

**2006 EUROPEAN MEN BODYBUILDING,
CLASSIC BODYBUILDING AND
MIXED PAIRS CHAMPIONSHIPS**

MAY 5TH TO 8TH, BRATISLAVA, SLOVAKIA



INFORMATION

WELCOME

The Organizing Committee of the Slovak Bodybuilding and Powerlifting Association take this opportunity to welcome all National Federations of Europe to participate in the 2006 EBFF European Men Bodybuilding, Classic Bodybuilding and Mixed Pairs Championships in Bratislava, Slovakia - May 5th to 8th, 2006.

LOCATION

Bratislava is the Capital of the Slovak Republic. Bratislava is rich in history which reflected the movement and the life of human being at the geographically advantageous place in environment. It was the condition of the rise the first settlement probably in the younger Stone Age. The Slavs settled here permanently during the movement of the nations in the 6th century. In the era of Great Moravia had been built the massive Slavic bulwarks at the Bratislava castle hill and at Devin.

The other period of development was 14th and 15th century, the first University Academia Istropolitana – in Slovak area was founded by King Matej Korvin in 1456. The City became the Capital of Habsburg's part of Old Hungarian Kingdom in 1536. The central offices and the head of church had been placed in Bratislava. The town had been for 250 years the main Parliament and coronation town.

The new epoch in the history was the date January 1, 1993 when Bratislava became the Capital of the Slovak Republic. It is the seat of the most important institutions of science, policy, business, culture and education.

Bratislava, with the population of 500.000, plays the main role in Slovak economy, not only as an economic and business centre but also as tourist and sport centre of Slovakia as well.

OFFICIAL HOTEL

The Official Hotel of the Championships is the **HOTEL " NIVY "**. Address: Lišcie Nivy, 821 08 Bratislava, tel. +421 2 55410394, fax - +421 2 55410389, e-mail: hotel@hotelnivy.sk ; web: www.hotelnivy.sk

All hotel reservations (including accommodation before the official arrival as well as after the official departure and during the championships) for official delegates, competitors and extra delegates will be arranged only by the Organizing Committee of the Slovak Bodybuilding and Powerlifting Association.

ACCOMMODATION

The Organizing Committee will provide accommodations and three meals per day for all the official members of the national federations according to the IFBB rules:

1. Three (3) or more competitors = Two (2) delegates
2. Two (2) competitors or less = One (1) delegate
3. National Federation with no athletes may send one (1) official delegate. This delegate will be responsible for all of his or her own expenses.

The National Teams must be check-in to the time of the start of the Technical Meeting. Otherwise the National Teams will be responsible for all their own expensive as extra delegates.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS and PHOTOGRAPHERS

The Organizing Committee has established a **SPECIAL PACKAGE** including:

- Three nights
- Three meals per day (breakfast, lunch and dinner)
- Tickets for semifinals and finals
- Sightseeing tour
- Closing banquet
- Internal transport

The cost of the Special Package is: **250.00 EUR for each person on a double room or 350.00 EUR for a single room.** For more information please ask the Organizing Committee.

HOTEL DEPOSIT

An initial deposit of **100.00 EUR PER PERSON** is required upon check-in for incidental and personal expenses, which may arise (telephone, laundry, room services, etc.). The unused portion of this deposit will be refunded at check-out. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his team. **PLEASE INFORM YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

ARRIVALS / AIRPORT

The Slovak Bodybuilding and Powerlifting Association will pick you up at the Bratislava International Airport at your arrival or Schwechat Vienna Airport, Austria . It is very important that every federation provides their details to the Organizing Committee including the number of people in their delegation. **Your cooperation is essential to ensuring adequate transportation for you team.**

TRANSPORTATION

The official airport for arrivals is the Bratislava International Airport. For those which cannot use the Bratislava Airport we will provide transportation from Schwechat, Vienna Airport in Austria. Transportation from both of the airports to the hotel will be arranged for all teams. The Slovak Bodybuilding and Powerlifting Association will pick you up at the respective airports.

Any national teams arriving before the official arrival date of May 5, 2006 and staying on after the official departure date of May 8, 2006 will be responsible for their own transportation.

