



The Original
ALL FEMALE CLASSIC



ALL FEMALE CLASSIC EVENT INFORMATION

Subject to updates. This version is current as at **16.06.2016**



iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompetenatural.com from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE: INBA is now a paperless and digital organisation. We no longer provide manual, paper entry forms. You will absolutely love the speed, control and convenience of entering INBA events via iCompete. Welcome to the future!

DATE:	Sunday 26 th June
CONTEST TIME:	Show Starts 10AM
ENTRY FEE:	Early Bird Entry \$175 or \$195 Entry (after Midnight 17/06).
ADDITIONAL:	Additional entries are \$100 each. No late fee – add anytime.
ENTRIES CLOSE:	Midnight on Tuesday 21 ST June.
OPTIONAL:	DVD \$39 offer is a Download of (1) all your divisions, (2) pre-stage recording doing your posing, and (3) all interviews. Photographs of <u>each</u> division on CD are \$45.
PAYMENT DUE:	Pay via iCompete between Midnight 21/06 – 23/06 (cards only) or at Check-in on Contest Day (cash only)
VENUE:	Moonee Valley Race Club. Celebrity Room McPherson Street, Moonee Ponds. Melways Ref: 28 K5
CONTACT:	0402 555 505
TICKET PRICE:	Sold Only at the Door on the Day. \$49 General Admission High School Students \$25. Primary Age & Under are free
PROMOTER:	Patricia Lanciano

The All Female Classic is Unique!

The INBA All Female Classic is one of the most unique contests on the world sporting calendar. A Muscle, Figure, Model & Bikini Extravaganza exclusively for women. Uniquely All Female, the judging panel is all female. The INBA backstage officials are all female. For your backstage preparation we prefer you have a female helper, but husbands and male trainers will be allowed. We hope competitors adapt to these unique regulations as the unique All Female atmosphere it creates is worth it!

ALL FEMALE CLASSIC HIGHLIGHTS INCLUDES A SATIN ROBE FOR EVERYONE!



- + Australia's Most Generous Contest!
- + 2 Hot Satin Robes! Choice of Black or Pink.
- + Massive Statues for Open Champions.
- + Achievement Atlas Medallions
- + INBA Competitor Show Bag
- + Competitor Mixn'Match Singlet, Tee & Cap
- + Supplement Show Bag
- + Competitors may enter multiple divisions.
- + Victoria's biggest and best venue.
- + Female SportsModels are provided with free sportswear for their division.



VENUE: MOONEE VALLEY RACING CLUB

Welcome to our world-class venue, **Celebrity Room** at the Moonee Valley Racing Club. MVRC is one of Australia's most unique event locations, set amongst the historic racecourse and stunning backdrop of Melbourne's city skyline. Attendees have free, security guarded car parking on site. The Celebrity Room has removed all previous problem of a lack of space, having the capacity to seat 1000 spectators, unlimited sponsors and backstage space, food and beverage available inside the venue. Our guests enter the Moonee Valley Member's Car Park at **the Cnr of McPherson & Coats Street in Moonee Ponds.**



The Celebrity Room at Moonee Valley Race Club. The luxurious Home of INBA.

INTRODUCING PATRICIA LANCIANO OUR NEW AFC PROMOTER!



Patricia, wife of INBA Australian President Tony Lanciano who founded the original All Female Classic has taken over as Promoter of the World's most loved contest this year. And let's face it, she probably makes all the decisions anyway. 😊

Patricia simply loves the contest environment and loves the competitors even more. With her unbridled passion, excitement and energy the AFC will take on a new look, notwithstanding the All Female Classic that is all about women and for women should be run by a woman.

Patricia has introduced two new divisions this year, Ms Runaway and Ms Sport Figure Model (descriptions of both in this event information). And introducing Male Fitness Models as the Trophy Presenters.

Ms RUNWAY – NEW GLAMOUR DIVISION



Ms Runway is open to every body type (Figure, Fitness, Bikini) except competitors wear a long evening gown style of dress. Depending on numbers you will do an individual or small group stage walk like other Model classes.

Judged like Angels and with the same stage walk. Judges are looking at the image you bring on stage, not only the body you bring to stage. The Ms Runway image is about looking fit and healthy in a glamorous dress. While this needs a nice shape, it will also depend greatly on how confidently you present and project yourself. Factors such as poise, confidence, stage craft, glamour, the dress, and having a sense of fun are all vital.

Ms Runway is a clever name as it was part inspired by the opportunity to offer the ultimate in glamor and part inspired by the large number of Flight Attendants from the airline industry already competing.

Ms SPORTS FIGURE MODEL * NEW *

This division is designed for competitors who have acquired, or are genetically gifted with muscle. Broad shoulders, muscular limbs, with muscle separation and well-conditioned abdominals. Competitors wear black shorts and crop top (of their choice) with white runners. Symmetry quarter turns are performed like a Sports Model.

Ms Sports Figure Model - Symmetry Round

Four quarter turns starting with a front stance (two options), quarter turn to the right, quarter turn to the rear, quarter turn to the other side.



Ms Sports Figure Model - Compulsory poses

There are 4 Compulsory poses to show muscularity. (1) Single side bicep, (2) Rear bicep and back pose, (3) Side triceps, and (4) Abdominals.



ANGELS

Angel stage walk available on Page 6.

Open to ALL Female competitors, including, Bikini, Fitness, and Figure competitors. This is the chance to Bling, Feather, Glitz and Glam up your Bikinis and add a Las Vegas/Victoria's Secret effect to your costume. The placegetters will be determined on the best overall presentation on the day, taking poise, walk, personality, overall body condition, and effort into account. This is designed as a 'fun' more relaxed type Category focusing on Colour and Entertainment as well.

CHECK-IN – 90 Mins prior to your estimated stage time.

INBA have greatly simplified the effort required to compete. Just enter and manage your contest via iCompete on any device and arrive 90 minutes before your Estimated Stage Time. When you arrive on contest day, go to the backstage area and check-in, pay any outstanding entry fee and collect your competitor gifts and contest number. Stress-free and easy!

AMAZING DOUBLE-SIDED MEDALS FOR TOP 5!!



COMPETITOR ACHIEVEMENT MEDALLIONS (Equal 6th Placings)

Australia delivers another competitor innovation called the "Achievement Atlas". The concept was developed for competitors who take up the challenge of competing but do not place in the Top 5. As an individual medal this striking 3D design recognises the remarkable achievement to make it through all the challenges and preparation to step onto the contest stage. Our sport is also a unique journey. The road to the podium may take many attempts and during each, a competitor is constantly achieving remarkable things, evolving as an individual, learning and growing. The five pieces that make a whole Achievement Atlas represents these many tests, trials and achievements which all contribute to success further down the path both in sport and personally. Once you challenge yourself often and higher to obtain five Medallions you will process an Achievement Atlas that is symbolically the largest sporting medal in the World.



Achievement Medal



Achievement Atlas (Collect 5 Medals!)

GUIDELINES TO FEMALE MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals and are judged only in a bikini.

Swimwear Model is designed for those who shape is enhanced in a one-piece outfit.

Fitness Model should have a more trained look and aim to display six-pack abdominals and are judged only in a bikini.

Sports Model lays between Bikini and Fitness Models. The division is judged wearing sportswear and shoes to give both bikini and fitness competitors an even chance.

Model Stage Walk

1. Everyone follow each other to the back of the stage.
2. In 3's when your names gets called out 3 walk to the front as marked 1
3. Head Judge will instruct you to do 1/2 turn to the REAR & 1/2 to the FRONT.
4. Walk to the opposite end and everyone moves up.
5. Next 3 move forward until we get back to the start.
6. Then the Judges will start the 1/4 turns, Comparisons & formal judging.

Back Of Stage

INBA Muscle & Modals VICTORIA

iCOMPETE Natural

BIKINI, SPORTSMODELS & FITNESS MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals and are judged only in a bikini round. Fitness Models should have a more trained look and aim to display six-pack abdominals. Both divisions are judged wearing a bikini. In both Classes, during the Bikini round competitors come out wearing their fashion bikini and heels. They perform a stage walk – the emphasis of the stage walk is to display confidence with your physique by presenting a confident stage presence and persona. After the judging stay on stage for the trophy presentation. Like Angels, any competitor is allowed to enter Sportsmodel as competitor look different in sportswear compared to a Bikini. Judging is based the best looking body in a sportswear outfit.

COMPETE IN UP TO 5 DIVISIONS

With the successful development of INBA events by removing posing routines from the show format, we now have time available for competitors to compete in multiple divisions. Plus, we admit it's an unusual policy to restrict competitors entering more than one class. Imagine if Usain Bolt could only run the 100m, and not the 200m or team relay etc. Now we can reinforce the OPEN Division as the premium division and Title Champion. If you think you are good enough then you need to enter the Open Class (you can also enter your age group or novice etc., but to have a shot at the Title you must also compete in the full Open line up).

ENTRY RESTRICTIONS

- Cannot enter both Bikini Model and FitnessModel.
- Cannot enter both Bodybuilding and Ms Figure.

BACKSTAGE GUIDELINES

At MVRC there is no restriction on the number of backstage “helpers” to assist you prepare. However, backstage “spectators” will be removed. Bring your own weights to pump up if needed. Prestigious venues such as MVRC give no second chances with their venue, if competitors leave damage to the venue from competitor's tan and oil. INBA insist your tan be applied prior to arriving at the venue, so only a final ‘touch up’ is required. We also discourage the use of transient products like *Dream Tan*. Competing at this venue has four compulsory conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue.
4. Do not touch or lean on WALLS or columns backstage.

** DRUG TESTING & SUPPLEMENT WARNING **

Drug testing performance enhancing substances at INBA events is conducted via WADA accredited urine analysis. Over the past 3 years approximately 80% of our positive contest day tests have occurred as a result of banned ingredients in USA supplements, especially pre-workout products taken on event day. **As a general rule, don't take any supplement 3 days prior to the competition.** This will avoid an inadvertent positive test from a substance only banned “in competition” which is mostly the problem we see with pre-workouts and in other supplement contamination cases.

When selected for drug testing please follow the official to the test area (located in another area of MVRC). Let the official know if you are competing again soon, we will let you prepare and compete first.

FITNESS WEAR OUTFIT COURTESY OF BLACK & BLUE

SportsModels have their sportswear outfit supplied. After Check-in go to the Black & Blue stand in the main auditorium and select your size of outfit.

ONE SHOW FORMAT - Judging + Trophy Presentation

Each division comes onstage once as awards and placings are announced immediately after judging. However, your stage time is only one of the 6 steps contest experience (see last page) at the show and you need to allow 35 minutes per division.

DIVISIONS AVAILABLE Divisions subject to height classes if entry numbers warrant.

Figure International	Symmetry Only
Ms. Figure Masters 30+	30 & Older on day of contest
Ms. Figure Masters 40+	40 & Older on day of contest
Ms. Figure Masters 50+	50 & Older on day of contest
Ms. Figure First Timers	First Contest
Ms. Figure Novice	First Year of Competing
Ms. Figure Open	
<i>Ms Sports Figure Model * NEW *</i>	Open to All Competitors
<i>Ms Runway * NEW *</i>	Open to All Competitors
<i>Angels</i>	One-Piece costume
Swimwear Model	First Contest
Bikini First Timers	First Year of Competing
Bikini Novice	21 & Under on January 1 st
Bikini 21	30 & Older on day of contest
Bikini 30+	40 & Older on day of contest
Bikini 40+	Had children
Bikini Momma	
Bikini Open	
SportsModel First Timers	First Contest
SportsModel Novice	First Year of Competing
SportsModel 21	21 & Under on January 1 st
SportsModel 30+	30 & Older on day of contest
SportsModel 40+	40 & Older on day of contest
SportsModel Momma	Had children
SportsModel Open	
FitnessModel First Timers	First Contest
FitnessModel Novice	First Year of Competing
FitnessModel 21	21 & Under on January 1 st
FitnessModel 30+	30 & Older on day of contest
FitnessModel 40+	40 & Older on day of contest
FitnessModel Momma	Had children
FitnessModel Open	

SHOW TIMES

Each division will come on stage in the order listed below. Please realise it is impossible to know how long each division will take to be judged or if all divisions will be running to give you an actual stage time. This is an estimate to give you something to go by in advance. Times we be updated in the final week and emailed to you.

