

NABBA ENTRY FORM

- PLEASE NOTE:**
- NABBA Members pay an Annual Registration Fee of \$50.00
 - All Competitors pay an Entry Fee for each show of \$30.00
 - Please forward your music and monies with your Entry Form
 - ENTRIES CLOSE ONE WEEK BEFORE THE COMPETITION DAY
 - This is an OFFICIAL ENTRY - You may only compete in the class you select

Competition

Name

Address Postcode:

Phone (Hm) (Wk)

E-mail Mobile

WOMEN

Ms. Fitness Model		Senior Physique 35+		Senior Figure 35+	
Shape		Senior Physique 45+		Senior Figure 45+	
Teenage Women (under 20yrs)		Novice Physique		Novice Figure	
		Open Physique		Open Figure	
		International Physique		International Figure	

Figure Women	Weight	SHORT (Up to 1.63m)		Nabba Official Signature
		TALL (Over 1.63m)		

Height	- 100 x 90 % = <i>Formula</i>	Maximum Allowable Weight
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MIXED PAIRS

Male:

Female:

MEN

Teenage Men (under 20yrs)		Novice Physique		Masters Athletic	
Junior Men (under 23yrs)		Open Physique		Novice Athletic	
Masters 40+		International Physique		Open Athletic	
Masters 50+				International Athletic	
Masters 60+		Mr. Fitness Model			

PHYSIQUE MEN	Height	SHORT (Up to 1.72m)		Nabba Official Signature
		TALL (Over 1.72m)		

ATHLETIC MEN	Weight	SHORT (Up to 1.75m)		Nabba Official Signature
		TALL (Over 1.75m)		

Height	- 100 + 2 = <i>Formula</i>	Maximum Allowable Weight
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MEMBERSHIP DETAILS – NABBA Office Use Only

Member #	Registration Fee (\$50)	Renewal Fee (\$50)	Entry Fee (\$30)	Late Entry Fee (\$60)
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PLEASE PRINT CLEARLY

Name

Region Representing

Gym Representing

Occupation

Hobbies/interests

How long have you been training / Show Titles etc.

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Would like to thank

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IMPORTANT Please Read Carefully - Conditions and Rules of Entry

SELECTED CLASS Rule: A selected class may only be changed by a NABBA Executive Official, in consultation with the athlete, where he or she has failed to meet the height/weight ratio (i.e. in particular reference to Figure and Athletic Classes). This Rule applies to all Regional and National Competitions. This Rule will restrict athletes changing classes on the day.

1. NABBA Body Building contests are open to all Body Builders, regardless of any affiliation with other associations.
2. Contestants must register for all contests by the date and time advised on official posters and publications.
3. All contestants must complete and sign the Official Entry Form and are bound by the terms and conditions on the form.
4. All competitors must attend Athlete Check-In on the day of competition. Check-In is between 10am – 11am on the day of competition. NO ENTRIES WILL BE PROCESSED AFTER 11am.
5. Entrants in age related classes i.e. Teenage, Junior, Senior and Masters must supply proof of age on registration, on the day of competition if requested.
6. **CLASS Rule:** There must be three athletes to constitute a class. i.e. When there are less than three athletes in a class it will be combined with another suitable class, and will be recognised as one class for judging. In the event that your class is combined; you will still qualify in your elected class, not the combined class.
7. **NOVICE STATUS Rule:** A novice athlete is one who has not previously won a class, or placed in the top three in a New Zealand National Championships. This applies to your placing in any recognised bodybuilding organisation. Please be honest and compete in the appropriate class.
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.
9. **All competitors must be current members of NABBA New Zealand, and may join NABBA New Zealand with payment of the Annual Membership Fee (\$50.00). The Entry Fee (\$30.00) or, Late Entry Fee (\$60.00) is required by all competitors.**
10. Competitors' individual routines must not exceed 60 seconds.
11. The competitors will provide music for their routine. The music should be the only music recorded on a new high quality CD. It is the competitor's responsibility to make sure their music is cued, and should be cut to no more than 60 seconds. DO NOT USE A CD-RW DISC or MP3 tracks. For all Auckland Shows your music must be sent in with your Entry Form, as all music is pre-programmed (if you turn up on the day with your CD you may not have your music on the day)
12. The Judges decision should be regarded as final, and should be accepted by all competitors in a sporting manor.
13. The selection of any teams or representatives made at NABBA contests are at the discretion of the Judging panel, selected for that purpose.
14. I give consent for NABBA New Zealand to use photos/videos taken onstage for the purposes of promoting the sport of Body Building in New Zealand.
15. **Entries must be submitted at least 7 DAYS BEFORE THE EVENT; to the Show Organizer or NABBA HQ. (PO Box 535, Palmerston North) Late registrations will be accepted in the week before the competition, up to the night before the competition; however these athletes will incur a 'Late Entry Fee' of \$60.00**

As a competitor in NABBA Competition I agree to and understand the above terms and conditions of entry.

Signed Date