

National Amateur Body Builders Association Incorporated

NABBA[®]

NEW ZEALAND

Information Book



www.nabba.co.nz

NABBA NZ Information Book 2016 Edition

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NABBA New Zealand AREA REPRESENTATIVES - DIRECTORY

NABBA HEAD QUARTERS

President Jim Pitt
Secretary Marianne Poole
Phone (06) 356 1570
Address PO Box 535, Palmerston North, 4440
Email nabba@inspire.net.nz
Website www.nabba.co.nz

MANAWATU

Area Rep Marianne Poole
Email nabba@inspire.net.nz

BAY OF PLENTY

Area Rep Marty Niao
Phone 021 118 8610
Email marty.niao@yahoo.co.nz

AUCKLAND / NORTH HARBOUR / COUNTIES MANUKAU

Area Rep Peter Hardwick
Phone 021 647 960
Email peterhardwick41@gmail.com

WAIKATO

Area Rep	Jason Bartley	Area Rep	Vanessa Bartley
Phone	027 506 9513	Phone	027 514 7487
Email	bart@frontrow.co.nz		

CHRISTCHURCH

Contact Nabba HQ
Phone 06 356 1570
Email nabba@inspire.net.nz

OTAGO

Contact Nabba HQ
Phone 06 356 1570
Email nabba@inspire.net.nz

HAWKES BAY

Area Rep Andrew Murray
Phone 021 638 846
Email nabbahawkesbay@gmail.com

TARANAKI

Area Rep Charmaine Sutherland
Phone 027 480 0768
Email charmainesutherland@rocketmail.com

EAST COAST BAYS / GISBORNE

Area Rep Mat Matenga
Phone 027 232 0286
Email eastcoastnabba@gmail.com

WELLINGTON

Contact Nabba HQ
Phone 06 356 1570
Email nabba@inspire.net.nz

For any unlisted Region contact NABBA HQ.

1. COMPETITION CLASSES

1.1 FITNESS

The Fitness Class was reviewed, and removed from competition in 2015. This was due to declining athlete numbers. The status of this class will be reviewed at the next Congress.

Please contact NABBA HQ if you would like to see this class offered in the future.

In 2016 a 'Demonstration Class' will be held at the Nabba Waikato Show on the 25th of June.

Contact Nabba HQ for the criteria.

1.2 Shape Women

Novice Shape	One Class
Open Shape	One Class
International Shape*	One. Class

1.3 Figure Women

Senior Figure	40 years +, 50 years +
Novice Figure	Short Class, Tall Class
Open Figure	Short Class, Tall Class
International Figure	One Class

1.4 Physique Women

Teenage Women	One Class
Senior Physique	40 years +, 50 years +
Novice Physique	Short Class, Tall Class
Open Physique	Short Class, Tall Class
International Physique	One Class

1.5 Mr Body – Board Shorts **One Class**

1.6 Athletic Men

Masters Athletic	40 years +, 50 years +
Novice Athletic	Short Class, Tall Class
Open Athletic	Short Class, Tall Class
International Athletic	One Class

1.7 Physique Men

Teenage Men	One Class
Masters Men	40 years +, 50 years +, 65+ years
Junior Men	One Class
Novice Physique	Short Class, Tall Class
Open Physique	Short Class, Tall Class
International Physique	One Class

1.8 Mixed Pairs

Mixed Pairs	One Class
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PLEASE NOTE:

* International Classes are only available at International and International Qualifier Events

