



ATHLETE GUIDE

SOUTH AUSTRALIAN STATE CHAMPIONSHIP

SATURDAY 18TH SEPTEMBER 2021



EVENT INFORMATION

SOUTH AUSTRALIA STATE CHAMPIONSHIP

SHOW DATE: SATURDAY 18TH SEPTEMBER 2021

VENUE: BRIGHTON PERFORMING ARTS CENTRE
305 BRIGHTON ROAD, NORTH BRIGHTON

REGISTRATION: CLOSES 15TH SEPTEMBER 2021.
NO REGISTRATIONS WILL BE TAKEN ON THE DAY

SHOW TIME: **SHOW ONE**
10AM SHOWTIME

SHOW TWO
1PM SHOWTIME

CONTACT: TERRI ROBERTS 0407 603 968

ROUTINES: PLEASE EMAIL MP3 OF YOUR MUSIC [DJJOSHADELAIDE@ICLOUD.COM](mailto:djjoshadelaide@icloud.com) THIS IS FOR FIGURE
AND BODY BUILDING ATHLETES WISHING TO DO A ROUTINE ONLY.

ATHLETE CHECK IN / NUMBER COLLECTION:

FRIDAY 17TH SEPTEMBER
(BETWEEN 2PM AND 5PM)

GYM AND FITNESS SHOWROOM
UNIT 2A/224 MAIN NORTH ROAD, PROSPECT SA 5082

(NB: THIS IS ALSO WHERE BASE TANS WILL BE APPLIED BY BRONZON BETWEEN
3PM -5PM) – TIMES WILL BE BOOKED BY BRONZON



DIVISION RUNNING ORDER

SOUTH AUSTRALIA STATE CHAMPIONSHIP

SHOW ONE

PHYSIQUE & FIGURE ROUTINES

WOMENS PHYSIQUE

OPEN

WOMENS FIGURE

NOVICE

U25, 025, 035

MASTERS 40+

OPEN

CLASSIC PHYSIQUE

TALL OVER 173.1CM

SHORT UNDER 173CM

NOVICE

OPEN

BODYBUILDING ROUTINES

MENS BODYBUILDING

TEENAGE

JUNIOR

NOVICE

MASTERS 40+

MASTERS 50+

U65KG, U70KG, U80KG, U90KG, 090KG

OPEN

MENS FITNESS

NOVICE

U25, 025, 035

OPEN

WOMENS FITNESS

NOVICE

U25, 025, 035

OPEN

SHOW TWO

THEMEWEAR FOR FEMALE MODELS

WOMENS BIKINI

NOVICE

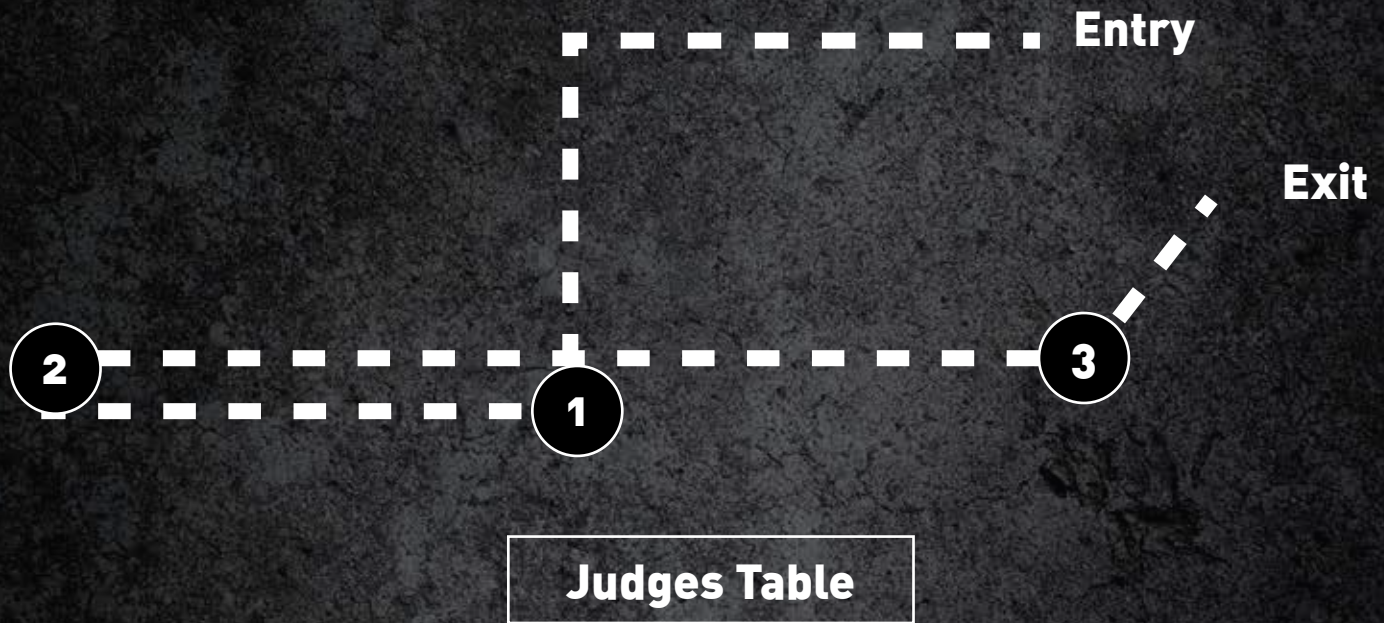
U25, 025, 035

OPEN

SWIMSUIT INTERNATIONAL

STAGE WALK

SOUTH AUSTRALIA STATE CHAMPIONSHIP



ANB AUSTRALIA ANTI-DOPING POLICY

AS WE HEAD INTO SEASON B FOR 2021, ALL ATHLETES ARE REMINDED THAT ANTI-DOPING TESTING WILL BE TAKING PLACE AT ALL EVENTS ACROSS THE COUNTRY.

ATHLETES ARE REMINDED THAT ANB IS A NATURAL COMPETITION AND WE HAVE A STRICT NO TOLERANCE POLICY TO DOPING.

