

# BALI PARADISE PRO/AM INTERNATIONAL EVENT INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)



iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete [www.icompetenatural.com](http://www.icompetenatural.com) from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE : ICOMPETE NATURAL is a paperless and digital organisation. You will absolutely love the speed, control and convenience of entering events via iCompete! Welcome to the future!

<b>DATE:</b>	Saturday 29 <sup>th</sup> October 2016 Sunday 30 <sup>th</sup> October 2016
<b>CONTEST TIME:</b>	Shows start at 10am
<b>ENTRY FEE:</b>	\$180 or \$220 late-entry (after 20/10) – Amateur divisions \$60 additional divisions. \$250 or \$290 late entry (after 20/10) – PRO divisions To enter an additional division is \$60 each division.
<b>OPTIONAL:</b>	DVD Price : \$50 Photos Price: \$50 (includes ALL divisions)
<b>VENUE:</b>	Harris Hotel Jl. Pura Mertasari, Sunset Road, Kuta, Kabupaten Badung, Bali 80361, Indonesia
<b>CONTACT:</b>	0403 165 496
<b>TICKET PRICE:</b>	General Admission TBA
<b>PROMOTER :</b>	Sam Attrill , INBA WA President

**VENUE: HARRIS HOTEL SUNSET ROAD, BALI**



On Sunset Road, at the cross-road of Denpasar, Sanur, Seminyak and Kuta. Nearby Sunset area is near leading shopping centres, wholesale handicrafts shops and entertainment, making this hotel very central. It is also home to our spectacular venue, the convention centre, where this prestigious competition is being held. Bookings can be made at this hotel and this will also give you access to Ade Rai Fitness. This gym is the best Bali has to offer and it comes complete with His and Her saunas. This hotel is in walking distance to a supermarket and has half kitchens available in some rooms. Please book early to secure one of these rooms. The kitchenette rooms are called residence and cheapest price has been on expedia.com or contact Michelle below.

# Tailored. The way travel should be

## The countdown is on!

Be a part of the first Bali Paradise Pro/Am International 2016!

Plan your trip with Michelle Edmead, an experienced Personal Travel Manager and supporter of INBA WA and INBA figure competitor.



**Michelle Edmead**  
Your personal travel manager

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Part of the House of Travel Group ACN: 113 085 626 Member: IATA, AFTA, CLIA

Michelle Edmead is our Bali Official travel consultant, so please contact her in regards to any of your travel requirements.

### DIVISION RULES

Novice means first year of competing in a specific division.

Example: if you compete in both Fitness Model and Figure International this year, your novice status in both divisions will expire at the end of the year. However, if you compete only in Fitness Model this year, the following year, you are able to compete as a novice in Figure International. Your one year novice status is specific to the division, regardless of your results.

### \*ENTRY RESTRICTIONS\*

- Females can not enter both Bodybuilding and Ms Figure division.
- Females can not enter both Bikini Model and Fitness Model division.
- Fitness Models can enter Sports Model.
- Men's Fitness can enter Men's Street Model
- Men's Fitness can not enter Mr Physique
- Men's Fitness and Mr Physique can not enter Bodybuilding
- Competitors can not enter more than 3 divisions.

### SHOW FORMAT (for bodybuilding divisions)

Round One (Symmetry)

Round Two (Muscularity)

Trophy Presentation follows the next division.

All competitors in your division come on stage together and go through the Symmetry and Muscularity rounds. The contest is judged on these two rounds. Once these rounds are completed you will leave the stage but remain in backstage area as the next division goes on stage for their judging. As they return to the backstage area, you will return to the stage for the trophy presentation of your division.

## BIKINI, FITNESS AND SPORT MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals. Fitness Models and Sports Models should have a more trained look and aim to display six-pack abdominals. Bikini and Fitness divisions are judged in a bikini, whereas Sports Models are judged in a 2 piece outfit (supplied and picked up at registration). In all divisions, competitors perform a stage walk – there is no set path for a stage walk as stage shape and size varies greatly between venues. The path will be outlined to competitors on the contest day. The emphasis of the stage walk is to display confidence with your body by presenting a confident stage presence and persona. Once all competitors have done their individual appearance the entire group is brought back on stage for group comparisons in the symmetry poses.

## MEN'S STREET MODEL



This competition sees the introduction of Men's Street Model. This look is very similar to Men's Fitness and will be judged along the same guidelines. These competitors wear jeans on stage.

## MEN'S FITNESS

Men's Fitness will have their shorts supplied and will be able to pick these up at registration. This division consists of one round that has two elements – an individual stage walk and group comparisons. Competitors come out individually wearing beach shorts (supplied) with bare feet. They perform a stage walk – there is no set path for a stage walk as stage shape and size varies greatly between venues. The path will be outlined to competitors on the contest day. However, all stage walks finish with each competitor striking two ab poses – one pose showing the front abdominals and a second pose showing the side obliques - (in their own time) in the centre of the stage before walking off. The emphasis of the stage walk is to display confidence with your physique by presenting a confident stage presence and persona. Once all competitors have done their individual appearance the entire group is brought back on stage for group comparisons.