It is very important that every federation provides their details to the Organizing Committee, including the number of people in their delegation. **Your cooperation is essential to ensuring adequate transportation for you team.**

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of May 5th, 2006 and staying on after the official departure date of May 8th, 2004 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. The hotel expenses before the official arrival date of May 5th and after the official departure date of May 8th will be approximately **70,00 EUR** per day for a double room. You are obligated to notify the Organizing Committee of your early arrivals and staying after May 8th and no later than **April 28th, 2006.**

CATEGORIES

A maximum of 14 (fourteen) men competitors + 1 (one) woman competitor per National Federation will be accepted.

CATEGORY	BODYWEIGHT or HEIGHT
MEN BODYBUILDING	
BANTAMWEIGHT	Up to 65 kg
LIGHTWEIGHT	Up to 70 kg
WELTERWEIGHT	Up to 75 kg
LIGHT- MIDDLEWEIGHT	Up to 80 kg
MIDDLEWEIGHT	Up to 85 kg
LIGHT- HEAVYWEIGHT	Up to 90 kg
HEAVYWEIGHT	Up to 100 kg
SUPERHEAVYWEIGHT	Over 100 kg
CLASSIC BODYBUILDING	
SHORT CLASS	Up to 170 cm
MIDDLE CLASS	Up to 178 cm
TALL CLASS	Over 178 cm
MIXED PAIRS	
ONE OPEN CATEGORY	No limits

There are 8 men bodybuilding bodyweight categories (A maximum of eight (8) athletes per National Federation will be accepted).

There are 3 men classic-bodybuilding height categories (A maximum six (6) athletes per National Federation will be accepted). 3 A team, 3 B team (B team competitors will pay the 100 € registration fee plus 150 € accommodation).

A maximum of **two (2) athletes in the same category** will be accepted.

There is one open Mixed Pairs category with acceptance only **one pair** from each National Federation.

WEIGH-IN AND MEASUREMENT OF ATHLETES

Weigh-in, measurement and registration of athletes will take place at the **Hotel NIVY**. **It is the responsibility of the chief delegate or team leader to, make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

REGISTRATION FEE

Each official athlete and delegate participating will be obliged to pay a REGISTRATION FEE OF **100.00 EUR**. This fee is payable to the EBFF upon arrival in the hotel in Bratislava. The registration fee is completely separate from the hotel deposit mentioned above.

SECRETARIAT

The Organizing Committee will man a secretariat desk in the lobby of the Hotel NIVY from **May 5th, at 10 a.m. to May 8th, 2006**. You can obtain information and assistance from Secretariat when required.

VENUE SITE

The Prejudging and the Finales will be held at the **SIBAMAC ARENA** in the **NATIONAL TENNIS CENTRE**, Prikopova street, 831 03 Bratislava. Capacity of the new and modern Arena is about 3.000 spectators. The venue site is about 10 minutes walking from the Nivy hotel.

EBFF CONGRESS

The **EBFF Congress** will be held at the **Congress Hall of the Slovenská Športiteľňa**, Záhradnícka street No. 95, Bratislava. It is located about 150 m from the Hotel Nivy.

BACKSTAGE / DRESSING ROOM ACCESS

Access to the backstage area and dressing room area shall be strictly limited to essential personnel ONLY. Coaches and trainers who assist athletes in the dressing room **MUST BE OF THE SAME SEX AS THE ATHLETE THEY ARE ASSISTING.**

CAMERAS / VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area and dressing room area except when used by duly recognized press personnel and, in any event, these devices shall be STRICTLY PROHIBITED IN THE DRESSING ROOM AREA.

DRESS CODE, PARADE OF NATIONS

The dress code for all delegates or officials for the Parade of nations is as follows: black dress shoes, dark socks, grey dress skirt, white shirt, IFBB tie, and blue blazer with IFBB crest.

POSING MUSIC

All posing music must be on a CD. The music must be at the start of the CD. Each competitor must affix his/her name on the CD for easy identification.

COMPETITOR INFORMATION FORM

Fill in this Form for each competitor of you National Team prior to your departure to Bratislava and include as many information as possible. This information is used to promote your competitors in press, TV, website and other media. Each athlete should have the Competitor Information Form with her/him at the Registration of competitors (weigh-in) in Bratislava.

