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# NATIONALS

SEASON B 12/13 OCTOBER

BCEC - SOUTH BRISBANE, QUEENSLAND



NATURAL  
BODYBUILDING  
AUSTRALIA

# EVENT INFORMATION PACK



# NATIONALS

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# EVENT INFORMATION PACK

## CONTEST

2024 SEASON B  
National & PRO Titles

## DATE

Saturday October 12<sup>th</sup>, 2024  
Sunday October 13<sup>th</sup>, 2024

## START TIME

Day 1, Show - 9:00am  
PRO Show 1 - 4:00pm

Day 2, Show - 9:00am  
PRO Show 2 - 4:00pm

## MAXIMUM DIVISIONS

MAXIMUM of 2 Core Categories  
MAXIMUM of **3 Divisions** in their first chosen category  
and **2 Divisions** in their second chosen category  
\* Optional Divisions Unlimited

## ENTRY FEES

\$200 - includes first division and optional posing routine or themewear  
\$90 - per additional division  
\$180 - NBA Membership



Enter at:  
[www.nbodybuilding.com/product/registration](http://www.nbodybuilding.com/product/registration)

## VENUE

**Boulevard Auditorium - (BCEC)**  
**Brisbane Convention & Exhibition Centre**  
Merivale St, South Brisbane  
QLD, 4101

[www.bcec.com.au](http://www.bcec.com.au)



Google Maps

## TICKETS

\$80 - **2 Day** General Admission  
\$50 - **1 Day** General Admission  
\$30 - High School / Seniors  
FREE - Kids under 12  
(with paying adult)



[www.nbodybuilding.com/product-category/tickets](http://www.nbodybuilding.com/product-category/tickets)

## CONTACT

**Stuart O'Brian** : 0422 - 251 - 010  
**Scott Morrell** : 0405 - 433 - 535  
**Michael Trimboli** : 0403 - 465 - 687  
**Michael Galante** : 0405 - 803 - 654



[hello@nbodybuilding.com](mailto:hello@nbodybuilding.com)

## ENTRIES CLOSE

Midnight, Tuesday 8<sup>th</sup> Oct, 2024





# NATIONALS

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# FEMALE CORE DIVISIONS

### Swimsuit

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Over 40  
Over 50  
Under 30  
Under 25  
Mums  
Masters PRO  
PRO

### Bikini

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Over 40  
Over 50  
Under 30  
Under 25  
Mums  
Masters PRO  
PRO

### Sports Model

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Over 40  
Over 50  
Under 30  
Under 25  
Mums  
Masters PRO  
PRO

### Fitness

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Over 40  
Over 50  
Under 30  
Under 25  
Mums  
Masters PRO  
PRO

### Wellness

First Timers  
Beginners  
Intermediate  
Open

### Figure International

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Under 30  
Mums  
Masters PRO  
PRO

### Figure

First Timers  
Beginners  
Intermediate  
Open  
Over 30  
Over 40  
Over 50  
Under 30  
Under 25  
Mums  
Masters PRO  
PRO

### Women's Physique

Open

## FEMALE DIVISION RULES

- Overall Division cannot be selected during registration.
- ALL** division winners will compete for the Overall Title automatically.
- Swimsuit competitors can only cross over to Bikini.
- Bikini competitors can cross over to either Swimsuit or Sports Model.
- Sports Model competitors can cross over to either Bikini or Fitness.
- Wellness competitors can cross over to either Sports Model or Fitness.
- Fitness competitors can cross over to either Sports Model or Figure International.
- Figure International competitors can cross over to either Fitness or Figure.
- Figure competitors can only cross over to Figure International.
- Women's Physique competitors can't compete in any other Core Category.
- Themwear is open to all competitors.
- Fit Swimsuit is only open to Sports Model and Fitness competitors only.
- Figure Swimsuit is open to Figure International and Figure competitors only.
- Women's Posing Routine is open to Figure International and Figure competitors only.
- MAXIMUM of 2 Core Categories
- MAXIMUM of 3 Divisions in their first chosen Core Category and 2 Divisions in their second chosen Core Category
- First Timers is open to any competitor competing in that category for the first time in any federation.
- Beginners category is open to any competitor in their first 12 months of competition in any federation.
- Intermediate category is open to any competitor with less than 3 years competition experience in any federation AND has not placed top 3 in an equal or higher-level competition.
- Height Classes are NOT set at a specific threshold, divisions will be split equally or merged based on the number of competitors.
  - E.g. 12 competitors enter Bikini open. 6 shortest will be short class, 6 tallest will be tall class.

