

**National Amateur Body Builders Association Incorporated**

# **NABBA<sup>®</sup>**

## **NEW ZEALAND**

# **Rule Book**



**[www.nabba.co.nz](http://www.nabba.co.nz)**

NABBA New Zealand Rule Book 2016 Edition

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**PLEASE NOTE: BOLD TEXT DENOTES CHANGES FOR 2016 – PLEASE READ**

# NABBA New Zealand AREA REPRESENTITIVES - DIRECTORY

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For any unlisted Region contact NABBA HQ.

## 1. NABBA NEW ZEALAND CONSTITUTION

The National Amateur Body Builders' Association is a non-profit making concern and all monies received are used solely for the purpose of the Association.

The management of the Association is in the hands of a small Executive Committee. The committee is easily available for regular consultation on urgent or day to day matters.

There are Area Representatives for each of the major areas, who work in close liaison with the President and Secretary. They are also informed regularly about all NABBA matters. They are responsible for organising shows in their areas and through their Area Chairman of Judges appointing Judges for NABBA shows in their areas.

## 2. NABBA NEW ZEALAND OBJECTIVES

- 2.1 To unite in one powerful Association all those interested in body building as a recreation, as an aid to health and fitness and in the perfection of the physique, and for the improvement of personal performance in all forms of sport.
- 2.2 To provide a platform for Novice, Open and international Body Builders throughout New Zealand by providing Regional, National and International Competitions.
- 2.3 To promote in New Zealand trial for the purpose of selecting teams to represent New Zealand in International Competition.
- 2.4 To promote International physique contests; send leading competitors abroad and to bring leading body builders to this country for shows and demonstrations.
- 2.5 To maintain a central office of information on body building, club addresses, and to advise body builders through the Association's official newsletter and magazines on future coming championships.
- 2.6 To standardise and control the judging of all physique contests and to appoint a board of qualified judges.
- 2.7 To encourage all body builders to use their physical advantage to some form of sporting activity.
- 2.8 To co-operate with recognised Sports Association at home and overseas in the furtherance of their aims and objectives.
- 2.9 To use all means available to make known the benefits of body building to a wider public.

## 3. MEETINGS

In order to cut down the costs of expensive and often unnecessary meetings by bringing area representatives to a central meeting place, the Secretary is in constant touch with them, and they often meet at various shows up and down the country, also at the NABBA New Zealand Championships, trials for the NABBA Universe and World Championships.

## 4. MEMBERSHIP

Membership in the New Zealand National Amateur Body Builders' Association is open to all physical cultures, men and women over the age of fourteen years, either as an amateur or associate member and is current for twelve months from the month of enrolment. It becomes renewable in the same month each year thereafter.

Those under the age of fourteen years are only accepted for membership if they have their parents' permission to become members.

## 5. FEES

The Annual Membership subscription for one individual is \$60.00.

There is an Entry Fee of \$40.00 for each competitor, for each competition he or she competes in during the year. In the event that a competitor makes a late entry to a competition a Late Entry Fee of \$70.00 will be incurred instead of the standard fee.

## 6. COMPETITIONS AND AWARDS

The New Zealand Regional Body Building Competitions are held throughout the year for NABBA Members to qualify for the New Zealand National Championships, held annually.

## 7. NABBA SHOW GUIDE

All National and Regional NABBA Shows will be advertised in newsletters, posters and in sports magazines as often as possible.

## 8. NABBA NEW ZEALAND NATIONAL CHAMPIONSHIPS

The NABBA New Zealand Championship, this annual event will be situated in a different area, if a suitable venue is available, and the required minimum bid fees have been met.

## 9. NABBA WORLD CHAMPIONSHIPS

This great event is staged annually in different countries around the world. New Zealand will select a team at the World Qualifier Shows held in New Zealand.

## 10. NABBA UNIVERSE CHAMPIONSHIPS

NABBA Universe, this great event will be staged annually. New Zealand will select a team at the New Zealand national Championships.

## 11. NABBA OFFICIAL CONGRESS

All NABBA affairs will be reported at the NABBA Official Congress to be held annually in January.

## 12. DEFINITION OF AN AMATEUR

For the purpose of the 'National Amateur Body Builders' Association' the definition of an amateur is:

12.1 One who has not competed for a money prize.

12.2 One who has not competed in a contest earmarked for professionals.

### **13. COMPETITION CLASSES**

#### **13.1 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 June 25<sup>th</sup>. Contact Nabba HQ for the criteria.

