



## NATURALBODY PROGETTO SPARTA

# REGULATION 2022

1. All athletes registered with Naturalbody fully accept the regulations herein and therefore also the practice linked to the doping test carried out privately by the Federation.

2. To all athletes who want to compete in the NATURAL BODY project - founder Maestro Antonino Sergi, promoted and supported by ASD SPARTA MMA CS affiliated to CSEN, a sports promotion body recognized by CONI (art. 31 D.P.R. 530/974), it is done prohibition of the use of drugs as per NADO ITALIA regulations (<https://www.nadoitalia.it/it/normativa/nazionale/norme-sportive-antidoping/408-procedure-for-managing-the-results-of-nado-italia-pgr-in-force-from-1%20B0-December-2021/file.html>);

3. All athletes are strictly prohibited from using any substance listed in the WADA PROHIBITED LIST 2022 document:  
[https://www.wadaama.org/sites/default/files/resources/files/2022list\\_final\\_en.pdf](https://www.wadaama.org/sites/default/files/resources/files/2022list_final_en.pdf);

4. Each Athlete will be subjected to a visual inspection by the designated Jury and all those with blemishes (gynecomastia, bumps and swellings, acne, hematomas, ...) will be penalized, up to dismissal and disqualification.

5. Each athlete will be subjected to the control of the renal and hepatic toxicity parameters and to the blood check of the hormonal androgen levels. The sampling will be carried out on the day of the competition by medical-health personnel;

6. Each athlete will be subjected to a urine test. The sampling will be carried out on the day of the competition by medical-health personnel;

7. All athletes who are "suspicious" from the previous checks will be removed immediately from the competition as a precaution and will risk a disqualification from a minimum of 6 months up to 10 years.



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8. The trainer / coach of the suspected athlete will be expelled and disqualified from the association for 10 years.

9. Naturalbody will in any case give the possibility of a counter-analysis to be carried out only at a facility recognized by the international organization WADA no later than 20 days from receipt of the written communication. Alternatively, the athlete may authorize Naturalbody to use a second sample to carry out a new doping control (which, however, will be borne by the athlete and whose costs will be notified by email by Naturalbody).

10. Each athlete is aware and accepts without reservation that the results of the tests to which he will be subjected, both positive and negative, could be published, with his personal data and any prohibited substances detected, on the paper and online media connected to the Naturalbody.

11. It is the athlete's responsibility to be aware of the prohibited substances on the list. Ignorance is not allowed as an excuse.

12. The athlete is also aware of the fact that these procedures are third to those that CONI, through NADO ITALIA, or the Ministry of Health through the Anti-Sophistication Units of the carabinieri will be able to verify on their own initiative before or during the race.

13. The refusal by the athlete to sign the aforementioned consent / authorization release, makes it impossible for him to register for the race;

14. Anyone who, through any social network, denigrates the jury's judgment, will be disqualified. Complaints must be made at the end of the competition to the head jury, by written communication;

15. All athletes must register by paying an annual fee. The membership fee is € 100.00 valid for one calendar year. The fee includes a CSEN card for competitive athletes.



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16. The contribution for doping controls is 60.00 euros both for the qualifying competitions and for the National Naturalbody Championship;

17. The membership fee as a judge and supporter of the Natural Body project is 100.00 euros;

18. The fee for supporting members is 100.00 euros;

19. Payment must be made to the current account:  
ASD SPARTA MMA CS

20. The qualifying fee for the National Naturalbody Championship is 50.00 euros, excluding anti-doping contribution.

21. The race fee at the National Naturalbody Championship is 150.00 euros including anti-doping;

22. All documents, tax code, identity document, competitive medical certificate and receipt of payment must be sent **STRICTLY BEFORE THE RACE DAY** by email to: [projectsparta.segreteria@gmail.com](mailto:projectsparta.segreteria@gmail.com)

23. Mallo or other dyes that are not authorized by the Naturalbody organization are not allowed. The Association will provide a professional coloring service provided by specialized companies with a promotional formula.

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24. The following rules for categories and membership are valid for the international competitions WLNB (WORLD LEAGUE NATURAL BODYBUILDING). The odds of the WLNB international championships, specifically EUROPEAN CHAMPIONSHIP and any qualification has INTERCONTINENTAL cup, GRAND PRIX EUROPEAN NATION, and WORLD CHAMPIONSHIP is € 230.00 including anti-doping. Category crosses will be € 50.00



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## **NATURALBODY PROGETTO SPARTA**

25. For competitions held in America, we comply with the regulations and quotations of the PLA COMPETITION WLNB

26. The following categories are admitted:

### **MEN'S CATEGORIES**

All the following categories can be further divided with discriminating height, at the discretion of the jury

CADETS UP TO 17 YEARS

JUNIORS UP TO 22 YEARS

BB HEIGHT WEIGHT HP:

H / P - 6

H / P - 3

H / P - 0

H / P + 3

BODYBUILDING OPEN

BODYBUILDING MASTER OVER 40

BODYBUILDING MASTER OVER 45

BODYBUILDING MASTER OVER 50

BODYBUILDING MASTER OVER 60

CLASSIC PHYSIQUE

CLASSIC PHYSIQUE MASTER OVER 45

MEN'S PHYSIQUE

MEN'S PHYSIQUE MASTER OVER 45

WOMEN CATEGORY

All the following categories can be further divided with discriminating height, at the discretion of the jury



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## **NATURALBODY PROGETTO SPARTA**

WOMEN'S PHYSIQUE OPEN

WOMEN'S FIGURE OPEN

WOMEN'S FIGURE OPEN OVER 35

WOMEN'S BIKINI DIVAS

WOMEN'S BIKINI DIVAS OVER 35

WOMEN'S SPORT MODEL

BIKINI ANGELS

WOMEN'S FITNESS MODEL

27. Double categories are allowed.

28. In the HP categories only, the minimum number of 3 athletes must be reached, otherwise the categories will be grouped together



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