



PHYSICAL CULTURE ASSOCIATION

FIRST TIMERS' ELIGIBILITY POLICY

*This Policy forms part of the **PCA Competition Rules and Regulations** and shall apply to all athletes entering PCA events where a **First Timers category or contest** is offered.*

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1. PURPOSE

- 1.1. The purpose of this Policy is to establish the eligibility criteria governing participation in PCA First Timers categories.
- 1.2. PCA First Timers categories are intended exclusively for athletes making their **first appearance in a bodybuilding or physique competition.**
- 1.3. This Policy sets out:
 - a. the definition of a First Timer;
 - b. the obligations of athletes entering First Timers categories;
 - c. the authority of the PCA to verify athlete eligibility; and
 - d. the consequences of entering a First Timers category whilst ineligible.

2. DEFINITION OF A FIRST TIMER

- 2.1. For the purposes of PCA Competition Rules, a **First Timer** is defined as an athlete **who has never previously competed in a bodybuilding, physique, fitness, or related physique-based competition of any kind.**
- 2.2. The definition in Article 2.1 applies irrespective of whether the competition was organised by:
 - a. a recognised federation or governing body;
 - b. an independent promoter;
 - c. an unsanctioned or unaffiliated event organiser; or
 - d. a private competition.
- 2.3. For the purposes of this Policy, **competition participation** shall include, but is not limited to:
 - a. competing in any bodybuilding or physique competition organised by any federation;
 - b. competing in an independent or unsanctioned physique competition;
 - c. competing in any novice, beginner, junior, amateur, or open category.
- 2.4. An athlete who has previously participated in any such competition shall be **ineligible to compete in PCA First Timers categories.**



- 2.5. For the avoidance of doubt, the term *First Timer* refers to an athlete who has **never previously competed in any bodybuilding or physique competition with any federation, organisation, promoter, or event worldwide.**

3. ATHLETE DECLARATION

- 3.1. Athletes entering a PCA First Timers category must complete the **PCA First Timers Declaration** at the time of registration.
- 3.2. By submitting an entry to a First Timers category, the athlete confirms that:
- they meet the eligibility criteria set out in this Policy;
 - the information provided to the PCA is true, accurate, and complete; and
 - they understand that providing false or misleading information may constitute a breach of PCA Competition Rules.
- 3.3. The PCA may rely upon the athlete declaration when determining eligibility.

4. RESPONSIBILITY OF ATHLETES

- 4.1. Athletes shall be responsible for ensuring that they meet the eligibility requirements for participation in a PCA First Timers category.
- 4.2. Where an athlete is uncertain as to their eligibility, they should seek clarification from PCA Administration prior to entering the event.
- 4.3. Submission of an entry to a PCA First Timers category shall constitute acceptance of this Policy and all applicable PCA Competition Rules.
- 4.4. Eligibility for PCA First Timers categories shall operate under the principle of **strict liability.**
- 4.5. Athletes are solely responsible for ensuring that they meet the eligibility criteria set out in this Policy.
- 4.6. A breach of this Policy may be established **regardless of whether the athlete knowingly, negligently, or inadvertently entered a First Timers category whilst ineligible.**



5. VERIFICATION OF ELIGIBILITY

- 5.1. The PCA may verify the eligibility of any athlete entering a First Timers category at any time.
- 5.2. Verification may include, but is not limited to:
 - a. reviewing publicly available competition records;
 - b. reviewing photographs or video footage of competitions;
 - c. receiving information from athletes, promoters, federations, or other third parties;
 - d. reviewing athlete declarations or registration records.
- 5.3. Where information is received indicating that an athlete may have previously competed, the PCA may review such information and determine whether the athlete meets the eligibility requirements under this Policy.

6. CONSEQUENCES OF BREACH

- 6.1. Where it is determined that an athlete has entered or competed in a PCA First Timers category whilst ineligible, the PCA **shall be entitled to impose one or more of the following sanctions, as it considers appropriate:**
 - a. disqualification from the event;
 - b. removal of placings, awards, titles, and associated recognition;
 - c. **ineligibility to compete in future PCA events;**
 - d. any additional disciplinary measures deemed appropriate by the PCA.
- 6.2. Where a breach is identified following the conclusion of an event, the PCA may **retroactively amend placings and official competition results.**
- 6.3. Any trophies, medals, prizes, titles, or recognition obtained through participation in breach of this Policy may be withdrawn.



7. ENTRY FEES AND REGISTRATION TERMS

- 7.1. Athlete entries to PCA events are subject to the **PCA registration terms and refund policy**.
- 7.2. Where an athlete is determined to be ineligible to compete in a First Timers category, any entry fees or associated services purchased in connection with that entry shall remain **non-refundable**.
- 7.3. Entry into an ineligible category shall not entitle the athlete to a refund, transfer, or credit unless expressly approved by PCA Administration.

8. RESULTS MANAGEMENT

- 8.1. Where a potential breach of this Policy is identified, the PCA may review the available evidence and determine whether a violation has occurred.
- 8.2. The athlete may be provided with the opportunity to submit information or clarification prior to a final determination being made.
- 8.3. Determinations made under this Policy shall be issued by **PCA Administration and/or the PCA Head Judges**.

9. RESULTS REVISION

- 9.1. The PCA reserves the right to review and revise competition results where credible evidence emerges that an athlete competed in breach of this Policy.
- 9.2. Where such evidence establishes that an athlete was ineligible to compete in a PCA First Timers category, the PCA may retroactively amend placings and official competition results.
- 9.3. In such circumstances, the PCA may withdraw any titles, trophies, medals, prizes, or recognition awarded to the athlete and reallocate placings where appropriate.
- 9.4. The authority of the PCA to revise results under this Article shall not be limited by the passage of time where evidence establishes that the athlete competed whilst ineligible.



10. PUBLIC DISCLOSURE

10.1. PCA reserves the right to publicly announce instances of Prohibited Conduct via its official social media platforms and other public channels.

10.2. Any announcement may include, but is not limited to:

- a. The Athlete's name;
- b. The nature of the Prohibited Conduct;
- c. The sanction imposed;
- d. The event(s) affected;
- e. Any relevant context or clarifying information.

PCA retains full discretion over the timing, content, and format of any public disclosure.

11. FINAL AUTHORITY

11.1. The interpretation and application of this Policy shall be determined by the PCA.

11.2. The PCA reserves the right to amend, update, or supplement this Policy where necessary to protect the fairness, integrity, and proper administration of PCA competitions.

