



2011 ALL FEMALE MUSCLE & FITNESS CHAMPIONSHIPS



APPLICATION FORM

ENTRY FEE: \$99 *Includes All Female Sportswear & INBA Gymbag*
ENTER BY: Sunday 26 June 2011 *Late-fee applies after this date*

Please post to INBA, P.O. 2229, Moorabbin, Vic, 3189
 Note: You can also enter online at www.inba.com.au

Payment Options (tick)

Money Order	<input type="checkbox"/>	Please make payment to INBA and post with entry form
Cash	<input type="checkbox"/>	Bring to Registration
Tick ✓		
1. Membership	<input type="checkbox"/>	Premium Membership \$219 \$ _____ Includes Competitor Encyclopedia (value \$150)
	Or	
	<input type="checkbox"/>	General Membership \$129 \$ _____
2. Entry Fee	<input type="checkbox"/>	Entry Fee \$99 \$ _____
	<input type="checkbox"/>	2 nd Entry (Fig Int/SM) \$49 \$ _____
	Or	
	<input type="checkbox"/>	Late Entry Fee (after 26/06/11) \$145 \$ _____
	<input type="checkbox"/>	2 nd Entry Late Fee \$75 \$ _____
3. Tickets*		Qty
	<input type="checkbox"/>	VIP (front rows) \$59 x _____ \$ _____
	<input type="checkbox"/>	General Admission \$49 x _____ \$ _____
* Tickets will be left on the Door under your Name for your guests to collect as they arrive.		
4. Contest DVD	<input type="checkbox"/>	DVD (High Definition quality) \$41 x _____ \$ _____
5. Contest Photos	<input type="checkbox"/>	CD \$35 x _____ \$ _____
TOTAL		\$ _____

(Please leave space for official use)

CONTEST NUMBER:

ASADA TESTING

URINE ANALYSIS	YES	NO	PASS/FAIL
BLOOD ANALYSIS	YES	NO	PASS/FAIL

DIVISION Height (cm)

I will be performing my Optional Individual Posing Routine? Yes / No

* And entering a Second Division **Tick** ✓

FIGURE INTERNATIONAL [] **SPORTSMODEL** []

NAME

INBA MEMBERSHIP NUMBER* **EXP. DATE**

*You can apply and receive your INBA Membership (or renew your membership) with this entry form.
 Tick the Membership box in the payment form and leave the above membership details blank.

ADDRESS

..... **P/CODE**

PHONE NUMBER Home () Work ()

Email Mobile

DATE OF BIRTH..... **AGE**.....

GYM REPRESENTING.....

DRUG-FREE AGREEMENT

I, agree to provide a urine sample for analysis for the detection of banned substances in accordance with the INBA Doping Policy. I fully understand that a condition of entering this contest is I have not taken any banned substance in the past five (5) years. I agree that if I produce a positive test result to a prohibited substance, I will pay a fee of \$2000.00 within seven days to the International Natural Bodybuilding Association (INBA) to reimburse the cost of my drug test and to redistribute trophies and results. If I pass the test, I have fulfilled the condition of entry and the INBA shall pay all costs.

Also, as a member of the INBA and/or a participant in an INBA sanctioned event, I hereby acknowledge and agree as follows:

- I have had an opportunity to review the INBA Anti-Doping Rules.
- To comply with and be bound by all of the provisions of this entry form and INBA Anti-Doping Rules and amendments.
- The INBA and National Federations have jurisdiction to impose sanctions as provided in the INBA Anti-Doping Rules.
- Any dispute arising out of a decision made pursuant to the INBA Anti-Doping Rules, after exhaustion of the process expressly provided for in the INBA Anti-Doping Rules, may be appealed exclusively to the Court of Arbitration for Sport.
- Decisions of the Court of Arbitration for Sport shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
- I consent to the use of any photographs, video recording or other images taken or recorded at this event by the INBA or its nominees, in any magazine, broadcast transmission or any other printed or electronic media for the purposes of promoting this or future events, the INBA or nominees or their sponsors.
- I have read and understand this Acknowledgment and Agreement.