ANB AUSTRALIA HAS A STRONG AND DETERMINED VISION FOR A CLEAN AND FAIR COMPETITION FOR ALL ANB AUSTRALIAN ATHLETES.

IF YOU ARE FOUND TO BE IN VIOLATION OF THE ANB ANTI-DOPING POLICY SEVERE ACTION WILL BE TAKEN, INCLUDING BUT NOT LIMITED TO SUSPENSION AND LOSS OF TITLES.

WE LOOK FORWARD TO A FAIR AND CLEAN COMPETITION AS WE CONTINUE OUR HIGH STANDARD OF TESTING IN 2021.

SUPPLIERS

SOUTH AUSTRALIA STATE CHAMPIONSHIP



ANB OFFICIAL TANNER BRONZON

BOOKINGS VIA

[HTTPS://BRONZON.COM.AU/STORE/ANB-CENTRAL-COAST-P278354099](https://bronzon.com.au/store/anb-central-coast-p278354099)



ANB OFFICIAL PHOTOGRAPHER SARAH REED PHOTOGRAPHY

BOOKINGS VIA

0416 165 692

SREED@INTERNODE.ON.NET



ANB OFFICIAL HAIR & MAKEUP MAKEUP WITH RECHELLE

BOOKINGS VIA

[@MAKEUP_WITH_RECHELLE](https://www.instagram.com/MAKEUP_WITH_RECHELLE)

SUPPLIERS

SOUTH AUSTRALIA STATE CHAMPIONSHIP



REXCO PEOPLE

[HTTPS://WWW.REXCO.COM.AU/](https://www.rexco.com.au/)



PATRIOT GYM EQUIPMENT

[HTTPS://WWW.INSTAGRAM.COM/PATRIOT_GYM_EQUIPMENT_](https://www.instagram.com/patriot_gym_equipment/)



NUTRITION REPUBLIC

[HTTPS://WWW.FACEBOOK.COM/NUTRITIONREPUBLIC/](https://www.facebook.com/nutritionrepublic/)



SUPPLIERS

SOUTH AUSTRALIA STATE CHAMPIONSHIP



ELEPHANT GIN

[HTTPS://WWW.ELEPHANT-GIN.COM/](https://www.elephant-gin.com/)



INSPIRE COSMETOLOGY

[HTTPS://M.FACEBOOK.COM/INSPIRECOSMETOLOGY/](https://m.facebook.com/inspirecosmetology/)



GYM AND FITNESS

[HTTPS://WWW.GYMANDFITNESS.COM.AU/](https://www.gymandfitness.com.au/)



ACORN INSURANCE

MALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



MALE FITNESS

MENS FITNESS MODELS WILL DO AN INDIVIDUAL TWALK, WITH A MAXIMUM OF 3 POSES ON EACH POINT, FOLLOWED BY GROUP HALF TURN COMPARISONS AND THEN 3 CREATIVE COMPULSORY POSES CALLED IN A LINEUP WHERE YOU CAN CHOOSE FROM FRONT ABDOMINAL, SIDE CHEST AND ONE ARM BICEP.

