



National Amateur Body Builders' Association. Inc

NABBA® New Zealand

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2013 Annual Congress Report

Another very successful Congress and so it is time to keep you all informed of changes you need to know for 2014. This is an update of things discussed and changes for 2014.

1. PRESIDENT'S 2013 REPORT

This is an important review of the 2013, please take the time to read it: [CLICK here to go to Presidents Report](#)

2. 2014 CALENDAR

[CLICK here to go to 2014 Calendar](#)

We are looking forward to another busy and exciting year ahead with full year of competitions ahead of us:

- Twelve Regional Shows
- 2014 Nationals, Celebrating our 25th Nationals
- Three International Shows:

Asia-Pacific Championships	10 th May 2014, Udupi, India <i>Qualifiers: Manawatu/Wanganui, Taranaki, Counties-Manukau</i>
World Championships	31 st May 2014, Valencia, Spain <i>Qualifier: Counties-Manukau</i>
Universe Championships	29 th November 2014, Hamburg, Germany <i>Qualifier: 2014 National Championships, Palmerston North</i>

3. JUDGES' REPORT

- 2013 Judges Statistics:
 - Forty-one Judges, judged throughout the year
 - Nineteen Judges, judged at three or more Shows (an increase of 30%)
 - Six Judges, judged at two Shows
 - Sixteen Judges, judged at one Show
 - Fourteen people participated in the 2013 Judges' Courses. (Includes new judges, judges doing a refresher and personal trainers)
- Thank you to N.B.E. (Not Big Enough-Performance Gear) who are the NABBA NZ Judges' Sponsor – we greatly appreciate their support, and encourage 'you', the people involved in everything NABBA, to support them also
- PERSONAL TRAINER'S COURSE has been renamed the '[Information Course for Personal Trainers and Mentors](#)' This is a great Course for all those advising and supporting athletes in the sport of bodybuilding. The course runs along-side the Judges' Course, and provides the ideal opportunity to learn more about the different classes, and learn exactly what the Judges are looking for. This knowledge can help you direct your athletes into the right classes, and guide them to develop their physiques appropriately for given class.
- [2014 Judges' Course and Information Course for Personal Trainers and Mentors](#)

April 5 th	Manawatu/Wanganui Show
May 4 th	Counties-Manukau
June 28 th	Waikato
August 2 nd	Christchurch
- Contact NABBA HQ for further details or to Register for the Course.

4. CLASS REVIEWS

MR/MS FITNESS

There have been significant changes made to the Fitness Class Rules and terminology:

- MR/MS FITNESS-MODEL is now renamed as MR/MS FITNESS (the word MODEL has been dropped)
- Judging Rounds:
 - Round One: Walk and Symmetry (Judging: 25% of Total Score)
 - Round Two: Individual Routines (Judging: 75% of Total Score)
- The Dress Round has been deleted

[CLICK here to go to 2014 MR/MS FITNESS Class Criteria](#)

SHAPE

It was great to see a huge increase in Shape competitors during 2013. To accommodate the larger number of competitors, we are now able to offer more than one Shape Class, as follows:

- There will be a Novice Class and an Open Class for 2014.
 - The Novice Status Rule will apply (Reference: NZ Rule Book, Rule 5.1)
- This rule will apply to all Shape Competitors as of January 1st 2013
 - All Regional Winners from 2013 will need to compete in the Open Class
 - The top three places at the 2013 Nationals, will also need to compete in the Open Class
- For International Shape Class Information, please contact NABBA HQ
- Judging Rounds:
 - Round One: Symmetry and Required Stances (Judged: 75% of the total score)
 - There are no changes to Round One, but a reminder that the Arm Extension is at 90%.
 - Round Two: Individual Routines (Judged: 25% of the total score)
 - Individual Routines should include the required stances.
- IMPORTANT REMINDER TO ATHLETES: THE EMPHASIS IS ON SHAPE, NOT MUSCULARITY

[CLICK here to go to 2014 SHAPE Class Criteria](#)

FIGURE

- Athletes should aim to be within 2kg of their optimal weight. Coming in too light, often creates a look that is too lean and 'stringy' and can verge on looking unhealthy.
- Bringing Reference to the Figure Class Criteria, an ideal Figure Athlete should:
 - Reference Information Book, 7.1.2: The ideal objective should be to achieve a firm, toned, feminine physique. There should be a degree of muscularity and muscular separation to the physique, however the figure competitor should not have the degree of development, definition, separation or striation like that of Physique Women.)
 - Reference Information Book, 7.1.3: The Figure Women's muscles should show good development, they should be full and well rounded, while still showing separation and definition.

PHYSIQUE WOMEN

It has been good for the athletes to have a short and tall height classes. It is noted, that generally athletes do need to look at coming in leaner.

- Reference Information Book, 8.1.2: The ideal objective should be to achieve a low body fat level, balanced development and muscular separation, without going to an extreme that would render the physique asexual or competitive on equal terms with a male body builder

PHYSIQUE MEN

Athletes need to take the opportunity to compete at higher levels, both in NZ and Internationally.

ATHLETIC MEN

This class continues to maintain a good standard, with more athletes coming in closer to their optimal weight. It is a very competitive class.

MIXED PAIRS

A good standard is still being achieved by this class.

5. RULE BOOK CHANGES

Please note the changes to the NABBA NZ Rule Book are as follows:

- Competition Classes (Rule 13, Rule Book Page 5)
 - Novice Shape
 - Open Shape
 - International Shape (Please contact NABBA HQ)

- Combined Classes (Rule 15.4, Rule Book Page 7)
 - In the Open Classes, the short and tall classes will not be combined, at Regional Shows.

- Contest Rules (Rule 17, Rule Book Page 8)
 - Individual Routines can be from 30 to 60 seconds duration
 - Shape routines remain 60 seconds duration
 - Fitness routines remain 90 seconds duration

- Competition Guidelines (Rule 18, Rule Book Page 9)
 - Late Registrations will be accepted up to 7 days before the event, but will incur the Late Entry Fee of \$60
 - This means, no entries will be accepted in the week before an event. This will allow Show Organisers time to put a Show Program together
 - Reminder that Registration /Entry Forms “should” be in two weeks before the event

- Competitor Responsibilities (Rule 20.6, Rule Book Page 10)
 - Competitors will provide music for their Routine. Music must be sent in with your Entry Form. All music should be in MP3 file format. Ensure your music is of high quality, cued and cut to 30 to 60 seconds. Music should be recorded onto a new CD. (Do not use CDRW discs, and ensure no other music is on the disc) At the discretion of the event organizer music files may be emailed, to the above specification. Check the Official Regional Show Information on www.nabba.co.nz (always bring a spare CD with you to the competition)

6. PARADE OF ATHLETES

The ‘Parade of Athletes’ was reviewed, in light of feedback received during the year as to this part of the show formatting. It was decided, that it will be left up to the discretion of the Show Organisers as to whether they have a Parade of Athletes or not. Time efficiency and show entertainment are factors that need to be taken into consideration at Shows, for both athletes and the audience.

7. BOARD-SHORT CLASSES

Board-shorts will not be introduced in any Nabba Shows, as this was deemed to be not pertinent to the sport of bodybuilding.

8. ONLINE ENTRIES

Online entries became a more popular option for athletes submitting entries in 2013

- ONLINE MUSIC, for those in the know, was great. Make sure your music comes in with you entry.
- MAILED ENTRY FORMS and MUSIC is still very popular.
- We remind athletes to check the Official Show Information on the corresponding REGIONAL PAGE, on the NABBA website. This will inform you about acceptable music formats for that show, and various show information that may be unique.
- IMPORTANT REMINDER TO ATHLETES; that Entries close two weeks before an event.
- The option of ONLINE PAYMENTS of fees was discussed, and will not be done in 2014.

9. FOLLOW US ON FACEBOOK

- Show Organisers will be promoting their Shows, the week before and after. Stay informed with relevant information, results and photos by following us on Facebook.com/NABBANZ.
- A reminder to everyone, that any correspondence, inquiries etc, should be directed to NABBA HQ or your Area Representatives. Full contact details are accessible via the NABBA website

10. WEBSITE

- The NABBA website is still the first place to go for all Official NABBA Information www.nabba.co.nz . We have developed the website to be your 'go-to spot' for all things NABBA:
- You will find on the homepage:
 - Entry Forms for downloading and submitting online entries
 - Customer Survey
 - Link to: Muscle Imaging
 - Link to: N.B.E. Not Big Enough-Performance Gear
- Go to the NABBA Page: for Nabba Rules, Classes, 2014 Calendar, Show Reports, International Sites, NZ Teams and Reports.
- Go to the Area Reps Page: for all Regional Contact details
- Go to the Results Page: for all Show Results
- Go to the Regions Page: for all Official Show Information – MUST READ
- Go to the News Page: for all National and International Reports.

