

2010 MELBOURNE COMPETITION INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

CONTEST: 2010 INBA MELBOURNE NATURAL PHYSIQUE CHAMPIONSHIPS
ENTRY FEE: \$75 (prior 7/04) or \$100 late-entry (after 7/04). Fee includes Competitor T-shirt
OPTIONAL: Photographs of your division on CD \$29. Contest DVD \$41
VENUE: Glen Eira Auditorium. Cnr Glen Eira & Hawthorn Roads, Caulfield
CONTEST DATE: Saturday 17th April
ENTRIES CLOSE: Wednesday 7th April
FORMAT & TIMES: Melbourne Model Search 4.00 – 5.00 PM
Natural Bodybuilding Show 5.00 – 9.00 PM
TICKETS: General Admission \$39 includes both Events. \$49 VIP Front Rows includes both Events.
PROMOTERS: Tony Lanciano & Wayne McDonald, INBA Australian & World Vice-President

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. Exception for this event for Male Sportsmodels.
- No entries allowed on the Day of competition.

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 been 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.

VENUE

The Glen Eira Auditorium (formerly Caulfield Town Hall) is located on the corner of Glen Eira and Hawthorn Roads in Caulfield. Access into the auditorium is through the main building entrance on Glen Eira Road. There is ample free, onsite car parking available. The venue seats 500 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.

MELBOURNE MODEL SEARCH

		Est. Stage Time
Female SportsModel	Bikini round	4.00
Male SportsModel	Beach round	4.15
Female SportsModel	Sports round	4.30
Male SportsModel	Sports round	4.45
	INTERMISSION 1	5.00

NATURAL BODYBUILDING

Master Men	(40 – 49) (50 & over)	5.10
Ms Figure Master	(40 years & over)	5.40
Intermediate Men	(Not placed Top 3 as an Intermediate)	6.00
Ms Figure Intermediate	(Not placed Top 3 as an Intermediate)	6.15
Teenage Men	(19 & under at 1/1/10)	6.30
Junior Men	(21 & under at 1/1/10)	6.50
	INTERMISSION 2	7.10
Ms Figure Novice	(First contest)	7.20
Novice Men	(First contest)	7.40
Ms Figure Melbourne	Open	8.00
Mr Melbourne	Open	8.15
Overall Ms Figure Melbourne	All division winners	8.30
Overall Mr Melbourne	All division winners	8.45

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.

OPTIONAL INDIVIDUAL POSING ROUTINE & MUSIC

Round 3 or Individual Posing *is optional* at this event. For those wishing to perform their routine please bring your 60 second CD to registration on Wednesday 14th. Your posing CD should be a copy (not original) and only have one track – your posing music. **If you cannot attend Registration on the 14th, it is important you post your CD so it arrives prior to 14th. Post your CD to INBA PO Box 2229, Moorabbin, 3189 - include your name, event and division.** We burn your music CD to computer and to play via laptop; this should eliminate any fault with your music playing on the day. However, keep a “back-up” CD of your music backstage with you in case.

MELBOURNE MODEL SEARCH

Includes both Female and Male SportsModel. After the success of Male SportsModel division at the 2009 Natural Olympia, and subsequent interest in this division, it is being trialled in the Melbourne titles. For this trial, competitors may cross-over from divisions in the Natural Bodybuilding Show if they wish to try the Male SportsModel Class. Simply write both divisions on your entry form – you only need to pay the one entry fee. Please see SportsModel class on the Judging page at www.inba.com.au for the criteria.

NATURAL BODYBUILDING SHOW FORMAT

Round One (Symmetry) Round Two (Muscularity) Round Three (Optional Posing Routine)

All the competitors in your division will come on stage together and go through the Symmetry and Muscularity rounds. The contest is judged on these two rounds. Once these 2 rounds are completed you will leave the stage and return individually for your Optional Free Posing round. Competitors are competing for the *Male & Female Best Routine Award* presented at the end of the night. After each competitor in your division has performed their routine the division will return on stage together. The Compere will announce 30 seconds of posedown music. After the group posedown, placing's and trophies will be awarded.

REGISTRATION – Wednesday 14th April

Melbourne competitors should register between **6.00 – 8.00pm** on Wednesday night (April 14th) at Bell Street Fitness, 96 Bell Street, Coburg. Interstate and country competitors can register at the venue at 2.30pm on contest day at the venue – Glen Eira Auditorium. At registration you will receive One Back Stage Pass for one helper - **remember your helper still must pay admission.** The Backstage carpet will be covered in plastic – **females (including helpers) cannot wear high heels backstage as this tears the plastic.**

COMPETITOR'S PHOTOGRAPHS & DVD

A DVD will be filmed of the show – early order discount is available when entering for \$41, other DVD costs \$54 after the event. A Professional Photographer will be taking photos at the contest - we have a set-fee offer whereby you receive all the photographs taken of you and your division on CD for \$29. You are able to edit and print all the pictures. Please order your DVD and photos on the entry form.

COMPETITOR'S MEETING

A Competitor's Meeting will be held on the stage in the venue at 3.30pm. Competitors will be introduced to the officials and the show format, judging criteria, the Where's and How's will be carefully explained and questions taken.

BACKSTAGE GUIDELINES

Each competitor is allowed only one “helper” back stage. Bring your own weights to pump up if required. The Glen Eira Management are giving us no second chances with their venue, as they had a previous ban on bodybuilding contests due to damage to the venue and furnishing from competitor's tan and oil. The INBA insist your tan be applied prior to arriving at the venue, so only a final ‘touch up’ is required. We also discourage the use of transient products like *Dream Tan* and recommend skin-dye tans like *Jan Tana*. 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

General admission \$39. VIP (reserved front rows) \$49. Admission includes both events. Available thru:

- (1) Bell St Fitness, 96 Bell Street, Coburg
- (2) With the entry form
- (4) Internet www.inba.com.au click on “Buy Tickets”
- (5) And of course, tickets are available at the venue on the day!**

All forms and monies should be received by 7th April to INBA, PO Box 2229, Moorabbin, 3189.

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.