



ADELAIDE

BRIGHTON PERFORMING ARTS CENTRE

**EVENT
INFO PACK**

AUTUMN 2025
[NBA BODYBUILDING.COM](https://nba.bodybuilding.com)

3 MAY





CONTEST

2025 SEASON A
Adelaide Titles

DATE

Saturday May 3rd, 2025

START TIME

Show 1 - 11:00 am
Show 2 - 2:00 pm

ENTRIES CLOSE

Midnight, Tuesday 29th, April, 2025

ATHLETE CHECK-IN

SAME DAY; Saturday May 3rd, 2025
8:00am - 10:00am @ BPAC

ENTRY FEES

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

Enter at:



[www.nbabodybuilding.com/
product/registration](http://www.nbabodybuilding.com/product/registration)

MAXIMUM DIVISIONS

Maximum of 2 categories
Maximum of 3 divisions per category

* Optional posing routine is not included in these limits,

EVENT VENUE

BRIGHTON PERFORMING ARTS CENTRE
305 Brighton Rd, North Brighton
South Australia, 5048, Australia

www.bpac.com.au



Google Maps



TICKETS

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



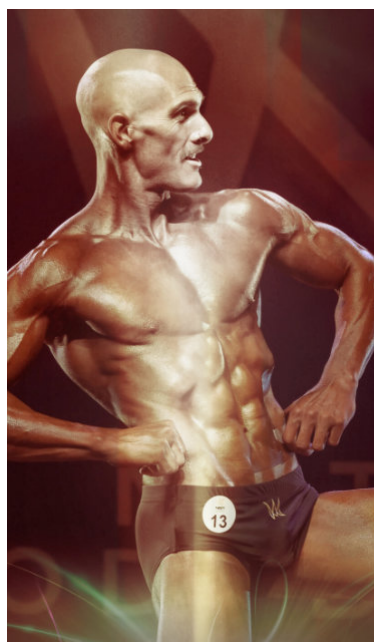
[www.nbabodybuilding.com/
product-category/tickets](http://www.nbabodybuilding.com/product-category/tickets)

CONTACT

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Michael Trimboli : 0403 - 465 - 687
Michael Galante : 0405 - 803 - 654



hello@nbabodybuilding.com





SWIMSUIT

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

BIKINI

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

SPORTS MODEL

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

WELLNESS

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

FITNESS

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

FIGURE INTERNATIONAL

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

FIGURE

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Mums
Open

WOMEN'S PHYSIQUE

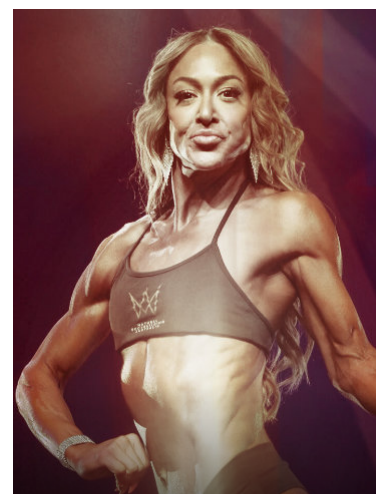
Open

OPTIONAL DIVISION

Women's Posing Routine

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, Wellness or Fitness.
- Wellness competitors can cross over to either Sports Model or Fitness.
- Fitness competitors can cross over to either Sports Model, Wellness 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.
- Women's Posing Routine is open to Figure International and Figure competitors only.
- Competitors can compete in a MAXIMUM of 2 Core Categories.
- Competitors can compete in a MAXIMUM of 3 Divisions in each Core Category.
- Height & 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 Bikini open. 6 shortest will be short class, 6 tallest will be tall class).
- First Season division is open to any competitor in their first season of competing in any federation.
- Novice division is open to any competitor who hasn't won any division with more than three competitors, except First Season, in an equal or higher-level competition (e.g. State vs Nationals), in any federation.
- Competitors are unable to compete in two "Under" age divisions (e.g. Under 25 and Under 30).
- The "Under" age divisions are only for competitors that are under that age at the time of show
(e.g. 29 years old is only eligible for Under 30 division).
- The "Over" age divisions are for competitors that are at that age or over at the time of the show
(e.g. 30 years old is eligible for Over 30 division).



