

**The 2024 OCB Natural Steel City Championships**  
**BODY TRANSFORMATION CHALLENGE**  
**Requirements & Guidelines**

- Every contestant will first need to complete and submit an OCB *Natural Steel City* Entry Form with Contest Entry Fee at [ocbonline.com](http://ocbonline.com) for the October 5, 2024 competition.
- Each contestant will then receive an official OCB *Natural Steel City* Championship 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 booklet via email to Stasi Longo within one week after finishing their 12 week challenge at: [ocbpittsburgh@hotmail.com](mailto:ocbpittsburgh@hotmail.com)
- All completed booklets must be submitted by Saturday, September 28th, 2024 which means that your start date with your beginning measurements, scale weight & "Before" photos must be on or before Saturday July 6th, 2024.
- Every transformation contestant must be present at the 2024 OCB Natural Steel City Championships to read their Body Transformation Essay and receive their award.
- Every competitor will be weighed at the 2024 OCB Natural Steel City Championships Registration on Friday, October 4th at the Hilton Garden Inn Pittsburgh / Cranberry between 1:00 & 8:00 PM 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 "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, 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](http://ocbonline.com) before registering for the challenge. Body Transformation contestants are not required to have an OCB membership or take a polygraph test.

Contestants can use whatever type of Drug-Free training and nutrition program they want during the course of this contest. Please visit [ocbonline.com](http://ocbonline.com) to view the Banned Substance List for all competitors. 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 his or her 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 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. Using skin-fold calipers, these 4 skin-fold measurements in millimeters must be submitted:

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

#### **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 only be scored on essay content, not delivery.

**\*The OCB Natural Steel City 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 (1<sup>st</sup> Place through 5<sup>th</sup> Place) at the 2024 Natural Steel City Championships awards presentation.

#### **Register:**

Contact Stasi Longo at Sonshine Fitness LLC for your entry form today @ 412-551-6836 or email Stasi: ocbpittsburgh@hotmail.com

***Need Trainer Help? I'm available!***

***Stasi Longo***

***Certified Professional Trainer & Physique Coach***

***Sonshine Fitness LLC***

***www.sonshinefitness.com***

***ocbpittsburgh@hotmail.com***

***724-942-BFIT***

***412-551-6836***