

INTERNATIONAL ASSOCIATION OF
TRANS BODYBUILDERS
(IATB)

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International Association
of Trans Bodybuilders

COMPETITOR'S HANDBOOK

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CONTENTS

OVERVIEW	2
HISTORY	2
GOALS	2
OBJECTIVES	3
LEGAL	3
BUSINESS STRUCTURE	3
INTELLECTUAL PROPERTY LICENSING	3
MARKETING	3
IMPACT	3
OUR ONLINE PRESENCE	4
OUR MARKETING STRATEGIES	4
BRANDING	5
LOGISTICS	5
ANNUAL MEMBERSHIP	5
RULES AND REGULATIONS	6
DIVISIONS	9
JUDGING CRITERIA	10
JUDGING FORMAT	11
PRIVACY POLICY & LIABILITY STATEMENT	14
STRUCTURE OF AN IATB COMPETITION	15
CONCLUSION	17

I. OVERVIEW

The International Association of Trans Bodybuilders (IATB) is a subsidiary organization of [FTM Fitness World](#) created for bodybuilders who identify as Trans (belonging at any level of the Trans spectrum).

HISTORY

The first historical Trans bodybuilding competition was created in October 2014 in Atlanta, Georgia, USA at the first annual [Trans Fitness World Conference](#). For our second year, we received media attention from major networks like Al Jazeera America and CNN; in our third year, we hosted the 1st powerlifting competition.

After three successful years, we've decided to separate the competitions from the conference and create it as its own organization.

GOALS

Separating the competition from the conference will achieve these goals:

- It will give the competition the personalized attention that it requires to reach a bigger audience: This will allow us to market and host the competition in different regions in conjunction with different LGBT or Trans conferences or separately as a standing event of its own giving access to people who would otherwise not be able to travel to Atlanta.
- It will allow the TRANS Fit Conference to rebrand itself as a conference, not only focused on physical fitness but on all the different areas of one's life: wellness, finances, relationships, spirituality, personal development. Hence the slogan "fitness for the mind, body and spirit."

- It will allow the organizational board of TransFitCon to give it the much needed and required focus to implement our goals and objectives.

OBJECTIVES

1. Be officially recognized worldwide as the leading authority of Bodybuilding (and Powerlifting) for people of Trans experience
2. Create a training certification program and membership accreditation for all the competition's judges
3. Standardize all the competitions with the same rules, expectations and membership affiliation for all competitors

II. LEGAL

BUSINESS STRUCTURE

IATB is a legal for-profit organization (currently in transition to become a separate non-profit entity) registered with the Secretary of the State of Georgia as a Limited Liability Company and a subsidiary of FTM Fitness World LLC.

INTELLECTUAL PROPERTY LICENSING

IATB is the Intellectual Property of FTM Fitness World. The Intellectual Property is only licensed to potential hosts after a proper legal agreement which will give the new host the right to plan and organize an official IATB Competition at an agreed location.

III. MARKETING

IMPACT

As the leading authority of Trans bodybuilding, IATB wants to recognize all the competitors as ambassadors of change who inspire beyond their body image.

We would especially want to encourage and reward the competitors who, by allowing themselves to be vulnerable and visible to the world, indirectly advocate for the Trans community; those who share their story; those who promote physical fitness and discipline; and those who give a positive image to the Trans community as a whole by being a productive member of their individual communities.

As a member, it is a possibility that you may be mentioned or featured in our marketing materials which include but not limited to:

OUR ONLINE PRESENCE

Website URL: <http://iatb.info>

Social Media:

- LinkedIn: Coming soon
- YouTube: <https://www.youtube.com/channel/UCPmKq5Y95czbtfqSaMa4mJQ>
- Facebook: <https://www.facebook.com/iatbcompetitions/>
- Twitter: <https://twitter.com/iatbcompetition>
- Instagram: <https://www.instagram.com/iatbcompetitions/>

OUR MARKETING STRATEGIES

- Press releases

- Event live streams
- Photographies and videos
- Public relations/media attention from local news (newspaper, radio, TV, etc.)

