



National Amateur Body Builders' Association. Inc

**NABBA**® New Zealand

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## 2015 Annual Congress Report

Another very positive Congress has been held, and so it is time to keep you all informed of changes you need to know for 2015. This is an athlete update of matters discussed and changes relevant to you for 2015.

### 1. PRESIDENT'S 2014 REPORT [CLICK here to go to Presidents Report](#)

### 2. 2015 CALENDAR [CLICK here to go to 2015 Calendar](#)

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

- Twelve Regional Shows (Celebrating 25 years)
- 2015 National Championships – Auckland, 11<sup>th</sup> October
- There are Four International Shows in 2015:

Asia-Pacific Championships	23 <sup>rd</sup> -24 <sup>th</sup> May 2015, Udipi, India <u>Qualifiers:</u> Taranaki, Manawatu/Wanganui,
World Championships	30 <sup>th</sup> May 2015, Warsaw, Poland <u>Qualifier:</u> Counties-Manukau
NABBA Universe Championships	14 <sup>th</sup> November 2015, Cebu, Philippines <u>Qualifier:</u> 2015 National Championships, Auckland
NAC Universe Championships	29 <sup>th</sup> November 2015, Hamburg, Germany <u>Qualifier:</u> 2015 National Championships, Auckland

### 3. CONGRATULATIONS

- Congratulations to our 2014 New Zealand National Champions:

<u>Mr. New Zealand Physique</u>	Denver Chandy
<u>Ms. New Zealand Physique</u>	Tina Merriman
<u>Mr. New Zealand Athletic</u>	Kurt Brunton
<u>Ms. New Zealand Figure</u>	Janine Haywood
<u>Ms. New Zealand Shape</u>	Sarah Goldsmith
<u>Mr. New Zealand Fitness</u>	Gavin Cooper
<u>Ms. New Zealand Fitness</u>	Laurelle Jury
- 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

### 4. International Honours

- All those who represented New Zealand Internationally, that is; all competed at the Asia Pacific, Phil-Asia, World or Universe Championships in 2014.
- 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.
- You will find the NZ Honours, International Show Results and Athlete Show Reports on the NABBA Page on the website

## 5. JUDGES' REPORT

- 2014 Judges Statistics: The Judging accuracy and attendance of all Judges is monitored from year to year. Judging Accuracy maintained a high standard throughout 2014. We had 38 Judges, Judging during the year. We encourage Judges to Judge as regular as possible to maintain their accuracy. NABBA Judges are reminded they are always welcome to participate in the Judges Course, as a 'refresher' if you have not Judged recently and want to step back into it.
- We ran three Judges Courses in 2014: (Taranaki, Wanganui and Counties Manukau)  
Nine people participated in Judges Courses in 2014. One Personal Trainers participated; it would be good to see more PT's taking advantage of this opportunity to learn about the various classes.
- We discussed setting up an online Information Course, for Personal Trainers and Mentors. We will further investigate the viability and practicalities of offering this next year. Ultimately a PT or 'mentor' would gain a certification that they have been credited with knowledge of the NABBA Classes and Class Criterias. This is of benefit from both sides; we want to see an increased knowledge amongst trainers as to what the NABBA Class Criteria are, and in which direction they should be taking their athletes. And also an added 'string to the bow' that Personal Trainers and Mentors can show that they are knowledgeable in the NABBA Classes. We invite feedback if this is something you would be interested in.
- 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.
- Three Course dates are scheduled for 2015. Contact Nabba HQ for further details or to Register for the Course.  
2015 Judges' Course and Information Course for Personal Trainers and Mentors:

March 14<sup>th</sup> Taranaki  
April 12<sup>th</sup> Counties-Manukau  
August 22<sup>nd</sup> Christchurch

## 6. CLASS REVIEWS

### MR/MS FITNESS

NABBA has promoted and offered this class for many years, and we have seen some exceptional athletes over this time. Over the past few years the number of athletes entering the Fitness Class have reduced significantly. The classes we offer evolve based on demand, and in light of the small number of athletes competing we are no longer offering this class. Please contact NABBA HQ if you would like to register your interest in seeing this class reinstated next year. We will review responses at congress next year.

### SHAPE

The introduction of the Novice and Open Classes has been very successful. There has been a steady increase in athletes competing in Shape, and having the Novice and Open classes will balance the class numbers as more athletes progress into Open.

