



# INBF Canada Membership & Registration Application

AMATEUR AFFILIATE OF THE WNBIF, INC.

Date:

☐ New Member

☐ Renewal

☐ One Year Membership Activation Date:

Name:

Address:

City:

Province:

Postal Code:

Email:

Birth Date:

Age:

Phone:

Cell:

Height (without heels):

Weight:

Gender:

Gym:

Trainer:

Titles Won:

Acknowledgements (max two sentences):

Are you sponsored?

Polygraph Booked & Paid?  
(Lesley at: [Info@ITRPolygraph.com](mailto:Info@ITRPolygraph.com))

Photography  
Stage Package?

DVD  
Video of Show?

What are your top 2 goals?

Do you have any health conditions?

Have you ever suffered any major injuries? If so what kind?

What supplements do you take?

SATURDAY, NOVEMBER 3<sup>RD</sup>, 2012

## INBF Canada Alberta Cup Registration Form

Registration Late Payment Deadline, October 15<sup>th</sup>

### COMPETITION

#### Competition Venue:

Eva o'Howard Theatre (Victoria School of Performing Arts)  
10210 108 Avenue Northwest, Edmonton, Alberta, T5H 1A8  
(780) 426-3010

#### Competition Times:

Prejudging 10:00am / Final show 6:00pm

#### Mandatory Competitors' Meeting/Weigh-in:

Friday November, 2nd, 2012 at Eva O'Howard Theatre at 5:30pm sharp.

#### Host Hotel:

Ramada Hotel and Conference Centre  
11834 - Kingsway Ave, Edmonton, Alberta T5G 3J5  
D: (780) 453-7302 / C: (780) 860-7953 / F: (780) 453-7324

#### Competitor Eligibility:

Athletes must be drug free seven (7) years from the date of the show. Visit [inbfcanda.com/forms/forms.php](http://inbfcanda.com/forms/forms.php) for a copy of the Banned Substance List included in this form. To be eligible to compete at any INBF Canada Competition, competitors must also: Complete all areas of this form, including a signature verifying that you have a clear understanding and have read the Banned Substance List in this form.

#### Polygraph Testing:

Individual competitors are responsible for booking their own polygraph test. To make arrangements contact Ken and Lesley Donaldson by email at [lesleydon@shaw.ca](mailto:lesleydon@shaw.ca). Polygraph testing will be done Wednesday October 31st, Thursday November 1st and Friday November 2nd at the Ramada Hotel and Conference Centre. An email will be sent out to competitors 2 weeks before show with all details, to confirm polygraph test site. Competitor will be responsible for booking own test with polygrapher in that 2 week period. Must do polygraph or will be unable to compete in competition. Polygraph fee is \$78.75 including tax and is included in the entry fees.

#### Photo Packages:

323 Photografix - Trevor Howell - [323photografix.com](http://323photografix.com)  
Receive a DVD of Your Personal stage Photos

#### Video:

Reel Moments Video Production - Dana Weatherhead and Steve Van Diest - [reelmoments.ca](http://reelmoments.ca)

#### Attire:

For more Information on judging attire and appropriate competitor attire for each class, please visit [inbfcanda.com](http://inbfcanda.com)

## REGISTRATION

Please check the appropriate divisions and classes for the categories you wish to compete in.

