

COMPETITOR INFORMATION

for the

2008 PROVINCIAL CHAMPIONSHIPS

HOST HOTEL:

Days Inn
1305 9th Street
Estevan, SK
Reservations: 1-306-634-6456
(book before May 3rd to ensure room, and refer to "SABBA" when requesting discount room rate)

WEIGH-INS:

6 pm sharp
Friday June 6th, 2008
Estevan Comprehensive High School: 255 Spruce Drive
Estevan, SK

PREJUDGING:

9 am
Saturday June 7th, 2008
Estevan Comprehensive High School: 255 Spruce Drive
Estevan, SK

FINALS:

6 pm
Saturday June 7th, 2008
Estevan Comprehensive High School: 255 Spruce Drive
Estevan, SK

BODYBUILDING RULES

1. Competitors must be a current SABBA member.
2. Competitors must present a valid Saskatchewan Hospitalization Card (Health Card). If one is not presented, competitor will not be allowed to compete.
3. Music on CD'S
 - Competitors must hand in their music tapes at the **weigh-ins**.
 - Tapes must be clearly labeled with competitor's name. The label must also indicate whether you want you music to start "onstage" or "offstage".
 - Please check your tape before presenting it so that they start on the correct side and at the beginning. If the tape is not cued correctly, you will have to pose to the music it is set for.

- Maximum length is 60 seconds (1 minute).
4. Posing suits must be worn at the **weigh-ins**. If you do not have it with you, you will be allowed 15 minutes to get it. If not brought in this time frame, you can be disqualified from the competition. Women's posing suits must be of a solid, non-distracting color. No thongs or g-strings allowed. Men's posing suits must also be of a solid, non-distracting color. All suits cannot be of metallic materials such as gold or silver (you can wear this in the finals however). Suits are subject to approval by the Head Judge.
 5. Following suit with CBBF and IFFB regulations, SABBA does not permit the "Gold" colored skin dye. Also, Hot Stuff spray is banned and strictly prohibited, as it is a strong bronchial irritant to many. Competitors found using these products will be disqualified.
 6. Back Stage: Due to the size of the backstage and change rooms, **no one** will be allowed to accompany you back stage; friends, coaches, etc. There will be help for the competitors back stage. Security will be present.
 7.

Men's Compulsory Poses	Women's Compulsory Poses
Front Double Biceps	Side Chest
Front Lat Spread	Side Tricep
Side Chest	Front Double Bicep
Side Tricep	Back Double Bicep
Back Double Bicep	Abdominal and Thigh
Back Lat Spread	
Abdominal and Thigh	
Most Muscular (evening only)	
 8. Competitors should be at the venue approximately ½ hour before show time to familiarize yourself with the stage and backstage area.
 9. Note: There will be no pump up weights supplied backstage at the venue. If you require any pump up weights, or rubber resistance bands, you may bring them.

*** NOTE: ANYONE REQUIRING ANY DYES CONTACT SABBA FOR A DISCOUNT PRICE OF \$27.27**