Print Name

Signature (or if a minor, signature of legal guardian)

Date

ALL FEMALE MUSCLE & FITNESS CLASSIC

EVENT INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

DATE:	Saturday 2 nd July
CONTEST TIME:	One Show Format 5.00 – 9.00 PM
ENTRY FEE:	\$99 (prior 26/06) or \$145 late-entry (after 26/06). Fee includes All Female Sports Outfit & INBA Gymbag
OPTIONAL:	Photographs of your division on CD \$35. Contest DVD \$41
VENUE:	Glen Eira Auditorium. Cnr Glen Eira & Hawthorn Roads, Caulfield
ENTRIES CLOSE:	Sunday 26/06/11
TICKET PRICE:	\$49 General Admission \$59 VIP Front Rows
PROMOTERS:	Tony Lanciano, INBA Australian President Wayne McDonald, INBA World Vice-President

ALL FEMALE MUSCLE & FITNESS CLASSIC HIGHLIGHTS



- + \$20,000 in Prizes
- + Overall winner flight to Paris including shopping for a Louis Vuitton handbag
- + All Female Sports Outfit
- + INBA All Female Gym bag
- + 24 Carat Gold-Plated Competitor Achievement Medallions

- + Qualifier for Australian Titles
- + Qualifier for Natural Olympia
- + Figure International division
- + Enter two divisions

- + Qualifier for Natural Universe
- + Computerised Judging system
- + Optional Posing Routine
- + ASADA Drug Testing

In 2011 the All Female Classic is more ALL FEMALE!

The INBA All Female Classic is one of the most unique contests on the Australian Sporting calendar. A Muscle, Modelling & Fitness event devoted exclusively to women. This year the All Female Championships will add further uniquely female regulations suitable for a female-exclusive contest. We will have champion female competitors (not competing!) working as INBA backstage officials and no INBA male officials are allowed to enter the backstage/changing area. In addition to this, no male helpers/ trainers or male partners will be allowed into the backstage changing and pump up area. The backstage area is a male-free zone so all female can change and prepare with privacy. We will offer a small change/ prep area for females who can not do without their 'man' but it will be separate and small – we hope competitors adapt to these unique regulations as the atmosphere it created will be worth it! Additionally, for 2011 the judging panel will be All Female. We believe these changes to an All Female environment of the event will strengthen and grow this extraordinary event for female competitors.

VENUE – GLEN EIRA AUDITORIUM



A warm and intimate venue that puts you close to the action!

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 free, onsite car parking available. The venue seats 500 spectators with good viewing.

MAJOR PRIZE – INTERNATIONAL FLIGHT TO BUY A LOUIS VUITTON HANDBAG



The All Female Classic has the Ultimate Prize for the 2011 Overall Ms Figure Champion. The winner will receive a dream prize of a return Airfare to France with a day shopping at the Louis Vuitton flagship store on the Avenue des Champs-Elysees in Paris to pick out your dream Louie piece! The prize valued at \$3000 and has been generously offered by INBA Videographer, Ian Adams. Yet another compelling reason for competitors to always purchase his high definition contest DVD!

But wait - there's more! Our All Female Champion will also win a hot pink Samsonite suitcase to fly in style! Moreover, the trip has a second option! You may prefer to fly to America on the airfare and compete in the Natural Olympia. In that case the prize will be a return flight to America to the Natural Olympia in Reno, Nevada and then onwards to Las Vegas to shop for your bag in Louis Vuitton's latest and design winning store in Vegas!

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*. 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.

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. Backstage staff will keep you updated on the day according to how fast the event is proceeding.

Opening		5.00
Sports Model	Bikini round	5.20
Open Physique	Bodybuilding	5.40
Sports Models	Sports-wear (INBA supply)	6.00
SportsModel Overall	Height Class winners	6.20
Figure International	Height Classes if required	6.30

20 minute INTERMISSION **7.00**

Ms Figure Novice	First Contest	7.20
Ms Figure Master	(40 – 49)(50 & over)	7.40
Ms Figure Intermediate	(Never won a title)	8.00
Ms Figure Open	(Height Classes)	8.20
Figure Overall	Winners of all Divisions	8.40

REGISTRATION – Sunday 26th June

Melbourne competitors who need to submit their posing music are required to register between **2.00 – 3.00pm** on Sunday afternoon the 26th June at Bell Street Fitness, 96 Bell Street, Coburg. Non-posing competitors and Interstate/country competitors register between **3.00 – 4.00pm** at the venue (Glen Eira Auditorium) on contest day. **At registration you will receive:** Contest number and Backstage Pass for one helper - **remember your helper still must pay admission.**

COMPETITOR MEETING – 4.15 PM Contest Day

There is a Competitor Meeting in the Backstage (pump up) room at 4.15pm on the contest day. 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.