DIVISION	Est. Stage Time
Ms Figure Masters (50+)	10.00
Ms Figure Masters (40+)	10.10
Ms Figure First Timers	10.20
Ms Figure Masters (30+)	10.30
Figure International Open	10.40
Ms Figure Novice	10.50
Ms Figure Open	11.00
Bikini First Timers	11.10
Bikini Novice	11.20
Bikini 21	11.30
Bikini 30+	11.40
Bikini 40+	11.50
Bikini Momma	12.00
Bikini Open	12.10
<i>Ms Runway ** NEW **</i>	12.20
<i>Ms Sports Figure Model ** NEW **</i>	12.30
<i>Angels</i>	12.40
SportsModel First Timers	12.50
SportsModel Novice	1.00
SportsModel 21	1.10
SportsModel 30+	1.20
SportsModel 40+	1.30
SportsModel Momma	1.40
SportsModel Open	1.50
Swimwear Model	2.00
INTERMISSION	2.10
FitnessModel First Timers	2.20
FitnessModel Novice	2.30
FitnessModel 21	2.40
FitnessModel 30+	2.50
FitnessModel 40+	3.00
FitnessModel Momma	3.10
FitnessModel Open	3.20

COMPETITOR'S PHOTOGRAPHS & ** NEW DOWNLOAD VIDEO **

We now offer "Video Downloads" instead of a contest DVD. For \$39 you will receive download links to all the divisions you entered, all interviews, and we have an exciting new addition - you will be filmed individually side stage performing your turns/poses. This gives you an opportunity to view your presentation on a 42" monitor moments before you hit the stage! Priceless! See <https://youtu.be/Oc2T0EyTzqQ>

A Professional Photographer will be taking photos at the contest - you receive all the photographs taken of you and your division for \$45. You are able to edit and print all the pictures. Please order your Video and photos in iCompete as media is \$12 more expensive post event. The video and pics usually arrive @ 2 weeks after the event.

TICKET PURCHASES

Available from the Ticketing Table in the Venue on Contest Day, Sunday 26th 8.30AM onwards. General Admission \$49. High School children \$25. Primary School & Under Free. All tickets are only available on the Contest Day itself at the Door. There is no possibility the venue can be sold-out and every seat has a nice/equal view of the stage. Seats are not reserved – sit where you like. Cash only, as no card facilities are available. However, the venue has an ATMs to withdraw cash.

ACCOMMODATION RECOMMENDATION

- Quest Moonee Valley (03) 8325 9500 www.questapartments.com.au**
Cnr of McPherson & Coats Street. Moonee Ponds.
With an ideal location only 90 metres to the venue door. The property offers a range of studio, one, two and three bedroom apartments each complete with full kitchen and laundry. Foxtel and wireless broadband internet access.
- Moonee Valley Views Apartments (03) 9373 3777 www.mvv.com.au**
A choice of studio, one, two, three or four bedroom two-storey apartments complete with fully equipped kitchens. Free FOXTEL and wireless broadband as well as on-site parking.

DIRECTIONS

GETTING TO THE VENUE BY CAR

From Melbourne City, proceed via Elizabeth St to Flemington Rd.

- Branch left onto Mt Alexandra Rd.
- Turn right at Ormond Rd.
- Turn left at Patterson St. follow the signs into the access road and Centre Car Park.

Alternatively you can take Citylink.

- Exit at Moreland Rd and continue to end. Turn left into Pascoe Vale Rd.
- Turn left into Wilson St.

Inbound from Airport

- Take city link towards Melbourne. Exit at Brunswick Rd.
- Turn right into Ormond Rd. Turn right into Pattison St.
- Proceed under Dean St overpass to enter course.