11. ATHLETE FEEDBACK

- NABBA HQ is frequently asked for results and feedback on an athlete's performance, after Shows. The Results you ask for will only show you where you were placed, not why the Judges placed you in the line-up.
- We highly recommend using DVDs as a tool to review your performance. Muscle Imaging is present at all NABBA Shows and produce high quality DVDs. The DVD's allow you to review your performance and placing in the lineup firsthand. Be objective, and this can be of great assistance to your development in the sport.

12. DREAM TAN

Dream Tan has not been banned...yet! PLEASE BE RESPECTFUL to the venues, and motels. Treat these places as you would your own homes.

13. SHOW PROGRAMS

It was great to do Programs for most Shows in 2013. This has been a very practical exercise and makes for a good working document, providing the Running Order of Events for everyone on the day of the Show. Also the programs are a nice memento for those athletes who competed.

14. BACKSTAGE PASSES

Backstage Passes were well received by athletes. They were introduced in consideration of privacy issues backstage, and also as a way of controlling foot traffic backstage, allowing competitors the space to concentrate on their preparation to compete.

15. CUSTOMER SURVEY

- We ran an online survey in 2013, this was a very interesting exercise and we valued everyone's input. We left this for the final discussion of our meeting, and what was also very interesting, was that we covered most of the points as we went through the meeting. This does highlight the reason why we have Area Reps from all the Regions making up the NABBA Executive. Part of their job is to keep their 'finger on the pulse' in their Region.
- Please be assured that we discussed all positives and negatives raised, and made changes where deemed appropriate.
- WHAT WE DO WELL.....
CLASSES: Good range of Classes, good level of Competition, the height/weight rule for figure classes, rules
SHOW ORGANISATION: Privacy, venue selection, looking after 1st timers, show programs, prizes, professional, friendly and helpful, good pre-registration, easy check-in, easy athletes' debrief, parade of athletes, punctual, photos and DVDs, number of shows, supporting local sponsors, info Book, technical quality of the music.

ADVICE: lawful, honest, professional, judge approachable, fair, non-political, approachable, encouraging novices.

WEBSITE: for all the Official Show Information

FACEBOOK: a good start.

We look forward to building up what we do well, by addressing some of the concerns that people commented on. We value you input, and as such we will continue to run the online survey...HAVE YOUR SAY

16. CONGRATULATIONS

- TO ALL THOSE THAT HAVE NOW MOVED UP TO THE OPEN CLASSES:
 - All Novice athletes who won their classes, at Regional Competition
 - All Novice athletes who placed in the top three at Nationals
- TO ALL THOSE THAT HAVE ATTAINED INTERNATIONAL STATUS
 - All Open Class athletes who won their classes at Nationals
 - Senior Figure 40+ and 50+ winners
 - All those who competed at the Worlds and/or Universe Competitions, in 2013
- A reminder to all athletes, that Nabba NZ has pathways for you to take, for the next level of competition. You might be surprised how motivating it can be and the opportunities that will come your way.

17. DRUG TESTING

The stance of NABBA NZ is:

- a) The taking of drugs is illegal and we do not condone their use.
- b) Under NZ Law, it is the role of the Justice System to deal with those found guilty of use.
- c) Reminder to athletes that there are major health issues associated with drug use.
- d) We have a policy for drug testing, 'test one-test all'. The cost per drug test is approximately \$800. As an Amateur sports body, this is beyond our financial means.
- e) We offer a diverse range of competition classes. Athletes can and should compete in a class suited to their body type.

18. BRANDING

NABBA NEW ZEALAND is incorporated and is financially accountable to the NZ Incorporated Society. Our organization also has a set of Rules by which we are governed. "The word NABBA and the NABBA logo are trademarks of NABBA NEW ZEALAND"

19. CELEBRATING 25 YEARS

NABBA started with its first Show, the Inaugural Nationals in 1990, in Palmerston North and we are very excited to be celebrating our 25th National Championships in Palmerston North, on the 25th-26th October 2014.

We have a rich history and we would like to celebrate this year's 25th National Championships in style. We would love to have as many people as possible, who have been a part of our journey over the years, to join us in celebration, at this commemorative National Championships. PAST UNIVERSE AND WORLD CHAMPIONS, PAST NZ TEAM MEMBERS, PAST NZ CHAMPIONS, PAST EXECUTIVE MEMBERS, If you or someone you know was involved with NABBA NZ over the past 25years, we would love to hear from you – contact NABBA HQ, nabba@inspire.net.nz