



ONTARIO PHYSIQUE ASSOCIATION

RULES AND REGULATIONS

SECTION I

1. Definitions:

For Regional, Provincial and National Competitions:

Seniors - open class
Juniors - under age 23
Masters Men – 40 and over
Grand Masters Men – 50 and over
Masters Women – 35 and over
Grand Masters Women – 45 and over

2. Height Classes:

Fitness

HEIGHT CLASSES – for national level contests that are professional qualifiers:

- Up to and including 5'3"
- Over 5'3"

Junior Fitness

AGE GROUPS:

- 10 years & under
- 11-14 years
- 15-19 years

Figure

A promoter can choose to have fewer height classes for non national level contests as follows:

Level: Regional & Provincial

For all contests with two (2) classes:

- Up to and including 5'4"
- Over 5'4"

For all contests with three (3) classes:

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

For all contests with four (4) classes:

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

For all contests with six (6) classes:

- Up to and including 5'1"
- Over 5'1" and up to and including 5'2-1/2"
- Over 5'2-1/2 and up to and including 5'4"
- Over 5'4" and up to and including 5'5-1/2"
- Over 5'5-1/2 and up to and including 5'7"
- Over 5'7"

Bikini

A promoter can choose to have fewer height classes for non-national level contests as follows:

For all contests with two (2) classes:

- Up to and including 5'4"
- Over 5'4"

For all contests with two (3) classes:

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

For all contests with two (4) classes:

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

Women's Bodybuilding

Level:

Regional & Provincial

(Open, Junior & Masters)

Weight Class:

One Class or
Light Weight (up to 114.5 lbs)
Middle Weight (over 114.5-124.5 lbs)
Heavy Weight (over 124.5 lbs)

Men's Bodybuilding

Level:

(Jr., Masters & Grand Masters)

Regional & Provincial

Weight Class:

One class or
Light Weight (up to 165 Lbs)
Heavy Weight (over 165 lbs)

Bantam Weight (under 143 lbs)
Light Weight (143 to 154 lbs)
Welter Weight (over 154 to 165 lbs)
Light Middle (over 165 to 176 lbs)
Middle Weight (over 176 to 187 lbs)
Light Heavy (over 187 to 198 lbs)
Heavy Weight (over 198 to 220 lbs)
Super Heavy Weight (over 220 lbs)

Classic Bodybuilding (Men)

Criteria: Max weight (in KG)=height (in cm)-100(max plus kg allowance)

A: up to and including 170cm + 2kg

B: up to and including 175cm + 4kg

C: up to and including 180cm + 6kg

D: Over 180kg

D(1)up to and including 190cm + 8kg

D(2)up to and including 198cm + 9kg

D(3)Over 198cm + 10kg

ALL COMPETITORS OVER 180CM. i.e.: D(1-3)SHALL COMPETE IN THE OVER 180CM CATEGORY.

Women's Physique

For all contests with two (2) classes:

- Up to and including 5'5
- Over 5'5

For all contests with three (3) classes:

- Up to and including 5'4
- Over 5'4 up to and including 5'6
- Over 5'6

Men's Physique

For all contests with two (2) classes:

Up to and including 5'8
Over 5'8

For all contests with three (3) classes:

Under and including 5'7
Over 5'7 up to and including 5'10
Over 5'10

3. Entry Fees:

Regional - \$80./category
Provincial - \$125./category

4. Judge's Fees (if budget allows):

Regional	\$75./Judge \$100./Head Judge \$50./Statistician
Provincial	\$75./Judge \$100./Head Judge \$50./Statistician

Plus Judge's travel, accommodation expenses and \$50. per diem for meals for all Levels. Statisticians will be selected from the local area and are therefore not entitled to any travel and accommodation expenses. Where such local selection is not possible, any other Judge, Executive Member or Official in attendance and already subject to such expenses, may be appointed as Statistician for that Event.

5. Sanction Fees

Regional - \$3,000. minimum
Provincial - \$10,000. Minimum

President may negotiate Regional and Provincial sanction fees.

