

LIETUVOS KULTŪRIZMO FEDERACIJA



2026 Lithuanian Open Bodybuilding and Fitness Championship **2026 in Prienai** **Rules**

Goals and Objectives

- Promoting fitness and bodybuilding;
- Encouraging physical activity;
- Promoting a healthy lifestyle;
- Selecting the country's strongest athletes;
- Providing an engaging and meaningful experience for event guests and participants.

Time and place

1. The competition will take place on May 16, 2026, at Vytauto St. 35, Prienai;
2. Athlete registration will take place from 9:00 a.m. to 10:00 a.m.;
2. The competition will begin at 11:30 a.m.

Organization and execution

The competition is organized by the **Lithuanian Bodybuilding Federation (NAC)**.

President of the Federation: Vytautas Sadauskas

Head judge: Vladas Jovaiša, +37061114969

Secretary: Evelina Tamošiūnienė, +37068488573

The competition is managed by a team consisting of the head judge and the competition secretary.

The competition will be conducted in Lithuanian, Russian and English.

COMPETITION CATEGORIES

- | | |
|---------------------------------------|-----------------------------|
| 1. Juniors (aged 19 and under) | Born on or after 2007-05-16 |
| 2. Juniors (under 23 years old) | Born on or after 2003-05-16 |
| 3. Men's bodybuilding novice | |
| 4. Men's Physique | |
| 5. Men's Classic Physique | |
| 6. Men's Classic Physique masters 40+ | Born on or after 1986-05-16 |

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7. Men's Masters 40+	Born on or after 1986-05-16
8. Men's Masters 50+	Born on or after 1976-05-16
9. Men's Masters 60+	Born on or after 1966-05-16
10. Men's Body Class 1	
11. Men's Body Class 2	
12. Miss Bikini novice	
13. Miss Bikini	
14. Miss Bikini-Shape	
15. Miss Figure	
16. Miss Bikini-Wellness	
17. Miss Physique	

If fewer than five athletes register in a category, categories may be combined.

The competition is open to all athletes of Lithuania and abroad.

Participant registration

- Online registration: <https://www.kulturizmas.com/lietuvos-kulturizmo-cempionatas/> by May 13 at 16:00. All participants who register online by the specified date and time will receive one free ticket for a makeup artist or family member to access the competition backstage. (An additional backstage ticket costs €10 per person.)
- Registration will take place near the stage on the day of the competition and will be conducted by designated representatives of the federation.
- During registration, participants must present a passport or an ID card.
- During registration, athletes' height and weight will be measured.
- During registration, athletes must submit their music in MP3 format. The USB drive must contain only the single music track required for the free routine.
- After registration, the organizers will assign a participant number to the athlete on the day of the competition.
- Only registered participants with a clearly visible participant number on the left side are allowed to start the competition.
- By registering, each athlete agrees that the organizers may freely use any photos and video footage taken during the competition for marketing purposes without separate consent.
- By registering, the participant confirms that they agree to the competition rules.
- Pay the entry fee.

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Registration fees

Category	Price for NAC members	Price
1 category	55 euros	70 euros
2 categories	95 euros	130 euros
3 categories	135 euros	190 euros

Men's bodybuilding category poses (cadets, juniors, novices, veterans, bodybuilders)

***Men Body 2: up to and including 179 cm**

***Men Body 1: 180 cm and above**

1. Front/back proportion
2. Mandatory poses
3. Free routine up to 1 minute (not judged)

* For cadets up to 19 years old, the free routine is not required.

Athletes perform two poses:

- front assessment of proportions;
- back assessment of proportions;

1. Front biceps pose

Facing the judges, both arms are raised to shoulder level with elbows bent. The hands are clenched into fists and turned downward. This tightens the biceps and forearms – the main muscle groups evaluated in this pose. In addition, the competitor

should try to contract as many muscles as possible, as the judges evaluate the entire body.

The judge will first examine the biceps muscles, paying attention to the peak and overall shape of the biceps, and then continue to evaluate the development of the forearms, deltoids, abdominal muscles, thighs, and legs. The judge will focus on muscle density, definition, and balance.

2. Chest – front lat spread

Standing facing the judges, the athlete should place the hands, preferably clenched into fists, on the lower part of the waist and “spread” the latissimus dorsi muscles. The athlete should also aim to contract the chest, arm, and abdominal muscles. Pulling the posing trunks upwards (too high) is not allowed. The judge should first assess whether the athlete has successfully demonstrated the “length” of the latissimus dorsi muscles, forming a “V” shape with the torso. The

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judge should then evaluate the entire pose from head to toe, as in Pose 1, first paying attention to general aspects and then focusing on a more detailed examination of the various muscle groups.