BRANDING

If you're self-promoting and mentioning IATB, note that all marketing, public relations and advertising materials should have the same branding: logo and/or IATB colors.

IV. LOGISTICS

ANNUAL MEMBERSHIP

- As ambassadors of IATB, competitors are required to maintain their annual membership. Valid IATB membership and competitions registrations can only be obtained from our main website: iatb.info
- After the initial application (after reviewing the guidelines and agreeing to the liability contract), competitors receive a membership card which allows them to compete at any IATB event for a registration fee per competition. Their membership must be active in order to compete.
- Some of the membership benefits may include: free attendance to TransFitCon events, discounts on supplements from our sponsors, a platform to share their story, merchandise discounts, media attention, speaking engagements, and the opportunity to become an IATB certified judge.
- **Judging Transgender, Transsexual and Masculine of Center (MOC) Bodybuilders:**

All competitors will be judged equally, regardless of whether they have had sexual reassignment surgery (SRS) or not or are on Hormone Replacement Therapy (HRT).

All Gender Nonconforming people are welcome to participate in the competitions regardless of whether they are medically transitioning or not.

Pre-op Transmen or Gender non-conforming competitors are encouraged to wear whatever attire over their chest that they feel comfortable with and are allowed to go topless if they choose to.

RULES AND REGULATIONS

Please read carefully before applying. Failure to follow any of these guidelines can be ground for disqualification.

Membership:

As an ambassador of IATB, you are required to maintain your annual membership. Your membership must always remain active in order to compete. Membership will expire the following year prior to the day that the athlete enrolled.

Entry fee:

All competitors are required to pay the set entry fee for each competition they plan to participate in. Event hosts have the option to set entry fee. All teenagers and masters must show proof of age.

Refund policy:

Annual membership and entry fees are non-refundable.

Assistant:

All competitors are allowed to bring one assistant or trainer with them backstage. Depending on the number of competitors and space limitations, we might limit the time allowed backstage.

Bodybuilding Posing Attire:

Masculine-identified athletes:

All masculine-identified competitors must wear posing trunks no longer than 6 inches and may wear a packer if they feel comfortable to do so, but it is not a requirement.

Posing trunks should be of a solid color, well fitted, not display the brand/logo and have no jewelry or other distracting materials attached. Jewelry other than rings and non-hanging earring are prohibited.

Feminine-identified:

All feminine-identified bodybuilders must wear a two-piece suits that crosses in the back and fully cover the breasts.

Suits do not need to be a solid color but must be v-shaped.

Absolutely no thongs or micros are permitted and all suits must be in good taste.

No heels may be worn.

Jewelry other than rings and non-hanging earring are prohibited.

Powerlifting Attire:

In order to allow safe and free movements, all competitors must wear tight and collarless clothing that covers the entire torso and do not cover elbows and knees. We recommend any type of singlet that doesn't cover the knees or shoulders. Wraps are NOT allowed but you can wear knee sleeves, wrist wraps and a belt if you choose to. Weightlifting shoes are highly recommended but not required. Socks must be worn at all times.

Bodybuilding Music:

Your music must be turned in at the latest 24 hours before the competition. Failure to do so will result to the DJ picking a random song for you.

All songs should be cut to a maximum of 90 seconds.

Your music can absolutely not contain any lyrics considered racist, sexist, homophobic, transphobic or with any sort of profanity in it. The best rule of thumb is to ask if it would offend or make a certain group of people uncomfortable. If the answer is yes, then it probably doesn't meet the criteria. Music containing profanity or explicit language may result in being disqualified from future contests.

Tanning spray:

Because there are many different kinds of tanning sprays and skin tones, and because we don't know each competitor's allergic reaction or tolerance, we ask that you bring your own tanning spray if you'd like to use some. Tanning spray is not required but it helps the judges and the crowd to see muscle definition better.