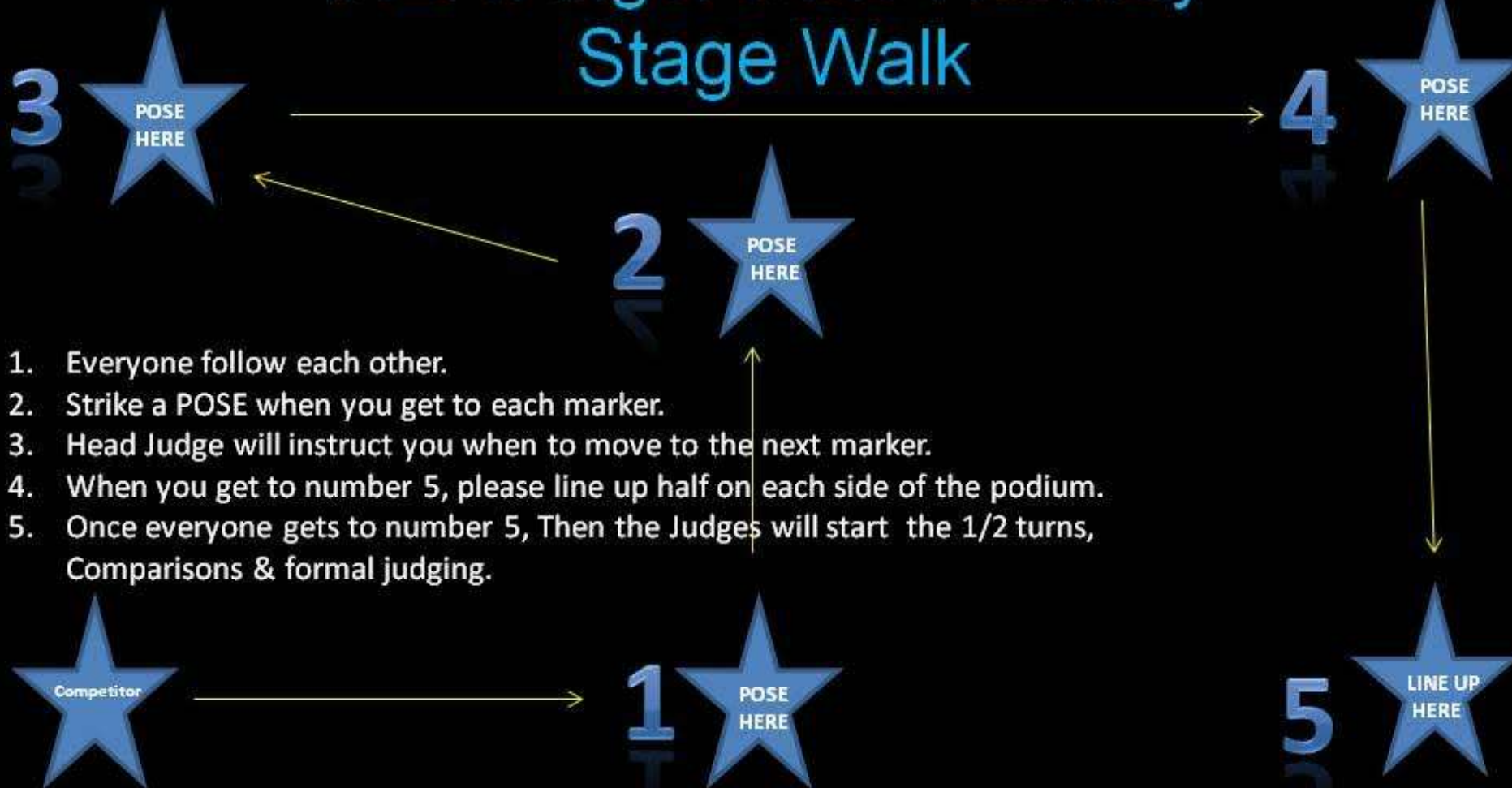
GETTING THERE BY TRAIN

- Take Craigieburn line from Flinders Street Station.
- Disembark at Moonee Ponds station. The course is a 10 minute walk.
- Travel down Puckle St, across Moonee Ponds Junction to Dean St.
- Turn left into McPherson St for main entrance.

GETTING THERE BY TRAM OR BUS

- Terminals are located at Moonee ponds Junction.
- Tram no. 59 from Elizabeth St arrives directly at Junction.

INBA Angel & Ms Runway Stage Walk



1. Everyone follow each other.
2. Strike a POSE when you get to each marker.
3. Head Judge will instruct you when to move to the next marker.
4. When you get to number 5, please line up half on each side of the podium.
5. Once everyone gets to number 5, Then the Judges will start the 1/2 turns, Comparisons & formal judging.

• I Compete Natural •
INBA
Muscle & Models
VICTORIA

Back Of Stage

COMPETE
Natural

INBA VICTORIA
*** 6 STEP ***
CONTEST EXPERIENCE

1. Competitor Line-Up

Assemble on the centre wooden floor for final instruction before heading to stage. Your family and friends are allowed backstage to view you and your competition.

2. Competitor Parade

When competitors leave on the parade to side stage, spectators will be asked to return to the auditorium and take their seat.

3. Pre Stage DVD Interviews

4. Stage Time! Judging, Trophy and PT Award Presentations.

5. Post Stage Interviews

Random Competitors will be asked to expand on their Pre-Stage comments. Top 5 of each division interviewed as a group.

6. Casual Photo Backdrop Area

Our 4 metre INBA Australian flag banner for competitors to take photos with your awards, gifts, fellow competitors & spectators.

Note:

The 6 Step Contest experience takes approximately 35 minutes.

