



National Amateur Body Builders' Association. Inc

NABBA[®] New Zealand

Jim Pitt *New Zealand President* - Marianne Poole *New Zealand Secretary*

PO Box 535, 4440, Palmerston North, New Zealand

Phone/Fax (06) 356 1570

nabba@inspire.net.nz

www.nabba.co.nz

2013 Annual Congress Report

1. 2013 Judges and Personal Trainers Course Dates
2. Official Appointments of NABBA Area Representatives
3. 2012 NZ National Champions
4. Class Reviews / Class Rule Changes
 - 4.1 Fitness Model
 - 4.2 Shape
 - 4.3 Figure
 - 4.4 Physique Women
 - 4.5 Novice Athletic and Novice Physique Men
 - 4.6 Teenage Women
 - 4.7 Combine Class Rule
5. Open/International Register
6. NABBA NZ Website
7. Entry Forms / Music
8. NABBA Branding
9. 2012 Presidents Report

1. 2013 Judges Course and Personal Trainers Course Dates

- March 23 Taranaki Championships, New Plymouth
- May 18 Auckland Championships, Glenfield, Auckland
- July 20 Hawkes Bay Championships, Taradale, Napier
- August 10 Christchurch Classic, Christchurch

2. Official Appointments as NABBA Area Representatives

- Otago Suzie Patrick
- East Coast Bays Tina Walker, Mathew Matenga, Shayne Pouro
- Waikato Jason and Vanessa Bartley
- Taranaki Charmaine Sutherland
- Canterbury Area Contact: Rebecca Moss

3. Congratulations to the 2012 New Zealand National Champions

- Ms. NZ Physique Helen Aloiai
- Mr. NZ Athletic Paul Mountfort
- Ms. NZ Figure Johanna Mountfort
- Mr. NZ Physique Mateo Vaihu
- Ms. NZ Shape Susan Baxter
- Ms. NZ Fitness-Model Bronte Coluccio
- Mr. NZ Fitness-Model Dan Worthington

4. Class Reviews / Class Rule Changes

4.1 Fitness Model

Round 2 Dress: Rule change; the dress must be a floor length gown

4.2 Shape

The International situation has improved. There is now an International pathway for our Shape competitors

4.3 Figure

- There is concern about figure competitors coming in too hard and too lean.
- Many figure competitors are actually coming in under their optimum weight, which should be close to the maximum allowable weight. This raises concern of related health issues.
- Figure athletes need to aim to get as close to their maximum allowable weight as possible.

4.4 Physique Women

- We have seen an increase in the number of women competing, and improvements in athletes coming in leaner and harder.
- Height classes will now apply, as per Rule 14.2.1

4.5 Novice Athletic and Novice Physique Men

Athletes need to take the opportunities to go up to Open and International competitions.

4.6 Teenage Women

- Teenage Women will do Physique Poses only (Information Book 2.1.5).
- If Teenage Women want to do figure poses they can compete in the Novice Figure Classes.

4.7 Combined Class Rule

Clarification for athletes is required on the Combined Class Rule. Info Book Rule 3.4

The purpose of the Combined Class Rule is to ensure meaningful competition at Regional Competitions. For example if there are three tall athletes and only one short athlete the class will be combined at a Regional Competition, athletes will still qualify for Nationals in their nominated height class.

5. Open and International Register

- Congratulation to those open athletes who have won their classes at the 2012 NZ Nationals, attaining International Status, and earning the opportunity to compete at International Competitions.
- To ensure our top athletes have the opportunity to compete in NZ in their respective International Classes, we will be incorporating an International Competition at the 2013 NZ National Championships. This will be an Invitational International event, with Invitations will be extended to India, Philippines, Tonga and Australia. (These athletes from overseas, will compete for International Titles; they will not be eligible for NZ National Titles)

6. NABBA NZ Website

Our NABBA website is regularly updated and remains a good source of Official Information. We are currently doing an upgrade of the website which should be functional for the end of February.

7. Entry Forms / Music

- All Entry Forms and Music are to only be sent to NABBA HQ, to assist in event admin and organisation. Online entries are becoming more popular.
- Emailing music files has also been popular; however not all regions are equipped to cater for music files.
- Competitors should remember to check the accepted music formats, on the Official Show Information on the Regional Page for each competition.
- Reminder to competitors that entries must be in two weeks before a competition. And reminder that music is required with your entry form.

