



FEDERATION *flash*

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NZFBB Executive Directors and Regional Executives

NZFBB Board of Executive Directors

NZFBB President
Mark Stewart.

NZFBB Vice President
Jean Scott.

REGIONAL EXECUTIVES

Auckland Region -
Mark Vaauli, Esther Tofilau
& Allen Stubbington.

Waikato/Bay of Plenty -

Taranaki -

Wellington - Terry Hills.

South Island - Jean Scott

NZFBB ADMINISTRATION

Secretary -
Paula Langford.

Treasurer -
Rachel Harris

Legal Advisor -
Paul David

Judges Chairman -
Bryan Smith

News and Events of the NZFBB - September 2005

New Zealand Federation of Body Builders (Inc)
P O Box 5186, Wellesley Street, Auckland.
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The Presidents Report

It is with great pleasure that I bring you an up-to-date newsletter for the NZFBB. It has been 2 years since the last newsletter was printed. The reason for its cessation was it is very difficult finding somebody willing to give up their valuable free time to gather information, plan and develop a newsletter which is a very time consuming project. I thank Lisa Menzies and Jonathon Burchell for the time they put into doing this for our members and the NZFBB in the past.

So here I am, trying my very best to put out a newsletter for our current members which is something I will try to do every 3-4 months. Our next newsletter will be due after the Nationals and the Taranaki champs. Please, if you are interested in taking over the role of Newsletter extraordinaire, then please let me know or contact the NZFBB Secretary, but just be mindful that this a voluntary position. Also any contribution for the newsletter from any member is most welcome.

I would like to take this opportunity to thank all of you who have shown their support to me over the year, thru good times and hard. A little further on in the newsletter you will find letter of support from people such as The IFBB President - Mr Ben Weider, Raphael Santonja, and the NZDSA, and Rachel Harris, our accountant. This is all to do with concerns surrounding our federation - accusations against the federation as a whole - e.g. myself as President, the Executives, past Committee Members, the Judges. Some of our athletes are accused of winning due to favoritism or poor judging standards and of being selected to International Events wrongfully. I can assure you all that there is nothing in these accusations which have caused a lot of unnecessary hurt and harm to all the people concerned. This has got to stop. I would like to see all the energy which is being wasted on this used to some positive effect to get the NZFBB back to where we want it to be.

I will not let these people with their harmful attacks cause further damage to the Federation and its valued members. Ever since I joined the NZFBB back in 1977 as an athlete, I have had one goal in mind and that is for the athletes to be rewarded and that personal goal has not changed. Since I became President in October 2000, we have reunited New Zealand and Australia and sent large team to Aussie. One year we had 17 athletes and 14 in another year. The numbers have always been high with the exception of this year. The number of selected athletes to the Worlds (men or woman) has changed from being 1 or 2, to 5-7, so you see on the financial statements where the bulk of the NZFBB money has been spent.

I have said many times that if any financial member of the NZFBB is concerned about the managing of any NZFBB matters, they may request the financial constitution, contest rules, drug testing policy etc. You only have to write to the NZFBB Secretary - This is NZFBB Protocol and the Financial (Accountants books) are always open for any member to view. Just follow the procedures and request or write to the treasurer if you have any concerns. There have been questions raised on two separate websites (privately owned). I fully support both websites as it is another avenue for the sport of body-building to grow and for people to air their views. Lisa and Andrew are doing a great job with their website discussion boards. However those sites should not be used for one or two people to accuse and make false statements about the NZFBB Federation, its executives, judges and athletes for their own gratification or ego. I thank Lisa and Andrew for taking immediate steps make sure the sites do not become ways of making nasty personal attacks and that everyone is on a level playing field. You will see Lisa cruising around at some of our events with her camera and I certainly have no problem with Andrew if he would like to do the same. It can only be good for our bodybuilding.

I have received emails and phone calls regarding the issues raised on the websites which I have answered - people like Mike Kingsnorth, Mike Debenham, Peter Gall, Mark de Lew, Brian McFarlane, Jean Bayley, Graeme Fong and Brian Smith just to name a few and I have answered all their concerns truthfully. My only advice to those athletes who may get caught up with all this nonsense and misinformation, is please do what you do best. Spend your time and energy towards training - you will be better off when you step on stage for your next contest. Then you as an athlete can compete knowing that you have spent all your time and energy to be the best you can be.

My executives and I are all concentrating on improving our Events, and doing a lot of hard work to improve the running of our federation for our member's good. And we will succeed in our venture to see that the Federation is returned back to the state of which we are all expect, that being the best Federation in New Zealand.

I wish you all the very best and I will look forward to seeing you on stage very soon.

All the best

Mark Stewart - NZFBB President



Mark Stewart
President NZ Federation
of Bodybuilders

NZBB and GOFigure Website Questions put to the NZFBB President - Mr Mark Stewart

Ladies and Gentlemen

I would like to make a statement regarding concerns which have been expressed about the NZFBB INC.

Please note, I have no problem with the websites and their forums and welcome comments and sensible suggestions but I have no time for personal attacks by people hiding behind false names. All NZFBB financial members are entitled to ask questions and of course, voice their opinions directly to the NZFBB through the correct channels. Sadly some people have not acted properly recently. Members can contact us through letters, email, phone or fax or they may also attend executive meetings and most importantly attend the AGM which is held annually, usually in July.

Please contact us through the NZFBB Secretary, President, Vice President, Accountant, or any other member of the Executives or Judges. As I have mentioned to both Andrew (NZBB) and Lisa (GoFigure), if you are a member of the NZFBB, then you certainly deserve your concerns to be cleared up.

What is the current financial situation of the NZFBB?

Yes, the NZFBB is not in the best financial position at the moment, but we have made some vast improvement since the AGM. We have reduced our debt - we have made a lot of changes such as cutting committee members from 14 to 7 including the President and the Secretary. The meetings of the Executives will be cut down from 6 or 7 yearly to 3 as each regional executive will be responsible for the development of Bodybuilding within their designated or allocated area. Expenditure for running events is now being heavily monitored by each event organizer. The judges will judge at their own local events to save travel cost, accommodation and meals. We will only use outside Judges if necessary. So the list of cutting expenses goes on. That is the start and we are implementing them. Lets be realistic here and accept that the most of the NZFBB debt occurs from athletes and officials traveling to International Events. Last year \$40,000.00 was spent and the same as the three previous years. The only time we save money is when we have only sent 1 athlete or none at all.

What levels of promotion are the NZFBB planning on undertaking to increase awareness of our sport?

The NZFBB and Event organizers have done their absolute best to promote their events by way of contest calendars, website, posters and radio advertising so there is definitely not a lack of advertising. All posters are distributed through out New Zealand but unfortunately it is up to the gym managers/owners whether or not that poster will go up on display or not. It is out of our control.

Has the NZFBB developed a plan for the getting out of the financial trouble etc?

WE have cut our events from 11 to 7 next year. People are saying too many events. So lets see what happens next year. We are looking at the possibility of bringing back the Pan Pacific Champs. It will give people some incentive earlier in the year and something to aim and qualify for.

Assuming the main source of income is from sponsorship, how can you keep your sponsors happy with minimal levels of participation in events etc?

I wouldn't say our main source of income comes from sponsorships. If we get sponsors that are willing to pay cash for sponsorship and those sponsorships cover our overheads such as venue hire, sound and lighting systems, then the event organizer is doing damned well. Most of the events (apart from the NZ Nationals) average on getting between \$2,000.00 - \$5,000.00 worth of cash sponsorships. NutraLife do sponsor the NZFBB annually and pay one large sum, but then that money is broken down and divided amongst all the events and NutraLife has naming rights to 6 events of their choice. So as you can see, we do rely heavily on athletes to compete. It is a known fact that the more competitors, the more people come to watch.

Please explain the NZFBB'S response to the recent situation in the media?

Moe's name was initially withheld because of a disciplinary tribunal decision that releasing his name was unnecessary. The NZFBB did nothing wrong as it was acting purely by the decision made by the tribunal. The decision in Moe's case was forwarded to the NZDSA in accordance with the NZFBB's obligations. After the decision had been made, we were faced with statements by Moe that he had not been penalized. Why he suggested this is beyond me. We looked at the tribunal decision and took advice. We could see no proper basis not to publish the decision. The NZDSA also released the statistics for its testing including Moe's test which made Moe's result clear.

