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IFBB CODE OF ETHICS

Introduction:

The IFBB Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the IFBB family. National Federations and other Members join the IFBB of their own free will and, in so doing, agree to abide by the IFBB Constitution and Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, the athletes, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfil our responsibility to society, to other athletes, judges, officials, and administrators of the IFBB.
2. to honour, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
7. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumourmongering; to refrain from personal attacks against any other Member of the IFBB.
8. to continue striving for bodily perfection and correct moral principles.
9. to honour the special trust conferred upon us by our participation in, and by our representation of, the IFBB and our country, at international events, and to adhere to the standards of personal conduct expected of us.
10. to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.
11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to compete drug free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Judges:

We, the judges, realizing that our actions and decisions as judges reflect on the good



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name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all of the rules governing competitions.
2. to safeguard the interests of all competitors on equal terms.
3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.
4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. to respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.
6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.
8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper 34 chain of command; to refrain from innuendo, malicious gossip and rumourmongering; to refrain from personal attacks against any other Member of the IFBB.
10. to honour the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.
11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Officials:

We, the officials, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges officials, or other administrators, according to their needs.
2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. to safeguard the health and physical fitness of the athletes.
4. to provide the athletes with the best possible conditions for achieving bodily perfection.
5. to provide the athletes, judges, officials, and other administrators, with the best



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possible conditions for the conduct of competitions.

6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.

7. to respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.

8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB. 35

9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumourmongering; to refrain from personal attacks against any other Member of the IFBB.

10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.

11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.

13. to refrain from any conduct that may be considered prejudicial to the IFBB;

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB