

JABBFA LIFESTYLE & TRANSFORMATION CHALLENGE GUIDELINES

The Jamaica Amateur Bodybuilding & Fitness Association (JABBFA) Lifestyle & Transformation Contest is one of the newest health and lifestyle competitions in Jamaica. The event is hosted as part of the National Bodybuilding Championships, and contestants will have the opportunity to show off their amazing journeys to a more fit and healthy life. In addition there are prizes, trophies and lots more.

Competition Requirements:

ELIGIBILITY:

The JABBFA Lifestyle & Transformation Challenge (the "Contest") is open to persons who are eighteen (18) years of age or older.

Entrants who have competed as a professional bodybuilder, Fitness/ Figure contestant is not eligible.

Contestant should be a national or legal permanent resident of Jamaica. Employees, contractors, members, and agents of JABBFA and members of their immediate family (including spouses, parents, siblings, children and their respective spouses) and persons living in the same household with any such individuals are eligible.

If a Contestant submits multiple entries, the last will be accepted and the others will be discarded.

Contestant must follow these Rules. Failure to comply with these Rules will result in ineligibility of Contestant.

TO ENTER:

The Contest Challenge Period begins at 12:01 am on September 10, 2018 and ends at 11:59 pm MT on August 9, 2019 ("Contest Challenge Period"). Enrollment periods are as follows:

- Registration begins at 12:01 am on September 10, 2018 and ends at 11:59 pm on November 9, 2018.
- Contestant's transformation start date should be no more than a year of registering for this competition and is open to begin on the day of registration September 10, 2018 ("Transformation Start Date") and ends on August 9, 2019 ("Transformation Completion Date").



- All final materials must be received on the Transformation Completion Date. In no event will materials be accepted after 11:59 pm on August 9, 2019 (the "Contest Period").
- To enter the Contest, visit the website <http://www.jabbfa.com/> for the official online entry form. Contestant must complete all information requested, including but not limited to, Contestant's full legal name; full address; daytime, home, and/or mobile telephone numbers; e-mail address; date of birth; and all other information requested, including submission of required photos. Failure of Contestant to correctly complete any portion of the online entry form will result in points deduction.
- Any communication regarding the Contest will be sent to the e-mail address on file with JABBFA. It is Contestant's responsibility to notify JABBFA at transform@jabbfa.com of any changes.
- All materials submitted become the property of JABBFA and will not be returned. Contestant must complete the entry form themselves. Only one (1) entry per Contestant will be accepted; all preceding entries will be disregarded. False, deceptive, or incomplete entries provided by Contestant shall render the entry ineligible.
- Use of any illegal or banned substances to achieve results is prohibited. Contestants may be required to test and/or sign an affidavit verifying that their transformation was achieved without the use of illegal or banned substances.

PHOTO SUBMISSION:

In addition to the entry requirements above, to enter the Contest, Contestant must submit four (4) "before" photographs in .jpg format of their before & after body holding a news paper showing the headline & date depicting:

- (a) front body view including face
- (b) back body view
- (c) body side view
- (d) a scale clearly depicting Contestant's weight at the beginning of the Contest

Three-quarter body or full body pictures are recommended, as they are best for demonstrating Contestant's full transformation. All "before" photos must be submitted between 12:01 am on September 10, 2018 and ends at 11:59 pm on November 9, 2018. You're "After" photos will be due by August 9, 2019.

Contestant must submit four (4) "after" photographs in .jpg format depicting:

- (a) front body view including face,
- (b) back body view,
- (c) body side view,
- (d) a scale clearly depicting Contestant's weight at the end of the Contest.

Show as much of your physique as possible. Remember that you will be judged on the most dramatic change, so we must be able to see your body clearly (swim suits or gym trunks are strongly recommended.) Make sure when you take your pictures that you are



as close as possible to the camera. (If your image is too small, we cannot judge your entire physique, nor can we see the newspaper headline.)

If possible, have your “After” photos taken professionally. Your photos will count for 20% of a possible 100 points, so make sure they look good!

MEASUREMENTS:

The following measurements should be submitted along with your Before & After images

- Bust / Chest
- Upper Abdomen
- Navel
- Lower Abdomen
- Arms (Left & Right)
- Legs (Left & Right)
- Hip (Women Only)

ESSAY:

Contestants are required to submit an essay no more than 250 words, telling your story to do this transformation challenge. This is the opportunity to tell the judges your story and who you are. Everyone has a story, feel us yours.

JUDGING:

Contestants are judged on the following:

Overall Transformation 30%,
Before and After Photos 20%,
Essay 10%,
Body Stats 10%
Muscular Development 20%,
Stage Presentation 10%.

CHECK-IN:

- Monthly check-in will be done to address any issues or concerns contestants may have, measurements weight-in will also be carried out. We encourage contestants to come out to check-ins as this goes towards your body stats scoring.
- Monthly pre contest prizes will be distributed (***Prizes will be announced on Check-In Day***)



REGISTRATION COST:

Competition registration – **\$4000**

Online Payments

Account Name:

Jamaica Amateur Bodybuilding

Account Type:

Current

Account Number:

0301310

Transit Number:

50765

Bank Branch:

Scotia Centre

DATES TO REMEMBER:

- Registration opens - September 10, 2018
- Registration close - November 9, 2018
- First Check-In - November 17, 2018
- Monthly Check-In - (Last Saturday of every month)
- Competition Closes - August 9, 2019

