

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

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.

Fitness Competition Information

The fitness competition will consist of three (3) rounds:

Round One (the Physique Round) – two piece posing suit and heels

The Physique Round will be judged on overall athleticism with regard to symmetry, firmness and proportion as well as overall physical appearance including skin tone, poise, and overall presentation. Remember, this is not a bodybuilding class; competitors exhibiting extreme vascularity, size and definition often seen in bodybuilding will be marked down.

Round Two (the Routine Round) – maximum 90 seconds (to music)

Routines will be judged on a combination of athleticism (including strength, flexibility, and endurance), style, personality and showmanship. There are no required moves for the routine round. However, the following moves are extremely common amongst competitors: sideways splits, front splits, one arm push-ups, V-split presshold, straight leg press hold, high kick to the front with hold.

Round Three (Final Comparisons) – two piece posing suit and heels

The finalists will be called out on stage for a final comparison. Fitness competitors are required to wear a two piece posing suit and high heel shoes. The color of the suit is left to the judgment of the competitor, however it must cover the breast and buttock area. No G-strings are allowed. The head judge will direct the finalists through the comparison round.

General Fitness 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. 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.

*Music must be on CD and clearly labeled. It will be cut off after two (2) minutes. It will be handed in at the weigh-ins therefore bring an extra for rehearsal purposes.

*Posing suits and costumes must cover breasts and buttocks. G-strings are not allowed. Heels must be worn in the physique round and must not be more than five (5) inches in height. Platform high heels are strictly prohibited. Athletic/dance shoes must be worn during the routine. Bare feet are not allowed. All outfits must be brought to the weigh-ins for approval by the head judge.

*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.

*Props are allowed in the routine round with prior approval of 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.

Please note that this is not an exhaustive list. 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.

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