What Moe tells the public I cannot control. Moe and his witness (Sam) and the NZFBB were made aware at the conclusion of Moe's tribunal hearing, that the tribunal committee found Moe guilty of the doping infraction and subsequently the following penalties were imposed on Moe

- 2 year suspension commencing 22nd October 2004,
- return of trophies/rewards
- forfeit of his placing
- Ineligible to officiate in any NZFBB, IFBB, IOC, sanctioned events or hold office within the NZFBB and IFBB for the duration of his suspension (2 years). I hope that this makes the decision in Moe's case clear.

ISSUES OF CONCERN POSED ON THE NZBB WEBSITE

The decline in popularity of bodybuilding?

I wish I knew the reasons behind this and that I could have all the answers for you, but please be mindful that this is not just the case of the NZFBB suffering - the other bodybuilding organizations are suffering as well. Remember that INBA (Taupo) used to attract 170-200 competitors, last year they had only 33. The INBA all female show I would of thought would have attracted all the female bodybuilding athletes in the country but they also only had 15 competitors. Three NZFBB events early this year attracted just on 65 competitors (3 Auckland Events). NABBA used to attract a lot of competitors but they are also facing declining in numbers. Why, maybe it is the cost factor with our athletes facing large costs to compete per event. They can no longer afford to compete event after

event. There are so many events within our small bodybuilding country. With our intended drop of events next year and the addition of the Pans we should see an increase. We always have good numbers for the October South Island show, Wellington and the CNI as athletes try to qualify for the NZ Nationals. The Taranaki Champs the week following the Nationals is also always a very popular event which gains great support for athletes who are still in good shape and who wish to qualify for the following year. Mike Ryan will run an excellent event this year and keep his expenses to a minimum.

Another point to look at is competitors are a lot more educated and they do not have to compete at every event. They normally do one qualifier then sit back and wait for the big one.

There are a lot more sports out there too and unfortunately Bodybuilding in New Zealand will always be small compared to those main sports that do take priority in our country. I have tried to get TV involved but they will only do so when no other large sporting event is on.

Bear in mind that the waning support for bodybuilding events is not unique to New Zealand. For example the IFBB cancelled three professional Grand Prix events this year because of falling competitor numbers and audience participation.

We the NZFBB executives are working hard to solve the problem of numbers of competitors and hopefully this will have an impact and turn around for our future events. We need our members to remain positive, and to promote and support others into the sport, and the positives will turn to good results.

NZFBB Finances

In this newsletter, you will see the NZFBB financial situation year ended 31st March 2005. You will also see it's current situation as at the end of July 2005. At the end of March 2005, we were \$52,000.00 in the red (deficit) and the end of July 2005 we are now \$34,000.00 in deficit.

So we are monitoring the situation and we are improving event by event. The North Island Event might not make a huge profit, if any at all, as I have not received the final outcome from the accountant as yet, but I can tell you that event was run on the smell of an oily rag.

My wife and Naera Johnson worked endlessly preparing lunches for the Judges and Officials plus dinner, as well the Finger food for the sponsors and VIP'S in an attempt to save \$1000.00.

It is funny that this is all of a sudden that the financial situation of the NZFBB has only just been raised, but I guess the 2 people raising this have an agenda to attack me personally and they want me out because they want the federation (NZFBB) to themselves for their own purposes and we all know that their first move is to remove the drug testing. They have made that plain and obvious. For our part the committee and I are committed to keeping our sport drug free.

Even before I became the President, the NZFBB was operating at a loss. Our records show that at the end of the March financial year in 1999 the NZFBB recorded a loss of \$43,000.00. Since then on our financial year end position has been:

- End of March 2000 a loss of \$43,000
- End of March 2001, a loss of \$39,000
- End of March 2002, a loss of \$3,500
- End of March 2003, a Profit of \$11,000
- End of March 2004, a loss of \$16,000
- End of March 2005, a loss of \$52,000.

I can recall the biggest team NZ sent away was back in 1983 under Graham Fong, and again in 1988 under Gary Bradford. But before that, and in-between, and after 1990, it was usually only one or two international representatives and often the same people who went time and time again.

So is it a crime to spend \$\$\$ to reward our athletes? Most athletes I have spoken to say they prefer to travel to international events as part of a team rather than individuals.

However, as we are now focusing on reducing our deficit, our team selection will be heavily monitored - even if we sacrifice sending teams next year unless funding is available for teams. For the Men's World Champs this year, Joe Ulberg has withdrawn due to family reasons, Brian McFarlane would rather wait until next year or when funding is available, and Karl Cook does not want to travel as an individual and he is also saving for his wedding in February/March next year. We have applied for funding for the team selected for the Woman's Worlds where even our official is paying 50% of her own fare. When we have had healthy cash reserves it is because we were not incurring costs in sending competitors overseas.

The NZFBB new Executive has a 2 year term in office (2005-2007) so I envisage that this team will have during that time frame, time to turn the federation around and we will. I know the members are right behind us on this and not be misled by the negative efforts of who are not even members of our Federation, who are creating problems and trying to undermine me and the NZFBB.

This trying time has only made me stronger and perhaps a better person because of it. Bodybuilding is not only about winning and building the outside, it is much deeper than that. It is about what is inside.

Thank you for your continuing support

All the best

Mark Stewart
NZFBB President



Mark Stewart
President NZ Federation
of Bodybuilders

NOMINATIONS AND APPLICATIONS FOR NZFBB EXECUTIVES

Regional Job Function and Summary

The Regional Executive Director must report to the President on a month by month basis, demonstrating the increased development of bodybuilding & health & fitness in their designated region. All Regional Executive Directors must fulfil the following duties:

1. To foster, develop and to promote the sport of bodybuilding, fitness and figure throughout New Zealand and specifically in their own regions
 - a. To promote and increase awareness of all NZFBB/IFBB
 - b. To arrange at least 3 (per year) seminars within your region in gyms, schools, sports clubs or in conjunction with SPARC and the NZSDA.
 - c. To arrange activities – which are fun and challenging outside of contest dates for members to get together and socialise and to increase familiarity with the Executives from each region.
 - d. NZ Nationals - to promote and to encourage members and all future members to aim for this prestigious event.
 - e. To assist and promote an end of the year finale (After function following the NZNationals) for all competitors, members and NZFBB Executives and helpers

Time Frame

Work around using 2B to fall in line and to suit your 2A regional Bodybuilding event(s)

Team Work

- Develop your region subcommittee or team members under your leadership to enable you to complete 2A to E efficiently.
- Work out the number of the people and the right people for different areas in your region to fulfil your target or as you see fit.
- Region – within your region. Staff meeting with your area team members
- Maintain awareness and observation of fire, health & safety regulations within your events and activities – the attendance of certified first aid personal is paramount.
- Carry out any other activities, fun, socialising or challenges with in the scope as required within the NZFBB/IFBB and its sport of bodybuilding health and fitness.

Athletes – Whether competitive or Officiate Nominated or selected to represent your region

- By way of Regional events challenges
- To the NZ Nationals
- To IFBB world or international events
- As a Judge, team manager or an official

Financial Support

Financial support may be required for any of the above

- by way of subsidy – Regional or National
- Fund raising – Regional
- Grants –Regional & Community Trusts

Uniforms

Uniforms fall in the same area as D 1-4 and support may be from the above

Awards - Regional Sports Trusts

You as director and your team leaders within your regional areas, may nominate a worthy athlete and an official (male and female) for a sport award within your region. Please refer to list as attached or contact SPARC.

* This will also be included in the NZFBB End of the Year Finale with 1 IFBB bodybuilding Sport Person of the Year – Athlete – Male or Female and 1 official (Judge or Manager)

Chairman Judges Report January – August 2005

With numbers being down, judging the shows so far this year has been just as challenging with most classes still having two or three excellent contestants in their respected classes.

I am glad to say that the judges averages are still at a very high standard, with the overall averages for judges at shows this year thus far are: -

- Sonny Schmidt 100%
- Wellington 96%
- Auckland 100%
- Dunedin 95%
- North Island 100%

The judges are looking forward to the rest of the contest calendar where the numbers of contestants will increase, building up to the expectation of further honours on the Nationals stage.

