

## OCB Cleveland “Battle of the Great Lakes Naturals”

### Body Transformation Challenge Requirements & Guidelines

- Every contestant will need to complete and submit an Entry Form with Contest Entry Fee online at the OCBonline.com Battle of the Great Lakes Naturals entry site before they begin their entry journal.
- Each contestant will need to keep a Body Transformation Journal (create a digital document) and will be required to document their progress on the first and last day of their 12 weeks, or longer.
- Every contestant must submit their completed journal and required pictures via email to Kim Hillier ocbclevelandkim@gmail.com within one week after finishing their 12 week or longer challenge.
- All completed journals must be submitted no later than Wednesday, August 12<sup>th</sup>, 2020 which means that your start date with your beginning measurements and scale weight must be on or before May 27<sup>th</sup>, 2020.
- Every transformation contestant must be present at the 2020 OCB Cleveland Battle of the Great Lakes Naturals to read their Body Transformation Essay and receive their award.
- Every competitor will be privately weighed at the 2020 OCB Cleveland Battle and must weigh within 5 lbs. of their final 12 week competition weight or less.
- Please note that contestants may “Crossover” into another division at the OCB Cleveland Battle... if desired. If competing in one of the physique classes you will need to purchase an OCB Amateur Membership. **No membership needed for Transformation Challenge only.**

#### **Eligibility:**

The 2019 OCB Cleveland Body Transformation Challenge is open to any drug-free participant who has never competed before or who has competed but never placed in the top 5 in Bodybuilding, Physique, Figure, 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. 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)
  - The photos MUST be time stamped or include a newspaper with THE DATE VISIBLE

- 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 or sports bra and shorts 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 or light 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 will need to measure their 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. Use a 4 site, skin-fold measurement or an In Body Scan. Submit print out or a doc signed by a certified trainer.

## 5. Essay and Stage Reading/T Walk 10%

- Contestants must submit a **250 word maximum essay along with their photos and journal no later than August 12, 2020.** A before and after photo will be displayed during the essay reading/T Walk.
- Contestants may wear any type of clothing they feel best displays their current physique (fitness wear, business casual, semi-formal, formal etc..) They will read their essay or portion of the essay then walk across the stage center, front , left side, right side, back to center, briefly stopping to “pose” at each point. Then wave and exit stage.
- The essay will only be judged on content, not delivery.
- The essay must contain the following information:
  - What motivated you to change?
  - How did you accomplish your goal?
  - Who do you want to thank?
  - How do you plan to maintain the changes long-term?

**Judging:** The judges will have the opportunity to review journals, body composition, pictures and essays prior to the day of the show. This will give them an opportunity to become familiar with each contestant’s journey. On show day, contestants will read their essays aloud. They will be scored and

placed (1 st , 2 nd , 3 rd ...) according to their photos and essays. The contestant with the lowest total score wins the overall. In the event of a tie, the Head Judge will make the final decision.

**Awards:** Trophies will be awarded to the Top 5 Male & Female transformers at the OCB Cleveland Battle awards presentation.