Please refrain from tanning backstage! We rent these locations and are often responsible for cleanup and damage. The head judge recommends tanning 24 hours prior to the show. If you'd like to still tan before the show, please do so outside of the premises to avoid stains. Failure to do so will result in a fine.

Alcohol Use:

Athlete's use of alcohol/liquor on any premises of an IATB sanctioned event prior to the competition is strictly prohibited and is ground for disqualification.

Sportsmanship:

Any athlete who demonstrates poor sportsmanship at a contest will be banned from all IATB events for 6 months. Poor sportsmanship includes:

- Not accepting, or destroying trophy on stage
- Walking off stage with a negative attitude ☐
- Not appearing at evening show without a valid reason given to the Head Judge

- Any irregularity or behavior that negatively affects other members, judges, hosts or staff.

DIVISIONS

BODYBUILDING:

IATB competitions may include some or all of the following divisions:

- Gender Nonconforming
- Transmen
- Transwomen
- Couples
- Teens: Age 15 to 19
- Masters: Age 45+
- Novice: A competitor that has not placed in the top 3 in an open division of any organization and has not competed in a novice division or class of any organization.

Note: We have the option to cancel any division due to insufficient amount of competitors or split divisions into evenly distributed subdivisions using age, weight or heights as the criteria.

Trans Men Weight Classes:

Lightweight – Up to and including 145 pounds

Middleweight – Up to and including 165 pounds

Heavyweight – Over 165 pounds

Trans Women Weight Classes:

Coming Soon.

POWERLIFTING:

The Powerlifting Competition is open to ALL genders, including non-Trans identified people; we strongly encourage the general public to participate. There will be different categories depending on the number of registrations a specific event receives; the cate will be based on weight.

JUDGING CRITERIA

BODYBUILDING:

Bodybuilders are judged on the overall quality of their muscular development. Judging will be based upon the presentation of 5 criteria:

- **Mass:** The perception of muscular size has been the foundation for bodybuilding since the beginning of the sport. Yet, mass is only a merit when accompanied by the remaining qualities. Mass/muscularity refers to the size of the muscles, their shape, definition and hardness. Muscularity is determined, in part, by the extent of the development in relation to the size of the skeletal structure. It also includes the shape/contour of the developed muscles and muscle groups, and separation (i.e.: the lines of demarcation between adjacent muscles) and striations delineating sections or fibers within the same muscle group, and the degree of firmness and muscle tone (lack of fat or water under the skin).
- **Definition:** Indicates the degree of muscularity brought about by the absence of subcutaneous body fat. Defined muscularity is necessary to fully display the development of the physique. Definition is only of value when it allows massively developed muscles to be displayed.
- **Proportion:** Implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as detrimental as a "weak body part". Bodybuilders must strive for equal development between all muscle groups.
- **Symmetry:** Refers to the structural harmony of the physique - the relative size of the various body parts and their shape. There must be

a balance and proportion between different components (upper body and lower body, upper and lower parts and front and back of extremities, etc.). Symmetry refers not only to balance in size of these elements, but also the degree of definition and detail. Symmetry is a measurement of evenness of development and how well all parts of the physique fit together.

- **Presentation:** The element of presentation includes the effectiveness of the display of the contestant's assets, and includes posture, carriage, projection and posing ability and performance. Skin quality, evenness of tone, charisma, poise, choice of posing outfit and grooming are considered. Effective stage presentation is essential to display the physique to its maximum potential.

Note for feminine-identified athletes:

The feminine-identified Bodybuilding Division is for those who enjoy weight lifting and competing. Athletes should display a tone, athletic physique showcasing femininity and muscle tone. All types of physiques will be considered when it comes down to height, weight, structure, etc.

POWERLIFTING:

Depending on the number of competitors who sign up to compete at one event, there will either be different categories or will use the Wilks Formula (or a combination of both), which focuses on absolute strength of each lifter and compares them on an equal standing.