If you have any queries about judging matters please don't hesitate to contact me by email or phone.

Yours faithfully
Bryan Smith

1 August 2005 New Zealand Federation of Body Builders Inc.

Treasurers Report

Firstly, let me explain how the accounting function of the NZFBB is set up.

Office Freedom Ltd is an independent accounting service who process the accounts and prepare the necessary reporting for the NZFBB, their auditor and the IRD. None of the directors or employees of Office Freedom Ltd are financial members of the NZFBB, therefore providing a completely independent service.

All event organisers are required to prepare a budget for their event and actual costs are compared against these budgets. The event organiser is responsible for the profitability of their event.

Financial accounts are prepared on a monthly basis and are forwarded by email to all committee members for comment.

Annual accounts are prepared for the Auditor and the Audit Report is tabled at the AGM with the Annual Accounts. Both of these reports were accepted at the recent AGM.

All accounting information is available to any financial member of the NZFBB. If you have any questions please contact the President or Secretary who will be able to arrange for Office Freedom Ltd to provide you with any documentation you require.

At the time of writing, the accounts for the NZFBB have been prepared to 30 June 2005. These are available for any member who wishes to view them.

Of the four events so far this financial year, three have made a profit and one a small loss. This is a small improvement on last year however further work will continue as the processes and event calendar are reviewed by the incoming executive committee. Please be aware that the changes that are being developed will only have a minor effect until the new calendar kicks in for 2006.

On a more positive note, as at 30 June 2005, the NZFBB is showing a trading profit of \$14,700, this is an improvement on the same time last year of \$12,200.

The NZFBB is slowly making gains on the losses incurred during the 2005 year - it was always going to be a slow process back to financial stability. The support of members is a vital component to ensure that this continues and gains momentum.

If you require any information regarding the Financial affairs of the NZFBB – please ask so that you can be kept informed with correct information.

Kind regards
Rachel Harris - Director

EXECUTIVE BOARD MEMBERS REQUIRED

Job Description also available on the website www.nzfbb.org

You are invited to apply for one of the following regional positions: Auckland, Waikato/Bay of Plenty, Taranaki, Wellington and the South Island

All applications will be posted on the website and you the members will vote on the people to represent each region. If you do not have access to a computer, then we ask you to contact our secretary at nzfbb@xtra.co.nz or call 09810-7256. (Information will be sent only to those people that request it).

In the past we have worked with a larger committee, we are trying to move ahead and stream line our organization, we feel this can be achieved by having people oversee a region. The sky is the limit to what you can do, you could use smaller sub committees to assist you to ensure your region moves ahead.

If you are looking for adventure and excitement then this could be you! If you have passion for the health and fitness industry then this is you!

We look forward to receiving your applications - The NZFBB

BODYBUILDING AND DOPING CONTROL

The NZSDA is keen to continue working with the NZFBB to operate an effective doping control programme for the Federation. In particular we wish to support the majority of members who want to compete within the rules and in a healthy sport and not one which is just a competition of pharmacists.

For the anti-doping programme to work it is important that all members understand; the rules, how the programme operates, and the prohibited list.

The Agency is concerned at the continuing high proportion of positive tests in the NZFBB and particularly the ones which seem to result from ignorance rather than cheating. Equally the Agency has received feedback from the NZFBB Executive indicating concerns that members have.

Set out below are some questions and answers which we think will be of help to you in understanding the what, how and whys of the programme. These answers are a quick guide and do not set out the requirements in full. You are encouraged to contact the Agency if you need clarification on any matter.

You will receive in the post, before the end of the year, a range of material from the Agency including information on the prohibited list for 2006.

At any time (office hours) you can ask any question by calling 0800 Drugfree (378437)

How are the rules for the testing programme decided?

These days that is relatively straight forward – all organisations which have adopted the World Anti-Doping Code (the "Code"), this includes the NZSDA and the IFBB, must apply it and the mandatory standards in full. The Standards include the banned list, the testing procedure, the laboratory work, the hearings process and the sanctions.

These cannot be changed or limited by any individual organisation – you are either in or out and cannot pick and choose which elements to apply. (For example it would not be possible, under the Code, to limit testing to a single event or specific athletes at specific times.)

The NZSDA also must operate within its own legislation which is currently being updated to ensure that it fully complies with the Code.

How do I know what is banned?

There are two crucial rules to remember:

1. All medications can be checked out with your doctor, chemist or NZSDA and you can get a definite answer.
2. Supplements should be sourced from reputable suppliers and you should seek advice from the NZSDA about the contents. While normally you can be told whether or not the listed ingredients are banned or not you will never get a guarantee of a particular product. (It would be a bit like asking a mechanic to guarantee a car he has never seen.)

To check medications and supplements phone 0800 Drugfree (378437)

Are "recreational" drugs banned?

Many substances which are generally referred to as "recreational" are prohibited for use in sport. This includes the following:

- Cannabis e.g. Marijuana, hashish
 - Narcotics e.g. Heroin, morphine, methadone (codeine is permitted)
 - Amphetamines e.g. Ecstasy, "p", all forms of speed.
 - BZP e.g. Frenzy, rapture, bliss etc.
- If in any doubt do not take anything.

What happens if I need to take a substance on the Banned List for medical reasons?

You should always advise your doctor or pharmacist that you are an athlete subject to sports drug testing.

To use a substance on the WADA Banned list, you must submit a Therapeutic Use Exemption (TUE) to NZSDA. There are two types of TUE: Abbreviated and Standard.

The Abbreviated TUE is primarily for asthma related drugs and must be completed correctly by both you and your doctor.

The Standard TUE is more involved and is for more serious medications, such as prednisone, insulin, diuretics and Ritalin.

TUE forms are available on the NZSDA website: www.nzstda.org, or by calling 0800 DRUG FREE.

Some common examples of medical conditions / medications that require TUE's.

- Asthma ventolin, bricanyl, flixotide pulmicort etc - contact Agency for full details
- Diabetes Insulin
- ADHD Ritalin, dexamphetamine etc.
- Hair loss Propecia
- Hay fever Alanase, beconase, flixonase etc.

Are dietary supplements safe?

The Agency cannot guarantee any supplement, because their manufacturing is not regulated in the same way as for pharmaceuticals. This means that the ingredients listed on the outside of the packet may not match what is actually inside.

Generally, protein powders, drinks and bars, creatine, amino acids, vitamins and minerals are all safe. However, the Agency recommends that athletes use supplements manufactured by reputable companies in NZ or Australia due to our stricter labelling laws. Black market or unlabelled products are of particular concern – never take a product that comes from an unknown source, even if offered by someone you know. When purchasing supplements be

aware that those which advertise "muscle building" or "fat burning" are most likely to contain a banned substance. The following is a list of substances which are banned and may appear in supplements: DHEA, Ephedrine, Amphetamine(s), Ma huang, Androstenedione/diol, and benzylpiperazine (BZP).

If you would like to check a nutritional supplement or ingredient list, contact the Agency on **0800 DRUG FREE**.

Testing is done at the wrong time

The Agency tests "in competition" - at events and "out of competition" at training venues, homes etc. It is true that testing is never convenient but, within bodybuilding, it is not frequent and is the necessary price to run a programme which will assist in keeping the sport clean.

Event testing will almost always take place at the completion of the event, frequently late at night, but hopefully sufficiently after judging that you have had time to rehydrate.

Out of competition timing is more difficult as we prefer not to test athletes at work or in public gyms unless all other options have failed. That means in a sport such as bodybuilding it will most often be at home. Experience shows that late evening (around 8.00pm) is the time we are most likely to find athletes returned from training but not yet in bed. This is difficult to manage and sometimes it takes a long time to provide a sample meaning the testing officials might need to stay until quite late.

The Agency does not want to antagonise athletes and will do what it can to minimise inconvenience but cannot guarantee that the test will be at a time which suits you well or that the process will be quick. Again it does not happen often and it is your investment in achieving clean sport.