## MENS PHYSIQUE

In 2016 you wear your own knee length beach wear (shorts). Judging consists of 5 compulsory poses. (1) Front double Biceps, (2) Side Chest, (3) Side Triceps, (4) Rear Double Biceps and (5) Abdominals & Thigh. Judges will be looking for fit and athletic competitors who display the proper shape and symmetry combined with muscularity and overall condition. They are not looking for the size of a bodybuilder.

## INBA ANGELS

This division is open to ALL Female competitors, including, Bikini, Fitness, and Figure competitors. This is the chance to Bling, Feather, Glitz and Glam up your Bikinis and add a Las Vegas/ Victoria's Secret effect to your costume. The place getters will be determined on the best overall presentation on the day, taking poise, walk, personality, overall body condition, and effort into account. This is designed as a 'fun' more relaxed type Category focusing on Colour and Entertainment as well. So come on ladies let's bring a touch of 'Vegas' to Bali!

## RUNNING ORDER

Times will become available as we get closer to the date.

SATURDAY 29 <sup>TH</sup> OCTOBER SHOW 1	SUNDAY 30 <sup>TH</sup> OCTOBER SHOW 2
<p>Novice Bikini  Novice Men's Bodybuilding  Novice Figure  Men's Masters 40+ 50+ 60+70+  Figure 40+ 50+ 60+  Bikini 30+ 40+  Teenagers  Bikini Under 21  Juniors  Figure Classic  Bikini Mommas  Men's under 72kg  Men's 72.1kg to 77kg  Men's 77.1kg and over  Figure International  Bikini Open  Men's Bodybuilding Open Class 1  Figure Open Class 1  Men's Bodybuilding Open Class 2  Figure Open Class 2  Men's Bodybuilding Open Class 3  Figure Open Class 3  Men's Bodybuilding Open Class 4  OVERALL BIKINI  OVERALL FIGURE  OVERALL MENS BODYBUILDING</p> <p><b>PRO BIKINI</b>  <b>PRO FIGURE</b>  <b>PRO MEN'S BODYBUILDING</b></p>	<p>Show Opener - INBA Angels</p> <p>Sports Model Novice  Men's Fitness Novice  Fitness Model Novice  Mr Physique Novice  Sports Model Under 21  Fitness Model Under 21  Sports Model 30+ 40+  Men's Fitness 30+  Fitness Model 30+ 40+  Mr Physique 30+  Sports Model Momma  Fitness Model Momma  Men's Street Model  Sports Model Open  Men's Fitness Open  Fitness Model Open  Mr Physique Open</p> <p>OVERALL SPORTS MODEL  OVERALL MENS FITNESS  OVERALL FITNESS MODEL  OVERALL MR PHYSIQUE</p> <p><b>PRO SPORTS MODEL</b>  <b>PRO MENS FITNESS</b>  <b>PRO FITNESS MODEL</b>  <b>PRO MR PHYSIQUE</b></p>

### BACKSTAGE GUIDELINES

Bring your own weights etc to pump up if required as these are not supplied. The INBA insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. Competing at this venue has three compulsory conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Competitors must be fully clothed before sitting on chairs in the venue
3. Wear sandals (or similar) at all times backstage until you go on stage.
4. Competitors are allowed ONE backstage helper, who will need to purchase a ticket.

### COMPETITOR'S PHOTOGRAPHS & DVD

A DVD will be filmed of the show and a Professional Photographer will be taking photos at the venue. Please order the DVD and photos on the entry form. DVD and Photos usually arrive 3 weeks after the event. They come from different suppliers and will be sent separately.

### DRUG TESTING

Every competitor that competes in Bali will be drug tested. The cost of the testing will be approximately \$70 and it is the responsibility of the competitor to pay for this fee. This will be added to your entry fees when entering online.

## **REGISTRATION**

Will be held at the Harris Hotel on Friday 28<sup>th</sup> October. Times will be announced later as we get closer to the day.

## **MAKEUP HAIR AND TANNING**

There will be two teams heading up to Bali to help competitors out with hair makeup and tanning and below are the details.

Lina – Ultimate Beauty – you can book through her website [www.ultimatebeauty.com.au](http://www.ultimatebeauty.com.au)

Hannah - Shique Hair & Beauty - 0420 989 522.

## **TICKET PURCHASES**

Will be available at

(1) Online at [www.inbawa.com.au](http://www.inbawa.com.au)

(2) On the door

(3) Registration

## **AFTER PARTY**

**We will be organising after parties, competitor luncheon and much much more. Please like our Bali Paradise Pro/Am International 2016 Facebook page to receive the most up to date information.**

## **BALI AND COMPETING**

Bali is only a short distance from Australia and you are able to take all food and supplements into the country. I would suggest taking as much food as you can, either frozen or fresh to save the stress on trying to find, cook and prepare your food when there.