JUDGES

All National Federation are reminded that their nominations of judges to the Championships must be also included in the Final Entry Form, according to the Amendments to the Rules: That a National Federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which the individual will not be allowed to judge. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judges Card.

Special lectures for judges, prepared by the EBFF Judges Committee members, will be delivered during the Technical Meeting. Judges attendance is obligatory! Then all judges nominated by National Federations will have to pass the test of basic judging knowledge to be included in the official judging panels. This test will be run by the EBFF Judges Committee.

In order to assist the Judges Committee in their selection of the judges for these Championships, please also forward your nomination of judges to Dr. Rafael Santonja, EBFF President:

Fax: + 43 91 535 0320

e-mail: internacional@santonja.com

DRUG TESTING

Competitors will be tested according to the current IFBB Doping Control Rules:

1. One athlete per category, selected at random during the Competition e.g. at Weigh-in.
2. Two athletes selected at random from among the Top Finalists e.g. at the Finals.

VISAS

A valid passport is required to entry into Slovak Republic. Please consult the Slovak Embassy in your country to determine if you need a visa.

OTHER VITAL INFORMATION

- **TIME DIFFERENCE:** GMT +1;
- **CLIMATE:** During the month of May, the temperature is about 18°C.
- **ELECTRICAL CURRENT:** 220 volts
- **CURRENCY:** The national currency in Slovak republic is the Slovak Crown (Koruna, abbreviated SKK). One Euro is approximately **38.00 SKK**, but the rates can fluctuate. All major credit cards are accepted in hotels, restaurants and most of the shops.

PRELIMINARY ENTRY FORM

Please return the **Preliminary Entry Form** to the Organizing Committee immediately as soon as possible but not later than **March 6th, 2006** and indicate your federation's **intentions to participate** and the **number** of people from your country who will be attending the championships.

FINAL ENTRY FORM

Deadline date is **April 28th, 2006**. Please confirm the actual names of delegates and competitors and their weight/height category. Also include flight arrival and departure information.

IN ORDER TO GUARANTEE HOTEL ACCOMMODATIONS FOR YOUR TEAM, THE FINAL ENTRY FORM MUST BE RETURNED **APRIL 28th, 2006**.

Your co-operation is essential to ensuring your accommodations at the hotels and assuring adequate transportation for your team.

PLEASE TAKE NOTE

All National Federations that do not advise in advance about their extra delegates and supporters to the Organizing Committee may have a risk to find out that the Hotel has no rooms available, due to its limited capacity. PLEASE NOTIFY THE ORGANIZING COMMITTEE ABOUT THE NUMBER OF YOUR EXTRA DELEGATES/INDIVIDUALS.

Please send all correspondence to:

Slovak Bodybuilding and Fitness Association
Mr. Michal Capla
Junácka 6, 832 80 Bratislava , Slovak Republic

Tel: +421 2 49249199
Fax: +421 2 49249559
e.mail: office@sakst.sk

TENTATIVE SCHEDULE

THURSDAY, May 4th, 2006: Arrivals of the EBFF Executive Council members

FRIDAY, May 5th, 2006:

- up to 4:00 p.m. - Arrivals of Delegates and Competitors, check in
- 10:00 a.m. - Press Conference
- 11:00 a.m. - EBFF Executive Council Meeting
- 12:00 a.m. – 2:00 p.m. - Lunch
- 5:00 p.m. - Judges and Technical Meeting
- 7:00 p.m. - Weigh-in, Measurement, Registration
- 9:00 – 10:30 p.m. - Dinner

SATURDAY, May 6th, 2006:

- 7:00 – 9:00 a.m. - Breakfast
- 10:00 – 11:30 a.m. - Sightseeing tour
- 11:30 a.m. – 2:00 p.m. - Lunch
- 1:00 p.m. – 8:00 p.m. - Prejudging
- 7:30 – 10:00 p.m. - Dinner

SUNDAY, May 7th, 2006:

- 7:00 – 9:00 a.m. - Breakfast
- 9:00 – 12:00 a.m. - EBFF International Congress
- 12:00 a.m. – 2:00 p.m. - Lunch
- 3:00 – 8:00 p.m. - Finals
- 9:00 p.m. - Closing Banquet

