

25th SOUTH PACIFIC-BODYBUILDING CHAMPIONSHIPS

October 23rd to 27th, 2019



PAITA, NEW- CALEDONIA



CRBBNC

WELCOME

The Regional Committee of bodybuilders New Caledonia together with the South Pacific Bodybuilding Federation (SPBBF) presents its friendly greetings to the bodybuilders of the South Pacific as well as their delegates, judges and supporters. We look forward to welcoming you to the 25th South Pacific Bodybuilding Championships.

Official informations & registration forms.

The Competition venue

-The South Arena in Païta

Accommodation, meals and transportation

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The Competition venue

The South Pacific Championships will be held in Païta, New Caledonia town in the morning and evening at the South Arena. Competition Venue for the Pacific Games in 2011.



Accommodation, meals and transportation



The Delegations

All delegations will be hosted at the International Center Sport and Expertise (CISE). The site has double and quadruple rooms. Air conditioning, television, commercial gym nearby (Fitness Park), free wifi internet in the common area.



The organizer will take care of the accommodation from the 23rd to the 27th October 2019, will provide 3 meals a day (morning, noon, evening). But if you want different or specific foods, there are several supermarkets at your disposal near the CISE (Carrefour, Géant).

Transportation

About an hour from Tontouta airport, transportation will be by shuttle (bus) to CISE Dumbéa. Transportation will be provided by the airport organizers at the accommodation venue, as well as at the weigh-in and competition venue.

Arrivals and departures

- Please provide promptly the information of the members of your respective delegations traveling to New Caledonia.

- We would appreciate receiving the details between 1st and 30th September 2019, to give us enough time to prepare your transport and accommodation conditions.

- Please notify the organizer of your planned arrival and departure no later than 30th September 2019.

-Please provide full names, as written on the passport and passport number of all participants by September 30th. To prepare individual badges.

IMPORTANT: For people from Vanuatu, Fiji, Tonga and Papua New Guinea a visa application is required. For other countries in the Oceania zone for a stay of less than 3 months it is not necessary to apply for a visa.



Arrivals in advance and extended departures

The National Federation arriving before the official arrival date of 23rd October 2019 and / or remaining after the official departure date of 27th October 2019, will be responsible for all their own expenses including transportation.

Flight reconfirmation

For the reconfirmation of your departure flight from New Caledonia, contact the assistant of the organizing committee. Please reconfirm your flight within 24 hours after your arrival.

The Competition details

The 25th South Pacific Bodybuilding Championships in 2019 are under cover of SPBBF who oversees the event in accordance with its constitution and rules.

The conditions of competition

The competition conditions are as follows:

-3 competitors or more, 2 delegates are allowed

-2 competitors or less, 1 delegate are allowed

-A maximum of 19 athletes per countries will be accepted (1 athlete per category).

Important : Delegates without athletes will be responsible for all their own expenses.

NO EXCEPTIONS !

The competition categories

- **Men's Sport Physique:** -175 cm, -180 cm, + 180cm.
- **Women's Model Physique:** -170 cm, +170 cm.
- **Women's Athletic Physique:** -165 cm, +165 cm.
- **Women's Bodybuilding:** -55kg, +55 kg.
- **Men's Bodybuilding:** Junior (up to 21 years), master (+40 years), Open -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -100 kg, +100 kg.
- **Mixed pairs Bodybuilding:** Open

Overall titles will be awarded in the categories:

- Men's and Women's Bodybuilding.
- Women's Model and Athletic Physique
- Men's Sport Physique

The Weighing

The weighing will take place on Friday 25th October 2019 at 5.30 PM the South Arena of Païta. Athletes and delegates will be transported from the CISE by bus at 5.00 PM. It is the responsibility of the head delegate or team captain to ensure that his athletes are on time, in case of delay or no show, the athlete will be disqualified.

