German Natural Bodybuilding & Fitness Federation e.V.

6th GNBF International German NEWCOMER Championships 2026

Natural Bodybuilding

19th/20th September 2026

Athlete Information

VENUE

Stadthalle Walsrode

Robert-Koch-Straße 1

29664 Walsrode

Deutschland

CONTEST

❖ The GNBF International German Newcomer Championships is an amateur competition, no PNBA PRO-Cards are handed out.

❖ All athletes of any nationality are eligible to participate in the GNBF e.V. International German Newcomer Championships, if they fullfill following criteria:

* competing on a Natural Bodybuilding-Stage the very first time.

* has already competed before at a Natural Bodybuilding Championships but don`t place within the Top 3 in their class with at least 5 athletes competing in given class.

* Athletes who had competed within a Federation where no Doping-Tests are done, are not eligible for competing at the GNBF international Newcomer Championships, regardless of their placings.

* In case of Anti-Doping-Rules GNBF accepts following Federations: All international INBA Federations (i.e. Netherlands), ANBF, EVO, SNBF

❖ Registration for the championship takes place via www.zbodyfit.com

❖ If the federation of your country does not work with ZBODYFIT, please register with ZBODYFIT under "Germany GNBF". Your ZBODYFIt-Account gets activated if you hold an active membership within the Federation of your country. Afterwards you will be able to register for the GNBF international German Newcomer Championships. Correction of citizenships will be done by GNBF-Team.

* If you are starting for a country that is not affiliated with INBA (i.e. Switzerland, Austria) you need a GNBF membership (see www.gnbf.de "Membership application")

❖ If your country is affiliated to INBA (i.e. Hungary) you must be a member of this association. Holding an additional GNBF membership is not necessary.

❖ The upload of a possible Posing-Routine is also mandatory via the ZBODYFIT-System. In case of questions within this issue contact head judge of GNBF - Mr. Daniel Gildner - via E-Mail: jury@gnbf.de

❖ Entry fees:
- First category: 125,- Euro
- Second category: 95,- Euro
- Each additional category: 70,- Euro
- Trainer Pass: 1 day 45,- Euro / 2 days 70,- Euro
- Anti-doping fee: 40,- Euro

❖ All fees to be paid in cash on Friday, 18th 2026 - the day of registration for the GNBF international German Newcomer Championships.

❖ Due to the limited number of starting positions for the championship, in case of withdrawing your participation because of illness etc. please send an E-Mail to berend@gnbf.de so it is possible to let another competitor taking over your starting position.

❖ <u>Men's categories</u>:
Men`s Physique
Men`s Bodybuilding Teen (13 bis 19 Jahre)
Men`s Bodybuilding Juniors (20 bis 23 Jahre)
Men`s Bodybuilding I
Men`s Bodybuilding II
Men`s Athletic
Men`s Classic Physique Teen (13 bis 19 Jahre)
Men`s Classic Physique Juniors (20 bis 23 Jahre)
Men`s Classic Physique I
Men`s Classic Physique II

Categories without age classification gets divided into bodyheight.

❖ Women`s categories:
Women`s Bikini
Women`s Fitness Figure

❖ If the categories are fully booked, no further registration is possible.

❖ Please read the evaluation criteria of the classes carefully and observe them when registering (https://naturalbodybuilding.com/categories and https://naturalbodybuilding.eu/2019/09/16/mens-athletic)

❖ Within the the following categories, the finalists may perform their posing routine - which is not part of judging – of maximum time duration of 60 seconds:
- Men's Bodybuilding

❖ In the Men's Classic Physique category, a posing routine of maximum of 90 seconds is mandatory for the finalists and part of judging.

❖ Within the following categories, the finalists perform their I-walk (not T-walk), that is not part of judging:
• Women's Fitness Figure
• Women's Bikini Divas
• Men's Physique

Music will be provided by GNBF.

❖ After the registration deadline, it is no longer possible to change classes.

❖ The registration deadline for the championship is set for Sunday, 13th September 2026, midnight.

SIGNING IN

❖ Signing in for the competition takes place on Friday, 18th September from 11:00 am to 8:00 p.m.in the Stadthalle Walsrode.

❖ During signing in the athletes will be measured, starting numbers and admission wristbands will be handled out and all fees will be paid.

❖ One accompanying backstage person (supervisor, coach, trainer or partner) is permitted per athlete.

❖ **Please arrive on time! If you do not show up for signing in, you will not be allowed to participate in the championship.**

❖ The final classification of categories is done after end of signing in and gets published around 9 p.m. within the WhatsApp group "GNBF Championships 2024" and on the GNBF homepage (www.gnbf.net).

❖ The personal QR code from www.zbodyfit.com's own profile must be printed out or presented by mobile phone. This can be accessed after logging in as a tab by name under "my QR code".

❖ Starting numbers will be awarded in duplicate and are also valid for crossovers.

❖ You will need a valid federal identity card or passport.

❖ Your posing outfit will be checked for compliance with the rules, so please bring it with you for signing in.

❖ If you may possible perform a posing routine please bring your music on a USB stick in mp3 format as a precaution. If the upload to ZBODYFIT-System was not successful, the music can still be uploaded during signing in.

COMPETITION

❖ Access to the backstage area is possible for athletes two hours before the start of the competition.

❖ Audience is allowed to enter the venue half an hour before competition begins.

❖ A detailed time schedule will be published on GNBF homepage and within WhatsApp group "GNBF Championships 2024". The schedule will also be displayed on paper in the entrance area of the venue.

❖ With the admission wristband, athletes have free access for venue.

❖ With the admission wristband, accompanying persons have free access to venue.

❖ However, the admission wristband of the athletes is only valid for the corresponding part of the backstage area.

