

# ENTRY FORM COVER LETTER

(PLEASE RETAIN FOR YOUR INFORMATION)

**REGISTRATION:** Friday 1st October 2010 at 3pm sharp @ Southshore Lifestyle and Fitness Centre, Suite 12 Rear of 87 Canning Hwy Vic Park

**CONTEST:** 2010 INBA WA NATURAL PHYSIQUE TITLES

**VENUE:** WA Italian Club, 217 Fitzgerald Street, West Perth

**ENTRY FEE:** \$100 Includes Contest DVD

**DATE:** Saturday 2<sup>nd</sup> October 2010

**TIMES:** **Pre Judging and Finals in a One Show Format 10am start**  
**All competitors must be backstage by 9am at the latest.**

## 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](http://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.

## REGISTRATION – Friday 1st October

Competitors must register **3pm** at Southshore Lifestyle and Fitness Centre, Suite 12, Rear of 87 Canning Hwy Vic Park.

### Men's Divisions:

Teenage Men	(19 yrs and under as at 01/01/10)
Junior Men	(21 yrs & under as at 01/01/10)
Senior Men	(40 – 49)(50 - 59)(60+)
Novice Men	(First Contest)
Intermediate Men	(Not won an Open title)
Mr West Australia	Open Men's Bodybuilding ( <i>Under 175 cm</i> ) ( <i>Over 175 cm</i> )

### Women's Divisions:

Ms WA Physique	(Open Woman's bodybuilding)
Ms Figure Masters	(40 - 49)(50+)
Ms Figure Novice	(First Contest)
Ms Figure Intermediate	(Not won an Open title)
Ms Figure WA	Open ( <i>Under 165cm</i> ) ( <i>Over 165 cm</i> )

## 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.

## **NATURAL OLYMPIA & INTERNATIONAL QUALIFICATION**

Top 3 in each division will provisionally qualify for the 2010 International events and Australian Titles. The provision to compete in any International contest is competitors must still compete in the Australian Titles.

## **MUSIC**

Round 3 or Individual Posing to music, is 60 seconds. **Music can only be supplied on CD.** No tapes will be accepted as most venues no longer have equipment to play tapes. Please keep your actual posing time to **60 seconds**. The sound technician may stop any music that exceeds the time limit. We use a computerised software program and burn your music at registration – this should eliminate any delay and fault with competitor music playing on the day. However, keep a “back-up” CD of your music backstage with you in case of any mishap.

## **JUDGING FORMAT**

Round One Symmetry  
Round Two Muscularity  
Round Three Routine

## **BACKSTAGE GUIDELINES**

1. Male and female competitors will be preparing separately.
2. If you are facing the stage (from the audience), female competitors will be on the left hand side and males on the right hand side. Competitors will enter the stage from that side.
3. Each competitor will only be allowed one “helper” backstage. **Helpers must buy a ticket.**
4. Please bring your own stretch bands etc to pump up.
5. Bring at least one towel (or similar) and keep the venue clean and tidy at all times.
6. Bring a pair of sandals (or similar) to wear backstage until you need to go on stage.
7. **All tanning must be done at home. Tanning backstage is not permitted under any circumstances.**

**CONTEST INFORMATION** - INBAWA Director - Mark Lucey 0407 150 168

**TICKET BOOKINGS – 0422 800 683**

**Tickets are \$60** and are only available through advance purchase. 10 seats per table.

**ALL ENTRY FORMS AND MONIES** must be received by 13 September 2010 made out to **Bodybuilding WA** 6 Fulham St Kewdale WA 6105.