2. CLASS CRITERIA

2.1 AGE GROUPS

2.1.1 Masters Men Physique

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

Class 3: 65 years and over on the day of competition

2.1.2 Masters Men Athletic

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

2.1.3 Senior Women (Physique and Figure)

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

2.1.4 Junior Men

Rule: Under 23 years of age on the 1st January, in the year of competition

2.1.5 Teenage Men and Women

Rule: Under 20 years of age on the 1st January, in the year of competition

Note: This is a Physique Class, Teenage Men and Women will do physique poses

2.2 HEIGHT DIVISIONS

2.2.1 Physique Women

Class 1: Tall, Over 1.63m

Class 2: Short, Up to and including 1.63m

2.2.2 Figure Women

Rule: Height – 100 x 90% = Maximum Allowable Weight

Class 1: Tall, over 1.63

Class 2: Short, up to and including 1.63m

2.2.3 Physique Men

Class 1: Tall, Over 1.72m

Class 2: Short, Up to and including 1.72m

2.2.4 Athletic Men

Rule: Height – 100 + 2 = Maximum Allowable Weight

Class 1: Tall, Over 1.75cm

Class 2: Short, Up to 1.75cm

3. CLASS RULES

3.1 Novice Status

- 3.1.1 Rule: One who has not previously won a class, or placed in the top three in a NZ National Championships, in any recognized bodybuilding organisation (subject to rule 15.3.1)
- 3.1.2 Rule: Novice Competitors that win their class at a Regional Competition will retain their Novice Status for the year of their win; up to and including the National Championships.
- 3.1.3 Rule: An 'Overall Title' (won at any Regional Competition) will have no bearing on a competitors' Novice Status.
- 3.1.4 Novice athletes representing New Zealand at a World or Universe Championships will be recognised as International.
- 3.1.5 Novice athletes invited to represent New Zealand at a NABBA Pro-AM or Asia Pacific Championships will retain their novice status for that year of competition.

3.2 INTERNATIONAL STATUS

- 3.2.1 Rule: Athletes will be recognised as International if they have competed at either a NABBA World or NABBA Universe Championships.
- 3.2.2 Rule: NZ National Champions will gain International Status. Anyone who wins a Mr/Ms NZ Overall Title gains International Status. NZ National Winners of Senior Figure 40+ and 50+ will gain International Status.
- 3.2.3 Rule: The International Status will remain current for two years (from the date of the competition) Athletes who attain International Status will be recorded on a Register.
- 3.2.4 Rule: The Recognition is specific to the class the athlete competed in

3.3 CLASS RESTRICTIONS

- 3.3.1 Rule: At a Regional Competition there must be three athletes to constitute a class.
- 3.3.2 This rule also applies to classes with a height/weight rule.

3.4 COMBINED CLASS RULES

- 3.4.1 Rule: In a Regional Competition, if there are less than three athletes in a height class, athletes will compete in a combined class, to ensure meaningful competition.
- 3.4.2 Rule: Novice and Open classes will not be combined.
- 3.4.3 Rule: Athletes competing in a combined class, will still qualify for the NZ National Championships, in their nominated height class.
Example: If three Novice Figure Tall competitors and one Novice Figure Short competitor enter a Regional competition, the class will be combined, and judged as one class. Competitors will still qualify for Nationals in their nominated height class.
- 3.4.4 Rule: In the Open Classes, Short and Tall Classes will not be combined

3.5 FIGURE and ATHLETIC HEIGHT/WEIGHT CLASS RULE

- 3.5.1 Rule: All Figure/Athletic Class competitors, who come in too heavy, can compete in the corresponding Physique Class, only at Regional Competitions.
- 3.5.3 Rule: A selected class may only be changed by a NABBA Executive Official in consultation with the athlete, where he/she has failed to meet the height/weight ratio. This rule applies to Regional and National Competitions.

3.6 NEW ZEALAND NATIONAL TITLE RULE

- 3.6.1 Rule: At the NZ National Championships, athletes can only compete in a class they have qualified for and selected.
- 3.6.2 Rule: At the NZ National Championships, Open and International class winners will compete for the Overall Champion Title. Plus, other class winners of a high enough standard will be invited to compete in the Overall Champion Title, for the respective Mr. and Ms. New Zealand Titles.
- 3.6.3 When overseas International Athletes compete in an International Invitational Class at a New Zealand National Championships, they will be competing for International Titles, that is, they are not eligible for New Zealand National

3.7 PRO CARD

- 3.7.1 Rule: Must compete and place in top three at a Regional to qualify for the National Championships
- 3.7.2 Rule: Must compete at the Nationals and win the National Physique Overall Title
- 3.7.3 Rule: The Overall winner can apply for his Pro Card
- 3.7.4 Rule: The NZ Team Selection Panel will confirm the Pro-Card Selection/Qualification
- 3.7.5 Rule: Pro Card Classification will be held from date of Selection Confirmation, subject to athletes competing in one show annually.
- 3.7.6 Rule: Refer to NABBA International Rules about return to Amateur Status