International Federation of BodyBuilding & Fitness

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July 26, 2005

Mark Stewart
President New Zealand Federation of Bodybuilders

First of all, I wish to congratulate you on your commitment and leadership towards ensuring clean sport and fair play within the New Zealand federation.

The position of the International Federation of Bodybuilding & Fitness (IFBB) regarding doping is clear and is unambiguously expressed in its Anti-Doping Program, which has been in effect since 1986 at all international competitions. You may find a current copy of this program at <http://www.ifbb.com/DopingControl/index.html>. You will also find here information on the history of doping control within the IFBB.

The IFBB is a Signatory to the WADA Code. Further, the IFBB and WADA have worked closely together throughout 2004/2005 to ensure that the Anti-Doping Program conforms to the provisions of the WADA Code.

National and Continental Federations have an IFBB Constitutional obligation "to implement doping control programs and to ensure that their athlete-members are competing drug-free at international competitions."

The IFBB strongly and proactively encourages all of its National Federations to implement doping control programs that respect the IFBB Constitution, Code of Ethics and Rules, and that conform to the Anti-Doping Program and WADA Code.

Sincerely yours,
Ben Weider, CM, CQ, SBSIJ, PhD
President



International Federation of BodyBuilding & Fitness

Mr Rafael Santonja Gomez
Executive Assistant to president Ben Weider, CM, CQ, PhD
IFBB Judges Committee Chairman
Jaco, 8 10
28220 Madrid - Spain

July 27, 2005

Dear Mark

Thank you for your last communication to us. Sorry for my delay to reply you, but I have been spending a few days out of Spain.

I wish to congratulate you for the work so well done on doping control in your federation.

You are in the right way and of course, it is very important to keep in line and in concordance with the IFBB antidoping guidance and compromise with WADA Regulations.

I strongly believe in the convenience to establish an educational programme that can work in two lines:

- ★ Promote and distribute through your federation material that can be provided by New Zealand antidoping agency
- ★ We would like to send you a document regarding the convenience of the proper use of supplements and sport nutrition as natural alternative to doping. Feel free to reprint it partially or totally for any purpose you wish (lecture, brochures). Could you please provide us with an email address where we can send it to?

With my best regards,

Rafael Santonja Gomez
IFBB Executive Assistant

BODYBUILDING AND DOPING CONTROL

Doping Control Programme - a letter from NZSDA

Dear Mark

I am writing to follow up on our recent discussion and generally regarding the doping control programme we undertake for the NZFBB.

Firstly I should again emphasise how much we have appreciated the very good co-operation we have received from the Federation, and from you in particular, in attempting to implement a credible programme within your organisation. It is noted that you have worked hard to implement the WADA Code as you must do both through the IFBB acceptance of the Code and Sport and Recreation NZ requirements. This is evident, amongst other things, from the decisions of your tribunals which have heard anti-doping rule violations. This is doubly appreciated when, as I understand it, this co-operation is in the face of resistance to this process from some members of your organisation who would wish to limit or eliminate doping control within the NZFBB. In the light of that I would make the following comments which may help clarify what is required.

Firstly and most fundamentally the World Anti-Doping Code requires a commitment to "drug free sport" this goes beyond the detail of any of the rules and is a philosophical position which is at the heart of our programme. If some of your members do not take this position then either you should not have adopted the Code or they should not be members. I am afraid that I can not see any middle ground.

Efforts to limit testing to specific events or (for example) only athletes who are about to attend an international event can only be regarded as a cynical attempt to meet minimum entry requirements for those events while preventing any serious attempt to maintain a clean sport.

Such a proposal does not satisfy the principles embodied in the Code generally and specifically elements of the mandatory International Standard for Testing. In implementing this Standard the NZSDA is required to (inter alia at s 4.5.3) "...allocate the number of Sample collections by type of Sample collection for each sport/discipline, including No Advance Notice, Out-of-Competition, In-Competition, blood and urine Sample collection, as required to achieve effective deterrence."

I do not need to remind you that even the current level of testing is clearly not providing sufficient deterrence as during the past five years almost 50% of positive tests of New Zealand athletes tested in our programme (32 of 65) come from Bodybuilding which makes up less than 3% of our testing.

As the Agency moves forward with its involvement with the NZFBB we will be seeking ways to increase the role of the anti-doping programme, through both improved education initiatives and more effective testing. Any attempt to limit the Agency's ability to test in a manner which will provide improved deterrence would not be acceptable to the Agency.

Specifically, to allow athletes to choose when they can be tested and when they cannot is a nonsensical approach which could not satisfy the expectations of the clean athletes within your organisation, the public and certainly not this Agency or WADA.

The NZSDA will work harder with you to try to achieve our joint objective of clean sport, in particular through better education, and we will seek whatever assistance we can from other organisations that may also be able to help.

I also believe that it is important that you hold the line now as any weakening may prove to be all the incentive needed by those who would allow drug abuse to be an accepted part of your organisation. To this end I suspect that clear support from the IFBB for your efforts to implement the Code would be very helpful in demonstrating to your members that you are not fighting a lone battle.

With best wishes
Yours faithfully
Graeme Steel - Executive Director

NZFBB Clean Bill of Health

The NZFBB are proud to announce that since the 2004 NZ Nationals, the following athletes have tested **NEGATIVE** in recent NZSDA rounds of In and Out of competition testing.

Name of Athlete	Date Tested	Result
Tony Sila	NZ Nationals 13/10/04	Negative
Daryl Tomuli	NZ Nationals 13/10/04	Negative
Sesa Tomuli	NZ Nationals 13/10/04	Negative
Jo Stewart	NZ Nationals 13/10/04	Negative
Justin Thompson	Out of Competition 22/11/04	Negative
Christine Weiser	Out of Competition 12/12/04	Negative
Jessie Foley	Out of Competition 25/01/05	Negative
Tom Wojcik	Out of Competition 10/04/05	Negative
Laura Caton	Capital Champs 07/05/05	Negative
Johnny Apeu	North Island Champs 21/05/05	Negative
Julie Harris	North Island Champs 21/05/05	Negative
Keri Onyewu	North Island Champs 21/05/05	Negative
Cathy Tracey	North Island Champs 21/05/05	Negative
Tony Lialiga	Out of Competition 23/06/05	Negative

Disciplinary Hearings to date - Year 2005

Unfortunately there are still some athletes who are willing to take the chance of using prohibited/banned substances in order to gain an illegal edge. The following Drug Testing Results and subsequent Disciplinary hearing sanctions have been imposed on the following athletes:

1. Grant Aumua - Central North Island Champs - 16th October 2004

Infraction - Tested positive for Cannabis - Cannabinoids

Sanction

- 6 month suspension, commencing from 16th October 2004
- Ineligibility to compete or officiate at any IOC, IFBB or NZFBB Competitions, during the stated 6 month period.
- Disqualification from the Central North Island Champs, and also from the NZ Nationals, and therefore forfeit of placing, medals, trophies, certificates in these competitions.
- Publication of Name, Offence and Penalty.

2. Moe Hussein El Moussaoui - Wellington Champs 23rd Oct 2004, NZ Nationals 31st Oct 2004

Infraction: Tested Positive for Anabolic Agents - Stanozolol - Testosterone

Sanction

- 2 Years Suspension commencing from 23rd October 2004.
- Ineligibility to compete or officiate at any IOC, IFBB or NZFBB Competitions, during the stated 2 year period.
- Disqualification from the Wellington Champs and also from the NZ Nationals, and therefore forfeit of placing, medals, trophies, certificates in these competitions
- Publication of Name, Offence and Penalty.

Sports Anti-doping Bill introduced

Minister for Sport and Recreation Trevor Mallard introduced the Sports Anti-Doping Bill to Parliament today, signalling New Zealand's ongoing commitment to wiping-out doping in sport.

"This legislation demonstrates New Zealand's commitment to fair play in sport by helping to ensure that our athletes are able to compete in a drug-free environment," Trevor Mallard said.

"This is a huge achievement that seeks to preserve the intrinsic values of sport - honesty, ethics, courage, and fairness.

"As a country, we should feel incredibly proud that New Zealand is leading the fight against the use of performance-enhancing drugs in sport in order to maintain a level playing field for all athletes."

