the right to vote. Honorary Members shall not be eligible to attend any of the meetings of the Executive Council or of the Standing Committees except by written invitation of the President. Further, these individuals shall be responsible for incurring the cost of their own travel, accommodations, meals, and other expenses.

Article 19 – Discipline

19.1 General:

National Federations, and their athletes and officials, join the IFBB of their own free will and agree to respect and abide by the Constitution and Rules. Should they contravene the Constitution and Rules, they automatically negate their status as a Member in good standing and, as such, are prohibited from enjoying any privileges that would normally accrue by virtue of being a Member in good standing.

19.2 Disciplinary Committee:

The President shall have the authority to appoint an “ad hoc” committee whose purpose shall be to investigate disciplinary matters and to report the results of the investigation to the President. The President may, at his own discretion, call upon the assistance of other Members of the Executive Council and/or Members of the Congress in order to assist in the resolution of any disciplinary matter.

19.3 Sanctions:

If a Member, whether athlete or official or a National, Regional or Continental Federation, is found guilty of contravening the Constitution and Rules, or of conduct prejudicial to the IFBB, said Member or National, Regional or Continental Federation may be reprimanded, fined, suspended, or expelled from the IFBB.

19.4 General Provisions:

The following general provisions shall apply:

1. If a National Federation does not pay its annual affiliation fee, does not hold proper elections, does not register Members, does not organize regular competitions to include a national championships, does not actively campaign to enroll new

Members, or does not follow the Constitution and Rules, or does not implement an effective Anti-Doping Program to ensure that its athletes are competing drug-free at IFBB-sanctioned international events, it shall first receive a written letter of warning. If the National Federation continues to act contrary to the Constitution and Rules, it may be fined, suspended, or expelled.

2. If a National Federation does not respect its engagement, financial or otherwise, with another country or countries, or with the IFBB, the National Federation may be fined, suspended, or expelled.
3. Any athlete or official who is suspended may not compete, give an exhibition or seminar, judge or otherwise officiate, organize events, or act in an administrative capacity, whether in his or her own country, or in any other country, for the IFBB or any IFBB-recognized National Federation.
4. The issuance of false certificates (cards) shall be deemed a serious offence punishable by fine, suspension, or expulsion.
5. Any athlete or official who threatens a judge or official by word or gesture, or who uses offensive words to any other athlete or official and who refuses to withdraw same, may be fined, suspended or expelled.
6. Any athlete or official who engages in activity of a pornographic nature, or whose conduct is deemed prejudicial to the IFBB, may be fined, suspended, or expelled.
7. Any athlete or official who participates in a competition or event not approved or sanctioned by the IFBB, may be fined, suspended or expelled. Participation shall include, but shall not be limited to, competing, guest posing, giving a seminar, lecture or similar presentation, judging, officiating, allowing the use of one's name and/or likeness for promotional purposes, and/or taking part in a non-IFBB sanctioned competition or event in any other way, shape, or form.
8. Once recognized by the IFBB pursuant to the terms and conditions of the Constitution and Rules, or pursuant to the terms and conditions of the constitution and rules of a National, Regional or Continental affiliate, no athlete, judge, official, administrator or other Member shall hold membership in any other bodybuilding and/or fitness organization; nor shall that Member participate in or promote, in any way, shape or form, their activities, failing which the Member may be fined, suspended or expelled.

9. Disciplinary action may be taken against any athlete or official who contravenes the IFBB Code of Ethics, attached as Appendix 1, which shall form an integral part of the Constitution and Rules.
10. Disciplinary action may be taken against any Member for prejudicial conduct, where such conduct is defined as being demonstrably harmful to the IFBB and/or to the sport of bodybuilding and fitness, whether through gross malfeasance or egregious moral behavior.

Article 20 – Appeals

20.1 Appeals:

Any Member, believing that he or she has been wronged in any way, shape or form, and after having followed the proper “chain of command” in an effort to resolve the matter, shall have the right to file a complaint or appeal to the President who shall investigate, or cause to be investigated by an ad hoc appeal committee appointed by the President, the complaint or appeal; shall then make a determination upon the complaint or appeal, and shall report such determination to the complainant or appellant. There shall be no right of appeal from the interpretation given to the Constitution and Rules by the President.

Article 21 – IFBB Property Rights

21.1 Property Rights:

All IFBB international competitions, events and activities are the sole exclusive property of the IFBB. The granting of a sanction to organize an IFBB competition, event or activity shall, in no way, shape or form, signify that the IFBB has relinquished its property rights, in whole or in part, to the competition, event or activity.

21.2 Liability:

The IFBB shall not be held liable for any financial or other loss to an organizer, and/or associate, should the IFBB exercise its right, with just cause, to claim or reclaim its property, whether that property is a competition, event or other activity.

Article 22 – Doping:

22.1 Position Statement:

The practice of sport involves physical health and fitness, dedication to training, and proper nutrition. Doping, which includes the use of *Prohibited Substances* and *Prohibited Methods* to artificially enhance performance, is unethical, contrary to the concept of fair play, undermines the values of sport, and can endanger the health of the athletes. The practice of doping is forbidden within the IFBB.

22.2 World Anti-Doping Agency (WADA) Code:

The IFBB officially recognizes the World Anti-Doping Agency (WADA) as the international authority in anti-doping matters. The IFBB is an official Signatory to the WADA Code and, by means of the IFBB Anti-Doping Rules, conforms to the provisions of the WADA Code.

22.3 Court of Arbitration for Sport (CAS)

The IFBB officially recognizes the authority of the Court of Arbitration for Sport (CAS).

Article 23 – Amendments

23.1 Amendments:

The Constitution may be repealed or amended by majority decision of the Executive Council. Any such repeals or amendments must be confirmed by majority decision of the Congress.

APPENDIX 1
to the
IFBB CONSTITUTION

IFBB CODE OF ETHICS

Introduction:

The IFBB Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the IFBB family. National Federations and other Members join the IFBB of their own free will and, in so doing, agree to abide by the IFBB Constitution and Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, *the athletes*, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfill our responsibility to society, to other athletes, judges, officials, and administrators of the IFBB.
2. to honour, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
7. to work *for* the IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
8. to continue striving for bodily perfection and correct moral principles.
9. to honour the special trust conferred upon us by our participation in, and by our representation of, the IFBB and our

- country, at international events, and to adhere to the standards of personal conduct expected of us.
10. to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.
 11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
 12. to oppose the use of banned substances and methods and to compete drug-free.
 13. to refrain from any conduct that may be considered prejudicial to the IFBB;
 14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Judges:

We, *the judges*, realizing that our actions and decisions as judges reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all of the rules governing competitions.
2. to safeguard the interests of all competitors on equal terms.
3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.
4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. to respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.
6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.
8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work *for* the IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.

10. to honour the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.
11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Officials:

We, *the officials*, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges officials, or other administrators, according to their needs.
2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. to safeguard the health and physical fitness of the athletes.
4. to provide the athletes with the best possible conditions for achieving bodily perfection.
5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.
6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.
7. to respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.
8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work *for* the IFBB, not *against* it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.

11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.