FITNESS MODEL DIVISIONS

NOVICE, UNDER 25, UNDER 30, OVER 30, OVER 40, OPEN

CLASSIC PHYSIQUE

IF GROUPS ARE LARGER WE WILL SPLIT INTO TWO DIVISIONS BOTH SHORT AND TALL. SHORT BEING UNDER 173CM & TALL OVER 173.1CM

ATHLETES TO PERFORM INDIVIDUAL T WALK WITH FAVOURITE CLASSIC PHYSIQUE STYLE POSING (3 MAX) ON EACH POINT AFTER WHICH ALL ATHLETES WILL FILE BACK ON STAGE FOR COMPARISONS & MUSCULAR ROUND

1.FRONT DOUBLE BICEP

2.SIDE CHEST

3.SIDE TRICEP

4.REAR BICEP

5.ABDOMINAL & THIGHS

THE JUDGES WILL BE LOOKING FOR MUSCULARITY, (NOT AS MUSCULAR AND CONDITIONED AS BODYBUILDING) SYMMETRY, PROPORTION, SHAPE & STAGE PRESENCE.

EURO SHORTS OF YOUR CHOICE

PHYSIQUE MODEL DIVISIONS

NOVICE, UNDER 173CM, OVER 173.1CM



MALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



BODYBUILDING

JUDGED ON MUSCULARITY, CONDITION, SYMMETRY, SHAPE AND PRESENTATION.

COMPETITORS SHOULD HAVE THE MOST MUSCULARITY OF ALL DIVISIONS WHILE STILL MAINTAINING A NATURAL LOOK.

CONDITION SHOULD SHOW A FULL SIX PACK, SEPARATION IN SHOULDERS, ARMS QUADS, HAMSTRINGS, GLUTES, WITH CROSS STRIATIONS WHERE ACHIEVABLE.

PHYSIQUE SHOULD BE BALANCED ALL OVER WITH CHEST, SHOULDER, ARM AND BACK (UPPER BODY) DEVELOPMENT MATCHING GLUTE, QUAD, HAMSTRING & CALF DEVELOPMENT (LOWER BODY), LEFT SIDE MATCHING RIGHT SIDE AND FRONT DEVELOPMENT MATCHING BACK DEVELOPMENT.

COMPULSORY POSES:

FRONT DOUBLE BICEP

FRONT LATERAL SPREAD

SIDE CHEST (PREFERRED SIDE)

SIDE TRICEP (PREFERRED SIDE)

REAR DOUBLE BICEPS (SPIKED CALF)

REAR LATERAL SPREAD

ABDOMINAL AND THIGH

SYMMETRY ROUND CONSISTING OF 4 X QUARTER TURNS

OPTIONAL POSING ROUTINE: ATHLETES TO PROVIDES 60 SECOND MUSIC TRACK IN MP3 AND PROVIDED ON A USB STICK CAN ALSO BE EMAILED TO PROMOTER.

BODYBUILDING DIVISIONS

NOVICE, TEENAGER, JUNIOR UNDER 22, MASTERS 40+, UNDER 65KG
UNDER 70KG, UNDER 80KG, UNDER 90KG, OVER 90KG, OPEN

NOVICE CRITERIA

ATHLETES ARE ELIGIBLE TO COMPETE AS A NOVICE UNTIL YOU HAVE PLACED FIRST AT THAT LEVEL OF COMPETITION. AN ATHLETE THAT PLACES FIRST IN NOVICE AT A REGIONAL COMPETITION WILL STILL BE ELIGIBLE FOR NOVICE AT THE FOLLOWING STATE BASED COMPETITION, LIKewise ATHLETES WHO PLACE FIRST IN NOVICE AT A STATE BASED COMPETITION WILL BE ELIGIBLE TO COMPETE AS A NOVICE AT THE FOLLOWING NATIONAL OR INTERNATIONAL LEVEL OF COMPETITION.



FEMALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



FEMALE BIKINI DIVISIONS
NOVICE, UNDER 25, OVER 25,
OVER 35, OPEN

FEMALE BIKINI

A SLIGHTLY SOFTER, X SHAPE PHYSIQUE COMPARED TO THE FITNESS CLASS. JUDGED ON CONDITION, SYMMETRY, SHAPE AND PRESENTATION. BIKINIS MODELS STILL HAVE TO LOOK LIKE THEY TRAIN

COMPETITORS SHOULD BE LEAN ENOUGH TO SHOW AN OUTLINE / LINES OF ABDOMINALS BUT NOT A FULL SIX PACK.

OVERALL WE ARE LOOKING FOR AN X SHAPE PHYSIQUE, FULL SHOULDERS WITHOUT SEPARATION AND WITH A TAPER FROM THE LATS THAT MATCH THE HAMMIES, GLUTES AND QUAD DEVELOPMENT.

TIGHT, FULL AND WELL ROUNDED GLUTES WITH VISIBLE HAMSTRING TIE INS HOWEVER NO SEPARATION.

JUDGES ARE LOOKING FOR THE COMPLETE PACKAGE WITH GREAT STAGE PRESENCE, OVERALL BEAUTY AND CONFIDENCE.

ATHLETES ARE REQUIRED TO DO AN INDIVIDUAL TWALK FOLLOWED BY GROUP HALF TURNS.

COMPETITORS CAN CHOOSE TO ALSO ENTER THE OPTIONAL SWIMSUIT INTERNATIONAL ROUND FOR A \$50 ENTRY FEE AND THEME WEAR IS A FREE DIVISION.

REMINDER WE ASK ALL BIKINI ATHLETES TO POSE WITH THEIR ARMS DOWN AT THE SIDE NOT OUTWARDS FOR BEST JUDGEMENT OF SHAPE AND SYMMETRY.

THEME WEAR

THIS DIVISION IS AN OPEN DIVISION FOR FEMALE FITNESS AND BIKINI ATHLETES.

THIS ROUND WILL BE JUDGED ON THE BEST THEME WEAR OUTFIT AND WE ENCOURAGE YOU TO BE AS CREATIVE AND GLAMOROUS AS YOU CAN BE WITH YOUR COSTUME SELECTION AND PROPS.

JUDGES ARE LOOKING FOR THE ATHLETE WHO SHOWS OFF THEIR PERSONALITY, CREATIVITY AND BODY SHAPE WITH THEIR THEME WEAR ON STAGE.

COMPETITORS WILL COME OUT IN GROUPS AND BE COMPARED / JUDGED ON PERSONALITY, CREATIVITY AND BODY SHAPE. THEME WEAR IS A FREE DIVISION.

DIVISIONS
OPEN TO FEMALE BIKINI AND FITNESS ATHLETES



FEMALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



FEMALE FITNESS

OVERALL WE ARE LOOKING FOR AN X SHAPE PHYSIQUE, FULL SHOULDERS WITH SLIGHT SEPARATION, WELL DEVELOPED LATS THAT MATCH THE HAMMIES, GLUTES AND QUAD DEVELOPMENT. COMPETITORS SHOULD BE LEAN ENOUGH TO SHOW A FULL 6 PACK.

TIGHT, FULL AND WELL DEVELOPED ROUNDED GLUTES WITH VISIBLE DEVELOPED HAMSTRING TIE INS WITH SLIGHT SEPARATION.

MORE ATHLETIC THEN BIKINI AND LESS MUSCULAR THAN FIGURE.

JUDGES ARE LOOKING FOR THE COMPLETE PACKAGE WITH GREAT STAGE PRESENCE, OVERALL BEAUTY AND CONFIDENCE.

ATHLETES ARE REQUIRED TO DO AN INDIVIDUAL TWALK FOLLOWED BY GROUP HALF TURNS.

COMPETITORS CAN CHOOSE TO ALSO ENTER THE OPTIONAL SWIMSUIT INTERNATIONAL ROUND FOR A \$50 FEE AND THEME WEAR IS A FREE DIVISION.

REMINDER WE ASK ALL FITNESS ATHLETES TO POSE WITH THEIR ARMS DOWN AT THE SIDE NOT OUTWARDS FOR BEST JUDGEMENT OF SHAPE AND SYMMETRY.