4. ROUNDS OF COMPETITION

4.1 ROUND ONE – Structural Round

- 4.1.1 In this round the contestants are required to line up facing the Judging Panel for assessment by the Judges in a relaxed or semi-relaxed state.
- 4.1.2 Competitors who flex or stand in an overly tense posture may be warned by the Head Judge to relax. If the contestant persists he/she risks being marked down by the Judging Panel. Competitors are required to appear in their line-up in a standard Symmetry stance i.e. a semi-relaxed state - no flexing, posing or twisting will be allowed.
- 4.1.3 The semi-relaxed state must be maintained until further instructed by the Head Judge. Any Competitors that inappropriately flex or pose at this time will be immediately directed by the Head Judge to return to the Symmetry Stance.
- 4.1.4 Once all Competitors are in line up facing to the front, they will then be instructed to make a quarter turn to the right for an assessment of the left side, a further quarter turn to the right for an assessment of the rear of the physique, a further quarter turn to the right for an assessment of the right side followed by a further turn to face the judging panel once more.
- 4.1.5 The purpose of this round of competition is to assess the standards of Symmetry, Proportion, Muscular Development, Posture, and general/overall deportment in a semi-relaxed state.
- 4.1.6 Contestants should remember that this is the first view that the Judges have of their physiques and should realise that posture and deportment are important in this first impression.

4.2 ROUND TWO – Compulsory Posing Comparisons

- 4.2.1 This is the most important round for both contestants and Judges.
- 4.2.2 The contestants are required to perform the compulsory poses in groups for comparison of each other by the judging panel.
- 4.2.3 The compulsory poses are designed to display the relative development of every muscle group and allow comparisons of the contestants by the Judges on equal and fair terms.
- 4.2.4 It is in the interest of all contestants that they know these poses well and can perform them confidently to display their physique to the best of their ability.

4.3 ROUND THREE – Individual Routines

- 4.3.1 In this round each contestant performs an individual posing routine, set to music, for thirty seconds to sixty seconds.
- 4.3.2 Competitors are expected to maintain a high standard of presentation when performing the Individual Routine.
- 4.3.3 Individual Routines are performed at the Evening Show only.
 - Please note Judging of your Routine does not affect your placing in the class)
 - There is an award for Best Male Performance and Best Female Performance
 - Performance Awards are based on the athlete's ability to show their physique in congruity with their corresponding class criteria (i.e symmetry, proportion, muscular development, condition) and the athlete's ability to perform a creative routine.

6. SHAPE WOMEN

6.1 Class Description

The Shape Class differs from the Figure Class in that:

- 6.1.1 The ideal objective should be to achieve good symmetry and athletic tone. A Shape Woman should not have body fat percentage as low as that of the Figure Women
- 6.1.2 Presentation, Deportment and Preparation take an increased importance in the Shape Class, as these qualities enhance the feminine aspect of shape athletes.
- 6.1.3 The degree of muscular development is much lower than that which is necessary for the Figure Class.
- 6.1.4 The emphasis is on 'shape', not muscularity. There should be no vascularity visible.

6.2 Symmetry and Required Stances

Athletes line up on stage, go through four quarter turns to the right:

- 6.2.1 **Front Stance two arms up**
- 6.2.2 **Side Stance one arm up**
- 6.2.3 **Rear Stance two arms up**
- 6.2.4 **Rear Stance arms down**
- 6.2.5 **Side Stance one arm up**
- 6.2.6 **Front Stance two arms down**

Please Note: Arm extension will be at 90°. Leg Position optional

6.3 Individual Routines

- 6.3.1 In this round each contestant performs an individual posing routine, set to music, for thirty seconds to sixty seconds. Shape routines can be thirty to sixty seconds.
- 6.3.2 Competitors are expected to maintain a high standard of presentation when performing the Individual Routine.
- 6.3.3 Individual Routines are performed at the Evening Show only.
 - Please note Judging of your Routine does not affect your placing in the class
 - There is an award for Best Male Performance and Best Female Performance
 - Performance Awards are based on the athlete's ability to show their physique in congruity with their corresponding class criteria (i.e symmetry, proportion, muscular development, condition) and the athlete's ability to perform a creative routine.
 - Props are allowed, but are not to cover the body

6.4 Class Requirements:

- 6.4.1 A posing bikini must be worn for both rounds **(NOT fitness/aerobic apparel)**
- 6.4.2 Jewelry and accessories are optional.
- 6.4.3 The wearing of shoes is optional.