#### **13.2 SHAPE WOMEN**

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

#### **13.3 FIGURE WOMEN**

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

#### **13.4 PHYSIQUE WOMEN**

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

#### **13.5 MR BODY-BOARD SHORTS One Class**

#### **13.6 ATHLETIC MEN**

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

#### **13.7 PHYSIQUE MEN**

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

#### **13.8 MIXED PAIRS**

Mixed Pairs	One Class
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#### **PLEASE NOTE:**

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

## 14. CLASS CRITERIA

### 14.1 AGE GROUPS

#### 14.1.1 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**

#### 14.1.2 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

#### 14.1.3 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

#### 14.1.4 Junior Men

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

#### 14.1.5 Teenage Men and Women

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

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

### 14.2 HEIGHT DIVISIONS

#### 14.2.1 Physique Women

Class 1: Tall, Over 1.63m

Class 2: Short, Up to and including 1.63m

#### 14.2.2 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

#### 14.2.3 Physique Men

Class 1: Tall, Over 1.72m

Class 2: Short, Up to and including 1.72m

#### 14.2.4 Athletic Men Rule: Height – 100 + 2 = Maximum Allowable Weight

Class 1: Tall, Over 1.75cm

Class 2: Short, Up to 1.75cm

## 15. CLASS RULES

### 15.1 NOVICE STATUS

15.1.1 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)

15.1.2 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.

15.1.3 Rule: An 'Overall Title' (won at any Regional Competition) will have no bearing on a competitors' Novice Status.

15.1.4 Rule: Novice athletes representing New Zealand at a NABBA World or Universe Championships will gain International Status which will remain current for two years (from the date of the competition)

15.1.5 Rule: 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.

## 15.2 INTERNATIONAL STATUS

- 15.2.1 Rule: Athletes will be recognised as International if they have competed at either a NABBA World or NABBA Universe Championships.
- 15.2.2 Rule: NZ National Open 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.
- 15.2.3 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.
- 15.2.4 Rule: The Recognition is specific to the class the athlete competed in

## 15.3 CLASS RESTRICTIONS

- 15.3.1 Rule: There must be three athletes to constitute a class
- 15.3.2 Rule: This rule also applies to classes with a height weight rule

## 15.4 COMBINED CLASS RULES

- 15.4.1 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.
- 15.4.2 Rule: Novice and Open classes will not be combined.
- 15.4.3 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.*
- 15.4.4 In the Open Classes, Short and Tall Classes will not be combined

## 15.5 FIGURE and ATHLETIC HEIGHT/WEIGHT CLASS RULE

- 15.5.1 Rule: All Figure/Athletic Class competitors, who come in too heavy, can compete in the corresponding Physique Class, only at Regional Competitions
- 15.5.3 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.

## 15.6 PRO CARD

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



## 16. NEW ZEALAND NATIONAL TITLE RULE

- 16.1 Rule: At the NZ National Championships, athletes can only compete in a class they have qualified for and selected.
- 16.2 Rule: At the NZ National Championships, Open and International class winners will compete for the Overall Champion Title. Plus other class winners of high enough standard will be invited to compete in the Overall Champion Title, for the respective Mr. and Ms. New Zealand Titles.
- 16.3 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 Titles.

## 17. CONTEST RULES

- 17.1 All competitors shall be current NABBA Members. All competitors must submit an Entry Form, and follow the Conditions and Rules of Entry (Page 2, of the NABBA NZ Entry Form). There is a closing date for entries of two weeks prior to contest date.
- 17.2 Judging Rounds:
- a) Round One Symmetry - front, back and side line up
  - b) Round Two Compulsory Poses - standard comparison poses
  - c) Evening Show Finals Round Three - individual posing routines. Individual routines will be from 30seconds to 60seconds duration.
- 17.3 Competitors own music may be used at the judging and/or show at the discretion of the contest organisers. Organisers shall provide suitable music for competitors not using their own. Organisers must provide adequate changing facilities and suitable lighting for physique presentation.
- 17.4 Competitors may enter only one class per show. Unless an International contest is run in conjunction with a Regional competition.
- 17.5 In the case of a large number of entries, finalists only, may be selected at the judging to appear at the show. This should be stated on the entry form.
- 17.6 Dream tan is still permitted at all competitions. Competitors are firmly reminded to take care with all tan products. You may be liable for vandalizing premises associated with competition.
- 17.7 Any competitor acting in an unsportsman like manner, must be reported to NABBA HQ, and may be liable to disciplinary action. If considered serious enough he or she may be disqualified from the contest by the Judges present.
- 17.8 Contest organisers may specify age limits for junior or senior contests, which must be known to competitors in advance. It is the organisers responsibility to check the birth certificate if necessary.
- 17.9 Only NABBA approved judges shall officiate. Organisers must invite judges' well in advance and submit names of the proposed judges to NABBA HQ.
- 17.10 The rules apply to male and female competitors unless otherwise stated.
- 17.11 All contests are for amateur competitors, unless otherwise stated. An amateur competitor is one who has not competed for a money prize.