New Zealand has been at the forefront of the fight against doping, both as a founding member of the World Anti-Doping Agency (WADA), and at a national level through the work of the New Zealand Sports Drug Agency and Sport and Recreation New Zealand (SPARC).

The purpose of the Sports Anti-Doping legislation is to give effect to the World Anti-Doping Code, which seeks to protect an athlete's fundamental right to participate in drug-free sport. It also aims to ensure harmonised, co-ordinated and effective anti-doping programmes at an international and national level with regard to detection, deterrence and prevention of doping.

WADA expects all member nations to be compliant with the Code by the 2006 Winter Olympics in Italy. New Zealand will be at the forefront of this commitment with the passage of the legislation and the adoption of the UNESCO International Convention Against Doping in Sport in October 2005.

The legislation will be referred to select committee after the election and is expected to be passed by the end of the year, or early next year.



RESULTS *bulletin*

Sonny Schmidt Classic Results

Physique - Masters

Masters Men Over 40Years
Keri Onyewu 1st
Wayne Morris 2nd
 Masters Men Over 50Years
Micheal Pouhilla 1st
Sten Jones 2nd
Dieter Horn 3rd
 Masters Women Over 35Years
Julie Harris 1st

Novice

Novice Men 70-80kg
Brad McGullough 1st
 Novice Men 80-90kg
Moe Moelasi 1st
Terry Shepard 2nd
 Novice Men Over 90kg
Sam Malaesilia 1st
Levi Savea 2nd
Nelly Vaoesea 3rd
 Novice Women Under 52kg
Luanna Harris 1st
Leanne Grifford 2nd

Open

Open Mens Under 80kg
Tony Thomson 1st
 Open Men Over 90kg
Timikara Taurerewa 1st

Overall

Male Physique - *Keri Onyewu*
 Female Physique - *Julie Harris*
 Figure - *Maureen O'Connell*
 Sonny Schmidt most Potential Award
Leanne Gifford and Nelly Vaoesea



Figure

Novice Short
Vanessa Lock 1st
Deanna Bayley 2nd
 Novice Tall
Christine Wieser 1st
 Open Tall
Maureen O'Connell 1st
 Senior Over 35years
Minda Galvin 1st
Jenny Naden 2nd
 Senior Figure Over 45Years
Rayner Bowman 1st
Gladys Mathews 2nd



North Island Champs Results

Physique - Masters

Masters Men Over 40Years
Gary Hastings 1st
 Masters Men Over 50Years
Neil Dennett 1st
Jack Apelu 2nd
Michael Pouhilla 3rd
 Masters Women Over 35 Years
Julie Harris 1st
 Masters Women Over 45Years
Gladys Mathews 1st

Novice

Novice Men Under 70kg
Grant Anderson 1st
 Novice Men 70-80kg
Johnny Apeu 1st
Dayne Robinson 2nd
 Novice Women Under 52kg
Cathy Tracey 1st
Vanessa Lawgun 2nd

Figure

Novice Short
Maria Norton 1st
Tracey Ludwig 2nd
Jo Pamham 3rd
 Novice Tall
Fabiary Veichionacce 1st
Jacqui Fisher 2nd
 Open Tall
Sharon Lang 1st
 Senior Under 35years
Belinda Muller-Jack 1st
 Novice Tall
Teresa Gannaway 1st
Grace Ormsby-Been 2nd



Open

Open Mens 70-80kg - *Keri Onyewu 1st*
 Open Women Under 52kg - *Rowan Dudley 1st*

Overall

Male Physique - *Keri Onyewu*
 Female Physique - *Cathy Tracey*
 Figure - *Fabiary Vecchionacce*



Dunedin Classic

Physique

Teenage Men
Dylan Rainely 1st
 Junior Men
David Hay 1st

Masters

Masters Men Over 40Years
Warren Tonks 1st
Steve Larking 2nd
Brian Cowie 3rd
 Masters Women Over 35Years
Nola Tonks 1st

Novice

Novice Men Under 70kg
Brett Roulston 1st
Mike Hair 2nd
 Novice Men 70-80kg
Dan Olberg 1st

Novice Men Over 80kg

Shane Reihana 1st
Brad Wilson 2nd
 Novice Women Over 52kg
Tracey Olberg 1st
Gillian Cooper 2nd

Figure

Novice Short
Maria Norton 1st
Tracey Ludwig 2nd
Jo Pamham 3rd
 Novice Tall
Chloe Ellis 1st
Bonnie Pethig 2nd
Lynn Grace 3rd
 Open Short
Julie Cadwallader 1st
 Senior Over 35years
Linda Howard 1st

Open

Open Mens Under 70kg
Dean Rask 1st
 Open Mens 70-80kg
Christopher Hill 1st
Colin Harrison 2nd
 Open Men Over 80kg
Paul Vaughan 1st

Couples

Dan and Tracey Olberg 1st
Colin Harrison and Lynn Grace 2nd
Jo Pamham and Brian Cowie 3rd

Overall

Male Physique - *Dan Olberg*
 Female Physique - *Tracey Olberg*
 Figure - *Maria Norton*

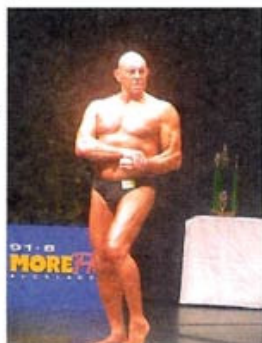
Auckland Champs

Physique - Masters

Men Over 40Years
Tony Martin 1st
 Masters Men Over 50Years
Micheal Pouhilla 1st
Jack Apelu 2nd
Sid Ward 3rd

Novice

Novice Men 70-80kg
Andre Gibson 1st
Adrian Cooper 2nd
Roy Taylor 3rd



Novice Women Under 52kg
Aria Small 1st
 Novice Women Over 57kg
Barbara Davies 1st

Open

Open Mens Under 90kg
Tony Lialiga 1st
 Open Men Over 90kg
Peter Stowers 1st

Figure

Novice Short
Kylie Mair 1st
Sharon Taylor 2nd

Figure cont ...

Novice Tall
Barb Turcanova 1st
Vanessa King 2nd
Michelle Cooper 3rd
 Senior Over 35years
Karen Montague 1st
Alison Butler 2nd

Overall

Male Physique - *Tony Lialiga*
 Female Physique - *Barbara Davies*
 Figure - *Kylie Mair*



RESULTS *bulletin*

Capital Champs

Physique - Junior Men

Daniel Fitzharris 1st
 Luke Hribar 2nd
 Kieran Gleeson 3rd

Masters

Masters Men Over 40Years
 Wayne Morris 1st
 Masters Men Over 50Years
 Jack Apelu 1st
 Masters Women Over 35Years
 Karen Tamatea 1st
 Norlene McGill 2nd
 Masters Women Over 45Years
 Gail McDonald 1st
 Carol Brown 2nd

Novice

Novice Men 70-80kg
 Supry Sos 1st
 Steven Ward 2nd
 Rodney Maru 3rd
 Novice Men 80-90kg
 Cameron Browne 1st
 Paulo Vatuve 2nd
 Marc Peard 3rd
 Novice Women Under 52kg
 Jude Srikantha 1st
 Debbie Julian 2nd
 Novice Women Over 57kg
 Jacque Hewit 1st
 Grace Muldrock 2nd
 Katrina Philp 3rd

Overall

Male Physique - Supry Sos
 Female Physique - Laura Caton
 Figure - Julie Buck



Open

Open Mens Under70kg
 Tony Pham 1st
 El Baadi 2nd
 Darren Roderick 3rd
 Open Mens 70-80kg
 Jim Harland 1st
 Adam Gyongyos 2nd
 Open Men Over 90kg
 Kylie Dyhrberg 1st
 Open Womens 52-57Kg
 Michelle Carse 1st
 Michelle Bolt 2nd
 Open Womens Over57kg
 Laura Caton 1st

Figure

Novice Short
 Paul Signal 1st
 Michelle Middleton 2nd
 Nicola Lynch 3rd
 Novice Tall
 Amy Bain 1st
 Natasha Trillin 2nd
 Deborah Hunter 3rd
 Open Short
 Julie Buck 1st
 Kin Kay 2nd
 Senior Over 35years
 Lisa McDonald 1st
 Tina TetauBrown 2nd
 Tracey Rattray 3rd



NZFBB Wellington Report

– by Terry Hills

The 2005 NZFBB Capital championships on May 7 saw record competitor and spectator numbers. We had 49 competitors (28 last year) and unfortunately a sell-out at the evening show forced us to turn a number of spectators away from the 370 seat venue. Full details of the show (report, results and photos) are available on the NZFBB website (www.nzfbb.org.nz).