8. NABBA Branding

- NABBA New Zealand was established in 1990, with the appointment of Jim Pitt as NABBA NZ President. Jim has been a guiding influence in the development of NABBA to becoming the number one Bodybuilding sports body in New Zealand and a respected country on the International scene.,
- NABBA New Zealand became incorporated in 2001 to ensure the integrity of our Association, and to safeguard our NABBA name and our members.
- NABBA NZ is governed by the Executive Committee. The Executive Committee is formed of appointed Area Representative from throughout New Zealand. The Executive Committee meet every year at the Annual Congress, to review the year, and plan for the year ahead.
- Judges Courses are run on a regular basis every year to develop a growing base of certified Judges in NZ. We debrief after every event, maintaining the integrity of our Judges, and reinforcing the foundation of 'Judging to the criteria'
- It is illegal and disappointing that others use our name to give themselves credibility.
- We never dictate where athletes compete. You can compete with other associations, and you will still maintain your membership and unbiased recognition within NABBA.
- We run twelve Regional Championships throughout New Zealand. We continue to run the biggest Nationals and we provide plenty of opportunities for athletes to compete at many levels; regional, national and international.

9. 2012 Presidents Report

What an amazing year produced by all the hard work and dedication from the NABBA Executive, Judges, athletes and all the volunteers and supporters.

We had two new shows this year, with the Taranaki Show in New Plymouth, and the East Coast Bays Show in Gisborne, setting the pace for a very busy year, with thirteen shows throughout the country.

We are blessed with a group of passionate Area Reps and Volunteers who work hard to produce great shows for all the athletes around the country.

We have had many great athletes on our stages throughout the year. Across all classes and levels we have seen exceptional talent and presentation. And for many athletes, beyond their competition placings, they have made friends in the sport, meeting likeminded people doing what they enjoy. So there is enjoyment not only in the competition and challenge of the sport, but the travel around the country and catching up with friends.

Our Judges gained plenty of experience, and worked hard at some very big shows, and close competition around the country this year. Judges must judge athletes to the class criteria of the respective classes, to ensure fairness for all athletes. The more athletes we have in competitions, the greater the challenge of judging, but this is equally beneficial in clearly defining and teaching the criteria of our many classes.

The 2012 National Championships was a big event, producing amazing New Zealand National Champions. The show was long but well run, with positive feedback from many athletes. Thank you to Peter Hardwick for hosting another wonderful National event. It is not a light task to undertake! Also a thank you to all those athletes that competed, showing good sportsmanship and generally making the show enjoyable for everyone involved in such a large event.

Our New Zealand Teams, are held in high esteem internationally, as good competitors and being friendly people. All the athletes that compete in our New Zealand Representative Teams are great ambassadors for New Zealand, and for NABBA New Zealand. I am always very proud of our athletes. This year we sent teams to the very hot climate in the Philippines, and the very cold temperatures in Germany. Our Teams did a good job of showing the world what New Zealand can do! Congratulations to all those athletes that stepped up to the challenge of competing internationally.

A big thank you to all the sponsors around the country who have supported NABBA and in many cases allowing us to bring the sport of bodybuilding to as many regions as we do. With your support the sport is growing from strength to strength as more and more people get involved in the sport nationwide.

A big thank you also goes to Keith Jolly at Muscle Imaging, who has a busy year covering our many events around the country, and producing quality photos and DVD's for so many athletes to remember the huge achievement of competing in a bodybuilding comp.

A thank-you also, to Go-Figure, for their backstage 'happy-snaps' capturing and sharing the social side of the sport that goes on behind the scenes.

NABBA NZ is an Incorporated sports body. We are run by an executive committee of people from around NZ, passionate about bodybuilding and creating opportunities for athletes to be a part of our great sport. We work together to guide and develop NABBA NZ, as well as running our own shows in our Region. It is a huge undertaking to run an event, and a lot of time and energy is contributed voluntarily by these people, for the sport, for their regions and for the satisfaction gained from seeing athletes up on their stage.

The 2013 season is just around the corner, with twelve regional events, plus the National Championships locked in around the country. Internationally we have three big events; the Asia Pacific Championships in the Philippines, the World Championships in Cyprus, and the Universe Championships in Germany.

To everyone, I would like to remind you that our sport is full of opportunities and if you want to challenge yourself to higher levels, the platforms are there! You can turn your potential into achievement by setting your challenge and striving toward it.

Yours in Sport
Jim Pitt
NABBA NZ President

If you want to be involved with NABBA and the sport of bodybuilding there are many opportunities to get involved; from competing to Judging, to volunteering to help out at your local show. You can contact NABBA HQ or your local Area Rep if you have any enquiries.