6. Subsidies for National Athletes

Subsidies for National Athletes competing at the National Championships, World Qualifier, Arnold Classic (Amateur) or the North Americans are as follows:

- \$100. for each OPA athlete who conforms to all rules and regulations and are members in good standing of the OPA
- One tracksuit per season will be provided to all National Athletes.

7. Minimum Qualifying Shows in Ontario

Each Region will hold a minimum of one Regional show. The date of the Regional show must be cleared with the Executive to ensure that they do not conflict with any other show.

There will be two Provincial shows per year: The Ontario Championships and the Natural Ontario Championships.

SECTION II

ONTARIO PHYSIQUE ASSOCIATION

TIER SYSTEM

1. BODYBUILDING/FITNESS/FIGURE/BIKINI/WOMEN'S AND MEN'S PHYSIQUE

Athletes wishing to compete in these categories must commence at the Regional Championships. Qualifications received are for the divisions you are competing in, i.e. Bodybuilding/Fitness/Figure/Bikini/Women's & Men's Physique.

2. JUNIOR/MASTERS/GRANDMASTERS

Athletes wishing to compete in these categories will have to qualify at a Regional event to enter the Ontario's. The top 5 at the Ontario's will be eligible to compete in the Canadian's. The following restrictions, will apply:

Junior Men/Women - Must be under 23 years of age as of the day of the show.

Master Men - must be 40 years of age or over as of the day of the show.

Grand Master Men – must be 50 yrs. of age or over as of the day of the show.

Master Women - must be 35 years of age or over as of the day of the show.

Grand Master Women – must be 45 yrs. of age or over as of the day of the show.

Qualifications received as a junior, master or grand master is valid for the respective division only and may not be carried over to the senior open divisions.

3. SENIOR MEN AND WOMEN

A) Regional – (Local Championships)

This is the entry level of competitive Bodybuilding, Fitness, Figure, Women's and Men's Physique and Bikini. It is open to novice competitors, as well as those who have placed previously (see General Information for restrictions).

"The winner of each Division in a Regional Championship will receive 2 byes to the Provincials which can be used at any given year. The competitor must place in the Top 5 by the 2nd attempt at the Provincials in order to remain at that level. The 2nd, 3rd, 4th and 5th placers in a Regional Championship qualify to compete in one of the next 2 Provincial Championships. The Overall Winner of a Regional Championship will receive a lifetime bye to the Provincials."

"If the competitor fails to place at the Ontario Championships during the specified time frame, he / she must return to the Regional Championships to re-qualify. A competitor who is qualified to the Provincials may go back to the Regionals without losing his / her qualification to the Provincials."

B) Ontario Championships

The winner of each division in the Ontario Championships will receive two byes for Nationals which can be used at any given year. The competitor must place in the top 5 by the second attempt at the Nationals in order to remain at that level. The second, third, fourth and fifth placers in the Ontario Championships qualify to compete in one of the next 2 National competitions. The overall winner from the Ontario's will receive a lifetime bye to the Nationals.

If the competitor fails to place at the Canadian Championships during the specified time frame, they must return to the Ontario Championships to re-qualify. The competitor may return to Ontario's at any time provided that there has been no lapse in their membership with the Ontario Physique Association. Upon returning to the Ontario's the athlete must again place in the top 5.

A competitor who is qualified to the Provincials may go back to the Regional's without losing his or/her qualification to the Provincials.

C) Canadian Championships

The winner of each division in the Canadian Championships receives a lifetime qualification to return at any time and as often as they wish. The second, third, fourth and fifth placers in the Canadian Championships qualify to return to that level for as long as they continue to place in the top five.

The overall winners at the Canadian Championships are eligible to apply for a pro card.

A competitor who is qualified to the Nationals may go back to the Provincials without losing his or/her qualification to the Nationals.

4. NATURAL EVENTS

The winner of each division in the Natural Ontario Championships will receive two byes for the Natural Nationals which can be used at any given year. The competitor must place in the top 5 by the second attempt at the Natural Nationals in order to remain at that level. The second, third, fourth and fifth placers in the Natural Ontario Championships qualify to compete in one of the next 2 Natural National competitions. The overall winner from the Ontario's will receive a lifetime bye to the Natural Nationals.