Preparation is well underway for the 2005 Nutra-Life NZFBB Wellington championships on October 15. To enable us to provide sufficient seating for this event, an exciting new venue has been booked – The Opera House in central Wellington. The stalls and dress circle provides seating for approximately 850 people. A top-class venue, The Opera House provides ample space, comfort and audio-visual quality for the benefit of competitors, spectators and sponsors alike. We are always looking for people to help at these shows, so if you are able to offer your services, please phone me on (0274) 303 654 or send an email to terry.hills@paradise.net.nz.

With the NZFBB committee to be replaced by a board of Executive Directors, the Wellington region (exact geographical coverage yet to be defined) will be run by an Executive Director who will set up a regional sub-committee. If anyone is interested in being involved in this group, please contact the NZFBB for further details.

NUTRA-LIFE and NZFBB

WELLINGTON BODYBUILDING CHAMPS

SATURDAY 15TH OCTOBER 2005
 The Opera House, 111 - 113 Manners Street, Wellington

ENTRIES:
 Entry forms available from NZFBB
 Entry forms must be sent, faxed or emailed to:
 The Secretary, Paula Thomas, NZFBB,
 P.O. Box 5186, Wellesley Street, Auckland 1,
 Ph: Fax: 09 810 7100
 Email: nzfb@xtra.co.nz or visit
 NZFBB website: www.nzfbb.org.nz

TICKETS Available from all Ticketek outlets - Ph 384 3840
 Pre-Judging \$17.00 FINALS \$28.00
 Children under 12 years 1/2 price
Service Fees will apply

CATEGORIES:

Bodybuilding
 Teenage Men
 Junior Men & Women
 Masters Men & Women
 Novice Men & Women
 Open Men & Women
 Couples
 Team

Figure
 Senior Women
 Novice Women
 Open Women

Body Fitness
 Tall Short

Womens' Fitness

Overall Titles
 Overall Womens Physique Champion
 Overall Womens Figure Champion
 Overall Mens Champion

PROGRAMME

Early Registration & Weigh In \$15
 6.30 – 8pm Friday 14th October 2005
 Club Physical, James Smith Building,
 cnr Manners & Cuba Streets.

Late Registration
 8.30 – 9.30am Saturday 15th October 2005
 The Opera House, Manners Street.

Contestant Briefing
 10am Saturday 15th October 2005
 The Opera House, Manners Street.

Prejudging Starts
 10.30am Saturday 15th October 2005
 The Opera House, Manners Street.

Finals Start
 6pm Saturday 15th October 2005
 The Opera House, Manners Street.

DRUG TESTING: The New Zealand Federation of Bodybuilders (NZFBB) is a member of the New Zealand Sports Drug Agency (NZSDA) Drug Testing Programme. The NZFBB supports the IFBB, ICF and SFD and promotes New Zealanders' position against the use of performance enhancing drugs. The NZSDA will be conducting drug testing for this event and qualifying events all per the NZFBB entry. For further information on drug testing please contact NZSDA phone 0800 010 0100 FAX: 0800 379 417.

SPECIAL NOTE: All competitors are required to be weighed in at the Registration Weigh in and have their costumes checked. Figure and Fitness competitors are required to have their height checked. Please attend the Registration Weigh in with costumes under your muscled. **IMPORTANT:** Anyone competing in Restricted Age Divisions must present and show proof of ID, e.g. Drivers License, Birth Certificate, Passport.

ENQUIRIES: Event Organiser: Terry Hills Phone 0274 303 654 Email: terry.hills@paradise.net.nz

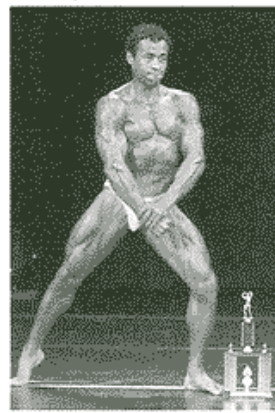
The World Games 2005 were held in Duisburg, Germany. Also Bodybuilding was on the program and photographer Arnolt Tokko took some excellent pictures of the event.

Check out the following link to see Tong LigaLiga at this event. Congratulations Tony on placing 7th place in the Under 75Kgs class.

http://gallery.amazon.ee/view_album.php?set_albumName=World-Games-2005

event REPORTS

Sonny Schmidt Classic Report



Maybe this contest comes just too soon after Christmas, as again this year's Sonny Schmidt Classic, held at the Auckland Girls Grammar on 26 March 2005 was low on competitor numbers. However, lets take nothing away from those competitors who managed to keep it together over the celebration month(s) and get on stage for the first contest of the year.

Keri Onyewu was in very good condition and at 40 years old shows that age is no barrier when it comes to being in condition - not only winning the Masters Men but went on to take the Overall Title.

Senior women also took the overall titles in the Women's section with Julie Harris taking the Overall Physique Womens and Maureen O'Connell the Overall Figure title.

I would have to say that a very impressive guest poser was the highlight of the show. Lee Priest was in excellent condition and provided a very polished and entertaining posing display.

So, while the show was low on competitor numbers, a most enjoyable event. Good luck to all those competitors (that would be everyone who competed I think) that qualified for the Nationals.

Kaye O'Neill - Head Judge

NZFBF NORTH ISLAND BODYBUILDING CHAMPS

SATURDAY 16th JULY 2005

All 19 athletes displayed a high level of presentation and professionalism on the day. The positive attitude from the participants and the ability to work well together made the day run smoothly.

The team of judges for the day - Head Judge was Brian Smith, Brian McFarlane, Esther Tolifau, Mike Ryan and Mark Stewart the President. With the back stage crew of Eleanor Stewart and the team, who demonstrated support and assistance in anyway possible. Please feel free to email me any feedback to info@pibba.org.nz. on the event.

I would like to take this time to thank the SPONSORS who supported this particular event for their continuous support. Once again would like to commend Mark Stewart on a job well done in organising a efficient and well run event.

Regards Esther - Head Judge

Dunedin Classic June 2005

32 Competitors made their way through sleet and snow to register on Friday at the Scenic circle Hotel in Dunedin.

We didn't get much more snow than that, however it didn't really get much better either. We had rain cold and damp

The 92more Fm Dunedin classic was a big hit. There were teams from Christchurch, Invercargill and Oamaru and also a lone traveler from Wellington Julie Cadwallader - Open woman's Figure (watch out girls)

With muscles, good condition and good presentation, and a little bit of fine tuning, Julie will be very competitive at the Nationals 2005.

We had a couple - yes a couple - Tracey and Dan Olberg who not only won their novice classes (Novice Woman's Over 52kg and Novice 70 - 80 Kg Men's) but they also went on to win the couples event and then the Overalls. This class was sponsored by Naked Art

Maria Norton won the overall Figure class. The figure girls presented themselves a lot fuller than previous years and with some very enjoyable posing routines.

Competitors to watch out for are the Teenage Male - 17 year old Dylan Rainey from Timaru. Junior male David Hay.

We had the most enjoyable half time entertainment. A "Bicep Competition" which earned the person 12 frozen chickens to the person who could curl the most. I think he did 20 reps however if his trainer was watching he may have done 4 good reps. Hats off to him. He had his shirt off and he wouldn't have weighed more than 65 kg and as tall.

Go the bicep boys!!

From the Federation a huge thanks you to Lisa Weir for organizing this event

Jeann Scott - NZFBF Head Judge

NZFBF AUCKLAND BODYBUILDING CHAMPS 2005

This years Auckland Champs competitor numbers did not give justice to another well organized show. But the competitors at this show certainly did with quality & condition.

Long time competitor Tony Martin kick started the day winning the Masters Men Over 40 with great condition and overall package and smile. Welcome Back Tony.

