



2016 INBA Tasmanian State Championships



Subject to updates, this version current as of 26/6/16

- DATE:** Sunday 25th September 2016
VENUE: Hotel Grand Chancellor, 1 Davey St, Hobart
Competitor Access to venue from 8:30am
TIMES: Doors open 9:30am for spectators
Show starts at 10am
 Estimated show finish time 4pm
ENTRY FEE: Early Bird \$150 (prior 31/08/15) or \$175 (after 31/08/15)
 Additional Division/s \$50 each or \$75 (after 31/08/15)
 Entries **close** 18th September 2015
PHOTOS: \$55 per division from Melita Magic Photography
TICKET SALES: Tickets allow All Day Access to the show from 9:30am
 Adults \$45
 Senior Card Holders and High School (under 16) \$30
 Children (12 and under) \$15
PROMOTER: Stephanie McKay
CONTACT: Ph: (03) 6229 3333 or 0407 988 815
 Email: inba_tas@inba.com.au

ENTRY & PAYMENT:

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompete.inba.com.au 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!

- 1. Complete your INBA membership**, you will receive your Membership number and iCompete log-in as soon as payment is complete
- 2. Enter the competition through your iCompete portal**
- 3. Once entry is complete you can choose to pay your entry straight away via**
Ph: (03) 6229 3333 with Credit Card OR
Money Order or Cheque: made out to Planet Max Tasmania
 Send to: Shop 10, 22 Elizabeth Street, HOBART, TAS, 7000 **OR**
Pay via iCompete between Midnight 1/09/16 – 18/09/16 (cards only)
- 5. All payments MUST be finalised BEFORE competition day**

Competitors receive entry into the show.

Please note: Entry Fee's and tickets are non-refundable

EVENT HIGHLIGHTS

- + Each competitor receives a competition DVD and goodies bag
- + NEW Look INBA Achievement Medals
- + Female Sports Models, Male Fitness Models and Mens Physique Competitors are provided with free Fitness wear to wear for their division's.
- + Amazing new venue on Hobart waterfront
- + First INBA Tasmanian Championships held in Hobart in over 10 years
- + ASADA Drug Testing
- + Qualifier for Australian Titles (Top 5 place getters in each division qualify)
- + Open Division Winners Qualify to compete in the INBA Australian Elite Pro Qualifier League.

HOTEL GRAND CHANCELLOR, Hobart

When it comes to staying in Hobart the only place to be is on the waterfront at Hotel Grand Chancellor Hobart, featuring some of the best views in the city. Overlooking the River Derwent and Constitution Dock, this Tasmanian hotel is just minutes away from popular attractions like, Salamanca Place, Battery Point and the Central Business District. The 2016 Tasmanian Championships will be held in the Federation Ballroom of this amazing venue.



NEW LOOK ACHIEVEMENT MEDALS



INBA 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 an INBA contest stage. While competition may be about winning, 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. Hence, the dream to create an INBA Achievement Atlas for our competitors was borne. 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.