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.



MEN'S FITNESS

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Open

MEN'S PHYSIQUE

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Open

CLASSIC PHYSIQUE

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Open

BODYBUILDING

First Season
Novice
Over 30
Over 40
Over 50
Under 30
Under 25
Open

OPTIONAL DIVISION

Men's Posing Routine

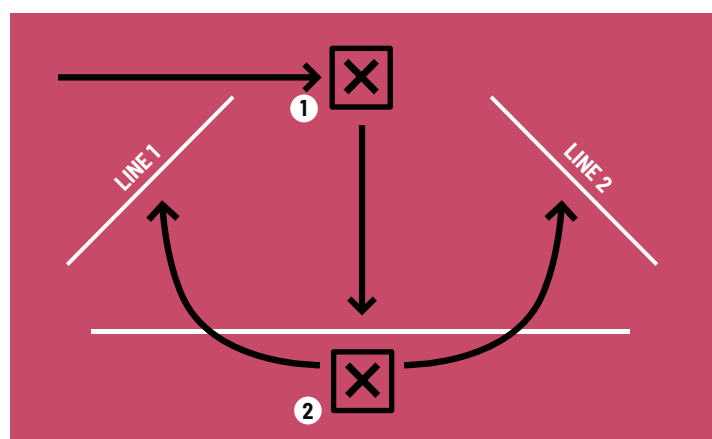
MALE DIVISION RULES

- Overall Division cannot be selected during registration.
ALL division winners will compete for the Overall Title automatically.
- Mens Fitness competitors can cross over to either Mens Physique or Classic Physique.
- Mens Physique competitors can cross over to either Mens Fitness or Classic Physique.
- Classic Physique competitors can cross over to either Mens Fitness, Mens Physique or Bodybuilding.
- Bodybuilding can only cross over to Classic Physique.
- Men's Posing Routine is open to Classic Physique and Bodybuilding competitors only.
- Competitors can compete in a MAXIMUM of 2 Core Categories.
- Competitors can compete in a MAXIMUM of 3 Divisions in each Core Category.
- Height & 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).
- First Season division is open to any competitor in their first season of competing in any federation.
- Novice division is open to any competitor who hasn't won any division with more than three competitors, except First Season, in an equal or higher-level competition (e.g. State vs Nationals), in any federation.
- Competitors are unable to compete in two "Under" age divisions (e.g. Under 25 and Under 30).
- The "Under" age divisions are only for competitors that are under that age at the time of show
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(e.g. 30 years old is eligible for Over 30 division).



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JUDGES TABLE

OWN THE STAGE - I WALK

1. Competitors will enter the stage and walk to point **1** where they will hold a **front pose** and wait for the competitor at point **2** to finish.

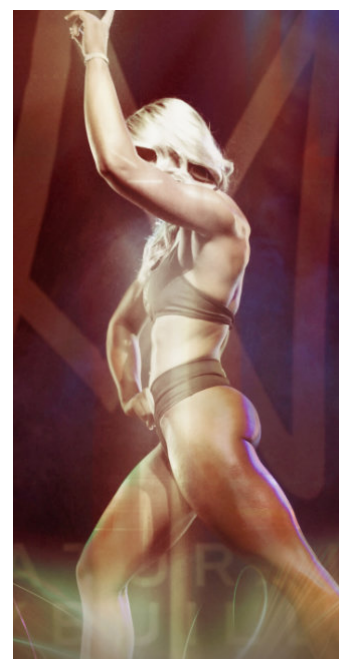
Competitors will be told by the **Side Stage Marshall** to enter the stage when the competitor before them starts their second pose at point **2**.