If the competitor fails to place at the Natural Canadian Championships during the specified time frame, they must return to the Natural Ontario Championships to re-qualify. The competitor may return to Ontario's at any time provided that there has been no lapse in their membership with the Ontario Physique Association. Upon returning to the Natural Ontario's the athlete must again place in the top 5.

The overall winners at the Natural Canada's or World Qualifier are eligible to apply for a pro card in Figure, Fitness and Bikini only.

The Team to represent Canada at the World Championships will be selected at the Natural Canadian Championships.

5. GENERAL INFORMATION

Qualifying at the Ontario Natural Championships only qualifies you for the Canadian Natural Championships. Qualifying at the Ontario Championships qualifies you for the Canadian Championships only. There is no crossing between the two unless you qualify at both Provincial's.

Any competitor who does not continue to or fails to place at the next level of competition for which they are qualified during the specified time frame must re-qualify. The competitor may return to the level in which they placed in the top 5 at any time provided that there has been no lapse in their membership with the Ontario Physique Association or must pay back membership fees for the years absent to a maximum of \$240.00.

Any competitor returning to the previous level of competition to re-qualify must place in the top 5 to regain their qualification. Failure to do so will mean moving down one level.

Competitors may not compete at a level below that which they have placed until their qualification lapses. For example, if you are currently qualified to compete at a National event, you cannot compete in a Regional event.

Competitors may change weight classes from competition to competition.

Non-qualifiers are not considered in the tier system.

A) Bodybuilding Competitor Conduct When Competing: _____

1. Provide all requested information on contest application.
2. All competitors must weigh-in wearing their competition-posing suit.
3. Ontario Physique Association cards must be presented at weigh-in.
4. Music:
 - All competitors are allowed 60 seconds - Timed from the start of the music
 - Tapes or CDs will be collected at the weigh-in
 - Tape/CD must be cued to the start of music
 - Posing music should be the only music on the CDCostumes:
5. - Posing suits must be of a solid, non-distracting colour which conforms to accepted standards of taste and decency
 - Posing suits are subject to approval at the weigh-in
 - Numbers issued at the weigh-in must be worn on the left side of the suit bottom
 - Hair must be worn above the shoulders - no ribbons, bows etc. allowed
 - no jewelry allowed on stage
 - no gum chewing on stage or excessive oil allowed back stageBanned Poses are the moon pose and lying flat on the stage. Performing banned poses will result in point deductions.
6. Use of artificial coloring or oil for competition is allowed but any damage charges from the auditorium or hotels from tanning lotions or oil will be billed to the responsible competitor.
7. Competitors must at all times treat all Judges, Officials, volunteers and other athletes with respect. All judges' requests must be obeyed during the entire contest.
8. In order to maintain a qualification a competitor's membership must run continuously. If a competitor decides to take a year or two off without maintaining their membership they must pay the membership fees for the years they missed to a maximum of \$240.00.
9. Banned spray substances such as PAM and Hot Stuff cannot be used and will result in disqualification.
- 10.

B) EXECUTIVE COMMITTEE: _____

I) PRESIDENT'S DUTIES

1. To represent the OPA at all National events and meetings.
2. To handle all disciplinary and legal issues.
3. To interpret the By-laws of the OPA.
4. To administer the Provincial Bank Account of the OPA.
5. To chair all official meetings of the OPA.
6. To be the official contact for the media.
7. To be the official negotiator with all promoters wishing to promote a Bodybuilding, Figure, Fitness or Bikini show in the Province of Ontario.
To audit the ongoing financial statements of the Regions.
8. To give a financial report at each Ontario AGM on the finances of the OPA.
- 9.

II) VICE-PRESIDENT'S DUTIES

1. To run the official office of the OPA.
2. To take minutes at all official meetings of the OPA.
3. To maintain the records of the OPA (contest stat sheets, tier systems, by-laws, minutes and the rules and regulations).
To assist Ontario Athletes at National Events where he/she is in attendance.
4. To help distribute track suits at National Events.
5. To be the main contact for the Regional Directors, for information and handling problems that may arise.
6. To be responsible for Judging as Chief Judging Official for Ontario.
- 7.