### INBF Canada Category Crossover Rule:

Athletes are only allowed to crossover to a maximum of two (2) categories

<b>OPEN BODYBUILDING MEN:</b> (90 sec posing routine) WNBF Pro Card -Overall	<input type="checkbox"/> Lightweight under 165lbs <input type="checkbox"/> Middleweight 165 to 180lbs <input type="checkbox"/> Heavyweight 180+	<b>OPEN BODYBUILDING WOMEN:</b> (90 sec posing routine) WNBF Pro Card -Overall	<input type="checkbox"/> Lightweight under 118lbs <input type="checkbox"/> Middleweight 118lbs +
<b>MASTERS BODYBUILDING MEN:</b>	<input type="checkbox"/> Over 40 +	<b>MASTERS BODYBUILDING WOMEN:</b>	<input type="checkbox"/> Over 40+
<b>PHYSICALLY CHALLENGED BODYBUILDING MEN (ALBERTA CUP ONLY):</b>	<input type="checkbox"/>	<b>PHYSICALLY CHALLENGED BODYBUILDING WOMEN (ALBERTA CUP ONLY):</b>	<input type="checkbox"/>
<b>MALE FITNESS MODEL:</b>	<input type="checkbox"/> Height _____' _____"	<b>FEMALE FITNESS MODEL:</b>	<input type="checkbox"/> Height _____' _____" (without shoes on)
<b>PHYSICALLY CHALLENGED MEN'S BODYBUILDING:</b>	<input type="checkbox"/>	<b>MASTERS FIGURE WOMEN:</b>	<input type="checkbox"/> 35+ Height _____' _____"
		<b>OPEN FIGURE WOMEN:</b> WNBF Pro Card -Overall	<input type="checkbox"/> Height _____' _____" (without shoes on)
		<b>MS. FIT BODY:</b> WNBF Pro Card -Overall	<input type="checkbox"/> Height _____' _____" (without shoes on)

## FEES

Method of Payment:

☐ Cheque    ☐ Money Order    ☐ PayPal

- ☐ ONE YEAR MEMBERSHIP FEE: \$50 CAD
- ☐ Entry fee: (includes polygraph, 1 class, personal DVD, t-shirt); \$178.75
- ☐ Additional class: \$40 each
- ☐ Personal Stage Photos: \$90
- ☐ Applications received later than October 20, 2012 will be subject to a late fee of \$50.

Total: \$ \_\_\_\_\_

We only accept certified cheques, money orders or online PayPal payment. No personal checks accepted. Cards will be given at Competitor meeting for your competition.

Top Global Fitness Personality  
& MusclePharm Athlete 'Obi Obadike' presents:

**'SuperStar Fitness Model Workshop'**  
Friday November 2nd, 2012. 7 to 9 pm  
right after the Athletes Meeting at Venue.

How To:

- Land Fitness Magazine Covers
- Land Supplement Endorsement Contracts
- Land your own fitness TV show without an agent.
- Make money as a fitness model
- Create an international global fitness name brand and MORE!

Email Obi at: [ObiFitness@verizon.net](mailto:ObiFitness@verizon.net) to register.

# Banned Substances List

The following substances and related compounds are banned by The WNBf and INBF, and their use constitutes grounds for dismissal from WNBf and/or INBF competitions and suspension from membership privileges in the organization for a period of seven (7) years from the failure date. The list is effective as of January 1st, 2012.

The athlete is solely responsible for what goes into his or her body. If you are not sure of the status of a supplement or pharmaceutical, contact Charlie Carollo by phone (570) 643-0139 or email [inbf@epix.net](mailto:inbf@epix.net).

*Note: athlete's status will be viewed on a case-by-case basis.*

**ANABOLIC STEROIDS** – All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dihydrochlormethyltestosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds are strictly banned.

**TESTOSTERONE** – (injections/patches/gels) In any form or for any reason, even if under a doctor's prescription are strictly banned.

**TESTOSTERONE/EPITESTOSTERONE (T/E) RATIO** – The T/E ratio is used to measure the presence of exogenous testosterone or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause. Note: Should the use of any substance cause a T/E ratio in excess of the 6/1 limit, the athlete will be ruled as positive (failure).

**GROWTH HORMONES** – (PHARMACEUTICAL HGH, HCG and any other related compounds). Oral, spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin are banned.

