THE OPEN ONLINE AMERICAN CHAMPIONSHIPS

**RULES**

1. This is a non-sanctioned competition. All natural organization’s competitors are welcome.

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1. Must submit a photo of a Natural Bodybuilding Organization membership card dated 2019 or 2020 to krb46@comcast.net. You may participate whether your show was cancelled or not. There will be an amateur and a pro contest. We will be having open classes only.

Classes: Men’s Bodybuilding, Men and Women Physique, Classic Physique, Figure, Bikini

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1. Submit a video of your quarter turns and mandatory poses for your division as per your own natural organization or the ANBF guidelines (anbfnatural.com). Bikini, figure and men’s physique make sure you hold your poses for 5 seconds and go through them twice. Classic, bodybuilding, and women’s physique go through your mandatory poses once. You must be in appropriate posing attire and footwear for your division. Video must also include a stage presentation. Stage presentation can be from any natural organization’s guidelines. Limit of 60 seconds, please. Video must have proof of date in it. (newspaper)

1. You can enter online via the ANBF website, anbfnatural.com, or also by emailing [krb46@comcast.net](mailto:krb46@comcast.net) for paper entry to mail in. Entry fee for amateurs is $15/division. Pro entry is $50/division. You may enter more than one division.
2. Awards and supplement swag for top 3 amateur winners. Prize money for Pro winners is $200 for 1st place. Also, overall most entertaining stage presentation will receive $100.
3. All entries must be submitted before May 30th

Winners will be announced on Monday, June 15th.

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By submitting your entry, you agree to have your video shared on social media. No refunds.

Any questions please email Kent Bierly, krb46@comcast.net.