

COMPETITOR'S INFORMATION

2017 IFBB
O'MARA
Classic

ENTRY FORM

Please COMPLETE and return the Entry Form by the 26th of February. Late submissions incur an administration fee.

You can complete on-line at ifbbwa.com.au or download then email or post to:

info@omarafitness.com.au

OR

O'Mara International

4 Brown Street

East Perth, WA 6004

OFFICIAL ATHLETE REGISTRATION (WEIGH IN AND/OR HEIGHT MEASUREMENT)

DATE: Friday 3rd March 2017

TIME: 4.00pm to 6.00pm

VENUE: O'Mara Fitness, 4 Brown Street East Perth WA

PHONE: 9325 4397

The weigh in and registration is **COMPULSORY** for all competitors that are required to be weighed/height measured, provide proof of age and have music for a routine. (This is IFBB regulation and you must comply with these guidelines).

You must bring your music on CD or USB. It must be clearly marked with your name, division, standing or walk on start. This must be left with the IFBB WA official at registration.

SHOW FORMAT

SHOW 1 (9.00am start)

Competitors must be backstage by 8:00am for a 9:00am start.

SHOW 2 (4.00pm start)

Competitors must be backstage by 3.00pm for a 4.00pm start.

COMPETITION TAN

The IFBB has banned all tans and bronzers that can be wiped off e.g. DREAM TAN. An official will check the tan of all athletes backstage, if the tan comes off by simply wiping, the athlete will be told to remove it.

Tan should be applied prior to arriving at the venue with only oil / glaze to be applied backstage.

After competing, competitors must be dressed appropriately i.e. covered footwear, long pants and long sleeved shirts to prevent tan staining the furniture.

This is a venue requirement and must be adhered to otherwise you will not be allowed back into the venue. The Perth Convention & Exhibition Centre security will be policing this.

BACKSTAGE

Competitor personal preparation for the venue should include suitable food and drinks to last the entirety of the event, towels, blanket, pillow etc. for comfort, 'pump up' equipment and suitable footwear.

EVENT PHOTOGRAPHY

AMPT Imaging continues to be IFBB WA's only 'Official Event Photographer'. Rob Czempinski is widely regarded as one of the industry's best bodybuilding/physique photographers with his work regularly featuring in numerous bodybuilding/fitness print magazines and online. Rob consistently captures stunning, professional images from our event(s), the competitors, comparisons, routines and presentations.

We appreciate AMPT's continued support/sponsorship and highly recommend you pre-purchase your photo package. Please inform your family and friends not to bring their cameras (SLR) to our events as they are prohibited.

Individuals/competitors can secure their own personal digital record from this event directly from Rob via his website www.AMPTimaging.com.au

Take advantage for pre-show early bird discounts (see entry form), possibly a 'studio' set up back stage on comp day or book your own personal shoot while you're in competition shape. Gym, studio, beach or location of your choice.

Have you competed before and have forgot to order your photos? Rob has an extensive back catalogue from previous shows and you can contact him directly for availability and pricing at www.AMPTimaging.com.au

VENUE

IFBB WA is pleased to announce the 2017 O'Mara Classic will be held in the newly refurbished Grand Ballroom at Perth's premiere venue, The Crown Perth. Competitor's hard work will be show-cased in a venue of complete grandeur. The Crown has informed us that the ballroom renovation has specially been tailored to suit shows such as the IFBBWA.

The Grand Ballroom is one of only a few venues in Australia to have a six metre high ceiling with a mounted catwalk, designed to allow for unique lighting. The ballroom is also one of Australia's most technologically advanced venues, with state-of-the-art sound systems and broadcasting facilities.



GRAND BALLROOM
CROWN PERTH
Great Eastern Hwy,
Burswood



WOMEN'S DIVISION DESCRIPTIONS

2017 IFBB
O'MARA
Classic

DIVISION: Physique

This division is designed for the woman who is working to achieve a leaner, harder, more define look than a figure or fitness competitor but is not as big as a female bodybuilding competitor, somewhere right in between. A competitor wears a bikini (no G-strings) and no heels for all three rounds. The first round consists of quarter turns in which judges are looking for symmetry and proportion. The second round consists of seven compulsory poses (front double bicep, back double bicep, front lat spread, back lat spread, side chest, side triceps, abdominals and thighs) and judges are looking for muscular size and definition. The third round consists of a 60 second posing routine showing off their best attributes in a routine choreographed to music. Skinfold measurement over seven sites should be less than, but no more than 33 mm.