FEMALE FITNESS DIVISIONS
NOVICE, UNDER 25, OVER 25,
OVER 35, OPEN

SWIMSUIT INTERNATIONAL

SWIMSUIT INTERNATIONAL IS AN OPEN DIVISION FOR ALL BIKINI AND FITNESS MODELS.

JUDGED IN A ONE PIECE SWIMSUIT, ON STAGE PRESENTATION, SYMMETRY AND POSING.

SWIMSUITS NEED TO FLATTER THE BODY.

THIS IS ONE ROUND ONLY, IN GROUPS AND MODELS WILL BE JUDGED ON PRESENTATION, SHAPE, SYMMETRY POSING & CREATIVITY OF THE ONE PIECE.

\$50 ENTRY FEE APPLIES

DIVISIONS
OPEN TO FEMALE BIKINI AND FITNESS ATHLETES



FEMALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



FIGURE DIVISIONS
NOVICE, UNDER 25, OVER 25,
OVER 35, MASTERS 40+, OPEN

FEMALE FIGURE

JUDGED ON MUSCULARITY CONDITION, SYMMETRY, SHAPE AND PRESENTATION. COMPETITORS SHOULD HAVE MORE MUSCULARITY THAN A FITNESS COMPETITOR BUT NOT THE LEVEL OF A WOMEN'S PHYSIQUE COMPETITOR.

CONDITION SHOULD SHOW A FULL SIX PACK, SEPARATION IN SHOULDERS, ARMS OR QUADS, HAMSTRINGS, SOME STRIATIONS ACCEPTABLE BUT GLUTES SHOULD NOT BE FULLY STRIATED. PHYSIQUE SHOULD BE BALANCED OVER ALL WITH CHEST, SHOULDER, ARM AND BACK (UPPER BODY) DEVELOPMENT MATCHING GLUTE QUAD, HAMSTRING & CALF DEVELOPMENT (LOWER BODY), LEFT SIDE MATCHING RIGHT SIDE AND FRONT DEVELOPMENT MATCHING BACK DEVELOPMENT.

JUDGED IN A 2 PIECE FIGURE BIKINI, HIGH HEELS TO BE WORN.

COMPULSORY POSES (FRONT DOUBLE BICEPS, SIDE CHEST, SIDE TRICEP, REAR DOUBLE BICEPS, ABS & THIGHS)

SYMMETRY ROUND CONSISTING OF 4 X QUARTER TURNS

OPTIONAL POSING ROUTINE: ATHLETES TO PROVIDES 60 SECOND MUSIC TRACK IN MP3 AND PROVIDED ON A USB STICK CAN ALSO BE EMAILED TO PROMOTER.

FEMALE CATEGORIES

SOUTH AUSTRALIA STATE CHAMPIONSHIP



FEMALE PHYSIQUE DIVISIONS
OPEN

FEMALE PHYSIQUE

JUDGED ON MUSCULARITY, CONDITION, SYMMETRY, SHAPE AND PRESENTATION. COMPETITORS SHOULD HAVE THE MOST MUSCULARITY OF ALL DIVISIONS WHILE STILL MAINTAINING A FEMININE LOOK.

CONDITION SHOULD SHOW A FULL SIX PACK, SEPARATION IN SHOULDERS, ARMS QUADS AND HAMSTRINGS, STRIATIONS ACCEPTABLE.

PHYSIQUE SHOULD BE BALANCED OVER ALL WITH CHEST, SHOULDER, ARM AND BACK (UPPER BODY) DEVELOPMENT MATCHING GLUTE, QUAD, HAMSTRING & CALF DEVELOPMENT (LOWER BODY), LEFT SIDE MATCHING RIGHT SIDE AND FRONT DEVELOPMENT MATCHING BACK DEVELOPMENT.

JUDGED IN A 2-PIECE FIGURE BIKINI, NO FOOTWEAR TO BE WORN.

COMPULSORY POSES (FRONT DOUBLE BICEPS, FRONT LAT SPREAD, SIDE CHEST, SIDE TRICEP, REAR DOUBLE BICEPS, REAR LAT SPREAD, ABS & THIGHS)

SYMMETRY ROUND CONSISTING OF 4 X QUARTER TURNS

OPTIONAL POSING ROUTINE: ATHLETES TO PROVIDES 60 SECOND MUSIC TRACK IN MP3 AND PROVIDED ON A USB STICK CAN ALSO BE EMAILED TO PROMOTER.

