

The OCB "Best of the Burgh"
BODY TRANSFORMATION CHALLENGE
Requirements & Guidelines

- Every contestant will need to complete and submit a 2026 OCB "*Best of the Burgh*" Entry Form with Contest Entry Fee. Each contestant will then receive an official 2026 OCB Body Transformation Entry Journal and will be required to document their progress on the first and last day of their 12 weeks.
- Every contestant must submit their completed Entry Journal via email to Stasi Longo within one week after finishing their 12 week challenge at: ocbpittsburgh@hotmail.com
- All completed Entry Journals must be submitted no later than 1 week prior to the "Best of the Burgh" competition (Saturday April 25th, 2026) which means that your start date with your beginning photos, measurements and scale weight etc. must be on or before Saturday January 24th, 2026.
- Every transformation contestant must be present at the 2026 OCB "Best of the Burgh" Natural Championships to read their Body Transformation Essay and receive their award.
 - Contest Date: Saturday, April 25th, 2026
 - Contest Location: Discovery Christian Church - 174 Scharberry Lane - Mars, PA 16046
- Every competitor will be weighed at the 2026 OCB "Best of the Burgh" Championships Athlete Registration the day before the competition between 1:00 & 8:00 PM and must weigh within 5 lbs. of their final 12 week competition weight or less.
 - Registration Date: Friday April 24th, 2026
 - Registration Location: Best Western Plus Cranberry Pittsburgh North - 5001 Cranberry Springs Drive - Cranberry Township, PA 16066
- Please note that contestants may "Crossover" into another division at the OCB "Best of the Burgh" Championships if desired.

Eligibility

The Body Transformation Challenge is open to any drug-free participant who has never competed before **OR** who has competed but never won a first placement in Bodybuilding, Classic Physique, Physique, Figure, Wellness or Bikini competition. There may be random drug testing by urine analysis. Anyone who during the contest uses anabolic steroids or any other illegal OCB banned substance will forfeit their eligibility in the Body Transformation Challenge. Please read the banned substance list at ocbonline.com before registering for the challenge. Body Transformation contestants are required to have an OCB membership but do not have to take a drug screening (polygraph) test.

Contestants can use whatever type of training and nutrition program they want during the course of this contest. It is highly recommended to consult a certified personal trainer or fitness professional to properly document measurements for the Transformation Entry Journal Judging Criteria.

Judging Criteria

1. Before & After Photos = 40% of score

- Each contestant must have at least 3 full body physique photos taken on the first and last day of their 12 week challenge. (front, side and back)

- Each contestant must hold a USA Today newspaper (front page) in their front photo with date showing. Please also take a close up photo of the same front cover of the newspaper so that we can view the date.
- Please wear the same type of clothing in your before and after photos. Be discreet but try to show as much of your physique as possible. Usually a 2 piece swim suit is best for women and shorts or trunks for men.
- Try to get the highest quality photos and please take photos against a plain white background. Any participant who is suspected by our judging panel of photo shopping will be disqualified.
- Before & after Transformation Entry Journal photos will be viewed by the audience as part of the competition.

2. Scale Weight 20%

Each contestant must provide their scale weight on the first and last day of their 12 week challenge. Please use the same scale for both and wear the same amount of clothing for both.

3. Tape Measurements 10%

Each contestant must supply tape measurements for these 3 physique circumference sites on the first and last day of their 12 week challenge: (Note: Please measure without bulky clothing and try to do the before and after measuring exactly in the same manner.)

- Across navel
- Across widest part of hips/glutes.
- Across upper right thigh

4. Body Composition 20%

Each contestant needs to measure body fat on the first and last day of their 12 week challenge. It is highly recommended to consult with a certified personal trainer or fitness professional to ensure this is done properly. These 4 skin-fold measurements in millimeters must be submitted:

- Bicep (Right arm)
- Triceps (Right Arm)
- Back (Subscapular)
- Hip (Suprailiac)

*** NOTE: You may alternatively submit a formal Body Fat measurement document from a DEXA Scan or an In Body Scan as long as all of the measurement requirements listed above are submitted.

5. Essay 10%

Each contestant will be required to write how this 12 week body transformation impacted their life in 250 words or less. Each contestant will be required to read their essay at the stage podium at prejudging & at the night show for the judges to fairly score them. They will be scored on essay content, not delivery.

***The OCB "Best of the Burgh" Championships panel of certified judges will score each contestant's before and after photos based on each contestant's overall improvement as well as their essay content. These scores will then be added with the "measurements progress" submitted in the BT Challenge Entry Journal for a maximum of 100 points.**

Awards

Awards will be given to the top 5 transformers (1st Place through 5th Place) at the 2026 "Best of the Burgh" Natural Championships awards presentation.

Register:

Contact Stasi Longo at Sonshine Fitness LLC with any questions 412-551-6836 or email Stasi: ocbpittsburgh@hotmail.com

Need Trainer Help? I'm available!
Stasi Longo.com
Certified Professional Trainer & Physique Coach
40 Years Experience