6.5 Judging

Judging is scored by ranking

7. FIGURE WOMEN

7.1 Class Description

The Figure Class differs from the Physique Women's Class in that:

- 7.1.1 Symmetry and Proportion are more significant than muscularity.
- 7.1.2 The ideal objective should be to achieve a firm, toned, feminine physique.
- 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.
- 7.1.4 Presentation, Deportment and Preparation take an increased importance in the Figure Class, as these qualities enhance the feminine aspect of the figure athletes.

7.2 The poses for Figure Women are as follows:

- 7.2.1 Double Biceps from the front
- 7.2.2 Side Chest from right side
- 7.2.3 Side Tricep from right side
- 7.2.4 Rear Double Biceps with one leg displaying calf and leg bicep
- 7.2.5 Side Chest from left side
- 7.2.6 Side Tricep from left side
- 7.2.7 Abdominal and Thigh Pose with arms placed behind the head

7.3 Class Requirements:

- 7.3.1 During the rounds stated earliest the wearing of jewelry is optional.
- 7.3.2 Shoes must be worn.
- 7.3.3 Hands are to remain open during all comparison poses, and the individual routines.
- 7.3.4 No props are allowed.

8. PHYSIQUE WOMEN

8.1 Class Description:

- 8.1.1 The emphasis must be on muscular shape maintaining a feminine look, that is, without the heavy muscular development and size of a male physique.
- 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.
- 8.1.3 The ideal well-balanced athlete should present (In equal importance):
 - Muscularity
 - Mass
 - Separation
 - Symmetry
 - Proportion

8.2 Class Requirements:

- 8.2.1 The wearing of jewelry is optional
- 8.2.2 The wearing of shoes is not permitted
- 8.2.3 Physique Class poses are to be executed with the hands closed (clenched)
- 8.2.4 There is one Physique Women Class, that is, there are no dividing height classes like that of other classes.

8.3 The poses for Physique Women are as follows:

- 8.3.1 Double Biceps from the front
- 8.3.2 Lat Spread from the front
- 8.3.3 Side Chest from right side
- 8.3.4 Side Tricep from right side
- 8.3.5 Rear Double Biceps with one leg displaying calf and leg bicep
- 8.3.6 Rear Lat Spread with other leg displaying calf and leg bicep
- 8.3.7 Side Chest from left side
- 8.3.8 Side Tricep from left side
- 8.3.9 Abdominal and Thigh Pose with arms placed behind the head

9. Mr. Body – Board Shorts

9.1 Class Description

The Judges will assess the overall male athletic appearance, taking into consideration the condition of the skin tone and also the hair and facial features. Judges will be looking for a fit contestant who displays proper shape; balance and symmetry, combined with muscularity and overall condition. Judging will be ranked, based on five key elements:

9.1.2 Muscularity

Mr. Body will show overall development, without the extreme muscularity/mass of a Physique competitor. Extreme muscularity will be marked down.

9.1.3 Definition

Mr. Body will show overall muscular definition, without the extreme leanness or vascularity achieved by the low body fat percentage, as attained by a Physique or Athletic competitor. Visible abdominal muscularity and tightness through the core is encouraged.

9.1.4 Proportion

Mr. Body should show proportionate balance between muscle groups

9.1.5 Symmetry

Mr. Body should show width through the shoulder line, with a visible 'v' taper through the back, into a tight waist, whilst presenting symmetrical development between each side of the physique.

9.1.6 Stage Presentation

Mr. Body should present on stage with confidence and a marketable appearance, with ability to pose well to display the physique. With a heightened importance on presentation Mr. Body competitors should always be well-groomed, present a good tan, smile, and have appropriately fitting board shorts.