**HORMONES, PROHOMONES AND ALL PRECURSORS AND METABOLITES, DERIVATIVES & RELATED COMPOUNDS** – The use of any hormone (injectable, oral, sublingual or otherwise) for bodybuilding purposes – including insulin – is prohibited. All hormonal precursors (DHEA, androstenedione; 19norandrostenedione; androstenediol; 5AD; androstene TRIONE; 17androdione; etc.) are banned. All other additional hormonal supplements (6OXO; 6OXOandrostenedione; 2a, 17adimethyl17B-hydroxy5aandrostane3one; 3, 17ketoetiocholtriene; 1,4,6androstatriene3, 17dione; 3Alpha (5aandrostane-3a, 17bdiol); etc.) have been identified as prohormonal in nature and are banned. FatBurning Prohormone Derivatives such as 3, 17dihydroxydelta5etiocholane7one (A7D), 3, 17-dihydroxydelta5etiocholane7one diethylcarbonate (A7E), etc. are banned. 7-oxo-DHEA (also known as 7-keto-DHEA), 7alpha-hydroxy-DHEA (7alpha-OH-DHEA) and 7beta-hydroxy-DHEA (7beta-OH-DHEA) are not banned by the WNBf or INBF when used for weight loss. Although hormonal metabolites of DHEA, they do not elevate testosterone levels and can be used by WNBf or INBF athletes. ProSteroids are banned. They are marketed as not being prohormonal, but they are. Prescription Thyroid Hormone Medication, when used for bodybuilding purposes, is banned. The presences of any banned substance in the urine (i.e., nandrolone, etc.), no matter how arrived is ruled as a positive (failure).

**INBF COMPETITOR'S ONLY** – Any athletes who are new to the INBF must have not used any prohormones for at least two (2) years before joining the INBF for the first time. NOTE: be sure to check all ingredient lists for supplements before using them.

**PRESCRIPTION DIURETICS** – Any and all prescription weight loss substances and diuretics used for bodybuilding purposes, even when physician prescribed cannot be used for six (6) months prior to WNBf and/or INBF competitions.

**DMAA, 1,3-DIMETHYLAMYLAMINE AND GERANIUM** and all related compounds are banned effective August 31, 2012.

**EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS** are banned. Any athletes who are with the INBF ONLY must have not used ephedra for at least six (6) months before joining the INBF for the first time.