C) REGIONAL DIRECTORS DUTIES: _____

1. Will act in a responsible and ethical manner, never bringing harm to the reputation of the sport or the Association.
2. Ensure that all complaints are always processed quickly and efficiently following the proper procedure as stated in the Association's By-laws.
3. Ensure there is at least one Regional show in his/her Region.
4. Never promote a show within his/her Region unless there are no other promoters willing to run a show and then with the approval of the Executive Committee.
A Regional Director may apply with reason to the Executive Committee to run a show in his/her Region as a promoter. The Executive Committee's decision will be final.
5. A Regional Director may promote a show in any Region other than his/her own with the permission of that Region's Director, and the Executive Committee.
6. A Regional Director will if at all possible attend the Regional show for his/her Region. If unable to attend, the Executive Committee shall be notified.
7. Send a list of Judges, Head Judge and Statistician to the OPA office no less than one month prior to a contest to allow checking of membership and eligibility.
8. All dates of shows are to be sent to the office as soon as possible.
Will turn over to the President entry fees and membership fees collected at the show.
9. Properly filled out membership forms to the OPA office no later than two weeks after the date of the show.
10. Act as the OPA Official Representative at all shows he/she is present at in his/her Region.
Receive and respond to all complaints within 15 days.
11. Maintain an e-mail and mailing address listing for all Judges within his/her Region. This listing must be current at all times.
- 12.
- 13.

D) PROMOTERS DUTIES:

1. Must be a member in good standing of the OPA no later than March 1st of the year he/she wishes to promote a show.
2. Must sign a contract with the President or his/her designate before any promotion of a show can be done.
3. Must have the sanction fee paid in full by the end of the evening show.
3. Must comply with all rules and regulations of the OPA.
4. Must present him/her self in a professional manner at all times as they are seen as a
5. representative of OPA and must be helpful and polite to all OPA officials.
6. Must collect all entry fees from Regional and Provincial contests for the Association and present a certified cheque, money order or cash to the President or his/her designate for the amount owing to the OPA. All fees must be paid prior to the start of the evening show. Must contact the OPA President to make application for a contest with a non-returnable deposit of \$500.00
7. Once a date for a show is set it cannot be changed without the consent of the Executive Committee.
8. All show dates must be confirmed no later than December 7th of the year before the show. This allows the Executive enough time to have the show included on the OPA website.
9. OPA reserves the right to send official photographers or officials to the judging and finals of any sanctioned event. The promoter must reserve a minimum of two to a maximum of four
10. center seats within the first three rows for this purpose. The first row behind the judges will remain empty (This will be at the discretion of the OPA Official in charge). OPA reserves the right to drug test at any sanctioned event. The promoter must ensure that there are suitable facilities within the proposed venue to accommodate the doping control procedure. A separate room with access to washroom facilities for both men and
11. women would be sufficient. It is the responsibility of the promoter, along with the presiding OPA Official, at registration to ensure that all competitors appearing in their show are paid members and must ensure that all athletes become members before they are allowed to compete.
12. A private room (not the theatre stage) must be assigned to the weigh-in. This room must be appropriate for the judging staff to have a meeting (if required). The promoter for the purpose of weighing the competitors must supply an electric digital scale or a certified medical balance scale. The weigh-in room must be available and set up by the time
13. indicated in the information package. The judging staff must be supplied with refreshments at the request of the Head Judge and/or during both intermissions. Cold bottled water should be available for the judging staff at all times and lunch must be provided to the Judging Panel. The OPA, CBBF and IFBB logos must appear on all posters and promotional materials for the event.
14. The promoter must contact the local media to advise them of the event. Failure to comply with these rules may result in additional charges and refusal of future contest applications.
- 15.
- 16.
- 17.