The viability of an International Class was discussed. We have had a number of Shape athletes compete, competitively on the International stage. However the Shape Criteria varies at International level. We would want to see consistency in the progression for Shape athletes from Novice, to Open, to International before we offer an International Class in New Zealand. It was decided we would not bring in an International Class in 2015. This status will be reviewed at the next Congress. Please contact NABBA HQ if you are interested in representing New Zealand overseas.

### FIGURE

The recommendations made to Figure Athletes last year is reiterated:

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.

Extract from the Figure Class Criteria, an ideal Figure Athlete should:

- The ideal objective should be to achieve a firm, toned, feminine physique. (*Reference Information Book, 7.1.2*)
- The Figure Women's muscles should show good development, they should be full and well rounded, while still showing separation and definition. (*Reference Information Book, 7.1.3*)

### PHYSIQUE WOMEN

It is noted, that generally athletes do need to look at coming in leaner. Reiterating on last year's recommendations; 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

There were strong numbers through the Physique Men's classes in 2014. We have often seen a trend of athletes not taking the progression from novice to open. 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. A lot of people enjoy competing in this class for 'fun' – which is great! But a reminder that the basis for a successful Mixed Pair, is based on athletes showing complementary physiques, with like symmetry and development. There has been a new Judging Rule put in place as of 2015; in the event there is a draw, between two Mixed Pairs, the pair that scored highest in Round One (Symmetry and Compulsory Poses) will be the decider.

- BOARD-SHORT CLASSES

The topic of a Board-short classed was re-assessed, and we maintain our status from last year; a board-short class will not be introduced in Nabba, as this was deemed to be not pertinent to the sport of bodybuilding.

## 7. ATHLETE ENTRIES

- We remind athletes to check the Official Show Information on the corresponding REGIONAL PAGE of the competition you are entering, on the NABBA website. This will inform you about various show information that may be unique to your show.
- IMPORTANT REMINDER TO ATHLETES; that Entries close two weeks before an event.
- A note to people posting their Entry Form, that the NZ mail service is getting slower. You should allow a week for delivery. Please take this into account when posting your Entry Form, in consideration that Entries do need to be received at NABBA HQ two weeks before an event
- In 2014 some people submitted an online Entry and also posted a hardcopy - this is not necessary. You only need to submit one version of your Entry Form. You will receive email confirmation from all online entries. We do not give confirmation on post/courier entry forms.

## 8. ONLINE ENTRIES

- Online entries became a more popular option for athletes submitting entries in 2013/2014. Majority of online entries are done with ease. We did have some 'technical difficulties' with a small number of athletes. These problems were discussed with our web technician, who has advised athletes to read the 'Online Entry Instructions'. There is no obvious cause for the few people that have had difficulties, other than you may have outdated or incompatible software. We recommend if you have online difficulties you try to submit your entry from a different computer. If you have concerns please contact NABBA HQ.
- Please Note: You will receive an email from NABBA HQ (within 3 days of submitting) confirming your Entry has been received. If you do not receive a confirmation, please contact NABBA HQ.

## 9. MUSIC

- **IMPORTANT:** We had problems in 2014, with athletes not following music instructions. Please read the specifications carefully.
- There have been changes to the music specifications; as of 2015 we will only be taking digital music files, in MP3 format only. We are no longer taking CDs. This decision is based on show organization; all show music is pre-programmed, digital music files are the most efficient way for us to receive, forward and format music for shows.
- We encourage athletes to do an Online Entry and attach their music file to the email. This is encouraged as it is the most efficient way to ensure your Entry Form and music file come to NABBA HQ together.
- Full music specifications are on Page Two of the 2015 NABBA NZ Entry Form [CLICK here to view](#)
- If you have concerns please contact NABBA HQ

## 10. ONLINE PAYMENTS

- Online payments were discussed, and will be an option to athletes for Fee Payments in 2015. Athletes will now have three options to pay fees:
  1. Send Payment with Entry Form via post/courier
  2. Pay Fees at Athlete Check-In on Competition day
  3. Pay Fees Online (Full Online Payment details are available on Page Two of the Entry Form)
- Full online payment specifications are on Page Two of the 2015 NABBA NZ Entry Form [CLICK here to view](#)

## 11. 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/NABBA New Zealand Inc.
- Some regions have set up Regional NABBA Pages, we encourage you to support them
- We do not encourage you to direct your questions to the Facebook Page. A reminder to everyone, that any correspondence, inquiries etc, should be directed to NABBA HQ ([nabba@inspire.net.nz](mailto:nabba@inspire.net.nz)) or your Area Representatives. Full contact details are accessible via the NABBA website.