## OPTIONAL DIVISIONS

Women's Posing Routine  
Themwear (Free)  
Fit Swimsuit  
Figure Swimsuit



Please note the above divisions can and will be split or combined depending on entry numbers.

This will be done in the last few days before the competition and will be advised at pack collection.





# NATIONALS

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## MALE CORE DIVISIONS

### Men's Fitness

First Timers  
Beginners  
Intermediate  
Open  
Over 40  
Under 40  
Under 25  
Masters PRO  
PRO

### Men's Physique

First Timers  
Beginners  
Intermediate  
Open  
Over 40  
Under 40  
Under 25  
Masters PRO  
PRO

### Classic Physique

First Timers  
Beginners  
Intermediate  
Open  
Over 40  
Under 40  
Under 25  
Masters PRO  
PRO

### Bodybuilding

First Timers  
Beginners  
Intermediate  
Open  
Over 40  
Under 40  
Under 25  
Masters PRO  
PRO

## OPTIONAL DIVISIONS

Men's Posing Routine

## MALE DIVISION RULES

- Overall Division cannot be selected during registration. **ALL** division winners will compete for the Overall Title automatically.
- Fitness competitors can only cross over to Physique.
- Physique competitors can cross over to either Fitness or Classic Physique.
- Classic Physique competitors can cross over to either Physique or Bodybuilding.
- Bodybuilding can only cross over to Classic Physique.
- Men's Posing Routine is open to Classic Physique and Bodybuilding competitors only.
- MAXIMUM of 2 Core Categories.
- MAXIMUM of 3 Divisions in their first chosen Core Category and 2 Divisions in their second chosen Core Category.
- First Timers is open to any competitor competing in that category for the first time in any federation.
- Beginners category is open to any competitor in their first 12 months of competition in any federation.
- Intermediate category is open to any competitor with less than 3 years competition experience in any federation AND has not placed top 3 in an equal or higher-level competition.
- Weight Classes are NOT set at a specific threshold, divisions will be split equally or merged based on the number of competitors.
  - E.g. 12 competitors enter Bodybuilding open. 4 lightest will be lightweight, middle 4 will be middleweight, 4 heaviest will be heavyweight.



Please note the above divisions can and will be split or combined depending on entry numbers.

This will be done in the last few days before the competition and will be advised at pack collection.



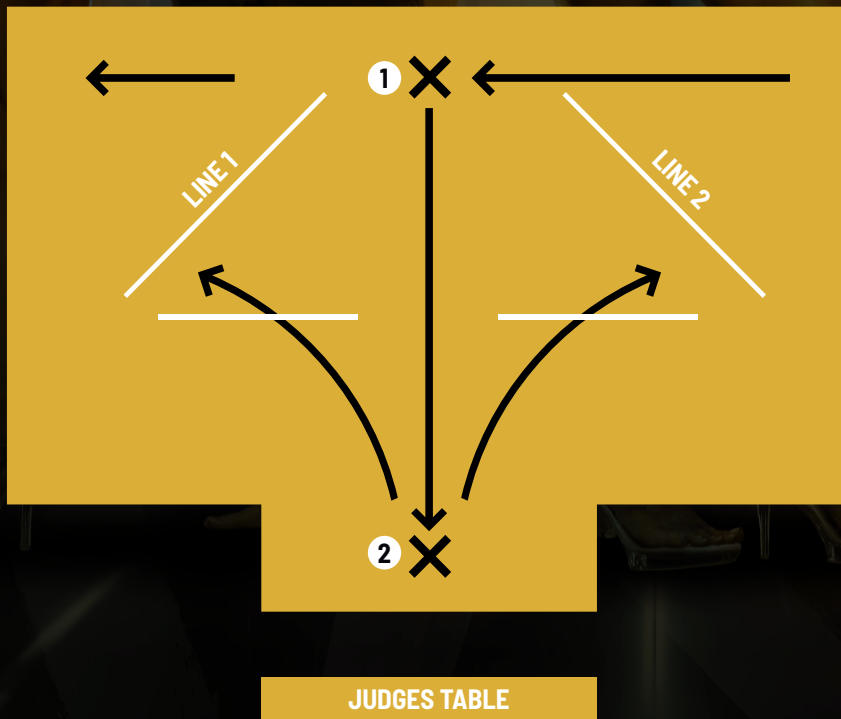


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# STAGE WALK



## I WALK

1. Competitors will enter from stage right and walk to point **1** where you will hold a front pose and wait for the competitor at point **2** to complete their poses.