DIVISIONS AVAILABLE

FEMALE DIVISIONS AVAILABLE

INBA Angels Open to All Competitors

* **Bikini First Timers** First Contest

** **Bikini Novice** First Year of Competing in that division

Bikini Momma Had children

Bikini 30+ 30+ on day of contest

Bikini Open and Overall

Ms Swimsuit Open and Overall *New Division*

* **Ms Fitness Model First Timers** First Contest

** **Ms Fitness Model Novice** First Year of Competing in that division

Ms Fitness Model Momma Had children

Ms Fitness Model 30+ and 40+ 30+ and 40+ on day of contest

Ms Fitness Model Open and Overall

* **Sports Model First Timers** First Contest

** **Sports Model Novice** First Year of Competing in that division

Sports Model 30+ 30+ on day of contest

Sports Model Open and Overall

* **Figure International Novice** Symmetry Only

Figure International Open Symmetry Only

* **Ms. Figure First Timers** First Contest

** **Ms. Figure Novice** First Year of Competing in that division

Ms. Figure Masters 40+, 50+ and 60 + on day of contest

Ms. Figure Tasmania Open and Overall

Women's Bodybuilding Open

MALE DIVISIONS AVAILABLE

Men's Fitness Open and Overall

* **Mr Physique First Timers** First Contest

** **Mr Physique Novice** First Year of Competing in that division

Mr Physique Open and Overall

Bodybuilding Teenage Men 19 & Under on January 1st

Bodybuilding Junior Men 21 & Under on January 1st

Bodybuilding Master Men 40+, 50+ and 60+ on day of contest

* **Bodybuilding First Timers** First Contest

** **Bodybuilding Novice Men** First Year of Competing in that division

Bodybuilding Under 75Kg Weight Class

Bodybuilding Over 75Kg Weight Class

Bodybuilding Open and Overall Height Classes if required

CATEGORY DEFINITIONS

* **FIRST TIMER:** First time competing ever, in any bodybuilding federation

** **NOVICE:** Novice is your first year of competing in a specific division. This can be either Season A and B (Jan 2016-Dec 2016) or Season B and A (July 2016-June 2017).

ADDITIONAL DIVISIONS

Competitors may compete in **up to 4 divisions** within the following restrictions:

- A Bikini Model can NOT compete in Fitness Model division and vice versa
- Mr Physique can NOT enter Male Bodybuilding

Note: Any female competitor, can enter Sports Model, Swimsuit and Angels divisions.

SPLITTING DIVISIONS

Divisions will be split into height classes where deemed necessary, this will not be known until a week before the competition. Where division numbers are under 4 competitors, divisions will come on stage combined with another small division in the same category, divisions are still judged separately.

The INBA in Australia has a minimum age requirement of 15 years for any competitor. Click here to see the comprehensive [judging guidelines](#) for each division.

INBA Australia advises that every competitor should understand that the judges guidelines are updated regularly and that website visitors should refresh their cache to make sure they are seeing the most up-to-date version of the page. Rule changes are recorded on the official Rules and Regulations page '[click here](#)' for the latest rule modifications

SHOW FORMAT

CHECK-IN: 1.5-2 Hours prior to your estimated stage time.

INBA *Straight to Stage* contest experience means just enter online and arrive 2 hours before your Estimated Stage Time. When you arrive at the venue, go to the backstage area and check-in, collect your competitor gifts and contest number before going on stage. Stress-free and easy!

MR PHYSIQUE, BODYBUILDING and FIGURE

Are required to do Group Quarter Turns in round one and compulsory poses in Round two. Please see picture and guidelines for posing on INBA website www.inba.com.au for further information. **Mr Physique Shorts are provided on contest day.**

BIKINI, SPORTS MODELS, FITNESS MODEL and SWIMSUIT DIVISIONS

All competitors in your division come on stage together, then each competitor will do an individual V Walk (Front to Back Pose only). Once everyone has completed their individual walk the entire division will be called to the front of the stage for a Symmetry (quarter turns) round. Once the judges are happy the line-up will then file off stage to be bought back later for their trophy presentation.