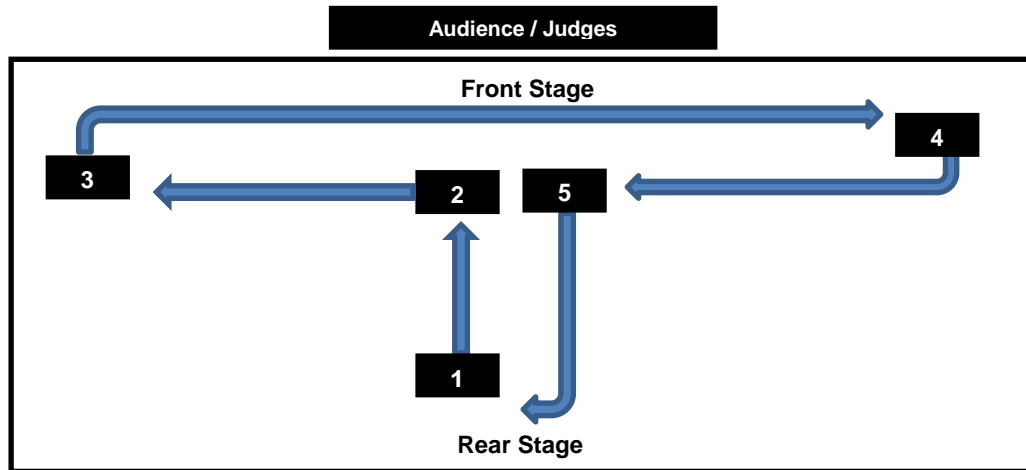
9.2 Individual Round – T Walk Showing Personality, Stage Presence and Poise

Please Note: There is no individual routine for this class

Athletes will come on stage individually and perform a stage walk with an optional pause or pose, before forming/joining a lineup at the rear of the stage. Athletes will have 20-30 seconds to perform their presentation: As per diagram 9.2.1

- **Walk on stage to rear center stage, pause briefly in a stance/pose of your choice**
- **Walk forward to front center stage (pause in stance or pose)**
- **Walk to stage left front**
- **Walk to stage right front**
- **Walk back to front center stage**
- **Turn and walk to rear of stage in a semi-relaxed stance**
- **Athletes will form a line-up at the rear of the stage (left to right in numerical order). Once all athletes are in the line-up, the lineup will be instructed to walk forward to the front of the stage, where they will hold a semi-relaxed stance, before being instructed to leave the stage.**

9.2.1 Individual Round – T Walk



9.3 Comparison Round

In line-up the athletes will be directed through quarter turns; to show Relaxed Stance plus five Compulsory Poses. Please Note: Relaxed Stance is a Symmetry Stance with one hand to the hip, foot placement is optional.

- Quarter turn to the Right – Relaxed Stance
- Quarter turn to the Rear – Relaxed Stance
- Quarter turn to the Right – Relaxed Stance
- Quarter turn to the Front – Relaxed Stance
- Front Double Bicep
- Side Chest (either side)
- Side Tricep (either side)
- Rear Double Bicep
- Abdominal and/or Oblique

9.4 Class Requirements

- Board shorts should sit just above the knee
- Material and colour can be of the athlete's personal choice (although fitted lycra shorts are not allowed)
- Personal Sponsor logos are not permitted on the board shorts. However a manufacturer's logos are allowable eg. Nike, Billabong etc.
- No Footwear
- No jewelry or accessories are allowed (except for a wedding ring)

9.5 Judging

Judging is scored by ranking

Please Note: There is One Class only (no Tall/Short, Novice Open)

10. ATHLETIC MEN

10.1 Class Description:

- 10.1.1 The Mr. Athletic class has evolved from the Mr. Physique class for men who have good athletic bodies without the large mass of a physique athlete. This class, although equally disciplined, is more attainable to a wider spectrum of athletes, and those not genetically pre-disposed to muscular bulk.
- 10.1.2 This class must show all the requirements of low body fat and separation like that of an ideal physique athlete, but without the heavy muscular development of a physique bodybuilder.
- 10.1.3 The ideal objective of the Athletic Athlete should be to attain a low body fat level, balanced development and muscular separation.
- 10.1.4 The athlete should present (In equal importance):
- Muscularity
 - Separation,
 - Symmetry
 - Proportion