Competitors will start their entry to the stage when the competitor before them starts their second pose at point **2**

2. Competitors will then walk forward to point **2** where you will complete **3 poses** of your choice
3. After completion of chosen poses, competitors will walk off to either **line 1 or 2** at the back of the stage as directed by the backstage official.
4. Competitors will be called to the **front line** for **comparisons**.
5. Once judging is completed, competitors will exit via the left of stage.

**\*Note:** After your first division, you will not complete an 'I Walk'; instead, you will enter the stage walking straight to the front line.

Any competitors doing the 'I Walk' in the division will enter first. Once all competitors are onstage they will be asked to come to the front line and commence judging.

Swimsuit, Bikini, Sports Model, Fitness, Wellness, Figure International, Mens Fitness & Mens Physique competitors all complete an 'I Walk' entry to the stage for their first time on stage.

All Classic Physique, Figure, Bodybuilding, & Women's Physique Competitors will walk straight to the front line, where we will proceed with **Round 1 Symmetry Poses**, followed by **Round 2 Compulsory Poses**, and finish with a pose down.






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### SPORTS MODEL OUTFITS

Sports Model outfits are purchased from the online-store and will be collected in your comp pack:

 [www.nbabodybuilding.com/product/womens-sports-model-outfit](http://www.nbabodybuilding.com/product/womens-sports-model-outfit)


### MENS PHYSIQUE / FITNESS BOARD SHORTS

Mens Physique / Fitness board shorts are purchased from the online-store and will be collected in your comp pack:

 [www.nbabodybuilding.com/product/mens-physique-boardshorts](http://www.nbabodybuilding.com/product/mens-physique-boardshorts)


### CLASSIC PHYSIQUE TRUNKS

Classic physique trunks are purchased from the online-store and will be collected in your comp pack:

 [www.nbabodybuilding.com/product/mens-classic-physique-trunks](http://www.nbabodybuilding.com/product/mens-classic-physique-trunks)

### TANNING, HAIR AND MAKE-UP

**Shique** are our preferred partner and will be the only provider with backstage access. You can book in with Sam and her team here:

 [www.shiquehairbeauty.com](http://www.shiquehairbeauty.com)

DM via Instagram [shiquehair\\_beauty](https://www.instagram.com/shiquehair_beauty) or Facebook [shiquehairandbeauty](https://www.facebook.com/shiquehairandbeauty) if you have any issues booking.

### PHOTOS & VIDEO

We have secured highly reputable Stage photographer **Charles Lowthian** and videographer **Nxt Gen Visual** to capture your time on stage. Secure your media package while registering or separately here:

 [www.nbabodybuilding.com/product/media-packages](http://www.nbabodybuilding.com/product/media-packages)

### BACKSTAGE ACCESS

Only athletes and coaches with a backstage wristband will be allowed backstage. A maximum of 1 Helper per competitor will be provided in your comp pack. Coaches will still need to purchase an event ticket. Water and a pump-up treats will be provided backstage.

### REGISTRATION/ PACK COLLECTION

Athletes are encouraged to personally register and pick up their own packs the day before the event. If you are unable to do so, you may arrange for someone else to collect your pack on your behalf, provided that they are informed of your divisions.

As a last resort, collecting your pack on the day of the event is permissible, but you must confirm your divisions by phone with Head-Judge Stuart O'Brien beforehand.

### WEIGH-IN

Athletes competing in divisions with weight classes will be required to be present for a weigh-in. Date, time and location will be advised via email prior to competition date.

### SOCIAL MEDIA

Instagram : [nbaaustralia\\_official](https://www.instagram.com/nbaaustralia_official)  
Facebook : [NBAustralia.official](https://www.facebook.com/NBAustralia.official)  
TikTok : [tiktok.com/@naturalbodybuildingaus](https://www.tiktok.com/@naturalbodybuildingaus)  
YouTube : [@NaturalBodybuildingAsiaPacific](https://www.youtube.com/@NaturalBodybuildingAsiaPacific)  
Discord : [discord.gg/Cw0gppmXfZ](https://discord.gg/Cw0gppmXfZ)



Women's First-Timers, Beginners, and Open categories may be split by height at Natural Bodybuilding Australia's discretion.

Men's First-Timers, Beginners, and Open categories may be split by weight at Natural Bodybuilding Australia's discretion.

Pro divisions will only be offered at Nationals and Bali.