3. Side bicep, chest, and leg pose

To best showcase his biceps, the athlete should turn his left or right side toward the judges, bend the arm closest to the judges at a right angle (with a clenched fist), and use the other hand to grip the wrist of the bent arm. The leg closest to the judges is bent at the knee, and the athlete stands on the toes.

The athlete contracts the chest and biceps, as well as the thigh muscles, and by pressing the foot downward onto the toes, demonstrates the calf muscles. In this pose, the judge evaluates the entire physique “from head to toe.”

4. Side triceps pose

For this pose, the athlete may choose either side to better showcase the triceps of the arm to the judges. He should turn the left or right side toward the judges with the arms positioned behind the back. He may either interlock the fingers, grasp the wrist of the “front” arm with the “back” hand, or simply extend the arm while displaying and contracting the triceps.

In this position, the athlete contracts the triceps muscles. He also “lifts” the chest and tightens the abdominal muscles, as well as the thigh and calf muscles.

The judge should first focus on the triceps and then evaluate the entire pose “from head to toe.” In this pose, as well as in the “side biceps” pose, the judge should observe the thigh and calf muscles in profile, which helps to more accurately assess the development of these muscle groups.

5. Lat spread (back latissimus dorsi)

The athlete must stand with their back facing the judges, placing their hands on the waist with the elbows held wide apart. They then contract and “spread” the latissimus dorsi muscles as widely as possible, demonstrating the development of these muscles as well as the hips and calves. Lifting the posing trunks too high is not allowed.

The judge must evaluate not only the “length” of the latissimus dorsi muscles but also their density and then assess the entire pose “from head to toe.”

6. Back bicep and calf pose

The athlete should turn with their back facing the judges, bend the arms, and, as in the “front double biceps” pose, step one leg back, balancing on the toes, and then contract the muscles of the arms as well as the shoulders, back, hips, and calves.

The judge should first examine the arm muscles and then evaluate the entire pose “from head to toe.” This pose evaluates far more muscle groups than any other pose: the deltoids, biceps, triceps, forearms, trapezius, erector spinae, external obliques, latissimus dorsi, glutes, calves...

This pose, more than any other, is likely to help determine the athlete’s muscle density, definition, and overall physique balance.

7. Abdominal and thigh pose

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Facing the judges, the athlete must place both hands behind the head and bring one leg forward, or position both feet in a straight line. The athlete then contracts the abdominal muscles while simultaneously tightening the thigh muscles. The judge must assess the abdominal and thigh muscles, as well as the entire pose “from head to toe.”

8. Most muscular pose

In this pose, the athlete must face the judges and maximally showcase overall muscle mass, density, and definition. The athlete should strongly contract all major muscle groups – the chest, shoulders, arms (especially the trapezius and deltoids), abdominal muscles, as well as the thighs and calves. It is important to maintain a stable stance and full body control. The judges assess overall muscular development, density, definition, proportions, and general impression. The pose must be performed with maximum contraction, demonstrating the athlete’s physical condition “from head to toe.”

Men’s Classic Physique (Men’s Classic Physique masters +40)

1. Front/back proportion
2. Mandatory poses
3. Free routine up to 1 minute (not judged)

Athletes perform two poses:

- front proportion assessment;
- back proportion assessment;

Height and weight limits according to the following maximum weight formulas:

Up to and including 170 cm: height (cm) -100 +4 kg

Up to and including 179 cm: height (cm) -100 +6 kg

Up to and including 189 cm: height (cm) -100 +8 kg

Above 190 cm: height (cm) -100 +10 kg

1. Front biceps

Facing the judges, both arms are raised to shoulder level with the elbows bent. The hands are clenched into fists and turned downward. This contracts the biceps and forearms—the main muscle groups evaluated in this pose. In addition, the participants should aim to contract as many muscles as possible, as the judges assess the entire body.

The judge will first examine the biceps, paying attention to the peak and overall shape, and then continue to assess the development of the forearms, deltoids, abdominal muscles, thighs, and legs. The judge will focus on muscle density, definition, and balance.

