

- 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 TWO WEEKS BEFORE THE COMPETITION DAY**
 - This is an OFFICIAL ENTRY - You may only compete in the class you select

NABBA ENTRY FORM



Competition

Name

Address Postcode:

Phone (Hm) (Wk)

E-mail Mobile

| WOMEN | | | | | |
|-----------------------------|--|------------------------|--|----------------------|--|
| Ms. Fitness Model | | Senior Physique 40+ | | Senior Figure 40+ | |
| Shape | | Senior Physique 50+ | | Senior Figure 50+ | |
| Teenage Women (under 20yrs) | | Novice Physique | | Novice Figure | |
| | | Open Physique | | Open Figure | |
| | | International Physique | | International Figure | |

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

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

| | |
|--------------------|--|
| MIXED PAIRS | Male: |
| | Female: |

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

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

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

| | | |
|--------|-------------------------------|--------------------------|
| Height | - 100 + 2 = <i>Formula</i> | Maximum Allowable Weight |
|--------|-------------------------------|--------------------------|

| | | | |
|-------------------------|---|------------------|-----------------------|
| Member # | MEMBERSHIP DETAILS – NABBA Office Use Only | | |
| Registration Fee (\$50) | Renewal Fee (\$50) | Entry Fee (\$30) | Late Entry Fee (\$60) |

The word NABBA and the NABBA Logo are Trade Marks of NABBA New Zealand Incorporated.



PLEASE PRINT CLEARLY

Name

Region Representing

Gym Representing

Occupation

Hobbies/interests

How long have you been training / Show Titles etc.

.....

Would like to thank

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IMPORTANT Please Read Carefully - Conditions and Rules of Entry

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. **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.
11. Competitors' individual routines must not exceed 60 seconds.
12. Competitors will provide music for their routine. **Music must be sent in with your Entry Form.** Ensure your music is of high quality, cued and cut to no more than 60 seconds.
Music can be recorded in WAV format onto a new CD. (Do not use CDRW discs, and ensure no other music is on the CD)
At the discretion of the event organizer the music may be emailed in WAV or MP3 format to the above specification. Check the Official Regional Show Information on www.nabba.co.nz. Always bring a spare CD with you to the competition.
13. The Judges decision should be regarded as final, and should be accepted by all competitors in a sporting manor.
14. The selection of any teams or representatives made at NABBA contests are at the discretion of the Judging panel, selected for that purpose.
15. 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.
16. **Entries and Music must be submitted at least TWO WEEKS BEFORE THE EVENT;** to the Show Organiser 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 Penalty Fee' of \$60.00. Online entries can now be done. Go to www.nabba.co.nz for more information

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

Signed Date