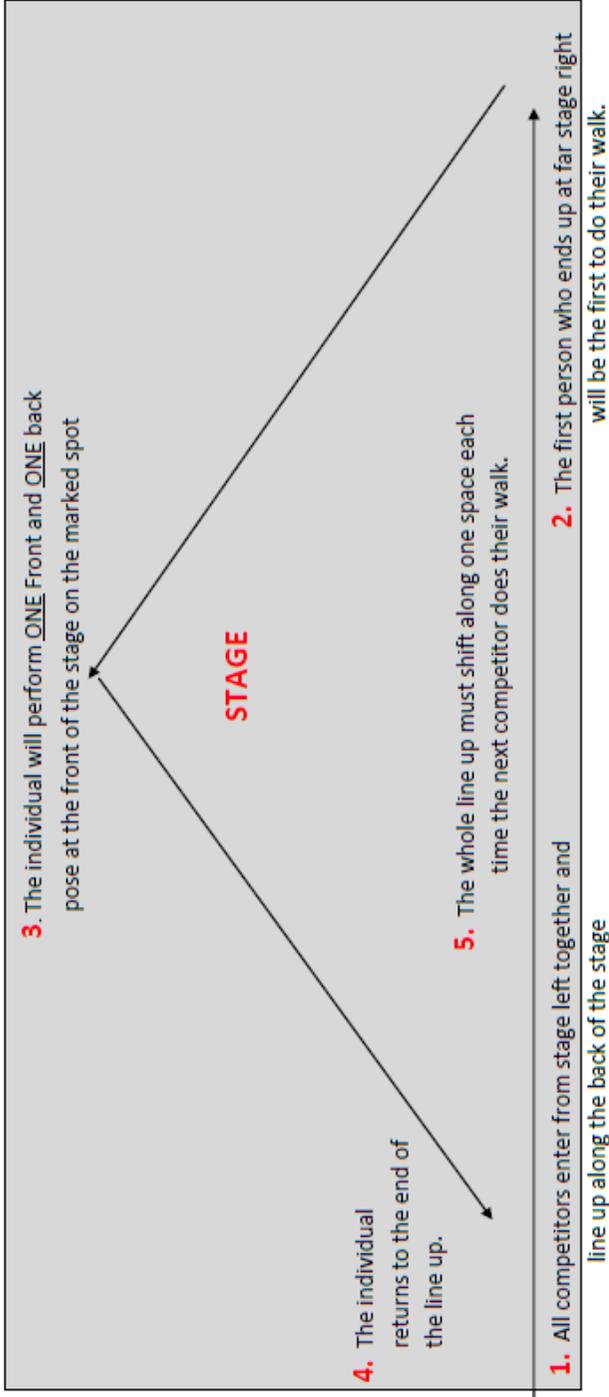
Sports Models & Fitness Models should have a more trained look and aim to display six-pack abdominals. Fitness Models are judged in a bikini and Sports Models are

Audience

- All competitors line up across the back of the stage, entering from stage left.
- Each competitor is called forward to do their V walk starting from stage right.
- Competitors do ONE front and ONE back pose ONLY, before turning back to the front to 'sign off' and off to the left side of the stage
- Competitors shift along the line towards the right of the stage create space for the person returning after their V walk
- Once everyone has done their individual walk, the line will be called forward for quarter turns and comparisons.

Make sure you listen to the calling of the head judge and/or MC, know what your competitor number is!

JUDGES



judged in sportswear (supplied on the day). In all Classes, all competitors perform a stage walk.

V-WALK (diagram to the left)

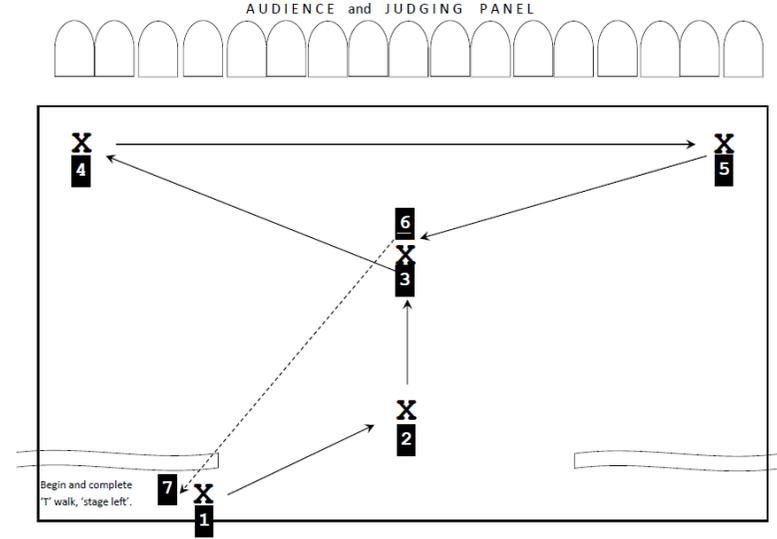
The stage V walk only requires **one Front and one Back Pose** in the centre of the stage before finishing and walking back to the line-up. The emphasis of the stage walk is to display confidence with your physique by presenting a confident stage presence and persona.

