



The Inaugural NW Arkansas Transformation Challenge Presented by the NANBF

Weight Loss, Muscular Improvement, and Overall Physical Appearance.



NANBF.ORG

DATE: June 14th, 2025

LOCATION: Faulkner Performing Arts Center, 453 Garland Ave, Fayetteville, AR 72701

SANCTIONING: The North American Natural Bodybuilding Federation (NANBF, www.nanbf.org)

PROMOTORS: Joe Wilson; 479-530-6268;

bigjoewilson123@yahoo.com

CONTEST TIME FRAME: Start anytime after 6/27/2024 up until two weeks of show date (5/31/2025). All parts of the entry and essays must be completed in the English language. Incomplete entries will be disqualified. Registration will close no later than two weeks out from competition date.

Contestants must submit **6 photos, body composition** and a brief **essay** together via email by that time.

ADMISSION TICKET PRICES: \$ if purchased prior to or on day of 6/13/2025. \$40 as of 6/14/2025

AWARDS: Overall winner will receive minimum \$500. All top one-third of Transformation entries will receive their entry fee back, engraved plaque, and top tier sponsor prizes. Top 5 winners will be recognized and awarded at intermission of NWANC. All transformation entries will be presented on website

HOTEL: Sleep Inn Fayetteville

728 East Millsap Road, Fayetteville, AR 72703; (479) 587-8700. \$124 per night. Please mention NWA Natural Championships before 4/14/2025

JUDGED AND VOTED BY A 3 PANEL

SYSTEM:

1) by the NANBF Lifestyle judging panel, 2) by the NWANC attendees, and 3) through social media presence. All 'judges' will review 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 have their essays read aloud by emcee along with their initial and final progress pictures displayed. Contestants will be scored and placed (1st, 2nd, 3rd...) according to their photos and essays. The contestant with the lowest total score determines the placing.

Photo Guidelines: Men and women should wear workout clothes for their photos. Arms should be at sides in all poses (front/side/back). Photos should be taken against a plain background. Copyrighted photos will not be accepted unless a signed release of use to the NANBF is provided.

Photos of Before: 3 pictures taken upon entering, can be no further out than 364 days prior to the competition. Photo 1- Full body picture posed from the front. Photo 2- Full body posed from the side, Photo 3 -Full body posed from the back. The contestant must have a newspaper included showing the date when taken. Report weight in these photos and must be accompanied by an In-body scan report (or similar body composition report approved by promoter).

Photos of After: 3 pictures taken and online registration upon deadline of competition (June 13th). Photo 4 – Full body picture posed from the front. Photo 5- Full body posed from the side. Photo 6 -Full body posed from the back. Newspaper must be visible in photos to verify date. Report weight in the final photos along with final In-Body scan report (or other similar body composition report approved by promoter). All 6 photos must be submitted together with the essay via email on or before 2 weeks out of competition to the promoter (unless promoter designates earlier).

Essay Guidelines Contestants must submit a 250 word maximum essay along with the 6 photos no later than deadline. Contestants who make the top 5 final, their essays will be read allowed by Emcee and posted on show website. They will only be judged on content, not delivery. The essay must answer the following questions:

- What was your motivation to change?
- How did you accomplish your goal?
- Whom do you want to thank?
- How do you intend to maintain changes for the long-term?

ENTRY: The entry fee is **\$105** for the initial division of competition. Entries must be received no later than May 31st. Late entry penalty of \$35 will be applied. **Absolutely no entries accepted after June 7th, 2025.**

(You will receive additional information by email after we receive your entry.) If mailing, please make money order or certified check payable to:
Joe Wilson Productions, PO Box 1331, Bentonville, AR, 72712

ELIGIBILITY: Transformation participants must be at least 18 years of age at the time of entry. Open to any natural contestant (following NANBF drug-free criteria) that has not elected weight loss surgery (such as bariatric, gastric bypass, gastric band, etc.). All contestants are subject to polygraph process. Competitors are not required to enter any other bodybuilding divisions, but are eligible to crossover into other divisions if they choose to do so.

TESTING & CHECK-IN: Every competitor is polygraphed set by appointment with promoter. First come, first serve. Fee to polygrapher is **\$50 CASH**. Good for NANBF shows within a 45 day period. Promoters have the right to test and retest prior to or after the show. NANBF membership required. BE PREPARED TO POLYGRAPH UP TO 7 DAYS PRIOR TO THE CONTEST. NO EXCEPTIONS. All contestants must present NANBF card at check-in. NANBF Cards are **\$80**. These are to be purchased online (Additional information about drug testing will be mailed to you after we receive your entry.)

WEBSITES:

WWW.NWARKANSASNATURAL.COM
WWW.NANBF.NET

Please sign up online. Have pictures and InBody/Body Composition scan ready to upload

Be ready to submit: Name, Address City, State, Zip, Phone, Email Address, Social Media profile, Occupation, Who was helping you in process, Essay (< 250 words), 3 before pics, 3 after pics, T-shirt Size.

(You will be required to sign a release as a standard procedure, at check in. If you are under 18, signature of a parent or legal guardian is required)

Regulations and Requirements

- All winners are responsible for all applicable taxes; prizes are not transferable; and there will be no substitutions for the prizes. NANBF reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual participants. Any amendments to the rules or changes in prizes will be published online at www.NANBF.net. Rule interpretations and all judging decisions are final. NANBF Transformation Challenge participant scores are confidential and will not be disclosed.
- Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the NANBF Transformation Challenge. Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach.
- Participants in the NANBF Transformation Challenge expressly release NANBF, promoters, affiliated companies, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the NANBF Transformation Challenge.
- Submission of your completed registration form constitutes your express consent and permission for NANBF to use your name, photographs, and written responses (in whole or in part) for promotional and advertising purposes to promote NANBF, and the Transformation Challenge, in any media and in any manner whatsoever, as well as its vendors and affiliates without limitation or restriction, and such consent is deemed given by your entry and participation in the NANBF Transformation Challenge.
- Submission of your completed entry shall be deemed as your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to NANBF of all right, title, and interest, including copyright, of your photographs, and written responses. All information and materials submitted become the sole and exclusive property of NANBF. Once pictures and/or essay are submitted as part of the competition they become the sole property of NANBF and may not be used in another weight loss, Transformation or healthy-living competition.
- Registration and final profile must include a before and after showing the contestants before and after body. In photos the contestants are to stand with their arms at their sides and to include their entire body, from head to toe showing the front, either side, and back.. Photos should be taken against a plain background. Copyrighted photos will not be accepted unless a signed release of use to the NANBF is provided.