**PSYCHOMOTOR STIMULANTS** such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes are banned.

**MUSCLE IMPLANTS OF ANY KIND** are strictly prohibited.

**CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST** are banned.

**CLENBUTEROL AND GHB** are banned.

**ANY ILLICIT/ILLEGAL BODYBUILDING DRUG/ SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENCIES.**

**ANY FDA BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**

**ANY IOC BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED**



1-Androstendiol 5 $\alpha$ -androst-1-en-3 $\beta$ ,17 $\beta$ -diol 1-AD  
 1-Androstendione 5 $\alpha$ -androst-1-en-3,17-dione 1-AD  
 4-Androstendiol androst-4-en-3 $\beta$ ,17 $\beta$ -diol Androdiol  
 4-Androstendione androst-4-en-3,17-dione Androsten  
 5-Androstendiol androst-5-en-3 $\beta$ ,17 $\beta$ -diol 5-Andro  
 5-Androstendione androst-5-en-3,17-dione 5-Andro  
 Bolandiol estr-4-en-3 $\beta$ ,17 $\beta$ -diol Anabiol, Storinal  
 Bolasterone 7 $\alpha$ ,17 $\alpha$ -dimethylandrosta-4-en-17 $\alpha$ -ol-3-one Myagen  
 Boldenone androsta-1,4-dien-17 $\alpha$ -ol-3-one Equipose, Parenabol  
 Boldione androsta-1,4-dien-3,17-dione 1,4-Andro  
 Calusterone 7 $\alpha$ ,17 $\alpha$ -dimethylandrosta-4-en-17 $\alpha$ -ol-3-one Methosarb  
 Clenbuterol (anabolic agent) Spiropent  
 Clostebol 4-chloroandrosta-4-en-17 $\alpha$ -ol-3-one Steranabol  
 Danazol 17 $\alpha$ -ethynyl-4-androsten-[2,3-d]isoxazol-17 $\alpha$ -ol Danoval  
 Dehydrochlormethyltestosterone 17 $\alpha$ -methylandrosta-1,4-dien-4-chloro-17 $\alpha$ -ol-3-one Oral-Turinabol  
 Desoxymethyltestosterone 17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\alpha$ -ol Madol, ErgoMax LMG  
 Drostanolone 2 $\alpha$ -methyl-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-one Masterid  
 Epitestosterone (masking agent) androst-4-en-17 $\alpha$ -ol-3-one  
 Ethylestrenol 19-nor-17 $\alpha$ -pregn-4-en-17 $\alpha$ -ol Orabolin  
 Fluoxymesterone 9 $\alpha$ -fluoro-17 $\alpha$ -methyl-4-androsten-11 $\alpha$ ,17 $\alpha$ -diol-3-one Halotestin, Ultandren  
 Formebolone 17 $\alpha$ -methylandrosta-1,4-dien-2-formyl-11 $\alpha$ ,17 $\alpha$ -diol Esiclone  
 Formestane (anti-estrogen) androst-4-en-3,17-dione-4-ol 4-OHA, Lentaron  
 Furazabol 17 $\alpha$ -methyl-5 $\alpha$ -androsta-2,3-c]furazan Myotolon  
 Halodrol 4-chloro-17 $\alpha$ -methylandrosta-1,4-dien-3,17 $\alpha$ -diol Halodrol-50  
 4-Hydroxytestosterone androst-4-en-4,17 $\alpha$ -diol-3-one Primobolan  
 Mestanolone 17 $\alpha$ -methyl-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-one Androstalone  
 Mesterolone 1 $\alpha$ -methyl-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-one Proviron, Androviron  
 Methandriol 17 $\alpha$ -methylandrosta-5-en-3 $\beta$ ,17 $\beta$ -diol Androdiol, Stendiol  
 Methasterone 2 $\alpha$ ,17 $\alpha$ -dimethyl-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-one Methylmasterdrol,  
 Superdrol  
 Methenolone 1-methylandrosta-1-en-17 $\alpha$ -ol-3-one Primobolan, Primonabol  
 6-Methylandrostdione 6 $\alpha$ -methyl-etiocolene-3,17-dione Methyl 1-P  
 Methyl-1-testosterone 17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-17 $\alpha$ -ol-3-one M-1-T  
 Methylnoretestosterone 17 $\alpha$ -methylestr-4-en-17 $\alpha$ -ol-3-one Normethandrone  
 Methyltestosterone 17 $\alpha$ -methylandrosta-4-en-17 $\alpha$ -ol-3-one Methandren  
 Mibolerone 7 $\alpha$ ,17 $\alpha$ -dimethylestr-4-en-17 $\alpha$ -ol-3-one Cheque  
 Nandrolone Estr-4-en-17 $\alpha$ -ol-3-one Durabolin,  
 Deca-Durabolin,  
 Laurabolin  
 19-Norandrostadiendione Estra-4,9-dien-3,17-dione FiniGenX Magnum  
 19-Norandrostendione Estr-4-en-3,17-dione NorAndro  
 Norclostebol 4-chloroestr-4-en-17 $\alpha$ -ol-3-one  
 Norethandrolone 19-nor-17 $\alpha$ -pregn-4-en-17 $\alpha$ -ol-3-one Nilevar  
 Oxabolone estr-4-en-4,17 $\alpha$ -diol-3-one Steranabol ritardo  
 Oxandrolone 17 $\alpha$ -methyl-2-oxa-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-on Anavar  
 Oxymesterone 17 $\alpha$ -methylandrosta-4-en-4,17 $\alpha$ -diol-3-one Oranabol  
 Oxymetholone 17 $\alpha$ -methyl-2-hydroxymethylen-5 $\alpha$ -androsta-17 $\alpha$ -ol-3-one Anadrol  
 Probenecid (masking agent) 4-[(dipropylamino)sulfonyl]benzoic acid Benemid, Proben  
 Prostanazol [3,2-c]pyrazol-5 $\alpha$ -etioallocholane-17 $\alpha$ -ol THP Orastane E  
 Quinbolone androsta-1,4-diene-17 $\alpha$ -ol-3-one 17-cyclopentenyl Anabolicum Vister  
 Stanozolol 17 $\alpha$ -methylandrosta-2,3-c]pyrazol-17 $\alpha$ -ol Stromba, Winstrol  
 Stenbolone 2-methyl-5 $\alpha$ -androst-1-en-17 $\alpha$ -ol-3-one Anatrofin  
 Testolactone (anti-estrogen) D-homo-17 $\alpha$ -oxaandrosta-1,4-dien-3,17-dione Teslac  
 1-Testosterone 5 $\alpha$ -androst-1-en-17 $\alpha$ -ol-3-one 1-T, 1-Test  
 Testosterone androst-4-en-17 $\alpha$ -ol-3-one  
 Trenbolone estra-4,9,11-trien-17 $\alpha$ -ol-3-one F

