

## **Transformation Challenge Guidelines**

### **Eligibility**

1. Must not have used any substances on the OCB banned list during the Challenge (posted on OCBonline.com)
2. Must not have competed in a physique contest before

### **Format**

1. Submit BEFORE photos on Challenge start date (starting date can be any date prior to May 15<sup>th</sup>)
  - a. Take three full body photos wearing a swimsuit, one each from the front, side, and back, while holding a newspaper showing its date and email photos to mshepshows@gmail.com
2. Submit AFTER photos exactly 8 weeks after start date
  - a. Take three full body photos in the same place wear the same out as the BEFORE photos (if possible), one each from the front, side, and back, while holding a newspaper showing its date and email photos to mshepshows@gmail.com
3. Submit an essay within one week of transformation completion date to mshepshows@gmail.com
  - a. Essays can include any information wanting to share. If guidance is needed, some suggestions for what can be included are:
    - i. What was life like before the Transformation Challenge started?
    - ii. What was done to make the transformation?
    - iii. How much weight was lost during the Challenge and how much did waist size change?
    - iv. What changed in life as a result of the Transformation Challenge?
4. Contestants will address the audience at the July 14<sup>th</sup> OCB Natural New Mexico show and speak about their experiences during the Challenge period (contestants can read straight from their essay's if they choose). The essay portion will be judged on content, not delivery.

### **Judging Criteria**

Judges will assign one overall score for each contestant in the form of rank taking into account BEFORE and AFTER photos, and essay content. A highest and lowest rank for each competitor is dropped as a safeguard against human error and/or bias, whether intentional or on a subconscious level. The remaining judges' placements are summed, and the competitor with the lowest sum total receives 1st place, second lowest sum receives 2nd place, and so on. In cases of ties, competitors ranked higher by the majority of all judges are awarded the higher placements.