

## **FAQs for the SNBF Casting**

### **For whom is the casting?**

Casting is mandatory for all athletes who want to compete with the SNBF for the first time.

### **Do I need to be stage-ready at the casting?**

No. At the casting we want to see if you can reach the competition/stage-ready form during the remaining weeks until the Swiss Championship. Members of the jury will be present, and they will give you a first evaluation including possible tips for further competition preparation.

### **What kind of clothing is desired for the casting?**

Men's bodybuilding classes: Posing or swimming trunks («Speedos»)

Men's Physique: Board shorts

Ladies: A simple beach bikini or a plain competition bikini

**Please note that underwear is strictly prohibited on stage!**

### **Do I have to tan for the casting?**

For the casting no competition tanning is necessary. In order to keep the premises clean and to avoid staining, the use of tanning and bronzing lotions is strictly prohibited.

### **Do I have to completely remove any body hair before casting?**

With average body hair a full shave before casting is not necessary.

### **Do I have to style myself for the casting (stage make-up and hair)?**

No, it is not necessary to wear stage make-up or do any styling for the casting.

### **Do I have to practice posing for the casting?**

For the casting you do not need to prepare your posing routine. However, since posing is an important part of competition preparation, we recommend all athletes to start practicing their posing before the casting. At the casting athletes competing in the classes bodybuilding, Men's Physique and Figure will be asked to present their favorite poses (all sides). Athletes competing in the bodybuilding categories should know the name of all compulsory poses and should be able to execute them properly as well.

Athletes in the bikini class will present the four main poses in quarter turns.

### **Will there be any doping tests at the casting?**

Yes, at the casting we will randomly ask athletes to provide a urine probe which will be tested according to WADA standards. This will take place after you apply for SNBF membership and complete your registration for the Swiss Championship.

Athletes who refuse to provide a urine sample will automatically be disqualified from the championship and will receive a 7-year ban from competing within the SNBF and its affiliates.

**Do I have to apply for the SNBF membership before the casting?**

You can apply for SNBF membership online (at [www.snbf.ch](http://www.snbf.ch)) before the casting or you can do so directly on-site on the day of the casting. Underage athletes must have their application form signed by a legal representative. If the legal representative is not at the casting, we kindly ask you to bring the signed application form with you to the casting. You can find the application form online at [www.snbf.ch](http://www.snbf.ch) > Dokumente.

**Do I have to register for the Swiss Championship before the casting?**

No. The registration deadline for the Swiss Championship is on the day of the casting. Newcomers who qualify for the Swiss Championship at the casting will have the opportunity to register for the Swiss Championship on site. Please do not forget to bring a valid ID. Underage athletes must have their application form signed by a legal representative. If the legal representative is not at the casting, we kindly ask you to bring the signed application form with you to the casting. You can find the application form online at [www.snbf.ch](http://www.snbf.ch) > Dokumente.

**Due to scheduling reasons I cannot attend the casting. Is it possible to qualify for the Swiss Championship on another date?**

Unfortunately, we cannot offer any other appointments for the qualification. Exceptions are only possible under certain circumstances.

**Can a friend/parent/partner come along to the casting?**

Yes, each athlete can have one accompanying person in the backstage area. Further people can support you from the audience area. Tickets are available at the entrance for CHF 20 (no presales).

**I am not participating in the casting, but I would like to join as spectator. Is that possible?**

Yes, you are welcome to support our newcomers as a spectator. Tickets are available for CHF 20 at the entrance only.

**What is the schedule on the day of the casting?**

The casting for the Swiss Championship 2019 will take place in the following order:

13.00: Figure

14.15: Men's Physique

15.30: Bikini

17.00: Bodybuilding

At the above-mentioned time, each class will receive relevant information about application for the Swiss Championships, the posing seminars, about the competition weekend and about the ticket availability. Participation is mandatory for all athletes of the according class.

**Please note that changes are possible! Due to the high number of participants, we kindly ask all athletes to arrive on time to allow us enough time for the registration.**