2. Chest – front lat spread

Standing facing the judges, the athlete should place the hands, preferably clenched into fists, on the lower part of the waist and “spread” the latissimus dorsi muscles. The athlete should aim to contract the chest, arms, and abdominal muscles. Pulling the posing trunks upward (too high) is not allowed. The judge should first assess whether the athlete has successfully demonstrated the

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"length" of the latissimus dorsi muscles, creating a V-shaped torso. Then, the judge should evaluate the entire pose from head to toe, as in pose 1, first focusing on general aspects and then focusing on a more detailed assessment of different muscle groups.

3. back bicep and calf pose

The athlete should turn his back to the judges, bend his arms and, as in the "front double biceps" pose, step one leg back, balancing on the toes, and then contract the muscles of the arms, as well as the shoulders, back, hips, and calves. The judge should first examine the arm muscles and then evaluate the entire pose "from head to toe." This pose assesses more muscle groups than any other pose, including the deltoids, biceps, triceps, forearms, trapezius, spinal erectors, external obliques, latissimus dorsi, glutes, and calves.

This pose, more than any other, is likely to help determine the quality of the athlete's muscle density, definition, and overall physique balance.

4. Side bicep, chest, and leg pose

To best showcase the biceps, the athlete should turn either the left or right side toward the judges, bend the arm closest to the judges at a right angle (with a clenched fist), and use the other hand to grasp the wrist of the bent arm. The leg closest to the judges is bent at the knee and the athlete stands on the toes. The athlete contracts the chest and biceps, as well as the thigh muscles, and by pressing the foot downward onto the toes, demonstrates the calf muscles. In this position, the judge evaluates the entire pose "from head to toe."

5. Abdominal and thigh muscles

Facing the judges, the athlete must place both hands behind the head and bring one leg forward or position both feet in a straight line. The athlete then contracts the abdominal muscles while simultaneously tightening the thigh muscles.

The judge must assess the abdominal and thigh muscles, as well as the entire pose "from head to toe."

6. Optional classic pose

Men's Physique category poses

Posing round: LINE UP

Athletes are evaluated by performing 4 quarter turns.

Posing process and requirements:

- All athletes stand in a single line facing the judges.
- the following turns are performed in sequence:
 1. **Front**
 2. **Side**
 3. **Back**
 4. **Side**

During posing, the following requirements must be observed:

- One hand is placed on the hip
- The other hand is in a natural position or lightly flexed
- One leg is slightly extended to the side to emphasize body lines
- The body is held naturally, avoiding classical bodybuilding poses

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The athlete must face the judges (except during the back pose)

Attire and appearance

Athletes must wear knee-length beach shorts.

Shorts must not contain sponsor logos or advertising.

Footwear is not used (athletes perform barefoot)

Overall appearance must be neat, aesthetic and in accordance with the standards of the sport.

Miss Bikini Category Poses (and Miss Bikini Novice)

1. Introduction
2. Comparison

1. Introduction „T-walking“.

The athletes present themselves to the audience and judges; the duration is 30 seconds. They enter the stage one by one from backstage to the center and perform the first front pose. Then they turn to the right, take 3 steps, stop, turn to face the judges, and perform a relaxed pose. The participant then turns toward the center of the stage, walks 6 steps, stops, turns to face the judges, and performs a relaxed pose. After that, she walks to the center of the stage. From there, taking three steps forward, she performs several relaxed poses.

Or introduction „I-walking“

The athletes present themselves to the audience and judges; the duration is 30 seconds. It is recommended that participants perform the presentation as follows: they enter the stage one by one from backstage to the center and perform the first front pose. Then they walk forward, stop, and perform 2–3 poses and a relaxed pose. The participant is then placed in line by the stage judge.

Judges will evaluate the participants' physique while they are moving. Posture during walking is assessed. Walk, elegance, gestures, personality, charisma, stage presence, charm, and naturalness are also important in determining placements.

2. Comparison of participants.

The athletes perform four poses:

- Front proportion assessment;
- Left-side proportion assessment;
- Back proportion assessment;
- Right-side proportion assessment

No more than six and no fewer than three athletes are called at one time for comparison. Judges compare the group of participants from the front, left side, back, and right side. After the comparison, following the instructions of the stage

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judge, the participants walk forward toward the front of the stage and are escorted backstage.

Evaluation consists of overall body appearance, hairstyle, makeup, face, overall conditioning and shape; body balance, proportions, skin condition and tone, and the participant's ability to demonstrate confidence, posture, and grace. Judges should pay attention to harmony, proportions, a classic feminine physique, good posture, and correct anatomical structure. Vertical proportions (legs and upper body) and horizontal proportions (hips and waist up to the shoulder line) are the main evaluation criteria. The physique should be assessed as the overall level of the whole body, achieved through the athlete's efforts and diet. Body parts should be aesthetically pleasing and firm, with a low level of body fat, but may appear "softer" and "smoother." The physique should not be overly muscular or overly thin and should not display muscle separation and/or striations. Evaluation also considers skin firmness and tone. The skin tone should be smooth and healthy-looking, without cellulite. Hairstyle and makeup should complement the athlete's appearance. The judge's evaluation must begin from the moment the athlete steps onto the stage until the moment she leaves it. A bikini competitor should look healthy, have a well-balanced physique, and present herself attractively.

Shoes – no restrictions.

Bikini – two-piece.

Miss Bikini- Shape category poses

3. Introduction
4. Comparison

1. Introduction „T-walking“.

The athletes present themselves to the audience and judges; the duration is 30 seconds. They enter the stage one by one from backstage to the center and perform the first front pose. Then they turn to the right, take 3 steps, stop, turn to face the judges, and perform a relaxed pose. The participant then turns toward the center of the stage, walks 6 steps, stops, turns to face the judges, and performs a relaxed pose. After that, she walks to the center of the stage. From there, taking three steps forward, she performs several relaxed poses.

Or introduction „I-walking“

The athletes present themselves to the audience and judges; the duration is 30 seconds. It is recommended that participants perform the presentation as follows: they enter the stage one by one from backstage to the center and perform the first front pose. Then they walk forward, stop, and perform 2–3 poses and a relaxed pose. The participant is then placed in line by the stage judge.

Judges will evaluate the participants' physique while they are moving. Posture during walking is assessed. Walk, elegance, gestures, personality, charisma,

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stage presence, charm, and naturalness are also important in determining placements.

2. Comparison of participants.

The athletes perform four poses:

- front proportion assessment (arms bent, V-shape)
- left-side proportion assessment (arms bent)
- back proportion assessment (arms bent, V-shape)
- right-side proportion assessment (arms bent)

No more than six and no fewer than three athletes are called at one time for comparison. Judges compare the group of participants from the front, left side, back, and right side. After the comparison, following the instructions of the stage judge, the participants walk forward toward the front of the stage and are guided backstage.

Evaluation consists of overall body appearance, hairstyle, makeup, face, overall conditioning and shape; body balance, proportions, skin condition and tone, and the participant's ability to demonstrate confidence, posture, and grace. Judges should pay attention to harmony, proportions, a classic feminine physique, good posture, and correct anatomical structure. Vertical proportions (legs and upper body) and horizontal proportions (hips and waist up to the shoulder line) are the main evaluation criteria. The physique should be assessed as the overall level of the whole body, achieved through the athlete's efforts and diet. Body parts should be aesthetically pleasing and firm, with more pronounced muscle tone. Evaluation also considers skin firmness and tone. The skin tone should be smooth and healthy-looking, without cellulite. Hairstyle and makeup should complement the athlete's appearance. The judge's evaluation must begin from the moment the athlete steps onto the stage until the moment she leaves it. A bikini competitor should look healthy, have a well-balanced physique, and present herself attractively.

Shoes – no restrictions.

Bikini – two-piece.

Miss Figure category poses

1. Proportions
2. Mandatory poses
3. Free routine up to 1 minute (not judged)

The athletes perform four poses:

- front proportion assessment;
- back proportion assessment;

1. Front double biceps

Facing the judges, both arms are raised to shoulder level with elbows bent. The hands are not clenched into fists. The athlete contracts the biceps. In addition,

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the competitor should aim to contract as many muscles as possible, as the judges evaluate the entire body.

The judge will first examine the biceps muscles, paying attention to the peak of the biceps and its overall shape, and then continue to assess the development of the forearms, deltoids, abdominal muscles, thighs, and legs. The judge will focus on muscle density, definition, and balance.

2. Side biceps pose

To best showcase the biceps, the athlete should turn either the left or right side toward the judges, bend the arm closest to the judges at a right angle, and use the other hand to grasp the wrist of the bent arm. The leg closest to the judges is bent at the knee and placed on the toes (or kept extended).

The athlete contracts the chest and biceps, as well as the thigh muscles, and by pressing the foot downward onto the toes, demonstrates tension in the calf muscles. In this position, the judge evaluates the entire pose “from head to toe.”