Anti-doping control

The anti-doping test will be conducted at these Championships in accordance with the SPBBF, RADO (WADA) and the NOC / IOC Regulations. **National Federations must ensure that all their athletes are competing drug-free.**

Any athlete who fails a doping test (positive test) will be subject to suspension and sanctions in accordance with the conditions specified by the SPBBF and RADO (WADA). **The members of the Federation (the country) and the Delegates may also be subject to sanctions.**

Remittance of posing music

All routine music will have to be recorded on CD (wav format) or USB key:

- maximum duration **60 seconds** (individual bodybuilding)
- maximum duration **90 seconds** (mixed pairs bodybuilding)

The routine music should be located at the beginning of the CD. The name and number of the competitors must be affixed to the CD.

Official conditions and notifications

National anthem :

Each participating National Federation must bring their National Anthem (the short version) on a CD, this must be on a CD separate from the routine music.

National flag :

Each participating National Federation must bring its National flag.

Ceremony

The parade of Nations will take place on Saturday, 26th October 2019 at the South Arena from 5:00 PM. The wetsuit for all delegates and officials at the parade of nations is: black shoes, pants or gray dress, white shirt, the acronym WBPF, the gray jacket and the WBPF tie.

The betting attire for each team will be their Official Team Uniform.

Meetings

Are concerned and invited only the head officials of each Nations, members of the Executive of the SPBBF, Delegates and Judges to these meetings in the conference rooms of the CISE starting Thursday 24th October 2019 at 09:00 am.

The selection of Judges

All qualified judges wishing to participate as Judges at the 2019 South Pacific Championships must first register to officiate and contact the SPBBF Judges Secretary by 30th September 2019. spbbf@outlook.com

Official entry forms

Please return the participation form to the Regional Committee of Bodybuilders New Caledonia as follows:

Preliminary entry form - Return before August 31, 2019.

Please confirm your participation and indicate the number of athletes, delegates and supporters.

Final Entry Form - Return before September 30, 2019.

Please confirm the actual names (as written on the passport) and passport numbers of delegates and competitors and their weight category. Also include arrival flight and departure information. **TO GUARANTEE THE DELETION OF VIP FORMALITIES AT AIRPORT, TRANSPORT, AND ACCOMMODATION FOR YOUR TEAM, THE FINAL PARTICIPATION FORM MUST BE RETURNED BY 30 SEPTEMBER 2019 AT THE LATEST.**

General competition information

Communications Center:

The organizer will maintain a communications center at CISE from **23rd to 27th October 2019**, where you can obtain information and assistance.

Medical

Please contact the secretariat for any medical assistance, medical personnel will be on duty at the prejudging and finals.

Security

The CISE provides a 24-hour security service.

Internet

The CISE has a common area with Internet and access to e-mails

General information of New Caledonia

Official language: The official language is French but English is also spoken.

Currency

The New Caledonian currency is the Pacific franc.

Time difference and weather GMT +11h00

The climate is pleasantly warm with an average maximum temperature of 29° Celsius/84 Fahrenheit.

The electric current

Voltage : 220 V, Australie and NZ outlets.

Dress

Light clothing suitable during the day, perhaps provide a light sweater for the cooler evenings.

Excursions and activities

Before or after the competition, you will be able to enjoy some tourist tours available in New Caledonia, please contact the organiser for bookings.



Museum

The museum presents on the first level the arts and cultures of the South Pacific- Australia, Melanesia, Polynesia et Micronesia. Galleries devoted to the arts and traditions kanak cover all aspects of social life, tool manufacture, agriculture, arts and rituals.

Amedee Island

It is a great metal tower in wrought iron painted in white. Its lantern, optical rotating 0.25 meter focal length with a range of 24.5 nautical miles, is accessible by spiral staircase of 247 steps. Is the one metal lighthouse in France since the lighthouse destruction of the Rocks-Dover in 1944 and considered as the second highest lighthouse of this kind in World, behind Dutch Lange Jaap lighthouse.



Tjibaou cultural center

Is a public institution designed to promote kanak culture, situated between bays of Tina and Magenta, on a peninsula on the outskirts of Noumea, New Caledonia.

Aquarium Nouméa

Underwater wildlife is very rich and its shells are considered among the finest in World. The varied species are exposed in this extraordinary aquarium. A superb showcase, where you can admire the dangerous stone fish, parrot-fish, sea turtles, or venomous Royal scorpion fish. In total freedom, these animals live inside giant pools to natural settings.



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