INBA ANGELS

INBA Angels Costume: based on a bikini, the costume can resemble that of an Angel (wings), or a Showgirl Las Vegas type costume, Feathers and frills, tulle, sequins, Diamantes, anything that is feminine and "over the top" that the competitor has always dreamed of wearing, glitz, bling, and glamour is the key. However, we do not want costumes that drag along the floor and costume must be secure, and please ladies, nothing that bursts into flames!!!! You will need to display your creation with poise and confidence.

Stage: Each competitor will enter the stage *individually*, and have twenty seconds to display their costume. They will then file off stage and the next competitor will enter, until every competitor has had their turn to show their creation. Once each competitor has done their stage walk the line-up will be bought back onstage together. Remember, this is open to all female competitors. This is not judged entirely on the body, e.g. a six pack abdominal region is not necessary - it's more about what you bring to the stage with your presentation and personality! This is a "Fun" category! Imagine the amazing, stunning photos you will have to keep of yourself of the day!

A **T-walk** is recommended for this division, please see below:



EST RUNNING ORDER

Below is an estimated time as to when each division will come on stage. 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. We do not run the event according to these times. **Ask anyone coming to watch you to be in the venue 60 minutes prior to your estimated stage time to ensure they do not miss you.**

Note: It is **YOUR** responsibility to know if the show is running early or late, no refunds will be given if you miss your division. If you turn up late for your division you **WILL NOT** be allowed onstage. All efforts will be made to keep you up to date and there will be specially appointed helpers in the designated backstage areas, instructing you on how the show is running for time. More accurate running order times will be emailed to you a week before the competition and also posted in INBA Tasmania Facebook.

Est Stage Time	Division
10am	Show Starts
10:05am	Women's Bodybuilding Open
10:10am	Bodybuilding First Timers
10:15am	Figure International Novice
10:20am	Bodybuilding Teenage and Junior
10:30am	Ms. Figure First Timers
10:40am	Bodybuilding Master Men 40+, 50+ and 60+
10:45am	Figure International Open
10:55am	Bodybuilding Novice Men
11:00am	Ms. Figure Masters 40+,50+ and 60+
11:10am	Ms Swimsuit Open and Overall <i>New Division</i>
11:20am	Bodybuilding Under 75Kg
11:30am	Ms. Figure Novice
11:35am	Bodybuilding Over 75Kg
11:40am	INBA Angels Open to All Competitors
11:50am	Ms. Figure Tasmania Open and Overall
12pm	Bodybuilding Open and Overall
12:10pm	Sports Model First Timers
12:20pm	Men's Fitness Open and Overall
12:30pm	Sports Model Novice
12:40pm	Sports Model 30+
12:50pm	Sports Model Open and Overall
1pm	Intermission

2pm	Show Resumes
2:05pm	Bikini First Timers
2:15pm	Bikini Momma and Bikini 30+
2:20pm	Mr Physique First Timers
2:30pm	Bikini Novice
2:40pm	Bikini Open and Overall
2:50pm	Mr Physique Novice
3pm	Ms Fitness Model First Timers
3:10pm	Ms Fitness Model Momma
3:20pm	Mr Physique Open and Overall
3:30pm	Ms Fitness Model Novice
3:40pm	Ms Fitness Model 30+ and 40+
3:50pm	Ms Fitness Model Open and Overall
4pm	Show finalises

BACKSTAGE GUIDELINES

Competitors are allowed **1** backstage helper who must wear a backstage pass (supplied at registration) **NOTE: Backstage helpers will need to purchase a ticket to the Event at the ticket desk.**

Bring your own weights/resistance bands to pump up with if required. **INBA insist your tan be applied prior to arriving at the venue**, so only a final "touch up" is required. Most final coat tans look better if applied hours earlier!