## 12. WEBSITE

The NABBA website continues to be the first place to go for. We have developed the website to be your 'go-to spot' for all things NABBA and all Official NABBA Information:

- 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.

## 13. 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. This year we are introducing a new feedback option, see below PROFESSIONAL ATHLETE FEEDBACK
- We highly recommend using DVDs as a tool to review your performance. Muscle Imaging is present at all NABBA Shows and produce high quality photos and DVDs. The photos and DVD's help 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.

## 14. PROFESSIONAL ATHLETE FEEDBACK

- You will now be able to register for a PROFESSIONAL ATHLETE FEEDBACK. You will receive a Feedback Report on your condition, performance and areas to improve.
- Peter Hardwick will be offering this service at all NABBA Shows. You will have to register at Athlete Check-in for this service.
- There will be a cost for this individual service (yet to be confirmed) further information will be posted on the website.

## 15. 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.
- Spray Tan options are becoming more popular amongst athletes. There are some great products/services available. Keep an eye out for our Show Sponsors offering tanning service at the various shows

## 16. TROPHIES, SPONSORS, GOODYBAGS

- The NABBA NZ Area Reps and Show Organisers have a very big task in putting on the Regional Shows across the country. Few can truly understand the trials and tribulations of being a show organizer. It is a huge undertaking, and a huge responsibility, but they all do a great job, and are driven by passion for bodybuilding, and enjoy being a part of the development of bodybuilding in NZ. Each show organizer does many hours of hard work to bring together a show, and we are grateful for what they do! NABBA NZ is consistently running well organized competitions.
- Obviously sponsors, trophies and goody bags do vary from show to show. Trophies and goody bags are part of the overall budgeting for shows, and as an amateur organisation we never aim to operate at a loss, and aim to give athletes the best sporting experience we can provide. So athletes, just something to consider when you next receive your next trophy or goody bag!

## 17. ALCOHOL BACKSTAGE

The use of alcohol backstage is becoming a concern. Many venues are schools or tertiary venues, and as such, often have 'smoke free' and 'alcohol free' policies. Some athletes are using alcohol excessively, which is considered unnecessary. Please be aware if an athlete is deemed to be intoxicated and/or disruptive, you will be escorted from the venue and will be unable to compete. This is just a common courtesy and respect to your fellow competitors!

## 18. SHOW PROGRAMS

Show programs are provided for all shows on competition day. Some Show Organisers in 2014 posted the Show Running Order on Facebook. When possible we will post a Show Running Order in advance of the event, on Facebook. (Another reason for athletes to get entries in on time! – Late entries hold-up the admin process considerably)

## 19. BACKSTAGE PASSES

The Backstage Pass process is well understood now. The system will remain the same for all 2015 Shows. That is; Athletes can have one backstage supporter, all supporters need a Backstage Pass. Backstage Passes are available at Athlete Check-In, at a cost of \$10.00 (refundable at the, Show, at the Judges Table). These are in place to respect all Athletes, as they prepare for the stage.

## 20. CUSTOMER SURVEY

- We ran the online survey for a second year in 2014. It is an efficient way for us to receive your feedback, which is an important part of our annual review.
- Please be assured that we discussed all positives and negatives raised, and made changes were deemed appropriate.
- We will have the survey up again in 2015, at [www.nabba.co.nz](http://www.nabba.co.nz). Have your say, we appreciate your feedback.

## 21. DRUG TESTING

The stance of Nabba NZ is unchanged from last year, to reiterate our stance:

- 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.

## 22. 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"

## 23. CELEBRATING 25 YEARS

Nabba started with its first Show, the Inaugural National Championships in 1990, last year we celebrated our 25<sup>th</sup> National Championships. This year we are carrying on the celebration, as we mark the 25<sup>th</sup> YEAR of NABBA New Zealand.