3. Side triceps pose

The athlete may choose either side for this pose to better showcase the triceps of the arm to the judges. She should turn the left or right side toward the judges and place both hands behind the back. She may either interlock the fingers or grasp the wrist of the “front” arm with the “back” hand. The “front” leg, closest to the judges, should be bent at the knee and placed on the toes (or kept extended).

In this position, the athlete contracts the triceps muscles. She also “lifts” the chest and tightens the abdominal muscles, as well as the thigh and calf muscles.

The judge should first focus on the triceps and then evaluate the entire pose “from head to toe.”

4. Back double biceps

The athlete stands with her back to the judges, bend the arms, and, as in the “front double biceps” pose, step one leg back, balancing on the toes, and then contract the muscles of the arms, as well as the shoulders, back, glutes, and calves. The judge should first examine the arm muscles and then evaluate the entire pose “from head to toe.” This pose allows for the assessment of more muscle groups than others, including the neck, deltoids, biceps, triceps, forearms, trapezius muscles, back, glutes, and calves. More than any other pose, it helps determine muscle mass, definition, and overall body balance.

5. Abdominal and thighs

Facing the judges, the athlete must place both hands behind the head and contract the abdominal muscles while simultaneously tightening the thigh muscles.

The judge must assess the abdominal and thigh muscles, as well as the entire pose “from head to toe.”

Shoes – no restrictions.

Bikini – two-piece, with an X-shaped back, tied at the back and attached to the bottom (panties).

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Miss Bikini-Wellness category poses

1. Introduction
2. Comparison.

The athletes perform four poses:

- assessment of proportions from the front; one hand on the hip, the other hand lowered, one leg slightly turned to the side;
- proportion assessment from the left side; right hand on the hip, left hand lowered, right leg bent at the knee;
- proportion assessment from the back; back slightly arched, buttocks emphasized by pushing them back;
- proportion assessment from the right side; left hand on the hip, right hand relaxed at her side, left leg bent at the knee.

1. Introduction „T-walking“

The athletes introduce themselves to the audience and judges, which lasts 30 seconds. It is recommended that the participants perform the introduction in the following way: They come out one by one from the backstage to the middle of the stage and perform the first pose from the front; Then they turn to the right, take 3 steps, stop, face the judges, and perform a relaxed stance. Then the participant turns toward the center of the stage, takes 6 steps, stops, faces the judges, and performs a relaxed stance. Then she walks to the center of the stage. After taking three steps forward from the stage, she performs several relaxed poses.

Or the “**I-walking**” introduction

The athletes introduce themselves to the audience and judges; this lasts 30 seconds. It is recommended that participants perform the introduction as follows: They walk out one by one from backstage to the center of the stage and perform the first standing pose facing forward; Then they walk forward, stop, and perform 2–3 poses, standing freely; The participant is positioned in a line by the stage judge.

The judges will evaluate the participant's physique while they are moving. The contestant's posture while walking is evaluated. Poise, elegance, gestures, personality, charisma, stage presence, and charm, as well as a natural look, are important factors in determining the contestant's rankings.

2. Comparison of participants.

The athletes perform four poses:

- Front proportion assessment;
- Left-side proportion assessment;
- Back proportion assessment;

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- Right-side proportion assessment

No more than six and no fewer than three athletes are invited for comparison at a time. In this way, the judges compare the group of participants from the front, left side, back, and right side. Judges must pay attention to leg muscles and glutes, good posture, and the athletic and expressed dominance of the lower body.

Judging criteria:

- Dominant lower body:
- legs
- glutes
- body proportions and overall harmony
- feminine, athletic, and aesthetic appearance
- Overall stage presentation

No weight limit

No restrictions on the bikini – A two-piece stage bikini.

Miss Physique category poses

1. Proportion assessment without high heels
2. Mandatory poses without high heels
3. Free routine up to 1 minute performed without high heels (not judged)

The athletes perform four poses:

- front proportion assessment;
- back proportion assessment;

1. Front bicep

Facing the judges, both arms are raised to shoulder level with the elbows bent. The hands are not clenched into fists (optional). The athlete contracts the biceps. In addition, the participant should aim to contract as many muscles as possible, as the judges evaluate the entire body. The judge will first examine the biceps muscles, paying attention to the biceps peak and overall shape, and then continue to assess the development of the forearms, deltoids, abdominal muscles, thighs, and legs. The judge will focus on muscle density, definition, and balance.