Michael Pohila fought off Jack Apelu and the experience of Syd Ward (first competed in 1960's) to win the Masters Men Over 50

Women's senior figure was won by Karen Montague with nice shape and condition and abs to complete her package. 2nd was Alison Butler and with better condition Alison will do better.

Aria Small won her class Novice Women Under 52kg and even though she was the only one in her class her shape stood out.

Barbara Davies took out the Novice Women Over 52kg and the Womens Overall Title with her Nice Shape, and overall condition. Great legs Barbara.

The largest class was won by Andre Gibson who surprisingly hasn't been training that long. His overall package and condition spoke volumes for the effort and time he and his trainer Mr NZ 2001, Phil K, had put in. But give Adrian Cooper more time to grow and Roy Taylor better condition and things could be different for a well contested class.

Kylie Mair won the Novice Womens Figure Short & the Overall Womens Figure Title with a very symmetrical upper body, (probably the nicest female upper body shape of the night) and completed her body with great condition to match. Sharon Taylor 2nd who had muscle will achieve better with improved condition.

Barb Jurcanova won the Novice Womens Figure Tall. Barbs Shape and width won this class for her. Higher placings can be achieved with better shape for Michelle Cooper and improved condition for Vanessa King.

Next came the World class Body and well respected Man in our sport of Tony Ligaliga.

There I said it, it nearly made me sick typing it but that will cost you \$500 ok Tony. All kidding aside! Tony is always a site to see & easily won his class and the Overall Mens Title. Tony was using this show to prepare for the World Games which is invitation only.

Peter Stowers won the Open Men Over 90kgs and with his humorous routine which even had the judges troubled to keep composure during the prejudging. We look forward to more routines and better condition later in the year.

The Night show quality was also added to with a great display from Jo's Angels. They get better and better each year and the dedication of the girls certainly shows.

Plus the awesome news for Mark Stewart, NZFBF President and organizer of this show, that he has been asked to Judge at the 2005 Mr Olympia contest. Congratulations Mark.

For further details on this show feel free to contact me at fitfigures@xtra.co.nz

Regards

Brian McFarlane - Head Judge

The Australasian Report

A small team of six gathered for an official photo. Trophies in hand each a representative for their country, all doing their themselves, team and Federation proud. All placings were well deserved and energy and enthusiasm was high.

The Australasian event drew 41 competitors and our New Zealand team displayed a high standard of presentation and professionalism. This was remarked on frequently throughout our stay.

The athletes arrived on the Saturday morning and once settled and food sourced it was time for a run through of posing followed by weigh in at Paul and Carole Grahams gym in Coogee. The team later in the afternoon proved to be a real attraction on the beach of Coogee putting on a fine display of posing.

On the day the athletes enjoyed the team aspect of the competition. There were lots of helping one another with preparation, easing of nerves and cheering. Even though there weren't many of us we still made a lot of noise!

First up was Grant Pieterse who was 1st in Junior Men Under 21. Keri Onyewu also took away a 1st placing in Masters Men Over 40 Years. Both Sesa Tomuli and Nola Tonks competed in the Women's Physique Open and took 2nd and 3rd respectively. Maureen O'Connell was 3rd in Women's Body Fitness and Gladys Mathews 1st in Women's Body Fitness Masters.

The day was finished with the team and supporters celebrating the successes over a meal. All those involved will be going home with fond memories of a great weekend, new experiences, gained knowledge and new friendships.

Special thanks to the team, the supporters who travelled over to be with us, Esther Tolifau who assisted in team manager and also judged on the day. I would like to thank the Federation for once again giving me the opportunity to be a team manager it was another positive and rewarding experience.

Lisa Weir - Team Manager

NZFBF CAPITAL BODYBUILDING CHAMPS

SATURDAY 7 MAY 2005 - VICTORIA UNIVERSITY, KELBURN, WELLINGTON

After a convincing win by the Hurricanes over the Blues came another Wellington victory in the form of the NZFBF Capital Bodybuilding Champs. This year saw a record 49 competitors, some of whom travelled as far away as Auckland and Hawke's Bay to compete.

There was a sell out crowd at both the pre-judging and the evening shows. The opening act at the evening show was performed by Bruce Foley with a routine call "Equipoise" which combined a mixture of yoga and martial arts - his flexibility was amazing. The audience were also well entertained by guest poser Phily Nuku (NZFBF Mr Wellington and Mr Taranaki 2002).

It was great to see so many of our sponsors present with five stalls operating through both shows and a spray tan demo at the evening show interval.

There were four competitors from one of the major sponsors (local radio station "ZM"). One of those was local celebrity Grant Kereama. Grant's main supporter, Jonah Lomu, made the trip down from Auckland to be at the show. Nicole Bell, their work colleague, did another wonderful job as compere.

Competitors of particular note were: Daniel Fitzharris (Junior Men); Supry Sos (Novice Men 70-80, who went on to win the overall men's title); Cameron Browne (Novice Men over 80); Michelle Carisse (Open Women 52-57); Tony Pham (Open Men under 70); and former NZFBF Ms New Zealand Laura Caton (Open Women over 57 and went on to win the overall women's physique title). It is hoped that we will see these competitors competing at the New Zealand Nationals in October this year.

This was Terry Hills' first show as contest organiser - well done Terry for putting on a great show. Of course you can't hold a successful event without all the tireless work done behind the scenes by the marshals, scrutineers and helpers who always give up so much of their precious free time to assist - thank you.

UPCOMING *events*

The NZFBB South Island Bodybuilding Championship In a association Nutra-Life and the Bar Iconic October the 8th , The Aurora Centre , Burnside high School

- Registration Friday the 7th October
- 6pm Manchester Street , Bar Iconic
- Registration Fee \$15.00
- Membership Fee \$45.00

- Tickets available Ticketek Night show (door sales available)
- \$25.00 Transaction fee apply
- Day Show door only \$15.00
- Pre judging starts 10am
- Evening show 6pm
- Night Show entertainment
- Jo Stewart and the Angles with Attitude

Drug testing may be conducted at this regional event by the NZSDA, for further information call 0800378437 Drug free

Organizer
Jean Scott 0274849383
dandjscott@xtra.co.nz



2005 NZ NATIONAL BODYBUILDING, FIGURE, FITNESS AND BODY FITNESS CHAMPIONSHIPS Venue Dorothy Winstone Centre Auckland Girls Grammar – Howe Street, Freemans Bay (off K Rd), Auckland

Dates Pre-judging – Saturday 29th October, starting at 10.00am
(Competitors must Report to the competitors briefing at 9.00am SHARP at contest venue.)

Finals – Sunday 30th October, starting at 1100am
(all competitors must be At the venue no later than 10.00am.)

**Entries All registration forms must be posted, e-mailed or faxed to reach
The Secretary no later than Tuesday 25th October 2005.**

- Nationals entry fee is \$30.00pp
- Late entries after the 25th October will incur a late entry fee of \$50.00 added on top of the \$30.00 entry fee.
- Entries to NZFBB@xtra.co.nz or fax (09) 836-3223, or post to, NZFBB, PO Box 5186, Wellesley Street, Auckland.

Music

Music (CD only) must be posted to the NZFBB: POBox 5186 Wellesley St Auk. Must receive no later than Tuesday 25th October 2005. NO TAPES ACCEPTED.

Weigh In Held at -

The Quality Hotel, West End, 465 Great North Rd, Grey Lynn, Auckland. PH: (09) 378-9059

8.00am – 10.00am – Friday 28th October

5.00pm – 8.00pm – Friday 28th October

THERE WILL BE NO LATE REGISTRATION/ WEIGH IN ON SATURDAY MORNING – NO EXCEPTIONS

Enquiries Mark Stewart – President – Event Organiser
PH: 0274 904450
E-mail: jo-mark@xtra.co.nz or nzfbb@hotmail.com

Paula Langford - Secretary
PH: 021 398 783 E-mail: NZFBB@xtra.co.nz

Ticket Sales From all Ticketek outlets PH: (09) 307 5000.
Service Fee will apply.

Accommodation Quality Inn – West End - PH: (09) 378-9059
465 Great North Rd, Grey Lynn, Auckland (early reservation is recommended).

Team Selection

Once again the NZFBB may be selecting athletes from the 2005 Nationals to participate in the following 2006 International and World Championships.

