



AMENDMENTS TO IFBB PRO RULES

At a meeting of the IFBB Pro Division, held at the Doubletree Hotel in Columbus, Ohio, USA, on Thursday, March 4, 2004, at which the following officials were present:

Wayne DeMilia	Chairman, IFBB Pro Division
Jim Manion	Vice Chairman, IFBB Pro Division Director, IFBB Pro Judging
John Balik	IFBB Pro Division Promoter
Fairfax Hackley	IFBB Pro Division Official
Betty Pariso	IFBB Pro Division Female Athlete Representative (Bodybuilding)
Shawn Ray	IFBB Pro Division Male Athlete Representative
Jim Rockell	IFBB Pro Division Judge
Steve Weinberger	IFBB Pro Division Judge & Promoter
Rob Wilkins	IFBB Pro Division Official

the following amendments to the IFBB PRO RULES (2003 Edition) were approved:

AMENDMENT #1

THAT Articles 29.3.2 (Procedures for the Prejudging) and 29.4.2 (Procedures for the Finals) be amended to state:

There shall be seven compulsory poses for women's bodybuilding as follows:

- **Front Double Biceps**
- **Front Lat Spread**
- **Side Chest (either side)**
- **Back Double Biceps**
- **Back Lat Spread**
- **Side Triceps (either side)**
- **Abdominals & Thighs**

THAT Appendix C to the Pro Rules be amended to include a description of the seven compulsory poses for women's bodybuilding.

Further, that this amendment shall have immediate force and effect.

**Previously, there were five compulsory poses in women's bodybuilding (no Front and Back Lat Spreads).*

AMENDMENT #2

THAT Article 28.5.8 (Procedures for the Prejudging) be amended to insert the following text:

Where there are more than 20 competitors, the Chief Judge shall direct the competitors to pose two at a time during the Round Two individual compulsory poses.

Further, that this amendment shall have immediate force and effect.

**Previously, competitors posed one at a time during Round Two.*

AMENDMENT #3

THAT Article 29.1 (General) be amended as follows:

In Women's Professional Bodybuilding, all competitions shall have two (2) weight categories as follows:

- **Lightweight: up to & including 135 lbs [61.364 kg]**
- **Heavyweight: Over 135 lbs [61.364 kg]**

Further, that this amendment shall have immediate force and effect.

**Previously, these weight categories were not detailed.*

AMENDMENT #4

THAT Article 9.2.2 (Qualifications for IFBB Ms. Olympia) be amended as follows:

The Organizer for the IFBB Ms. Olympia must invite the following competitors:

- **The top 3 per weight division from the previous year's IFBB Ms. Olympia; and**
- **The top 2 per weight division from any other competition held subsequent to the previous year's IFBB Ms. Olympia.**

Further, that this amendment shall have immediate force and effect.

**Previously, apart from the IFBB Ms. Olympia and IFBB Ms. International, only the weight division winner was qualified to compete at the IFBB Ms. Olympia.*

AMENDMENT #5

THAT Article 9.5.1 (Qualifications for the IFBB Olympia - Additional Factors) be amended to read as follows:

Any former IFBB Mr/Ms/Fitness/Figure Olympia winner shall have lifetime eligibility. However, this eligibility shall not be automatic. Where more than five (5) years have elapsed since the last IFBB Olympia win, approval of the IFBB Pro Division shall be required.

Further, that this amendment shall have immediate force and effect.

MOTION

The following motion was discussed, voted upon and passed:

Be it resolved that, at age 45 and over, if a Master competitor wishes to compete in a non-Master event, he shall first require the approval of the IFBB Pro Division.

Further, that this ruling shall have immediate force and effect.

**Inserted as Article 34; all subsequent articles renumbered.*

FEMALE ATHLETE REPRESENTATIVES

The "Female Athlete Representatives" shall be registered members of the IFBB Pro Division who are chosen by a majority of their peers [registered female athletes] to represent their interests at all meetings of the IFBB Pro Division.

There shall be one "Female Athlete Representative" each for Bodybuilding, Fitness and Figure. Currently, the "Female Athlete Representative" for Bodybuilding is Betty Pariso.

**Inserted as Article 17.2*