DIVISION: Figure

This division has a soft, feminine look and competitor's wears a bikini (no G-strings) and high heels. This division has only one round - quarter turns; no compulsory poses. Judges are looking for symmetry and proportion, feminine muscular tone and definition. There is no routine for this division. Skinfold measurement over seven sites should be between 30 - 40mm to give the desired 'figure' look.

DIVISION: Fitness

This division requires the similar look as a figure competitor. There are two rounds in this division. Competitors wear bikini (no G-strings) and high heels for the first round and performance costume in the second round e.g. shorts, crop top and dance shoes. The first round consists of quarter turns in which time judges are looking for symmetry and proportion, feminine toned look, and definition. The second round is a 90 second dance/gymnastic/aerobic routine choreographed to music showing strength, flexibility, and endurance. Skinfold measurement over seven sites should be between 30 - 40mm to give the desired 'fitness' look.

DIVISION: Bikini

1. The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall body development and shape; the presentation of a balanced, symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.
2. The physique should be assessed as to its level of overall body tone, achieved through athletic endeavours and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat. (35- 45mm total skin fold measurements over seven sites. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard or too lean must be marked down.
3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and jewellery makeup should complement the "total package" presented by the athlete.
4. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package".
5. Judges are reminded that this is not a figure contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level or hardness that are seen at figure competitions. Any competitor who exhibits these features is to be marked down.

The **INTERMEDIATE DIVISION** is open to competitors that have not placed top 3 in a previous IFBB competition.

DIVISION: Bikini Model Search

This division is open to all. Ideal for those new to competing who may not yet meet the strict judging criteria of the above. Competitors can have a softer figure and can wear swim wear of their choice on stage. Bikini Model Search competitors are not required to attend registration day for measurements and weigh in.

MEN'S DIVISION DESCRIPTIONS

2017 IFBB
O'MARA
Classic

DIVISION: Bodybuilding

Athletes train to develop muscles to their maximum size. There should be no "weak points" or underdeveloped muscles. Attention should be paid to the balance and proportion between different muscle groups in order to achieve overall harmony. The athlete should have broad shoulders, a narrow waist and legs and arms in a suitable proportion to the torso.

Body fat level should be as low as possible and under skin water should be removed in order to show the quality of the muscles (density, separation and definition) Greater muscle detail and definition will score higher.

There are three rounds; first round – four quarter turns, second round – eight compulsory poses, third round – 60 second posing routine choreographed to music, hiding weakness and highlighting athlete's strong points to the judges. All three rounds are performed in small posing trunks.

DIVISION: Classic

This is a version of bodybuilding for those male athletes who don't want to develop their muscles to their "extreme" full potential but prefer lighter more "classic" physiques. This is a height to weight ratio division. Competitors' body-weight is limited according to their height.

The following special IFBB formula for each body height category is used;

Class 1 (up to 168cm)	Max weight = height (cm) – 100 +4
Class 2 (168 -178cm)	Max weight = height (cm) – 100 +6
Class 3 (over 178cm)	Max weight = height (cm) – 100 +8

Since muscle mass is limited, special attention is paid to the overall view of the physique, body proportions and lines, muscle shape and condition (density, bodyfat level, definition and details).

There are three rounds; first round – four quarter turns, second round – five compulsory poses (front and back biceps, side chest, side triceps and abdominals and thighs), third round – 60 second posing routine choreographed to music, hiding weakness and highlighting strong points to the judges. All three rounds are performed in posing trunks.

DIVISION: Men's Physique

This division is designed for the more athletic look male body, a sports person, a tri-athlete, swimmer, and AFL football player boxer, martial arts athlete etc. Competitors should be lean, defined, shredded with good symmetry and proportion and 'model looks'.

There are two rounds; the first round – "Half Turns – Prejudging" assesses the muscularity and body condition of the athlete. This includes general impressions of the physique: proper shape and symmetry combined with muscularity and overall condition of the skin and skin tone, the hair, and facial features. **EXTREME MUSCLE MASS WILL BE MARKED DOWN.** Stage presence and personality is also assessed in this round.

The second round requires each competitor to walk on to the front and centre of the stage, pose by standing front on, with hand on hip, then complete a half turn facing to the back, then complete another half turn to face the front again. Half turns may be repeated in groups of not more than five competitors at a time for comparison.

The two rounds are performed in straight legged (no pockets) "Board Shorts" that should come down to just above the knees. A manufacturers logo on shorts such as Nike, Adidas, or Billabong will be accepted. No jewelry or other accessories, except for a wedding ring and no footwear.

The **INTERMEDIATE DIVISION** is open to competitors that have not placed top 3 in a previous IFBB competition.