## **18. COMPETITION GUIDELINES**

- 18.1 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.
- 18.2 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.
- 18.3 All competitors must check-in on their arrival at the judging venue. Membership cards and or appropriate I.D must be produced at this time, or entry may be refused.
- 18.4 All competitors will have their height and weight checked during check-in.
- 18.5 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.
- 18.6 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.
- 18.7 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.
- 18.8 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.

## **19. GENERAL CONTEST RULES**

- 19.1 A junior competitor must be under 23 years on the 1<sup>st</sup> of January in the year to which the New Zealand finals take place.
- 19.2 Novice competitors are athletes who have not previously won a regional contest or placed in the top three in the National Championships. There must be a minimum of three competitors to constitute a class, otherwise classes will be combined.
- 19.3 For New Zealand Competitions a majority of Judges should be Nationally Qualified Judges.
- 19.4 Organisers may run Novice and/or Beginners contests at their own discretion.
- 19.5 The Mr. Class may be divided into two height classes at Regional Shows, at the organisers discretion.
- 19.6 The first three placings of each height class at a Regional Show will qualify to compete in the appropriate height class at the New Zealand National Championships.
- 19.7 Winners of Regional height classes will 'pose down' to select Overall Mr/Ms Regional Winner, at the discretion of the organiser.
- 19.8 Qualifying letters will be sent out after each show to those competitors who have qualified for the New Zealand National Championships.
- 19.9 The winner of all competition classes (including all height and age group classes) will compete in the corresponding 'Overall Competition'; competing for the respective Mr. or Ms. NZ Title.
- 19.10 International Classes are for those athletes who have competed at World or Universe Championships. Other athletes deemed to be of a high enough standard would be invited to compete in this class.
- 19.11 NZ National Open Champions are eligible and required to compete at the International level for two years after the year in which they won the title.

## **20. 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:

- 20.1 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.
- 20.2 Appear in your best possible condition.
- 20.3 Make sure your nominated height class is the correct one.
- 20.4 Wear neatly cut trunks or costumes.
- 20.5 Don't spoil your appearance with badly applied tanning lotion or too much oil.
- 20.6 **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.**
- 20.7 Be prepared mentally for a lengthy wait if your class is at the end of the competition.
- 20.8 Consider bringing your own food to the Judging. Some venues may not have the food you want, or it may prove too expensive.
- 20.9 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.
- 20.10 Conduct yourself in a manner befitting a body building event, and as a representative of your region.
- 20.11 Consult a NABBA Executive Official if any problems arise.
- 20.12 Enjoy your experience.

## **21. DISCIPLINARY ACTION**

- 21.1 The New Zealand Executive Committee will rule on any disputes or complaints about the behavior of any member.
- 21.2 The disciplinary procedures could involve caution, disqualification, suspension or dismissal from NABBA New Zealand. The length of these penalties will be determined by the Executive Committee – in light of the situation.
- 21.3 Any athlete or official, subjected to disciplinary measures will be allowed a 'right of appeal' and hearing, and must apply for this within an agreed period of time. The time is to be set by the Executive Committee.
- 21.4 Athletes, Officials and Judges are expected to abide by certain guidelines:
  - a) They shall abide by the Official Conduct and Rules of NABBA New Zealand.
  - b) They must refrain from making derogative comments about members of NABBA New Zealand. They must refrain from bringing the name of NABBA NZ into disrepute.
  - c) The final results achieved through the Official Judging process are final. An exception will be made if an athlete has been placed in the incorrect class.