2. Competitors will then walk forward to point **2** where they will complete up to **3 poses** of their choice.
3. After completing poses, the competitors will walk to either **line 1 or 2** as directed by the Side Stage Marshall.
4. Competitors will then be called to the **Front Line** for **comparisons**.
5. Once judging is completed, competitors will then exit the stage from where they entered.

Swimsuit, Bikini, Sports Model, Fitness, Wellness, Figure International, Mens Fitness & Mens Physique competitors all complete an **'I Walk'** for their first time on stage for their chosen **Primary Category**.

Any subsequent divisions this competitor will enter the stage by walking straight to the front line. Any other competitors that need to do the **'I Walk'** will enter first, then all competitors will be asked to join the stage and meet at the front line to commence judging.

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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BRIGHTON PERFORMING ARTS CENTRE

EVENT INFORMATION PACK | 

SPORTS MODEL OUTFITS

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

 [www.nbabodybuilding.com/
product/comp-apparel](http://www.nbabodybuilding.com/product/comp-apparel)

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/comp-apparel](http://www.nbabodybuilding.com/product/comp-apparel)

CLASSIC PHYSIQUE TRUNKS

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

 [www.nbabodybuilding.com/
product/comp-apparel](http://www.nbabodybuilding.com/product/comp-apparel)

PHOTOS & VIDEO

We have secured highly reputable Stage photographer **Charles Lowthian** and videographer **Fit Focus Media** 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)

TANNING, HAIR AND MAKE-UP

Monica Scardigno Beauty are our preferred partner and will be the only provider with backstage access. You can book in with Monica and the team here:

 www.monicascardignobeauty.com

DM via Instagram [monica_scardigno_beauty](https://www.instagram.com/monica_scardigno_beauty) or Facebook [monicascardignobeauty](https://www.facebook.com/monicascardignobeauty) if you have any issues booking.

BACKSTAGE ACCESS

Only athletes and coaches with a backstage wristband will be allowed backstage.

A maximum of 1 Helper per competitor will be provided. Coaches will still need to purchase an event ticket.

ATHLETE CHECK-IN

Athletes are encouraged to personally check-in and pick up their own packs.

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.

WEIGH-IN

Athletes competing in divisions with weight classes are required to be present for a weigh-in, which will be run with athlete check-in.

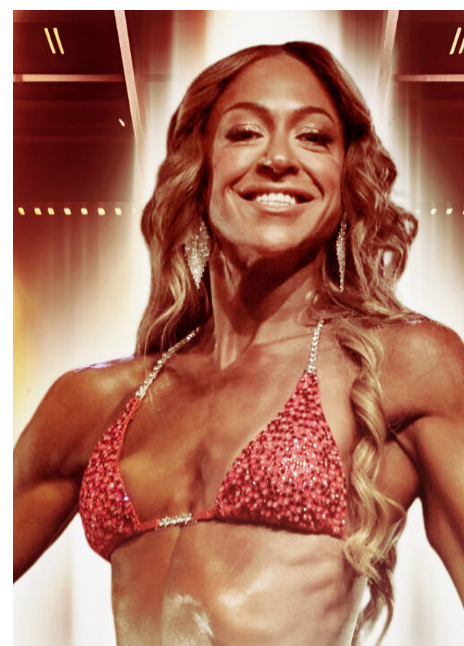
SOCIAL MEDIA

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)



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RUNNING ORDER |

First Season, Novice and Open categories may be split by height at Natural Bodybuilding Australia's discretion.

All divisions may be merged or run on stage concurrently at Natural Bodybuilding Australia's discretion.

Pro divisions will only be offered at Nationals and Bali.