MONDAY, May 8th, 2006:

- 7:00 – 10:00 a.m. - Breakfast
- Check-out and Departures



PRELIMINARY ENTRY FORM

2006 EUROPEAN MEN'S BODYBUILDING AND CLASSIC
BODYBUILDING CHAMPIONSHIPS
BRATISLAVA, SLOVAKIA, MAY 05 - 08, 2006

Please return this Preliminary Entry Form no later than **March 6th, 2006**

FEDERATION NAME: _____

CONTACT PERSON: _____

Tel.: _____

Fax: _____

E-mail: _____

Herewith we inform the Organizing Committee that our National Federation is planning to participate in the European Men's Bodybuilding and Classic Bodybuilding Championships – Bratislava, Slovakia May 05 -08, 2006

Number of athletes: _____ Number of delegates: _____

Number of extra-delegates and supporters: _____

President of the National Federation: _____

Date

Signature

National Federations are requested to send the Preliminary Entry Forms to:

Slovak Bodybuilding and Fitness Association

Mr. Michal Capla

Junácka 6, 832 80 Bratislava

Slovak Republic

Tel: +421 2 49249199

Fax: +421 2 49249559

e.mail: office@sakst.sk

National Federations are requested to send the copy of the Preliminary Entry Form to:

European Bodybuilding and Fitness Federation (EBFF)

Dr. Rafael Santonja

EBFF President

Calle Jaén, nº 8, 28020 MADRID, SPAIN

Tel: + 34 915 352 819; Fax: + 34 915 350 320

E-mail: internacional@santonja.com



FINAL ENTRY FORM

2006 EUROPEAN MEN'S BODYBUILDING AND
CLASSIC BODYBUILDING CHAMPIONSHIPS
BRATISLAVA, SLOVAKIA, MAY 05 - 08, 2006

Complete the Final Entry Form and return it to the Organizing Committee
AS SOON AS POSSIBLE BUT NOT LATER THAN APRIL 28TH, 2006

GENERAL INFORMATION

FEDERATION NAME:
CONTACT PERSON:
PHONE NO.:
FAX NO.:
E-MAIL:

NATIONAL TEAM

OFFICIAL DELEGATES: (NAMES ACCORDING TO THE PASSPORT)	<i>PASSPORT NO.</i>	<i>BORN</i>
1.		
2.		
EXTRA DELEGATES & SUPPORTERS:		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
OFFICIAL JUDGES:		
1.		
2.		
3.		
4.		

JUDGES TO BE TESTED	PASSPORT NO.	BORN
1.		
2.		
3.		

COMPETITORS:	CATEGORY	PASSPORT NO.	BORN
MEN BODYBUILDING¹			
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
MEN CLASSIC BODYBUILDING²			
1.			
2.			
3.			
4.			
5.			
6.			
MIXED PAIRS			
WOMAN:			
MAN: ³			

¹ – Maximum 8 competitors but not more than 2 in a single bodyweight category

² – Maximum 6 competitors but not more than 2 in a single body height category

³ – Man competitor for mixed pair should be selected from 8 official men bodybuilders

ARRIVAL

Date: _____ Time: _____

From: _____ Airline & Flight number: _____

DEPARTURE

Date: _____ Time: _____

To: _____ Airline & Flight number: _____

President of the National Federation: _____

_____ Date

_____ Signature

ADDITIONAL INFORMATION

National Federations are reminded that Final Entry Forms must be submitted to the Organizing Committee **latest April 28th, 2006**. Failure to do so may result in no transfer and no accommodation at the official hotel of the Championships.