FIGURE INTERNATIONAL

This year Victorian events will offer the popular USA *Figure International* division. Figure International judging consists of the symmetry round of Ms Figure where presenting a well balance and symmetrical physique is rewarded – there are no muscularity poses or posing routine. Competitors perform any individual walk and quater turns – at registration the walk “path” will be given and then the whole division performs comparisons. Female competitors will be able to enter this division as a second division, meaning you can compete in Ms Figure or SportsModel and Figure International on the same day. In most countries this type of Figure (International) is the most popular female division; only in Australia and NZ has Ms Figure remained popular. We expect Figure International will prove very successful here.

SECOND DIVISION (Optional)

You can enter Figure International or SportsModel as a second division. Enter both divisions on the same entry form. Price for entering a second division is half price (\$49).

OPTIONAL INDIVIDUAL POSING ROUTINE & MUSIC

Round 3 or Individual Posing *is optional* at this event. For those wishing to perform their routine either email your music to us as a MP3 file include your name, contest and division in the subject line. Email to Tony Lanciano at inba_tony@inba.com.au Otherwise post your music along with your entry form. Alternatively, bring your 60 second CD to registration on June 26th. Either way, we need you posing music by Sunday June 26.

Your posing CD should be a copy (not original) and only have one track – your posing music. 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.

BACKSTAGE GUIDELINES

Each competitor is allowed only one female “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.

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.

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 \$35. If you enter two divisions you will need to order two photograph CD's. You are able to edit and print all the pictures. Please order your DVD and photos on the entry form.

AUSTRALIAN & NATURAL UNIVERSE QUALIFICATION

Top 5 in each division (offered at the Natural Universe) will provisionally qualify for the 2011 Natural Universe and Top 3 in every division qualify for the 2011 Natural Olympia. The provision for the Natural Universe and Natural Olympia is competitors also compete in the Australian Titles – however your place at the Australian Titles will not affect your qualification in these International Events. Providing “early qualification” allows competitors to plan and book for the opportunity of competing at the pinnacle 2-day international event in Brisbane, QLD.

24 CARAT GOLD-PLATED COMPETITOR ACHIEVEMENT MEDALLIONS



INBA Australia commissioned the striking of an exclusive gold Achievement Medallion for our competitors who take up the challenge of competing - but do not place in the Top 3.

Our double-sided Achievement Medallion recognises that to make it on-stage is a remarkable accomplishment regardless of where you place. Not many people have the qualities and character to attempt or succeed in completing the ultimate physical challenge - to endure the 24/7 rigours of contest preparation, diet, training and also learn the field of knowledge to take a physique to new boundaries. INBA wanted something exceptional to recognise a competitor's feat of making it all the way to "contest day". Plus to highlight that placing outside Top 3 does not diminish the achievement – sometimes those who finish last have fulfilled the biggest personal challenge. Like finishing a marathon, to compete on stage deserves its credit - the INBA Competitor Achievement Medallion.

DRUG TESTING

Drug testing at this event will be conducted by the Australian Government 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.

TICKET PURCHASES

General admission \$49. VIP (reserved front rows) \$59. Available via:

(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! (cash only)

HOT VIP TICKET OFFER!



As a hook to purchase a VIP Seat, MAXINES the Major Sponsor of the All Female Classic is offering the first 150 VIP's through the door at Glen Eira Auditorium on Contest Day a wonderful Maxine's Drink Shaker with a delicious Protein Bar inside!

For just \$10 more than a General ticket.....not only do you get a reserved seat up the front of the venue - but \$12.95 of goodies you can enjoy. That is Gold!

HOTEL RECOMMENDATIONS

Quest East St Kilda

441 Inkerman Street, St Kilda East, 3183.

4 Star Hotel offering self contained rooms and apartments.

Carnegie Motor Inn

1102 Dandenong Road, Carnegie, 3163.

Carnegie Motor Inn offers its guests a full range of AAA 3½ Star accommodation which includes standard motel units, one and two bedroom self-contained apartments, and even two storey townhouses which can accommodate up to six persons.

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.