

ONTARIO PHYSIQUE ASSOCIATION

RULES AND REGULATIONS

SECTION I

1. Definitions:

Regional
Provincial
National

Seniors - open class
Juniors - under age 21
Masters Men - 40 and over
Grand Master Men - 50 and over
Masters Women - 35 and over
Grand Master Women - 45 and over

2. HEIGHT CLASSES:

Fitness

Level:

Regional & Provincial

Height Class:

One Class or
Short (under 160 cm)
Tall (160 cm and over)

Figure

Level:

Regional & Provincial

Short (up to 158 cm)
Medium (159 cm to 163 cm)
Medium Tall (164 cm to 168 cm)
Tall (over 168 cm)

Bikini

Level:

Regional & Provincial

Short (up to 5'4")
Tall (over 5'4")

Women Bodybuilding

Level:

Regional & Provincial

(Open, Junior & Masters)

Weight Class:

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

Men Bodybuilding

Level:

Jr., Masters & Grand Master)

Weight Class:

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

Regional & Provincial

Bantam Weight (under 143 lbs)
Light Weight (over 143 to 154 lbs)
Welter Weight (over 154 to 165 lbs)
Light Middle (166 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.

3. Entry Fees:

Regional - \$80.00/category
Provincial - \$125.00/category

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

Regional - \$75.00/Judge
 \$100.00/Head Judge

Provincial - \$75.00/Judge
 \$100.00/Head Judge

Plus travel and accommodation expenses for all Levels.

5. Sanction Fees

Regional - \$2,500.00 minimum
Provincial - \$10,000.00 minimum

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:

- \$100.00 for each OPA athlete who conforms to all rules and regulations and are members in good standing of the OPA
- \$250.00 for each overall Provincial winner
- 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 insure 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. FITNESS/FIGURE/BIKINI

Athletes wishing to compete in this category must commence at the Regional Championships.

Qualifications received are for the divisions you are competing in, i.e. Bodybuilding/Fitness/Figure/Bikini.

2. JUNIORS/MASTERS/GRAND MASTERS

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 are restrictions, will apply:

Junior Men/Women - Must be under 21 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 divisions.

3. SENIOR MEN AND WOMEN

A) Regional - Local Championships

This is the entry level of competitive bodybuilding. It is open to novice competitors, as well as those who have placed previously (see General Information for restrictions).

The top 5 in Regional events will be eligible to compete at the Ontario Championships the same year or the next year. If, however, the Regional event is held after the last Provincial event, the top 5 will be eligible to compete at the Ontario Championships in one of the following 2 years.

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 Level 4 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.

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.

4. Natural Events

Athletes wishing to compete in these categories may commence at the Ontario Natural Championships. The top 5 of each division in the Ontario Natural Championships will be eligible to compete at the World Qualifier. The team to represent Canada at the World Championships will be selected at the World Qualifier.

Qualifications received, as a natural competitor may not be used to compete in any other category.

The overall winners at the World Qualifier are eligible to apply for a pro card.

5. GENERAL INFORMATION

Qualifying at the Ontario Natural Championships only qualifies you for the World Qualifier. 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 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. Give 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 sec. Timed from the start of the music
 - Tapes or cds will be collected at the weigh-in
 - Tape must be cued to the start of music
 - Posing music should be the only music on the cd
5. Costumes:

- 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 or excessive oil allowed back stage
6. Banned Poses are the moon pose and lying flat on the stage. Performing banned poses will result in point deductions.
 7. Use of artificial coloring or oil for competition is allowed but any damage charges from the auditorium from tanning lotions or oil will be billed to any competitor caught.
 8. 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.
 9. In order to maintain a qualification a competitor's membership must run concurrently. 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.

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 bi-laws of the OPA.
4. To administer the main 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.
8. To collect and to audit the year-end financial statements of the Regions.
9. To give a financial report at each Ontario AGM on the finances of the OPA.

II) 1st Vice-President's Duties:

1. To run the official office of the OPA.
2. To administer the membership of the OPA.
3. To take minutes at all official meetings of the OPA.
4. To maintain the records of the OPA (memberships, contest stat sheets, tier systems, bi-laws, minutes and the rules and regulations).