E) MEMBERSHIP/ENTRY FEES:

1. You must be a resident of Ontario for a minimum of 6 months before you can apply for membership unless you are transferring from another Province.
2. Membership fees are \$80.00/calendar year running from January 1st to December 31st.
3. Penalties for obtaining a membership on the day of a contest will be \$20. For a total fee of \$100. In addition if you join at a national competition the membership fee will be \$100. Plus a loss in subsidy including the receipt of a team jacket.
4. Anyone purchasing a membership after the last contest of the year will be given a membership for the following year, as there is no advantage to paying a membership that late in the year.
5. The membership list is kept for the sole use of the Association and will be kept by the person administrating the membership, except the Chief OPA Official presiding over any contest to check for Membership status and is to be destroyed after such contest. This is to ensure the privacy of our members.
6. Anyone wishing to mail information, etc. to our members must send the items to be mailed to our membership administrator who will then send it out to our members. The Association reserves the right to censor material going out to our members.
7. Mail-outs for Executive and Directors will be done at the expense of the Association as long as the material is directly concerning Association business.
8. Mail-outs for promoters, advertisers or athletes may be done for \$1.00 per envelope. If the envelope or package costs more than the usual rate for a letter the extra cost will be added to the charge.

F) STRUCTURE OF THE OPA

1. The Ontario Physique Association Executive Committee is comprised of a President and one Vice-President.
2. The Ontario Physique Association Board of Directors is comprised of four Regional Directors: Northern Region, Southern Region, Western Region and Eastern Region.
3. The Northern Region boundaries are defined by the area codes 705 and 807.
4. The South Region boundaries are defined by the area codes 905, 416 and 647
5. The Western Region boundaries are defined by the area code 519.
6. The Eastern Region boundaries are defined by the area code 613.
7. Appointments of Regional Directors will take place in the Fall of every 3rd year, commencing in 2010. The Executive elections are to be held in the Spring of the following year.
8. The position of Membership Administrator is hereby created and shall be appointed by the Executive Committee commencing the calendar year 2010. The Membership Administrator will process all Membership Applications and issue Membership Cards on an ongoing basis. He/She shall be responsible for maintaining a Membership List of all Regular, Executive, Group and Honorary Members and shall ensure the privacy of same. Fees collected for Memberships will be turned over to the President or his designate for deposit into the Provincial Bank Account. Remuneration for this position will be determined by the Executive Committee subject to the approval of the Board of Directors, and shall be subject to annual review. The Membership Chairman shall attend the Annual Meeting of the Board of Directors (also known as the Annual General Meeting or "AGM") to provide such information as required by the Board of Directors and Executive Committee, and to record and maintain and distribute the Minutes of the AGM, but shall not have voting privileges on any issues arising out of such meetings. Further the Membership Administrator will maintain a current list of all athletes placing at each event to assist in determining their eligibility to compete at the next higher event level.

9. An appropriate number of Judges, as determined by the respective Regional Director, will be maintained within each Region. Upon the recommendation of the Regional Director, new prospective Judges, being a member in good standing from within the Region, will receive review and consideration by the Executive Committee. Judges newly appointed will receive the classification of "Regional Judge" and may judge any Regional Event within their Region, or within any other Region if so called upon, but not a Provincial Event. The Regional Director will determine the panel of Judges for Events occurring within his/her Region.

Appointment to the position of "Provincial Judge" may be determined in the following manner.

1) At the discretion of the Executive Committee subject to satisfactory "Test Judging" so determined at a Provincial Event, after review by the Executive Committee. 2) Upon the application of a "Regional Judge" to the Executive Committee and subject to satisfactory "Test Judging" so determined at a Provincial Event, after review by the Executive Committee. The President or his designate will determine the make-up of the Judging Panel at all Provincial Events, and to the extent possible, each Region shall have equal representation at these Events. The Executive Committee will review and determine from time to time, the number of Provincial Judges needed, and to the extent possible, maintaining a proper balance between Regions. To the extent possible, depending on the number of shows occurring throughout his/her Region, and all other factors considered, each Regional Director shall strive to have each Judge sit on at least 1 Judging panel per Calendar Year. To the extent possible, and considering there are only 2 Provincial Events per Calendar Year, the Executive Committee will strive to ensure a proper rotation of Provincial Judges to these Events.

