

**2022 INBF Natural USA Bodybuilding, Figure & Bikini Championships**  
**Pro Qualifier for Men's & Women's bodybuilding\*, Open Figure\*, Open Bikini\*,  
Open Men's Physique\***

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

**DATE:** April 23, 2022 at Churchville-Chili Middle School Auditorium, 139 Fairbanks Rd, Churchville, NY 14428

**TIME:** Men's Show 10am (competitor entrance 8:30am); Women's Show 2pm (Competitor entrance 12:30pm)

**HOST HOTEL:** Hampton Inn 500 Center Pl Dr Rochester NY 14615, Phone: (585)663-6070 (Mention Contest) (Must book room by: April 8th, 2022)

**CONTACT:** Dan Iatomasi (585)503-7570 or Paul Iatomasi (585)737-7357

**ENTRY FEES:** \$60 and \$40 for each crossover. **\$20 late fee postmarked after April 14th.**

**After April 14th, 2022, we are only accepting money orders.**

**INBF CARD: Payment may include fee with application fee. If not included with application and sent separately to INBF, only money orders are accepted and Canadian applications will need to pay via credit card.**

**APPLY BEFORE April 4th, & get a FREE awesome T-shirt (fill in size below: Sm. to XL)**

T-shirt size \_\_\_\_\_ /\$15 if you want to purchase additional shirts or if you miss deadline for FREE shirt.

## **BODYBUILDING**

### **Men Bodybuilding**

( ) LW - Under 156 lbs. ( ) MW - 156 1/4 lbs. to 176 lbs. ( ) LHW - 176 1/4 lbs. to 190 lbs.

( ) HW - over 190 lbs. ( ) Teen ( ) Masters 40+ ( ) Masters 50+ ( ) Masters 60+ ( ) Masters 70+

( ) Novice - approx show wt \_\_\_\_\_ ( ) Junior Men (ages 23 & under) ( ) Men's Physique (height \_\_\_\_\_)

( ) Men's Physique master's ( ) Men's Physique Novice (height \_\_\_\_\_)

**Women's bodybuilding** ( ) LW - under 118 lbs. ( ) HW - 118 lbs. & over ( ) Novice\*\* ( ) Masters 40+

**CROSSOVERS: Masters bodybuilders, Teens, Juniors & Men's Physique competitors have the option to crossover into the Open or Novice bodybuilding. Bodybuilders can also do figure, Ms. Fit Body.**

\*\*Novice: Has not placed in the top 3 in and open weight class & not placed 1st in a novice contest.

## **FIGURE & MS. FIT Body**

**Women's Ms. Fit Body Division** - Based on two rounds; Symmetry and Posing

( ) Open Ms Fit class

**Women's Figure:** Based on one round - Swimsuit, walk and quarter turns

( ) **Open Figure - height:** height (bare foot) \_\_\_\_\_ feet \_\_\_\_\_ inches

( ) **Masters Figure 40+**

( ) **Novice Figure: height:** height (bare foot) \_\_\_\_\_ feet \_\_\_\_\_ inches

( ) **Novice Bikini** (Classes TBD based on entries) height (bare foot) \_\_\_\_\_ feet \_\_\_\_\_ inches

( ) **Bikini** (Classes TBD based on entries) height (bare foot) \_\_\_\_\_ feet \_\_\_\_\_ inches

( ) **Master's Bikini**

NOTE: Novice Figure & Open Figure can also do Masters Figure & Ms Fit

**\*Mens & Women's Pro Card awarded only if 8 or more competitors are in the entire open division.**

**Overall Men's, Figure, Bikini and Men's Physique winners win Pro Card. 5 in Open Women's bodybuilding required for Pro Card. Overall Open Winners are required to take urinalysis test. (See Waiver below)**

**OTHER INFO: download the checklist from our website as it will cover info such as:  
Polygraph; Music (NO Profanity) – for bodybuilders; Check in times; Other important info**

**POLYGRAPH: IT IS \$50 CASH (only cash is accepted for the polygraph). Please [click here](#) to find and secure your appointment time for Thursday April 21<sup>st</sup> and Friday April 22<sup>nd</sup>**

**\*\*NO POLYGRAPH APPOINTMENTS DAY OF SHOW, so out of towners must make arrangements for polygraph appointment accordingly (Unless you have an INBF passed polygraph from a previous show within 45 days of April 23<sup>rd</sup>. You are responsible to make the appointment. Polygraph appointments are taking place Thursday & Friday before the show at the host hotel.**

**INBF card No./exp date \_\_\_\_\_ (if you do not have one, get INBF form on our website. Can include INBF card fee with application fee.)**

Name \_\_\_\_\_ Age \_\_\_\_\_ Ph. # Day \_\_\_\_\_

Ph. # Nite \_\_\_\_\_ e-mail \_\_\_\_\_

Cell phone number \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gym Representing \_\_\_\_\_

Titles Won: PLEASE LIST TITLES AND CLASSES YOU PLACED \_\_\_\_\_

**WAIVER:** In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the International Natural Bodybuilding Federation Inc. (INBF), Churchville-Chili Middle School, Churchville NY, International Natural Bodybuilding Federation, Inc. (INBF), Dan Iatomasi and any sponsors, agents, representatives and assigns for any injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2022 INBF Natural USA Bodybuilding & Fitness Championships, Saturday April 23, 2022. I understand that, in order to compete in A INBF-sanctioned event, I will be required to submit to up two (2) drug tests to validate a seven year abstinence from the use any type steroids, hormones, prohormones, prescription diuretics and any and all other compounds deemed illegal by the decision of the INBF concerning my participation in an INBF-sanctioned contest pending the results of one or both tests, as well as my adherence to all INBF rules and regulations. Failure to pass INBF drug tests or failure to adhere to INBF rules and regulations will result in my expulsion from the competition in question, as well as loss of INBF eligibility for seven years. I also agree to submit to any and all out-of-season testing required by INBF and agree to stand by the results of said testing, whatever it may be.

**DON'T FORGET YOU NEED A CURRENT INBF CARD (see our website for form) and a polygraph apt and book your hotel ASAP if you are from out of town (they book up quickly).**

Signature \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

**PLEASE FILL OUT & RETURN ENTIRE APPLICATION. Make money order/check payable: Paul Iatomasi. Mail to 318 Creighton Lane, Rochester, NY 14612. AFTER April 14th, ONLY MONEY ORDERS ACCEPTED. Due to the high cost of bank fees Canadians must pay by money order.**

**Competitor Bio Sheet**  
Please Print, no cursive

**Competitor Name:** \_\_\_\_\_

**Competitor Number:** \_\_\_\_\_ (We will fill that in for you)

**Age:** \_\_\_\_\_

**Gym Representing:** \_\_\_\_\_

**Previous Competition Placings / Titles:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I would like to give a Special Thanks to:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_