## ACKNOWLEDGEMENT

All INBF and WNBFF athletes must be seven years drug free of prescription /pharmaceutical hormones on the banned substance list and two years free of over-the-counter hormones, pro-hormones or banned substances listed or their chemical counterparts, unless otherwise noted, prior to their first WNBFF-qualifying competition. I have read the above additional banned substance list and I'm not in violation of it.

NOTE: All existing INBF members are still eligible to compete up until the expiry of their INBF membership (Application sent to USA). Once expired the athlete is then expected to fill out an INBF Canada membership form. Each bodybuilding competitor is responsible for supplying his/her own routine music. Please bring 2 copies (CD only) to be handed in at the mandatory competitor's meeting. Each CD must contain ONLY the 90 second routine music. NO PROFANITY PLEASE.

In consideration for your acceptance of my application to join the amateur International Natural Bodybuilding & Fitness (INBF) Canada Federation, Inc., pending my earning membership via winning a certified pro-qualifying amateur contest, I understand and agree to abide by all the rules and by-laws, as amended, of the INBF Canada, including the drug-free and conduct policies of the organization. I understand that, in order to compete in an INBF Canada-sanctioned event, I will be required to submit to up to two (2) drug-tests to validate a seven-year absence from the use of any type of steroids, hormones, prohormones, prescription diuretics and any and all other compounds or performance-enhancing substances or actions deemed illegal by the INBF Canada. I will also be asked to validate an absence of muscle implants via drug-testing. Such testing will be done through polygraph (lie-detector) and urinalysis exams. I further agree to abide by the decision of the INBF Canada concerning my participation in an INBF Canada-sanctioned event contest pending the results of both tests, as well as my adherence to any and all of the INBF Canada rules and regulations. Failure to pass INBF Canada drug-tests or failure to adhere to all INBF Canada rules and regulations will result in my expulsion from the competition in question, as well as the loss of my INBF eligibility for seven years. I also agree to submit to any and all out-of-season drug-testing required by the INBF Canada, and agree to stand by the results of said testing, whatever it may be.

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 INBF Canada, Inc. (INBF), Eva O'Howard Theatre (Victoria School of Performing Arts), World Natural Bodybuilding Federation, Inc. (WNBFF), Mathew Park, Rozanne Pyper, Lael Sauter, Cheryl Glattacker 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 2012 INBF Canada Alberta Cup, Saturday November 3rd, 2012, or for any and all media coverage thereof. I understand that, in order to compete in an INBF Canada-sanctioned event, I will be required to submit up to two (2) drug tests to validate a seven year abstinence from the use of any type of steroids, hormones, pro-hormones, prescription diuretics and any and all other compounds deemed illegal by the decision of the INBF Canada concerning my participation in an INBF Canada-sanctioned contest, pending the results of one or both tests, as well as my adherence to all INBF Canada rules and regulations. Failure to pass INBF Canada drug tests or failure to adhere to INBF Canada rules and regulations will result in my expulsion from the competition in question, as well as loss of INBF Canada eligibility for seven years. I also agree to submit any and all out-of-season testing required by INBF Canada and agree to stand by the results of said testing, whatever it may be.

Agreed Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian (if under 18): \_\_\_\_\_

Please mail to:  
INBF Canada, Inc., Attn: Rozanne Pyper,  
26 Darling Crescent, Red Deer, Alberta, Canada, T4R 2W3

Or email to:  
rozanne@inbfcanda.com

