

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**)
(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

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.

Figure Competition Information

The figure competition is considered a new discipline in response to the demand for fitness competition without the need to perform a routine round. In figure, the emphasis is placed on aesthetics – beauty combined with an athletic physique. The figure competition will consist of two (2) rounds:

Round One – two piece posing suit with high heels

In the two piece posing suit round, the physique is judged on overall athletic appearance, muscle tone, with a low amount of body fat. **Extreme** muscularity and leanness will be marked down.

Round Two – one piece posing suit with high heels

In the one piece posing suit round, the physique is being judged using the same criteria as for the two piece posing suit round. Note that the judges must be mindful of the fact that a competitor may present a different “total package” while wearing a one piece with high heels as opposed to a two piece with high heels and therefore must be judged with a fresh perspective.

General Figure Rules and Regulations (contact SABBA for comprehensive rules and attire regulations)

*Competitors must be a current SABBA member.

*Competitors must present a valid Saskatchewan Hospitalization Card (Health Card). If one is not presented, competitor will not be allowed to compete.

*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.

*No posing oils or lotions are allowed in any round. Competition tan is allowed and recommended.

*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.

*Numbers must be worn on the left hip in all rounds.

*Poses for both rounds are as follows: a) quarter turn right, b) quarter turn back, c) quarter turn right, d) quarter turn front

*All posing suits must be brought to the weigh-ins for approval by the head judge.

* 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.

*Competitors should be at the venue approximately ½ hour before show time to familiarize yourself with the stage and backstage area.

Attire for Round One (two-piece posing suit)

1. The posing suit will be plain opaque two-piece in style.
2. The posing suit will be solid black in color.
3. The posing suit fabric will be cloth in material (no plastic, rubberized or similar material).
4. The posing suit will be matt in texture (no shiny material).
5. The posing suit will contain no ornamentation, frills, lacework edges or borders.
6. The posing suit will cover a minimum of ½ of the glutes and all of the frontal area.

7. High heels will be worn during this round. Shoe style must be black, classic stiletto pump, with a closed or open toe and heel. Sole thickness will be no greater than 6.35 mm or ¼ inch. Stiletto height will be no greater than 127 mm or 5 inches. Platform high heels are strictly prohibited.
8. The hair may be styled.
9. Except for a wedding ring and/or small stud type earrings, jewelry will not be worn.

Attire for Round Two (one-piece posing suit)

1. One-piece posing suit.
2. Color, material, texture at the discretion of the competitor.
3. The posing suit will cover a minimum of ½ of the glutes and all of the frontal area.
4. High heels will be worn during this round. Shoe style must classic stiletto pump, with a closed or open toe and heel, color at the competitor's discretion. Sole thickness will be no greater than 6.35 mm or ¼ inch. Stiletto height will be no greater than 127 mm or 5 inches. Platform high heels are strictly prohibited.
5. The hair may be styled.
6. Jewelry may be worn, within limits.

Note that these rules may be changed at any time at the discretion of the SABBA/CBBF. During competitions, the head judge will have the final word.

****Also, for the Figure competitors there are some Jagware pro style one piece posing suits available in various colors and sizes as well as dyes for a discount price of \$27.27 contact SABBA if you require any of these items.***