ADELAIDE, Show 1 - 11:00AM

- | | |
|------------------------------------|--------------------------------------|
| 1 Bodybuilding First Season | 31 Men's Physique First Season |
| 2 Bodybuilding Novice | 32 Men's Physique Novice |
| 3 Bodybuilding Over 30 | 33 Men's Physique Over 30 |
| 4 Bodybuilding Over 40 | 34 Men's Physique Over 40 |
| 5 Bodybuilding Over 50 | 35 Men's Physique Over 50 |
| 6 Bodybuilding Under 30 | 36 Men's Physique Under 30 |
| 7 Bodybuilding Under 25 | 37 Men's Physique Under 25 |
| 8 Bodybuilding Open | 38 Men's Physique Open |
| 9 Bodybuilding Overall | 39 Men's Physique Overall |
| 10 Men's Fitness First Season | 40 Figure International First Season |
| 11 Men's Fitness Novice | 41 Figure International Novice |
| 12 Men's Fitness Over 30 | 42 Figure International Over 30 |
| 13 Men's Fitness Over 40 | 43 Figure International Over 40 |
| 14 Men's Fitness Over 50 | 44 Figure International Over 50 |
| 15 Men's Fitness Under 30 | 45 Figure International Under 30 |
| 16 Men's Fitness Under 25 | 46 Figure International Under 25 |
| 17 Men's Fitness Open | 47 Figure International Mums |
| 18 Men's Fitness Overall | 48 Figure International Open |
| | 49 Figure International Overall |
| 19 Classic Physique First Season | 50 Figure First Season |
| 20 Classic Physique Novice | 51 Figure Novice |
| 21 Classic Physique Over 30 | 52 Figure Over 30 |
| 22 Classic Physique Over 40 | 53 Figure Over 40 |
| 23 Classic Physique Over 50 | 54 Figure Over 50 |
| 24 Classic Physique Under 30 | 55 Figure Under 30 |
| 25 Classic Physique Under 25 | 56 Figure Under 25 |
| 26 Classic Physique Open | 57 Figure Mums |
| 27 Classic Physique Overall | 58 Figure Open |
| | 59 Figure Overall |
| 28 Optional Men's Posing Routine | |
| 29 Optional Women's Posing Routine | |
| 30 Women's Physique Open | |

ADELAIDE, Show 2 - 2:00PM

- | | |
|--------------------------|-------------------------------|
| 60 Bikini First Season | 90 Swimsuit First Season |
| 61 Bikini Novice | 91 Swimsuit Novice |
| 62 Bikini Over 30 | 92 Swimsuit Over 30 |
| 63 Bikini Over 40 | 93 Swimsuit Over 40 |
| 64 Bikini Over 50 | 94 Swimsuit Over 50 |
| 65 Bikini Under 30 | 95 Swimsuit Under 30 |
| 66 Bikini Under 25 | 96 Swimsuit Under 25 |
| 67 Bikini Mums | 97 Swimsuit Mums |
| 68 Bikini Open | 98 Swimsuit Open |
| 69 Bikini Overall | 99 Swimsuit Overall |
| 70 Fitness First Season | 100 Sports Model First Season |
| 71 Fitness Novice | 101 Sports Model Novice |
| 72 Fitness Over 30 | 102 Sports Model Over 30 |
| 73 Fitness Over 40 | 103 Sports Model Over 40 |
| 74 Fitness Over 50 | 104 Sports Model Over 50 |
| 75 Fitness Under 30 | 105 Sports Model Under 30 |
| 76 Fitness Under 25 | 106 Sports Model Under 25 |
| 77 Fitness Mums | 107 Sports Model Mums |
| 78 Fitness Open | 108 Sports Model Open |
| 79 Fitness Overall | 109 Sports Model Overall |
| 80 Wellness First Season | |
| 81 Wellness Novice | |
| 82 Wellness Over 30 | |
| 83 Wellness Over 40 | |
| 84 Wellness Over 50 | |
| 85 Wellness Under 30 | |
| 86 Wellness Under 25 | |
| 87 Wellness Mums | |
| 88 Wellness Open | |
| 89 Wellness Overall | |