The Executive Committee will determine annually, which, if any Provincial Level Judge, be recommended to "Test Judge" at a CBBF National Event in order to receive his/her "National Level Judging Status." Furthermore, the Executive Committee will determine which National Level Judge attends all CBBF Events annually.

The President will act as "Chief Judging Official" for the Province and will determine who will perform the duties of "Head Judge" for all shows within the Province.

It will be the responsibility of the Head Judge to ensure proper officiating and direction to the Judging Panel at all Events, and to ensure that each Event runs smoothly and professionally.

Every Judge, shall judge each competition in a fair and unbiased manner. Any Judge who finds him/herself in a conflict of interest as it relates to any competitor, shall declare that conflict to the Head Judge at the earliest opportunity, preferably prior to the commencement of the Event. The Head Judge will then make a determination and in the case where the Head Judge determines that there is a conflict, he shall direct that particular Judge to remove himself from the Judge's table for that portion of the Event and shall substitute his/her score in place of the Judge so removed.

The Vice President will maintain a record of the Score Sheets from ALL Events in each Calendar Year, along with the individual "Judges Score Sheets" for each Event. The retention period for these Score Sheets will be 10 Years plus the current year. He/She will make periodic reviews to ensure a proper standard of consistency is being maintained amongst each and every Judge.

Where there are concerns or inconsistencies, such matters will be subject to review by the Executive Committee and with consultation of the Regional Director as the case may be. Such concerns and inconsistencies so determined will be reviewed with the individual Judge, the purpose being, to ensure a higher level of consistency from that Judge for future Events. Regional Directors will be provided with a copy of all Score Sheets for Events occurring within their Region. The retention period for these Score Sheets will be 10 years plus the current year.

G) HANDLING OF COMPLAINTS

1. All complaints from any member in good standing must be submitted in writing to the Director of that Region to have the problem dealt with. The Regional Director shall keep the Executive Committee apprised of any such complaints including the resolution of such complaints.
2. The Regional Director of the Region must respond to the complaint within 15 days from the day it was received.
3. If the member is not satisfied with the response he/she can within 10 days submit the complaint in writing to the Executive Committee.
4. If the complaint is about the Regional Director, the member complaining may submit the problem directly to the Executive Committee.
5. Upon receipt of a complaint by the Executive Committee they must conduct an investigation as soon as possible and by whatever means the Executive Committee deems appropriate to determine if a Tribunal is warranted. A written decision will be sent to the member no later than 30 days after receipt of the complaint.
6. This procedure must be followed to its conclusion. If the member is still not satisfied, he/she may petition the Board of Directors to forward the complaint to the CBBF.
7. Any member not following this procedure will be subject to charges by the Executive Committee.

H) FORMING A TRIBUNAL

1. A tribunal will be comprised of one Executive Member and two Regional Directors, which have no other involvement with the complaint.
2. The President will select the Tribunal, however if the President is involved this duty will fall to the Vice-President.
3. The Tribunal will question all involved parties and/or do anything they feel necessary to make a fair and honest decision. A decision must be made within 30 days of the forming of the Tribunal. If the Tribunal needs more time it must advise the person who complained as well as the Board of Directors in writing when they expect to have a decision.
4. A written decision signed by all members of the Tribunal will be sent to the complainant, the person named in the complaint and the Board of Directors via the Executive Committee.
5. The decision of the Tribunal can only be appealed to the Board of Directors who can investigate the decision themselves or send the complaint to the CBBF. If the Board finds the decision to be just they must send a letter to both parties within 10 days of making this decision and the matter is ended. If the Board finds there is a problem with the decision that cannot be resolved in house they will refer the matter to the CBBF for their unbiased opinion. The decision of the CBBF is final and no other appeals will be allowed.

I) PENALTIES

1. Discipline will be given at the discretion of the Board of Directors and Executive Committee. Circumstances will determine the extent of the penalties, and such penalties may include, for Regular Members, the suspension of Membership in the OPA for any period so determined. Any member who holds a position on the Board of Directors, as Membership Administrator, Judge or as a Promoter, will be subject to further discipline up to and including a Lifetime Dismissal from the Association.