❖ Accompanying persons can go to the backstage area with their admission wristband.

❖ Please keep the wristband on your wrist. Removed wristbands lose their validity. This also applies to the person who is with you in the backstage area.

❖ Please visit the backstage and athlete area in reasonable and sufficient time before judging of your class begins.

❖ The backstage team will call you close enough time to your class start.

❖ The call is made via your start number. So, you should know them.

❖ The starting numbers are attached to the front left and back right of your posing outfit.

❖ Please make sure that you hear the calls of Backstage-Team.

❖ If you win your class, please stay in the backstage area for the overall winner of the category.

❖ When your stage performance is over, we ask you to clear the backstage area. Of course you can stay in the foyer and venue until the end of the event.

❖ Please wear clothing that covers most of your body in the hall so that you don't leave traces of tanning on your inventory and walls.

❖ Athletes may of course use free chairs. However, spectators have priority.

❖ The course of the competition and delays will be shared in the WhatsApp group "GNBF Championships 2024".

❖ Training and warm-up equipment will be provided.

TANNING-SERVICE

❖ For the championship, Pro Tan's tanning service is to be booked on site and in advance if required (https://booking.protan-europe.com/listed/143)

❖ The GNBF e.V. has no influence on the timing of appointments.

❖ The schedule for your tanning will be created and sent to you by Pro Tan the week before the competition.

❖ If you have any questions, please contact Pro Tan Europe (eventmanager@protan-europe.com) directly.

❖ Pro Tan also offers a make-up and hairstyling service (https://www.protan-europe.com)

❖ Pro Tan is present on day of signing in for the Championships.

❖ The tanning service is set up in the backstage area.

❖ Pro Tan's service is not mandatory. Independent tanning is permitted.

❖ Any tanning will lead to heavy soiling of the inventory. Please be careful not to touch unprotected areas!

* Already tanned athletes please use only toilets with protective foil on walls.

ANTI-DOPING

❖ Employees of Jaqson (www.jaqson.de) will be present both during signing in and during the competition and do anti-doping-tests in compliance with GNBF anti-doping rules.

❖ If you are required to do a doping test, you must follow the instructions of the Jaqson staff.

❖ If you have been selected for a doping test after the end of judging your class, a chaperone will accompany you constantly until the doping test is submitted.

❖ Please allow sufficient time for submission of the doping test, especially after the competition. Failure to take a doping test is equal as a denied doping test and will result in disqualification as well as a lifetime ban for GNBF-Championships.

❖ It is not allowed to enter the facilitys intended for the doping tests without a chaperone!

❖ Participation in the competition is subject to the anti-doping rules of the GNBF e.V. and the list of prohibited substances of WADA (https://www.wada-ama.org/en/resources/world-anti doping-code-and-international-standards/prohibited-list).

TICKETS

❖ Ticket sales for audience is done via the GNBF homepage, starting on June, 1st, 2026.

❖ Tickets for the livestream can be purchased at the following link, starting on June, 1st, 2026 https://solidsport.com/gnbf live

QUALIFICATIONS

❖ To qualify for the INBA World Championship, you need a final placement (Top 5) in the category in which you would like to compete at the World Championships.

❖ To qualify for the INBA European Championship, you also need a final placement (top 5) in the category in which you would like to compete at the European Championships.

❖ To qualify for the Natural Olympia (Amateur Division) you need to be among the top three athletes in your class.

PHOTOS

❖ The official stage photos are taken by Thomas Schwarz from Body Captures (https://www.pictrs.com/bodycaptures?l=de). Stage photos can of course be purchased from Thomas afterwards (t.schwarz1710@gmail.com)

❖ Studio photos are taken by Mephisto Art Photography within the backstage area and can be purchased afterwards in various packages (info@mephisto-art.com). Mephisto Art will also be present at the registered mail.

ACCOMODATION

❖ You can find accommodation on the well-known websites, such as: booking.com or trivago.de.

❖ GNBF does not have a partner hotel or partner accommodations.

OTHER:

❖ A GNBF merchandise both will be set up in the foyer.

❖ Other exhibitors are also located in the foyer.

+ In case you like to workout, it is recommended to train at “Aktiv Fitnesstreff, Am Wiethop 9, 29683 Bad Fallingbostel (info@aktiv-fitnesstreff.de)

CONTACTS:

Berend Breitenstein (Contest Organizer): berend@gnbf.de
Robert Bartels (Contest Organizer): Wellenbrecher-gym@web.de
Thomas Keller (Media): media@gnbf.de
Christian Kellenberger (PNBA & International Championships: international@gnbf.de
Daniel Gildner (Headjudge): jury@gnbf.de
Diana Kakos (PNBA Pro Cards): diana@naturalbodybuilding.com
Michael Jablonski (Anti-Doping): m.jablonski@jaqson.de
Kiro Feldmann (GYM): info@aktiv-fitnesstreff.de
Thomas Schwarz (Stage Photographer): t.schwarz1710@gmail.com
Michael Lößel (Backstage-Photographer): info@mephisto-art.com
Greg Horvath (Pro Tan): eventmanager@protan-europe.com

ORDER OF CLASSES

SATURDAY, 19th September, 2026

Men’s Physique Newcomer
Women`s Bikini Newcomer
Men`s Bodybuilding Teen Newcomer
Men´s Bodybuilding Juniors Newcomer
Men`s Bodybuilding Newcomer
Men`s Bodybuilding Newcomer II
Men`s Bodybuilding Newcomer Overall

SUNDAY, 20th September, 2026

Men`s Athletic Newcomer
Women`s Fitness Figure Newcomer
Classic Physique Teen Newcomer
Classic Physique Newcomer I
Classic Physique Newcomer II
Classic Physique Newcomer Overall