National Federations are reminded that there will be 8 (eight) men bodybuilding categories and 3 (three) men classic bodybuilding categories at these Championships as follows:

1. Men Bodybuilding: up to 65 kg; up to 70 kg; up to 75 kg; up to 80 kg; up to 85 kg; up to 90 kg; up to 100 kg and over 100 kg
2. Men Classic Bodybuilding:
 - Up to 170 cm (maximum body weight = body height [cm] - 100 + 2)
 - Up to 178 cm (maximum body weight = body height [cm] - 100 + 4)
 - Over 178 cm (maximum body weight = body height [cm] - 100 + 6)

Each National Federation may send up to a maximum of 14 (fourteen) competitors with no more than two competitors in the same category, subject to IFBB Rules and Regulations. If the National Team consists of three (3) or more athletes - two (2) official delegates are permitted at the expense of the Organizing Committee, should the National Team consist of one (1) or two (2) athletes – only one (1) official delegate is permitted. All Extra Delegates e.g. coaches, trainers, judges, etc., including delegates of National Federations without competitors, shall be responsible for all of their own costs.

National Federations are requested to send Final Entry Forms to:

Slovak Bodybuilding and Fitness Association
Mr. Michal Capla
Junácka 6, 832 80 Bratislava
Slovak Republic

Tel: +421 2 49249199
Fax: +421 2 49249559
e.mail: office@sakst.sk

National Federations are requested to send copies of the Final Entry Forms to the second address:

European Bodybuilding and Fitness Federation (EBFF)
Dr. Rafael Santonja
EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN

Tel: + 34 915 352 819;
Fax: + 34 915 350 320
E-mail: internacional@santonja.com
www.ebff.org

COMPETITOR INFORMATION FORM

2006 EUROPEAN MEN'S BODYBUILDING AND CLASSIC BODYBUILDING,
CHAMPIONSHIPS - BRATISLAVA, SLOVAKIA

CATEGORY:

FIRST NAME: FAMILY NAME:

COUNTRY: DATE OF BIRTH:

CONTEST BODYWEIGHT: HEIGHT:

OFF-SEASON BODYWEIGHT:

OCCUPATION EDUCATED:

CURRENTLY PERFORMED JOB:

GYM (STUDIO, CLUB): CITY:

TRAINERS:

HOBBY:

NEXT CONTEST (PLANNED):

SPORT ACHIEVEMENTS:

.....

.....

.....

.....

.....

HOME ADDRESS:

CONTACT PHONE/FAX:

E-MAIL ADDRESS (*in block letters*):

YOUR PERSONAL WEBSITE ADDRESS:

.....
Signature

Please fill in this Entry Form for each competitor, take it with you to Bratislava and give it to the EBFF Press Commission representatives during the Registration (weigh-in) procedure



**LICENSE AGREEMENT
FOR THE PHOTOGRAPHERS
2006 European Men Bodybuilding and Classic Bodybuilding
Championships
Bratislava, Slovakia, May 5th to 8th, 2006**

Concluded between:

1. EBFF (European Bodybuilding and Fitness Federation), Calle Jaén, No. 8; 28020 Madrid, SPAIN here in after referred to as „Licensor“ and

2.

Last name:	
First name:	
Address:	
Phone/fax:	
E-mail address:	
Associated with (magazine, other media):	

Here in after referred to as “Licensee” as follows:

I. PREAMBLE

The *European Men Bodybuilding and Classic Bodybuilding Championships* are the sole property of the Licensor. The Licensor has the final authorities on press accreditation. Only media personnel approved by the Licensor shall be issued press accreditation and the ensuing rights to cover the event.

The Licensor has the right to grant the license. Based on this premises the parties agree as follows:

II. LICENSE TYPE

Licensor here with grants licensee a non exclusive licence for the production and sale of photographs taken at the *European Men Bodybuilding and Classic Bodybuilding Championships, May 5th to 8th 2006 in Bratislava, Slovakia* for further publication in sport media only.

III. ROYALTIES

For the license under this contract, licensee shall pay licensor a lump sum of EUR 100,00.

This fee is due upon the signature of this contract.

All value added taxes, sales taxes and indirect taxes that have to be paid for the royalties shall be borne by the licensee. If necessary, these taxes, when being collected from the licensor, shall be paid by the licensee in the name of the licensor.

IV. JURISDICTION

Place of performance is Madrid. For all controversies under this agreement the jurisdiction of Madrid/Spain is agreed upon.