5. To work back stage at all National events representing and helping Ontario Athletes.

III) 2nd Vice-President's Duties:

1. To arrange for and distribute track suits at all National events.
2. To be the main contact for the Regional Directors, for information and handling problems that may arise within Regions, between Regions or tardiness of Directors.
3. To be responsible for Judging as Chief Judging Official for Ontario.

C) REGIONAL DIRECTORS:

1. Will act in a responsible and ethical manner, never bringing harm to the reputation of the sport or the Association.
2. Insure that all complaints are always processed quickly and efficiently following the proper procedure as stated in the Association's Bi-laws.
3. Insure 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 or with the approval of the Executive Committee.
5. A Regional Director may apply with reason to the Executive Committee to run a show in his/her Region as a promoter and it will be entirely up to the Executive whether the Regional Director will be granted the show. The Executive's decision will be final.
6. A Regional Director may promote a show in any Region other than his/her own with the permission of that Region's Director.
7. A Regional Director will if at all possible attend the Regional show for his/her Region.
8. Send a list of Judges, Head Judge and Statistician to the OPA office no less than two weeks prior to a contest to allow checking of membership and eligibility.
9. All dates of shows are to be sent to the office as soon as possible.
10. Will send a Regional cheque to the President to cover entry fees and membership fees collected at the show. Properly filled out membership forms to the OPA office no later than two weeks after the date of the show.
11. Act as the OPA Official Representative at all shows he/she is present at in his/her Region.
12. Receive and respond to all complaints given him/her within 15 days.
13. Maintain an e-mail address for his/her Region. This address must be in place within 10 days of becoming a Regional Director.

D) PROMOTERS:

1. Must be a member in good standing of the OPA no later then March 1st of the year he/she wishes to promote a show.
2. Must sign a contract with the Association before any promotion of a show can be done.
3. Must have the sanction fee paid up in full by the end of the evening show.
4. Must comply with all rules and regulations of the OPA.
5. Must present him/her self in a professional manor at all times as they are seen as representatives 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 or money order to an Executive member, Regional Director or OPA Official. All fees must be paid prior to the start of the evening show.
7. Must contact the OPA President to make application for a contest with a non-returnable deposit of \$500.00
8. Once a date for a show is set it cannot be changed without the consent of the President.
9. All show dates must be confirmed no later then December 7th of the year before the show. This allows the Executive enough time to have the show included in the official poster, mail out and the OPA website.
10. 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 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).
11. 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 women would be sufficient.
12. It is the responsibility of the promoter to ensure that all competitors appearing in their show are paid members and they should ensure that all athletes become members before they are allowed to compete.
13. 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 indicated in the information package.
14. 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.
15. Failure to comply with these rules may result in additional charges and refusal of future contest applications.

E) MEMBERSHIP:

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/calander year running from January 1st to December 31st.
3. Penalties for obtaining a membership on the day of a contest will be as follows: \$5.00 penalty for Regional shows for a total fee of \$85.00, \$10.00 penalty for Provincial event for a total fee of \$135.00 and the penalty for joining at a National event will be a loss of having the entry fee paid and getting a team tracksuit.
4. Members are entitled to run and vote in all Regional Elections occurring within the region they reside in only.
5. Memberships run from January 1st to December 31st each year.
6. 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.
7. The membership list is kept for the sole use of the Association and will be kept by the person administrating the membership. This list cannot be give to anyone. This is to insure the privacy of our members.
8. 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 sensor material going out to our members.
9. 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.
10. Mail-outs for promoters, advertisers or athletes may be done for \$1.00 per envelope. If the envelope or package costs more then 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 two Vice Presidents.
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-Central 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. Elections for Regional Director are held in the fall of every third year starting in 1998. The Executive elections are held at the spring meeting the following year.

G) HANDELING 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.
2. The Regional Director of the Region must respond to the complaint within 15 days of 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 they must conduct an investigation as soon as possible and by whatever means the Executive deem appropriate to determine if a Tribunal is warranted. A written decision will be sent to the member no latter then 30 days after receipt of the complaint.
6. This procedure must be followed to its conclusion before the member, if still not satisfied, 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 either of the two Vice-Presidents.
3. The Tribunal will question all involved 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 day 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 (DEMERIT POINTS)

1. Discipline will be given at the discretion of the Board of Directors and Executive Committee.