2. Chest – front lat spread

Standing facing the judges, the athlete should place the hands, preferably clenched into fists, on the lower part of the waist and “spread” the latissimus dorsi muscles. The athlete should aim to contract the chest, arms, and abdominal muscles. The judge should first assess whether the athlete has successfully displayed the “length” of the latissimus dorsi muscles, creating a V-shaped torso. Then the judge should evaluate the entire pose from head to toe, as in pose 1,

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first focusing on general aspects and then moving on to a more detailed assessment of the different muscle groups.

3. Side bicep pose

To best showcase the biceps, the athlete should turn either the left or right side toward the judges, bend the arm closest to the judges at a right angle, and use the other hand to grasp the wrist of the bent arm. The leg closest to the judges is bent at the knee and placed on the toes (or kept extended).

The athlete contracts the chest and biceps, as well as the thigh muscles, and by pressing the foot downward onto the toes, demonstrates tension in the calf muscles. In this position, the judge evaluates the entire pose “from head to toe.”

4. Side triceps pose

The athlete may choose either side for this pose to better showcase the triceps of the arm to the judges. She should turn the left or right side toward the judges and place both hands behind the back. She may either interlock the fingers or grasp the wrist of the “front” arm with the “back” hand. The “front” leg, closest to the judges, should be bent at the knee and placed on the toes (or kept extended). In this position, the athlete contracts the triceps muscles. She also “lifts” the chest and tightens the abdominal muscles, as well as the thigh and calf muscles.

The judge should first focus on the triceps and then evaluate the entire pose “from head to toe.”

5. back double bicep

The athlete should turn with their back facing the judges, bend the arms, and, as in the “front double biceps” pose, step one leg back, balancing on the toes, and then contract the muscles of the arms, as well as the shoulders, back, glutes, and calves. The judge should first examine the arm muscles and then evaluate the entire pose “from head to toe.” This pose assesses more muscle groups than any other pose, including the neck muscles, deltoids, biceps, triceps, forearms, trapezius, back muscles, glutes, and calves.

This pose, more than any other, is likely to help determine the athlete’s muscle density, definition, and overall physique balance.

6. Lat spread with straight legs

The athlete must stand with their back facing the judges, place their hands on the waist with the elbows held wide apart. She then contracts and “spreads” the latissimus dorsi as widely as possible. The athlete also contracts the glutes and calves.

7. Abdominal muscles and thighs

Facing the judges, the athlete must place both hands behind the head and contract the abdominal muscles while simultaneously contracting the thigh muscles. The judge must assess the abdominal and thigh muscles, as well as the entire pose “from head to toe.”

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Bikini – two-piece, with an X-shaped back, tied at the back and attached to the bottom (panties).

Safety and Participant Responsibility

- By registering for the competition, the participant confirms that they have read these rules, understand them, fully agree with their content, and commit to complying with them;
- The participant confirms that they are sufficiently trained, in good health, and have no justified medical restrictions issued by qualified medical professionals that would prevent them from participating in this competition. The participant waives any claims against the organizers related to their health or life.
- The participant agrees that during the competition their behavior will not pose any danger to the life, health, or property of other participants, organizers, or third parties (spectators and other individuals), as well as to the natural environment.

Awards

Athletes placing 1st–5th will be awarded medals.

Athletes placing 1st–3rd will be awarded medals, trophies, and prizes from sponsors.

The best clubs or countries placing 1st–3rd will be awarded medals.

The best coaches placing 1st–3rd will be awarded medals.

Team and coach cup points

1st place – 5 points

2nd place – 4 points

3rd place – 3 points

4th place – 2 points

5th place – 1 point

Team and coach points are calculated based on registration under one club or country name.

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Appendix 1

NAC open Lithuanian Championship, May 16, 2026

Vardas _____
(Name)

Pavardė _____
(Surname)

Gimimo data
(amžius) _____
(Date of birth - age)

Sporto klubas/miestas _____
(Sport club/city/country)

Treneris _____
(Trainer)

Ūgis _____
(Height)

Svoris _____
(Weight)

Kategorija _____
(Category)

Dalyvauju varžybose nuo (nurodyti metus) _____
Participate in the competition since (The year)

Geriausi sportiniai pasiekimai _____
The best sport achievements

El. Paštas _____
(e-mail.)

Mobilaus telefono numeris _____
(mobile phone)

Registration online: www.kulturizmas.com

Link: <https://www.kulturizmas.com/lietuvos-kulturizmo-cempionatas/>