Date:

Licensor (EBFF)

Licensee

Please fill this Form and send to the Organizing Committee not later than April 24th, 2006

Slovak Bodybuilding and Fitness Association
Mr. Michal Capla
Junácka 6, 832 80 Bratislava
Slovak Republic
Tel: +421 2 49249199
Fax: +421 2 49249559
e.mail: office@sakst.sk

European Bodybuilding and Fitness Federation
(EBFF)
Dr. Rafael Santonja
EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN
Tel: + 34 915 352 819; Fax: + 34 915 350 320
E-mail: internacional@santonja.com



PRESS ACCREDITATION FORM

2006 European Men Bodybuilding and Classic Bodybuilding Championships

Bratislava, Slovakia, May 5th to 8th, 2006

I am applying for Press accreditation for the following event:
European Men Bodybuilding and Classic Bodybuilding Championships
to be held in Bratislava, Slovakia, May 5th to 8th, 2006

I agree and abide by and respect the constitution and rules of the IFBB and the EBFF.

Last Name: _____

First Name: _____

Newspaper/Magazine/TV (fill in the name of the media enterprise you are working for):

Address: _____

City: _____

Postal code: _____

Country: _____

Cell phone: _____

Business phone: _____

Fax number: _____

Email: _____

Date of birth: _____

Passport number: _____

Country of issue: _____

Date

Signature

This Press Accreditation Form must be returned no later than **April 24th, 2006** to:

Slovak Bodybuilding and Fitness Association
Mr. Michal Capla
Junácka 6, 832 80 Bratislava, Slovak Republic
Tel: +421 2 49249199
Fax: +421 2 49249559
e.mail: office@sakst.sk

European Bodybuilding and Fitness Federation (EBFF)
Dr. Rafael Santonja
EBFF President
Calle Jaén, nº 8, 28020 MADRID, SPAIN
Tel: + 34 915 352 819; Fax: + 34 915 350 320
E-mail: internacional@santonja.com

**RELEASE FROM LIABILITY and CONSENT TO DRUG TEST
FOR ATHLETES COMPETING IN IFBB/EBFF COMPETITIONS**

NOTE: (Please read this release very carefully as when you sign it, you will be giving up important legal rights)

In consideration of the acceptance of my entry form for 2006 EUROPEAN MEN BODYBUILDING AND CLASSIC BODYBUILDING CHAMPIONSHIPS, I intend to be legally bound for not only myself, but also my heirs, my executors and my administrators.

In signing this release from liability, I waive and release anyone connected with this competition: i.e. IFBB, EBFF; the organizing federation that obtained the sanction for this event, championships sponsors and staff, the contest facilities or any persons associated with the competition from any and all liability, including any results of negligence which may arise from this competition. This agreement also applies injections or injections of other substances into the muscles to enhance body-parts.

Moreover, I agree that any testing method selected by IFBB/EBFF recognized testing officers may be applied to detect the presence of drugs, as listed on the International Olympic Committee (IOC) banned substances list SHALL BE CONCLUSIVE. **Further more, I agree, that any testing method. selected by IFBB/EBFF recognized testing offices maybe applied to detect the presence of oil or other substances injected into the muscles to enhance body-parts shall be conclusive.** I agree to co-operate fully with all required IFBB/EBFF sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event.

Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing which I won during the championships and I also forfeit any previous trophy, award, record or placing should the offence be deemed serious enough, according to IFBB/EBFF rules, to warrant such an action. I understand and agree that if I fail to pass the drug testing process, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I also agree to waive any claim which might arise under state, national or international law for defamation, slander, libel, or any other claim for which legal relief is available.

Additionally, I realize that if I do not attend the 2006 EUROPEAN MEN BODYBUILDING AND CLASSIC BODYBUILDING CHAMPIONSHIPS for any reason, I will forfeit all fees which cannot be exchanged.

I agree to pay any attorney fees and litigation expenses incurred by any person real or corporate, whom I may sue in an effort to challenge this release from liability.

I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in these championships. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of athlete: _____ Date: _____

Signature of parent/guardian: _____ Date: _____
(if athlete is under 18 years of age)

Certification:

I hereby give my word of honour as an athlete that I have not used any strength inducing drugs (i.e., any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past sixty months (five years), nor have I used or will I use prescription diuretics or psychomotor stimulants during the seven days prior to this competition.

Signature of athlete: _____

Date: _____