10.2 The poses for Athletic Men are as follows:

- 9.2.1 Double Biceps from the front
- 10.2.2 Lat Spread from the front
- 10.2.3 Side Chest from right side
- 10.2.4 Side Tricep from right side
- 10.2.5 Rear Double Biceps with one leg displaying calf and leg bicep
- 10.2.6 Rear Lat Spread with other leg displaying calf and leg bicep
- 10.2.7 Side Chest from left side
- 10.2.8 Side Tricep from left side
- 10.2.9 Abdominal and Thigh Pose with arms placed behind the head
- 10.2.10 Most Muscular Pose with hands placed at hips

11. PHYSIQUE MEN

11.1 Class Description

11.1.1 The 'original' Body Building class.

11.1.2 Over the years the classes on offer to bodybuilders has evolved and diversified, but the classic Mr. Physique class has held the test of time.

11.1.3 This class caters to what some may call 'hard-core' body builders.

11.1.4 The ideal objective of the Physique Athlete should be to attain a low body fat level, balanced development and muscular separation.

11.1.5 The athlete should present (In equal importance):

- Muscularity
- Mass
- Separation
- Symmetry
- Proportion

11.2 The poses for Physique Men are as follows:

11.2.1 Double Biceps from the front

11.2.2 Lat Spread from the front

11.2.3 Side Chest from right side

11.2.4 Side Tricep from right side

11.2.5 Rear Double Biceps with one leg displaying calf and leg bicep

11.2.6 Rear Lat Spread with other leg displaying calf and leg bicep

11.2.7 Side Chest from left side

11.2.8 Side Tricep from left side

11.2.9 Abdominal and Thigh Pose with arms placed behind the head

11.2.10 Most Muscular Pose

12. MIXED PAIRS

12.1 Class Description

- 12.1.1 Mixed Pairs is a unique class in that a male bodybuilder and female bodybuilder are partnered to compete as a pair. The pair should show all the requirements of individual bodybuilders while also showing complimentary muscular proportion, symmetry and balance of the two physiques.
- 12.1.2 The pair must work together to complement each other, and compete as 'one' through the rounds of competition; Symmetry Round, Compulsory Poses, Posing Routine (to music)
- 12.1.3 Stage Presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the Judges on their strength of being able to move, blend and work together as one unit.

12.2 Class Requirements:

- 12.2.1 The wearing of jewelry is optional
- 12.2.2 The wearing of shoes is not permitted
- 12.2.3 Physique Class poses are to be executed with the hands closed (clenched)
- 12.2.4 There is one Mixed Pairs Class, that is, there are no dividing height classes

12.3 Rounds of Competition

- Round 1: - Symmetry (Female on the right side of the male)
- Compulsory Poses
- Round 2: Mixed Pair Routine

12.4 The poses for Mixed Pairs are as follows:

- 12.4.1 Double Biceps from the front
- 12.4.2 Lat Spread from the front
- 12.4.3 Side Chest facing each other
- 12.4.4 Side Tricep facing each other
- 12.4.5 Rear Double Biceps with one leg displaying calf and leg bicep
- 12.4.6 Rear Lat Spread with other leg displaying calf and leg bicep
- 12.4.7 Side Chest standing back to back
- 12.4.8 Side Tricep standing back to back
- 12.4.9 Abdominal and Thigh Pose with arms placed behind the head

12.5 Judging:

- 12.5.1 Judging is by Ranking.
- 12.5.2 Symmetry and Compulsory Rounds count for 50% of your mark, Routines count for 50%
- 12.5.2 In the case of a tie, the higher score in Round 1 (Symmetry and Compulsories) will determine the final result.

13. COMPETITOR RESPONSIBILITIES

To assist in making the Judging Rounds and the Evening Show Finals as smooth running as possible competitors are requested to observe the following:

- 13.1 Adhere to appointed check-in, judging and show times. Running times of both events, particularly judging, can vary slightly. Give yourself built in allowance to meet this and to make all necessary preparations.
- 13.2 Appear in your best possible condition.
- 13.3 Make sure your nominated height class is the correct one.
- 13.4 Wear neatly cut trunks or costumes.
- 13.5 Don't spoil your appearance with badly applied tanning lotion or too much oil.
- 20.1 **Competitors must provide music for their Individual Routine to the following specifications:**
 - Music Files will ONLY be accepted in MP3 Format (PLEASE NOTE: CDs will NOT BE ACCEPTED).
 - Individual Routines can be from 30 - 60 second duration.
 - Your music must be edited/cut to the duration of your routine (i.e. DO NOT SEND AN ENTIRE SONG).
 - All music files must go to NABBA HQ (DO NOT SEND YOUR MUSIC TO THE SHOW ORGANISER).
 - ALL MUSIC FILES must REFERENCE: FULL NAME, CLASS and SHOW (e.g. John Smith, Junior Men, Taranaki).
 - You can attach your MP3 Music File when submitting your online entry. Alternatively you can email your MP3 Music file to: nabba@inspire.net.nz separately.
 - PLEASE NOTE: NO MUSIC WILL BE ACCEPTED 7 DAYS BEFORE THE EVENT.
- 13.7 Be prepared mentally for lengthy wait if your class is at the end of the competition.
- 13.8 Consider bringing your own food to the Judging. Some venues may not have the food you want, or it may prove too expensive.
- 13.9 Athletes will be limited to one support person backstage. A support person is required to have an event ticket, as required by anyone (excluding competitors and NABBA Officials) attending the event.
- 13.10 Conduct yourself in a manner befitting a body building event, and as a representative of your region.
- 13.11 Consult a NABBA Executive Official if any problem arises.
- 13.12 Enjoy your experience.

14. COMPETITION GUIDELINES

- 14.1 **NABBA Registration/Contest Entry Forms must be submitted online only (as of 2016). Entries Close two weeks before the competition. You can attach your MP3 music file to your Entry Form.**
- 14.2 Late registrations will be accepted up to seven days before the competition; however these athletes will incur a 'late entry fee' of \$70.00. The show organisers or NABBA HQ need to be contacted for further details on late entries.
- 14.3 All competitors must check-in on their arrival at the judging venue. Membership cards or appropriate I.D must be produced at this time, or entry may be refused.

- 14.4 All competitors will have their height and weight checked during check-in.
- 14.5 Competitors will be issued with a number; this will be pinned to the left side of the trunks, and worn for the Judging Rounds and the Evening Show Finals.
- 14.6 Competitors will be given time to prepare for the judging and a marshal will direct you to the judging area when the judging is due to start.
- 14.7 Competitors will be directed throughout the judging by the Head Judge. His/her instructions must be followed. Any deliberate and repeated deviation from these directions could result in a loss of points or disqualification.
- 14.8 Athletes are expected to select the most appropriate class. That is, if you have ever competed as an 'open' athlete – you must compete as an open athlete, regardless of what association this may have been with. Make sure you are in the correct class, if you are unsure contact NABBA HQ, or your Area Representative.

15. VOLUNTEERS

As an amateur association we offer only voluntary positions, however this is a unique sport which offers great experiences in return.

If you are interested in being involved as a volunteer please contact your local Area Representative or NABBA Head Quarters for further information.

16. NABBA JUDGES

16.1 Description of Judges Role

The role of Judges at a show hold a very high importance, as such we train our Judges so we know they are competent.

For an individual Judging gives a great understanding of the sport of body building, and offers a great way to be involved in this unique sport – without getting on the stage. Judges are purely voluntary, and as such we are always keen to see new people getting on board.

16.2 Judges Courses

Judges Courses will be held throughout the year, contact NABBA Head Quarters for details.

16.3 Course Description

The Judges Course consists of three parts:

- 15.3.1 Part One: Theory (The night before, or the morning of the show)
- 15.3.2 Part Two: Practical (Judging Rounds One and Two)
- 15.3.3 Part Three: Debrief (Immediately after the Judging Rounds)

16.4 Judges Requirements

Judges are required to attain an 85% accuracy rate as a Regional Judge and 90% as a National Judge. We set high standard for the Judges, to maintain accuracy, credibility and professionalism.

17. Coaches

There are accredited Coaches throughout New Zealand recognised and recommended by NABBA New Zealand. As an athlete you need to make sure you are getting the right information and guidance. We are happy to recommend contacts.

18. Information Course for Personal Trainers and Mentors

These Courses will be held throughout the year. Contact NABBA Head Quarters for details.