The **Wilks Coefficient** or **Wilks Formula** is a **coefficient** that can be used to measure the strength of a **powerlifter** against other **powerlifters** despite the different weights of the lifters.

JUDGING FORMAT

BODYBUILDING:

1. Quarter Turns:

Quarter turns are relaxed poses from the front, left, back/rear, and right side. Competitors should be semi-flexed, not aggressively posing. The feet should remain flat on the floor and the body and head facing stage left and stage right for the side shots. When Quarter Turns are called, always turn to your right.

2. Mandatory Poses:

These are the poses you will be required to perform. Practicing them may increase your chances for a great performance:

- **Front double biceps:** Contestant should stand on two feet and have upper arms out to the sides parallel to the floor, with elbows bent at approximately 90-degrees with forearms parallel to torso. Legs, lats, chest, abdominals, and arms should be flexed.
- **Front lats spread:** Contestant should face stage front facing the judges, and grasp the waist with closed hands and spread elbows to flare latissimus. Show judges the width of the lats as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.
- **Side Chest:** Contestant should stand on the foot farthest from the stage with front leg bent to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping at the wrist. The chest should be lifted and the abdominals pulled in tightly. The competitor may pick a side of choice to display to the judges unless told otherwise. For the masculine-identified and gender nonconforming competitors who are pre-op, and feminine-identified competitors, we will focus on shoulder, arm, forearm, thigh separation and calf development.
- **Back/Rear double biceps:** This pose is exactly as the frontal version except that the contestant must bring the leg of choice toward the judges and "spike" the foot to show calf and leg biceps development.

Contestants should not lean excessively toward the rear of the stage, nor lean backwards too far toward the judges.

- **Back/Rear lats spread:** Contestant should face stage rear with calf of choice "spiked" toward the judges, and grasp the waist with closed hands and spread elbows to flare latissimus. Hamstrings and glutes should be flexed, with emphasis on showing judges the width of the back (V-shape) as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.
- **Side triceps:** Contestant should stand in the leg position similar to side chest pose, with the frontal arm hanging alongside the body, grasped at the waist by the rear hand from around the lower back. The triceps should be tightened, shoulders, chest and abdominals flexed, and the legs and calves tight. The side of choice may be displayed unless instructed otherwise.
- **Abs and thighs:** The contestant must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the neck. The abdominals must be fully flexed, with air expelled, with the legs and chest also tight. One-arm variations of the abdominal pose are prohibited unless instructed by the Head Judge.
- **Most muscular pose:** The contestant must stand with one leg slightly extended toward the judges, and assume a favorite of the following most muscular poses. Variations may be used but side most muscular poses are not permitted unless instructed by the Head Judge:
 - Either the "crab", hands-on-hips or
 - Partial crab (with one hand behind back).

3. Free Posing:

Competitors will perform 60 to 90 seconds of poses of their choice, without music at the morning show and with music during the evening show.

4. Comparisons:

The IATB judging panels will call athletes by their numbers for a side by side comparisons and call out specific mandatory poses. These poses should be presented such that the judge may make a clear determination of comparisons, with the contestants not turning from side-to-side (unless instructed). Contestants must hit the pose and relax on the command of the Head Judge, or he/she will be penalized with lower placement for not following instructions.

POWERLIFTING:

Lifts to Practice (In the following order):

1. SQUAT
2. BENCH
3. DEADLIFT

- Each competitor will have three (3) attempts to perform a proper lift.
- Your highest successful lift in each event is your total. The competitor with the highest total is the winner.
- There will be spotters to help with the lifts and during practice.

