

2010 ADELAIDE CLASSIC INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

CONTEST: 2010 INBA ADELAIDE CLASSIC
VENUE: Norwood Concert Hall. 175 The Parade Norwood.
DATE: Sunday 25th April
OPTIONAL: Your Division photos on CD \$35
ENTRIES CLOSE: Sat 17th April
TIME: One Show Format: 2.00 – 6.00pm
PROMOTER: Australian Muscle

CONDITIONS OF ENTRY

- Drug free for a minimum of five years prior to the above date.
- Agree to be drug tested at any time and any number of times.
- Be a Member of the INBA prior to entering or join simultaneously (if using the online entry form)
- If during the last five years you have taken or if you need to take a banned substance for a genuine therapeutic (medical) purpose, the INBA permits Athletes and their physicians to apply for a **Therapeutic Use Exemption (TUE)**. Download from www.inba.com.au on the Drug Testing page.
- Athletes with signs of drug use, ie. gynecomastia (bitch tits) will be marked down.
- A competitor can only enter one division.
- No entries allowed on the Day of competition.

AUSTRALIAN & INTERNATIONAL QUALIFICATION

Top 3 in each division will provisionally qualify for the 2010 Australian and any international contests. The provision for competing overseas is competitors must compete in the Australian Titles – however your place at the Australian Titles will not affect your international qualification. Providing “early qualification” allows competitors to plan and book for overseas travel.

VENUE

The Norwood Concert Hall is situated at 175 The Parade Norwood. Access into the auditorium is through the main building entrance on George Street. There is ample free, car parking available. The venue seats 800 spectators with good viewing.

SHOW TIMES

Each division will come on stage in the order listed below. Please realise it is impossible to know how long each division will take to be judged or if all divisions will be running to give you a stage time. It is your responsibility to track how fast the event is proceeding on the day.

Introduction	2:00pm
SportsModel	Bikini round
Teenage Men	(19 & under at 1/1/10)
Junior Men	(21 & under at 1/1/10)
Men's Novice	(First Contest)
Women's Novice	(First Contest)
Intermediate Men	(Not placed top 3 at a State Title)
SportsModel Free	Wear round

INTERMISSION

Ms Figure Intermediate (Not placed top 3 at a State Title)
Men's Masters O'40
Men's Masters O'50
Womens Master Figure O'40
Ms Figure Open
Mr Adelaide Open
Ms Adelaide Overall (Class Winners)
Mr Adelaide Open (Class winners) 6:00pm

Overall Judging

An Overall Mr & Ms Adelaide will be judged from the Class Winners at the end of the show. If you win your class you contest the Overall Adelaide Title.

MUSIC

Round 3 (Individual) Posing to music is limited 60 seconds. Bring your CD to registration. However, keep a “back-up” CD of your music backstage with you in case of any mishap.

DRUG TESTING

Drug testing at INBA events is conducted via WADA accredited urine analysis using our Government independent drug testing body – Australian Sports Anti-Doping Agency (ASADA). Cheating in INBA events is a serious offence and harsh penalties apply. In addition to being banned by INBA (and our bans apply across all Olympic and International sports) we may publish the athletes name, photograph and drug-test results on INBA websites. The Australian Government will issue their separate public media release, in conjunction to listing the athletes name with each relevant government body.

SHOW FORMAT

Round One Symmetry
Round Two Muscularity
Round Three Posing Routine

All the competitors in your division will come on stage together and go through the Symmetry and Muscularity rounds. Once these 2 rounds are completed you will leave the stage and return individually for your Free Posing round. After each competitor in your division has performed their routine the division will return on stage together. The Compare will announce 30 seconds of posedown music. After the group posedown, placing's and trophies will be awarded.

REGISTRATION

Competitor registration will be at Australian Muscle Millswood, 171 Goodwood Road on Saturday 24th April. You can come and register between 10:00am and 6:00pm. If you cannot come at these times, please call the promoter on 08 8373 0735. At registration you will receive your number, competitor t-shirt and One Back Stage Pass for one helper - **remember your helper still must pay admission.**

PLEASE BRING YOUR MUSIC CD TO THE REGISTRATION!!

At registration, please bring;

- Your music on CD - with your name on it.
- Any money owing. **(you must be an INBA member)**
- Proof of age, if required for your class.

COMPETITOR'S PHOTOGRAPHS & DVD

A DVD will be filmed of the show and is included in your entry fee. The DVD will be available for collection at Australian Muscle a fortnight after the show. A Professional Photographer will be taking photos at the contest - we have a \$35 set-fee offer whereby you receive all the photographs taken of you and your division on CD. You are able to edit and print all the pictures. Please order your photos on the entry form.

COMPETITORS MEETING

A Competitor's Meeting will be held on the stage in the venue at 1.30pm. Competitors will be introduced to officials – backstage staff, compare, head judge and such. The show format, judging criteria and the Where's and How's will be carefully explained.

BACKSTAGE GUIDELINES

Each competitor is allowed only one "helper" back stage. Bring your own weights to pump up if required. **The INBA insist your tan be applied prior to arriving at the venue, so only a final "touch up" is required**

The Venue has applied three compulsory conditions.

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue.

TICKET PURCHASES

Tickets can be pre-purchased for this event (seating is not reserved however) for \$30:00.

Tickets can be purchased in a number of ways:

- (1) In person at Australian Muscle Millswood and Salisbury Plain
- (2) At registration
- (3) And of course, tickets are available at the venue on the day.

All forms and monies should be received by 17th April to Australian Muscle, Shop 3/171 Goodwood Road. Millswood SA 5034.

Note: Competitor's position on stage is determined by you - based on the date we receive your entry. This means the first entry received is given the middle position. Each entry after this is placed to the side. The sooner you enter, in closer to the middle of the line-up you will be.