

2010 MAX'S INBA SOUTH AUSTRALIAN INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

VENUE: Norwood Concert Hall. 175 The Parade Norwood.
DATE: Sunday 26th September
ENTRIES CLOSE: Saturday 18th September
ENTRY FEE: \$75 (prior 18/09) or \$95 late-entry (after 18/09).
Entry includes Competitor T-shirt, INBA Gymbag & Contest DVD!
SERVICES: Photographs of your division on CD \$35
TIME: One Show Format: 1.00pm – 6.00pm
PROMOTER: Kim Tanska and Australian Muscle Stores

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, i.e. gynecomastia (bitch tits) will be marked down.
- A competitor can only enter one division.
- No entries allowed on the Day of competition.

NATURAL OLYMPIA & AUSTRALIAN QUALIFICATION

Top 3 in each division (offered at the Natural Olympia) will provisionally qualify for the 2010 Natural Olympia and Top 3 in every division qualify for the 2010 Australian Titles in Melbourne. The provision for the Natural Olympia is competitors also compete in the Australian Titles – however your place at the Australian Titles will not affect your Natural Olympia qualification. Providing “early qualification” allows competitors to plan and book for the opportunity of competing at the pinnacle 4-day international event in Reno, Nevada (USA).

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.

DIVISION

Introduction 1:00pm

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)

INTERMISSION 1

Intermediate Men	(Not placed Top 3)
SportsModel	Sportswear Round
Ms Figure Intermediate	(Not placed Top 3)
Men's Masters O'40	
Men's Masters O'50	
Women's Master Figure O'40	

INTERMISSION 2

Ms Physique Open	
Ms Figure Open	
Mr South Australia Open Short	(U/175cm)
Mr South Australia Open Tall	(O/175cm)
Ms South Australia Overall	(Class Winners)
Mr South Australia Overall	(Class winners)
Finish @ 6:00pm	

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.

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. Your posing CD should be a copy (not original) and only have one track – your posing music. We use a computerised software program to play your music 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.

PREJUDGING FORMAT

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

SHOW FORMAT

All the competitors in your division will be introduced individually and be asked to hit their best 3 poses. Once all competitors are on stage they will be asked to go through 1. Symmetry Round and 2. Compulsory Round. Once these 2 rounds are completed the Compare will announce 30 seconds of posedown music and competitor medals will be presented. After the group posedown, the top 3 will be announced and leave the stage. Non place getters will then have a photo opportunity. The top 3 will then perform their individual posing round and final placings will be announced.

OVERALL JUDGING

All Class winners can contest for the Overall INBA Mr & Ms South Australia Title judged at the end of the show with the winner receiving the magnificent INBA Champion's Sword.

OTHER PRIZES

Apart from trophies, \$3000:00 in cash will be distributed between class winners to assist them to get to the Nationals and Natural Olympia, one male and one female competitor will receive an Australian Muscle sponsorship worth \$1200:00 each.

REGISTRATION

Competitor registration will be at Australian Muscle over 2 days.

Australian Muscle Salisbury, Shop 5/1700 Main North Road Salisbury Plain on Friday the 17th of September. You can come and register between 10:00am and 5:00pm.

Australian Muscle Millswood, 171 Goodwood Road Millswood on Saturday the 18th of September. You can come and register between 10:00am and 3:00pm. 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, INBA Gymbag 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.
- 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 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 12:15pm. 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
- (2) At selected gyms around Adelaide. Please call Australian Muscle for these locations.
- (3) And of course, tickets are available at the venue on the day.

All forms and monies should be received by 18th September 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.*