PRIVACY POLICY & LIABILITY STATEMENT

All members of IATB will be required to sign a copy of this statement prior to each event:

1. In consideration for acceptance of this entry and participation in this activity, I declare that I am in proper physical health and condition to participate and I hereby, for myself, my heirs, executors, and administrators, waive, release, hold harmless and forever discharge all rights to claims and will assume all risks for damages, death, personal injury, or property damage which I may have, or which hereafter may accrue to me

against FTM Fitness World, LLC and their officers, employees, volunteers, agents, sponsors, representatives, and assigns for any injury suffered by me at said contest, and in traveling to and from said contest.

2. I represent and agree that I am free to grant the rights granted hereunder. I agree to waive and release any photo/video rights for media (television, newspaper, etc), DVD sales, or future contest promotion (fliers, facebook, etc.) to FTM Fitness World, LLC, ftmfitnessworld.com, IATB and iatb.info. Furthermore, I agree to indemnify and defend all the persons or entities mentioned above from and against any and all liability, claims, losses, damages, expenses, attorney fees, costs of every nature, and causes of actions arising out of or in connection with my participation in this activity.

3. In signing this release, I acknowledge and represent that I have read the foregoing indemnification, waiver of liability and hold harmless agreement, understand it, and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate and complete consideration fully intending to be bound by same and will abide by the stipulations on this entry form and I understand that the promoter reserves all rights.

STRUCTURE OF AN IATB COMPETITION

1. ATHLETES MEETING

This is a mandatory meeting that typically happens prior to the prejudging event. The IATB Head Judge will direct all athletes into a designated enclosed area where non-participants are not allowed to attend.

What to expect at the meeting:

- Check for valid IATB membership cards
- Check for valid competition's registration
- Sign release forms

- Receive instructions from the judge: rules, regulations and contest procedures (show rundown, how and when to walk on stage, judging criteria, etc.)
- Receive and attach line-up number to the left side of posing trunks/suits
- Weigh in
- Fill out Information Sheet for MC
- Confirm that each competitor has emailed a picture of themselves to the Head Judge for a PowerPoint presentation.
- Confirm music (60-90 Seconds)
- Group Photoshoot
- Practice poses if necessary

IMPORTANT NOTE: Final registration will be cut off after the competitors' meeting.



2. BODYBUILDING PREJUDGING/MORNING SHOW

The prejudging/morning event is optional and depends on timing, logistics and can be cancelled at the host's discretion.

The morning show allows the judges to evaluate the competitors without the distraction of a large crowd and music.

Rundown:

- Quarter Turns
- Mandatory Poses
- Free Posing without music
- Comparisons

3. POWERLIFTING COMPETITION

4. BODYBUILDING COMPETITION/EVENING SHOW

The evening show is a repeat of the morning show but will include music for your free posing and there will be a larger crowd.

Rundown:

- MC Welcomes people, thank sponsors and make necessary announcements
- MC Introduces the judges and introduces the head judge last
- MC or head judge Introduces each competitor as they line up, all classes. Competitors are allowed three poses at center stage before lining up.
- All classes exit the stage except lightweights
- Quarter turns (all together)
- Mandatory poses (all together)
- All Competitors exit stage
- 60 to 90 seconds Free posing with music (MC or head judge will introduce the competitor before the music starts)
- Repeat with each weight class
- Optional: pose down for each class

DELIBERATION BREAK WITH MUSIC

- Judges convene/MC announces that judges are deliberating
- Important announcements if necessary
- Head Judge Announces winners in each class, then overall winner

BACKSTAGE:

- Silence: Please keep noise level to a minimum (this is part of your sportsmanship) in order to not disturb the other competitors' focus, the judges and the audience.
- No tanning: You will be fined if you're caught tanning on the premises.
- Towels will be provided
- Water will be provided after the show
- We might provide some weight and/or warm-up bands but we recommend that you bring your own.

V. CONCLUSION

Congratulations for being a member of the International Association of Trans Bodybuilders! We encourage you to keep your membership up to date and start training at least 3 months before a competition.

See you at an event near you!

Bucky Motter - President and Bodybuilding Judge

Janae Marie Kroc - Powerlifting Judge