Competing at this venue has six 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. No chewing gum to be consumed on the premises
5. Do not touch or lean on WALLS or columns backstage.
- 6. Toilet seats must be wiped of tan after each use**

We need you the competitor to take responsibility for how you use the facility. If this is not adhered to we will disqualify offending competitors.

A Team of officials will assist all competitors to get on stage at the right time and in the right order. They will guide you with how fast the show is proceeding and update the running time. Please note if we cannot find you in the designated competitor area we will not be-able to update you.

INBA Australian Elite Pro Qualifier League

Win an Amateur Open division in any INBA Australia domestic event (includes Open Height Classes if offered) and enter the equivalent Pro Qualifying division listed here. You can enter multiple PRO Qualifier divisions only if you have won the Amateur Open division in each.

AMATEUR PRO QUALIFIER

Bodybuilding Open	PRO Qualifier Men's Bodybuilding
Mr Physique Open	PRO Qualifier Mr Physique
Men's Fitness Open	PRO Qualifier Men's Fitness
Ms Figure Open	PRO Qualifier Ms Figure
Fitness Model Open	PRO Qualifier Fitness Model
Bikini Model Open	PRO Qualifier Bikini Model
Sports Model Open	PRO Qualifier Sports Model

You have two years from the date you win your Amateur Open division to compete in a PRO Qualifying event before your opportunity lapses.

2016 INBA PRO QUALIFIER EVENTS

WA Super Show Fitness Expo on 20th/21st August at the Australian Fitness Expo
VIC State Titles 17th/18th September Moonee Valley Race Club
QLD Super Show Fitness expo in 22nd/23rd October at the Australian Fitness Expo
Australian Titles 16th October Overall division winners will get a PRO Card

All enquiries for the INBA/PNBA Australian Pro Qualifier League should be directed to INBA Australian President & Promoter, Tony Lanciano on 0402 555 505.

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 supplement contamination, 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.



Australian Government

Australian Sports Anti-Doping Authority

TANNING, HAIR and MAKEUP AFFILIATES

INBA Tasmania recommend the following businesses for tanning, hair and makeup. They are familiar with the requirements of tanning, hair and makeup to achieve the best stage look for you.

TANNING, HAIR and MAKEUP have hooked up in one location for your convenience at Altiva Beauty and Beyond Clinic located at Suite 205-86 Murray St, Hobart.

TANNING and Waxing

[Altiva Beauty and Beyond](#)

Suite 205-86 Murray St, Hobart

Ph: 03 6224 4655

www.altivabeautyclinic.com

MAKEUP (Operating from Altiva Beauty and Beyond)

[Jodie from Muscle Dolls Makeup](#)

Ph: 0421 865 312

<https://www.facebook.com/muscledollsmakeup/>

HAIR (Operating from Altiva Beauty and Beyond)

Sharyn Anderson (Owner of Evandale Hair and Beauty)

Ph: (03) 6391 8575 OR

Ph: 0439 397 560

Email: sandsanderson@bigpond.com

We recommend you book early to ensure you can get the most appropriate time to suit your needs.

ACCOMODATION

The Grand Chancellor has different accommodation options available, phone them on 1800 75 33 79 to make a booking.

Quote INBA Tasmania for a special room rate.

PARKING

There is onsite parking available charges apply. Market Place Car Park is open 24 hours and there is both metered and voucher parking within close proximity to the hotel.

DVD

The event DVD is included in your competitor entry fee, the official DVD for this event will be produced by Emma Raynor Productions. Emma's extensive work in television and filming of similar events make her DVD's outstanding quality and a great keep sake. DVD'S will be posted out 2-3 weeks after the competition, to the address listed on your icode profile.

PHOTOGRAPHER

We are very fortunate to have secured Melita Jagic from Melita Magic Photography to photograph the event. Melita is well known for covering INBA shows on the mainland and we are very excited to have her down to capture your special day.

Photo's can be ordered through icompete when entering the show, they are \$55 per division and will be ready in around 2 weeks after the competition through Melita directly.

Check out some of Melita's work below:

