



ANBF Virginia Beach Open

ANBF Virginia Beach Open

Pro Qualifier in the Open and Masters classes when minimum entries are met.

Date

May 16, 2026

Location

Simon Family JCC, 5000 Corporate Woods Dr., Virginia Beach, VA • 757-321-2338 •
SimonFamilyJCC.org

Times

The following show times are tentative and may change depending on the number of registered athletes in each category. This section will be updated as we get closer to the show, and any changes will be emailed directly to competitors.

Men's Show Start time: 10:00 AM

Women's Show Start time: 1:00 PM

The schedule of events will take place over 4 segments to help ease flow of foot traffic throughout the day, and to help with spectators planning to attend the event. Approximated times for each segment are listed below. Should showtimes posted at that time for various segments not run as long as anticipated, subsequent segments will not be started prior to the final advertised starting time (for purposes of attendee planning). Should showtimes posted for various segments run longer than anticipated, subsequent segments may not begin until a little later than the final advertised times.

ORDER OF EVENTS

Segment 1: 10:00 AM - 11:30 AM Men's Bodybuilding and Men's Classic Physique

Segment 2: 11:30 AM - 1:00 PM Men's Physique

Segment 3: 1:00 PM - 3:00 PM Women's Physique and Wellness

Segment 4: 3:00 PM - 5:00 PM Bikini and Figure

Tickets

- **Adult** All Day General Admission: \$40
- **Child (6-16)** All Day General Admission: \$20
- Children ages 5 and under are FREE
- **Coach/Backstage Pass** (also valid for all day general admission): \$75
 - *1 per competitor strictly enforced.
 - Coach Pass purchased day of the event.

Tickets are non-refundable.

Entry Fees & Deadlines

If entry is received by 4/16/2025: \$80. After that date \$100. The last day to register is 4/30/2026. Crossovers into additional classes are \$80 per class. Walk-in entries will not be accepted the day of the event. Drug screen Exam is \$60 (cash only payable to the examiner). ANBF Membership must be purchased in advance by 4/30/2026 at ANBFnatural.com. A current ANBF membership number will be required at registration. *REGISTRATIONS ARE NON-REFUNDABLE*

Divisions & Class Offerings

- **Men's Bodybuilding:** Teen, Debut, Novice, Military, Age 60+, Age 50+, Age 40+ (PQ), Open (PQ)
- **Men's Physique:** Teen, Debut, Novice, Military, Age 50+, Age 40+ (PQ), Open (PQ)
- **Men's Classic Physique:** Teen, Debut, Novice, Military, Age 50+, Age 40+, Open (PQ)
- **Women's Physique:** Teen, Debut, Novice, Military, Age 50+, Age 35+, (PQ), Open (PQ)
- **Figure:** Teen, Debut, Novice, Military, Age 50+, Age 35+(PQ), Open (PQ)
- **Bikini:** Teen, Debut, Novice, Military, Age 50+, Age 35+(PQ), Open (PQ)
- **Wellness:** Teen, Debut, Novice, Military, Age 35+ (PQ), Open (PQ)

DEBUT ELIGIBILITY: First competition ever. Competitors cannot have ever competed in any category with any organization.

NOVICE ELIGIBILITY: Cannot have placed first in any class (besides Teen), within any division, within any category, with any organization (with the exception of cases where first place was won in a class that only had one competitor in it)

When more than one class in a division, classes are formed by dividing competitors evenly by height. These will not be determined until all registration entries have been received.

Crossover Entries (entering more than 1 division)

A crossover entry is entering more than one division within a category. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well. Competitors may not participate in more than one category (Bikini, Figure, Physique, Bodybuilding, Classic Physique) at any given show.

Awards

The top 5 in every class will receive awards.

Eligibility

All competitors are required to hold current ANBF memberships to participate in this event. To obtain the annual membership, please register by a week before the event. Memberships can be purchased on ANBFnatural.com.

This is a natural (drug-free) competition. All competitors must meet eligibility criteria listed in the OCB drug testing guidelines in order to participate. Prior to registering competitors should review the procedures and list of banned substances posted on ANBFnatural.com.

DRUG TESTS AND Drug SCREENING

All competitors are required to be Drug screened at the host hotel on 5/15/2026. In addition, all pro qualifying placement winners are required to provide a urine specimen immediately after stepping off stage.

EVENT CHECK-INS & Drug Screenings

All athletes are required to check-in on Friday, 5/15/2026 from 9:00 AM - 7:00 PM at the host hotel. Drug screenings will be by appointment. A scheduling link will be emailed to competitors closer to show day. Drug testing fee is \$60. Fees are non-refundable. Please try to schedule drug screening appointments BEFORE any spray tanning appointments.

What to expect at event check-ins/drug screenings: Drug testing and check-in tasks will both be done. Check-in tasks will consist of distributing competitor number buttons and any advance tickets purchased, turning in photo order forms (if applicable), verifying paperwork, and any other administrative tasks that may be needed.

Music & Individual Presentations

Due to the size of this event, in order to allow all contestants to have an opportunity to participate in the individual presentations segment, competitors will be introduced by name and number only, and take the stage to house music. Athletes will walk to the center of the back of the stage (there will be an "X" marking the spot), strike one pose of their choice, walk to front center stage (there will be an "X" marking the spot), strike four poses of their choice, then exit. House music will be played.

Host Hotel

Holiday Inn, 5655 Greenwich Rd., Virginia Beach, VA
757-499-4400

Use booking code: VBOpen

Choose one king, or 2 queen size beds. Each room has microwave, and mini fridge.

Rosters/Classes

A roster with assigned competitor numbers and class breakdowns will be emailed to competitors the Thursday before the show. This information will not be available until after all of the registrations are in and the promoter has had time to sort the classes.

Backstage Policy

One assistant max per competitor is allowed backstage. A trainer/coach ticket must be purchased, which is good for both general admission and back stage access - cost \$75. It may be purchased at check-in or day of the show. If anyone is found backstage without a trainer/assistant ticket, they will be escorted out of the building.

Competitor Prep Area

Please take extra precautions to care for the venue and keep it as clean as possible. Do NOT touch the walls and do NOT stray from protected areas. Mirrors will be available. Athletes will need to bring their own equipment to pump-up.

Stage Photography Coverage

Information/Link coming soon.

Video Recording Policy

Competitors and friends/family are welcome to bring cameras and recording devices. Please remember to tag Official ANBF and @SimonFamilyJ on social media!

Spray Tanning

Athletes must pay in advance in order to book their appointments. Tanning will take place at the host hotel on Friday. Touch-ups on Saturday at the venue. Spray Tanning, Hair and Make-up services are all available from Bronze Bodies,LLC. For details or to schedule appointment, email:

bronzebodiesllc.com

*Note: Tanning products have a tendency to stain and damage clothing, sheets, and other surfaces.

Hair and Make-up

Information/Link coming soon.

Competitor Meeting

There won't be a contestant briefing the day of the show. All information that would generally be provided is listed on this page, so please read everything carefully. Please refer to OCBOnline.com for complete details of category guidelines. An email will also be sent out one week before the show. Everything you need to know will be provided there as well.

Contact the Promoter

Paul M. pgmul5@gmail.com

Sponsorship & Vendor Space

Vendor space is available! Please contact Tom Purcell at: tpurcell@ujft.org to inquire.

