



**Background:** The OCB was founded by Matt Shepley in 2003 with the intent of creating a safe, fun, and fair competition platform for natural bodybuilding athletes. Among the all-natural organizations in the United States, OCB is currently the largest and offers the highest amount of guaranteed cash prizes for its pro divisions. OCB hosts over 120 contests annually during all 12 months in the calendar year. Memberships are valid for 365 days from when athletes join so everyone has a complete contest season no matter when they begin. OCB offers 7 competition categories: women's physique, figure, wellness, and bikini; and men's bodybuilding, classic physique, and physique. Within the categories athletes may crossover into different divisions based on their level of experience and age.

**Drug Testing:** Competitors must be drug free and compliant with the WADA Anti-Doping Code. Participants are required to pass polygraph screenings prior to competitions. In addition to polygraph testing, pro-qualifying placement winners at amateur events, and cash-prize placement winners in pro divisions, must pass a urine test. Amateurs and pros are also subject to random testing at any time in or out of competition. Lab reports are provided to all athletes who provide a sample as evidence that testing is being conducted. Polygraph screenings are used since many substances are not detectable in urine. For example, most anabolic steroids and other banned substances are no longer detectable in urine within a month or two from last use, and growth hormone is not detected in routine sports panel urine testing.

**Judging:** All OCB judges must undergo rigorous training to become certified, attend regular professional development seminars, and sign a Code of Conduct to ensure athletes are being scored by highly qualified, ethical people. Should a judge become aware of any conflicts of interest with respect to their role as a judge (e.g., a client, best friend, or teammate is competing), it is their responsibility to notify the promoter as soon as possible before the show date so another judge can sit in their place for those classes.

**OCB Pro Level:** To become an OCB pro, athletes must compete in an OCB amateur event and win the overall in the open or masters. A pro card will be awarded when minimum entries have been met. Upon passing a polygraph and urinalysis test, OCB will grant a pro card. Due to discrepancies in how pro cards are awarded and drug testing is conducted in other organizations, the OCB does not accept pro status from other natural organizations. This way we can ensure that every OCB pro athlete has undergone the same rigorous process, and we provided an added layer of protection for OCB pros to prevent cheaters from competing in our events.

**OCB Pro Prize Money:** The OCB guarantees prize money as advertised equally to men and women, open and masters pros. Prize money is awarded to the top 3 overall pending urinalysis test results. These amounts do not vary based on the number of entries, prizes, trophies, or other factors.

In 2023, OCB paid over \$200,000 in guaranteed prize money to OCB Pros. A total of \$63,000 was awarded at the 2023 OCB Pro Yorton Cup.

**OCB Pro Cash Prizes:**

\$1,500 - 1<sup>st</sup>  
\$1,000 - 2<sup>nd</sup>  
\$500 - 3<sup>rd</sup>

**OCB Pro Yorton Cup:**

\$5,000 - 1<sup>st</sup>  
\$3,000 - 2<sup>nd</sup>  
\$1,000 - 3<sup>rd</sup>

**OCB Pro Yorton Cup:** The OCB Pro Yorton Cup, named in honor of Chet Yorton, is the most prestigious event in the OCB and the only all professional event in bodybuilding. Chet Yorton was the first person to host a drug tested contest in history and is widely known as the "Father of Natural Bodybuilding." Pros must qualify to compete in the Yorton Cup, and the cash prizes are the highest paid to natural athletes in the United States. The Yorton Cup itself has the names of each year's professional champions etched on it, making it a historical record of the top natural athletes in bodybuilding, and a very exclusive, respected, and highly sought after professional title.

**For more information:**  
OCBonline.com

@ocbofficialpage @ocbyortoncup