**THIS IS A GUIDE ONLY. ORDER WILL CHANGE COMPETITION WEEK**

## DAY 1, Show 1 - 9:00AM

- |                         |                          |                              |
|-------------------------|--------------------------|------------------------------|
| 1 Themewear             | 21 Fitness Mums          | 41 Sports Model First Timers |
| 2 Bikini First Timers   | 22 Fitness Open          | 42 Sports Model Beginners    |
| 3 Bikini Beginners      | 23 Fitness Overall       | 43 Sports Model Intermediate |
| 4 Bikini Intermediate   | 24 Wellness First Timers | 44 Sports Model Over 30      |
| 5 Bikini Over 30        | 25 Wellness Beginners    | 45 Sports Model Over 40      |
| 6 Bikini Over 40        | 26 Wellness Intermediate | 46 Sports Model Over 50      |
| 7 Bikini Over 50        | 27 Wellness Open         | 47 Sports Model Under 30     |
| 8 Bikini Under 30       | 28 Wellness Overall      | 48 Sports Model Under 25     |
| 9 Bikini Under 25       | 29 Fit Swimsuit          | 49 Sports Model Mums         |
| 10 Bikini Mums          | 30 Swimsuit First Timers | 50 Sports Model Open         |
| 11 Bikini Open          | 31 Swimsuit Beginners    | 51 Sports Model Overall      |
| 12 Bikini Overall       | 32 Swimsuit Intermediate | 52 Bikini Pro                |
| 13 Fitness First Timers | 33 Swimsuit Over 30      | 53 Bikini Masters Pro        |
| 14 Fitness Beginners    | 34 Swimsuit Over 40      | 54 Fitness Pro               |
| 15 Fitness Intermediate | 35 Swimsuit Over 50      | 54 Fitness Masters Pro       |
| 16 Fitness Over 30      | 36 Swimsuit Under 30     | 55 Swimsuit Pro              |
| 17 Fitness Over 40      | 37 Swimsuit Under 25     | 56 Swimsuit Masters Pro      |
| 18 Fitness Over 50      | 38 Swimsuit Mums         | 57 Sports Model Pro          |
| 19 Fitness Under 30     | 29 Swimsuit Open         | 58 Sports Model Masters Pro  |
| 20 Fitness Under 25     | 40 Swimsuit Overall      |                              |

## DAY 2, Show 2 - 9:00AM

- |                                  |                                      |                                      |
|----------------------------------|--------------------------------------|--------------------------------------|
| 59 Men's Posing Routine          | 82 Classic Physique Open             | 105 Figure Intermediate              |
| 60 Bodybuilding First Timers     | 83 Classic Physique Overall          | 106 Figure Over 30                   |
| 61 Bodybuilding Beginners        | 84 Men Physique First Timers         | 107 Figure Over 40                   |
| 62 Bodybuilding Intermediate     | 85 Men's Physique Beginners          | 106 Figure Over 50                   |
| 63 Bodybuilding Over 40          | 86 Men's Physique Intermediate       | 108 Figure Under 30                  |
| 64 Bodybuilding Under 40         | 87 Mens Physique Over 40             | 109 Figure Under 25                  |
| 65 Bodybuilding Under 25         | 88 Mens Physique Under 40            | 110 Figure Mums                      |
| 66 Bodybuilding Open             | 89 Mens Physique Under 25            | 111 Figure Open                      |
| 67 Bodybuilding Overall          | 90 Men Physique Open                 | 112 Figure Overall                   |
| 68 Men's Fitness First Timers    | 91 Mens Physique Overall             | 113 Figure International Pro         |
| 69 Men's Fitness Beginners       | 92 Figure Swimsuit                   | 114 Figure International Masters Pro |
| 70 Men's Fitness Intermediate    | 93 Womens Physique Open              | 115 Bodybuilding Pro                 |
| 71 Men Fitness Over 40           | 94 Womens Posing Routine             | 116 Bodybuilding Masters Pro         |
| 72 Men Fitness Under 40          | 95 Figure International First Timers | 117 Figure Pro                       |
| 73 Men's Fitness Under 25        | 96 Figure International Beginners    | 118 Figure Masters Pro               |
| 74 Men's Fitness Open            | 97 Figure International Intermediate | 119 Men's Fitness Pro                |
| 75 Men's Fitness Overall         | 98 Figure International Over 30      | 120 Men's Fitness Masters Pro        |
| 76 Classic Physique First Timers | 99 Figure International Under 30     | 121 Classic Physique Pro             |
| 77 Classic Physique Beginners    | 100 Figure International Mums        | 122 Classic Physique Masters Pro     |
| 78 Classic Physique Intermediate | 101 Figure International Open        | 123 Men's Physique Pro               |
| 79 Classic Physique Over 40      | 102 Figure International Overall     | 124 Mens Physique Masters Pro        |
| 80 Classic Physique Under 40     | 103 Figure First Timers              |                                      |
| 81 Classic Physique Under 25     | 104 Figure Beginners                 |                                      |

\* Divisions and running order are subject to change once registration is finalised

RUNNING ORDER