1. Australasian Bodybuilding Championships – Sydney
2. Juniors and Masters World Bodybuilding Champs
3. Women's Bodybuilding, Fitness and Body Fitness Champs
4. Men's World Bodybuilding Champs

New Zealand may well be participating (if Funds or Funding Permitted) in any of the above events, so do your part and be someone, by becoming one of those athletes nominated for the above teams. I wish you all the very best of luck.



See the Poster on the back page of this edition



New Zealand Federation of Body Builders (Inc.) CONTEST RULES - JULY 4TH 2005

1.0 INTERPRETATION

1.1 Unless otherwise expressed the words:

- (a) "Regional" shall mean any contest in New Zealand other than the New Zealand Nationals.
(b) Any competitor who qualifies at a Regional show has a competition calendar year in which to compete at the Nationals before having to re-qualify at a Regional Show.

2.0 GENERAL

2.1 Contestants must enter and register for all contests by the date and time advised on official posters or newsletters. All entries to contests shall be on official entry forms, which are to be sent or handed to the Secretary of the NZFBB or a person nominated by the NZFBB to receive such applications, or download from our website (www.nzfbb.org.nz). Late entries will be subject to a late fee.

2.2 Contestants may enter on the day at the regional contest at the time stated on the poster for registration. At the New Zealand Nationals ("the Nationals") entries must be received by the Secretary of the NZFBB no later than the Friday (8 days) preceding the Nationals. Entries received after this date will be subject to a late fee, as notified on the contest poster.

2.3 Official entry forms are available from the Secretary of the NZFBB or those authorised to provide such forms or may be downloaded from our website (www.nzfbb.org.nz).

2.4 Contestants may not belong to any other Bodybuilding Federation or Association other than that affiliated to the IFBB, which in New Zealand is the NZFBB, PO Box 5186, Wellesley Street, Auckland. Competitors automatically resign membership to the NZFBB if they enter and participate in other bodybuilding organisations. They may re-join the NZFBB by reapplying and with payment of another membership fee. They will not have to re-qualify for the NZ Nationals.

2.5 All contestants must present themselves at the prejudging and contest venues at the time specified by the NZFBB on posters advertising the contest. All contestants must present themselves in their costumes at the registration, weigh in and height check.

2.6 Contestants must read, understand and agree to abide by these contest rules.

2.7 Contestants must know how to perform the compulsory poses.

2.8 Bodybuilding men and women must NOT lie flat on the floor (front, back or sides), and must NOT perform poses, which constitute a "moon pose" and must NOT pull the sides of the costume up when performing front and rear lat poses. Contestants face disqualification if they do.

2.9 At all NZFBB New Zealand events the posing routine will only take place at the evening finals and/or at the organizers' discretion if less than 50 competitors.

2.10 All competitors entering NZFBB contests must be current financial members of the NZFBB and must present their membership card at registration if requested. Competitors may register and join as a NZFBB financial member on the day of the event.

2.11 All entry forms are to be TRUTHFULLY completed.

2.12 Contestants must be in an unincubated state during all stages of the contest and SHALL CONDUCT THEMSELVES IN A PROPER MANNER becoming to the sport of Bodybuilding.

2.13 All Teenage, Junior, Master (Men and Women) must supply proof of their age either with a birth certificate, passport or any other official document at registration.

2.14 There can be no liability for contests, which are postponed or cancelled for reasons beyond the NZFBB's control.

2.15 The NZFBB, where necessary, may in its discretion amend or vary these rules should the circumstances require. The NZFBB will, if possible, circulate any amendment or variation to these rules prior to any contest, failing this due to lack of time will post such an amendment or variation in a predominant place at the contest venue.

2.16 The NZFBB shall accept no responsibility for contests or advertising material or associated written material other than those contest, advertising material or associated written material duly endorsed by the NZFBB.

3.0 ELIGIBILITY

3.1 THE AGE LIMITS FOR RESTRICTED AGE CLASSES ARE AS FOLLOWS:

TEENAGE - Must be under 18 years of age on the day of the contest

JUNIOR - Must be under 21 years of age on the day of the contest

MASTERS (Men) - Must be 40 years or OLDER on the day of the contest or over 50 years for O50 division

MASTERS (Women) - Must be 35 years or OLDER on the day of the contest or over 45 years for the O45 division

3.2 All contestants have the current contest calendar year from the first time they qualify in which to compete at the NZ Nationals before having to re-qualify unless their class is otherwise exempted.

3.3 Couples must qualify at a New Zealand regional event to compete at the New Zealand Nationals. The qualifying events for couples are, South Island (October), Wellington (October), CNI (October), North Island and the Taranaki event.

3.4 The overall National title winners are able to compete at the next National Championships without pre-qualifying.

3.5 All contestants entering the Nationals must be New Zealand citizens or residents and must have qualified within the preceding 12 months in a New Zealand Regional Contest prior to the Nationals.

3.6 All contestants entering the NZ Nationals must not hold more than one international national title (Duel country title holder) i.e. Mr Australia 2005 and Mr NZ 2005

3.7 Contestants may not represent (if selected) more than one country to any IFBB sanctioned world or international event. Contestants have a 2 year stand down period if they hold a title for one country and are wanting to represent another country at any IFBB sanctioned world or other international event.

3.8 Contestants shall not enter more than one class at the same contest except for the Couples

3.9 Unless the class is otherwise exempt all entrants for the Nationals must qualify by placing in the first three in any Regional contest, or in the top 3 in an Australasian contest, or a Juniors or Masters World event, or in the top 5 at the Women's or Men's World Championships, held within the previous 12 months prior to the Nationals. The OVERALL National male and female winners from the previous year are exempt.

3.10 Any overseas competitor must be an IFBB member and must present their membership card.

4.0 DEFINITION OF NOVICE STATUS

4.1 A Novice Competitor (Men or Women) is a Competitor who:

- (a) Has never won a contest (regional or otherwise); or
(b) Has moved from a restricted age group (Teenagers, Juniors or Masters).

4.2 A Novice Competitor who has placed First, Second or third in any Regional Competition shall remain as a Novice Competitor for that entire year up to & until that same year NZ National.

4.3 A Novice Competitor who has placed First, Second or third in the Nationals is an OPEN class competitor from the end of that Nationals. A Novice Competitor who has placed first or second or third in a Regional Contest but does not enter or place in the top three at the Nationals in those 12 months is an OPEN Competitor.

4.4 A Master (Women or Men) who has placed in the top 3 at any Regional or National event can no longer enter as a novice competitor. They can only enter as a Master or an Open competitor. (NATIONALS QUALIFYING CLAUSE APPLIES).

5.0 CONTEST PROCEDURE

5.1 POSING TIMES shall be limited to 60 seconds for bodybuilding men and women and Figure competitors, 90 seconds for couples and body shaping fitness. Posing music must be clearly marked with contestant's name and allotted number. CD's are highly recommended. Contestants must ensure that the sound technician is aware of individual requirements. CD's must be handed to the sound technician prior to the Prejudging & the Night Show. While all care will be taken with CD's, no responsibility can be taken for poor quality CD's or any defects in the equipment beyond the NZFBB's control. Tapes will no longer be accepted.

Note: These requirements are for New Zealand only. International requirements are different. (Refer to the IFBB rules and guidelines or visit the IFBB website, www.ifbb.com).

5.2 All women BB divisions: During the prejudging, the hair must be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. Hair ties must be a neutral colour. The hair may be styled for the evening finals. In the event of judging during the evening finals (for the overall title or tie) female contestants must revert back to the prejudging requirements in terms of bikini and jewellery standards.

5.3 Body building only NO watches, jewellery, sunshades, body-piercing or unauthorised footwear shall be worn on stage by contestants, and no chewing gum or food is permitted. Jewellery may be worn by all women at the evening show.

5.4 The number issued to the competitor at the briefing must be pinned securely to the left side of the costume and must be worn during the prejudging and evening finals.

5.5 Contestants not deemed to be of sufficient high standard, or who breach the contest rules, may be eliminated or disqualified at the discretion of the Head Judge AND the Judging Panel, or by NZFBB Officials.

5.6 All contestants must present themselves at the evening show; however, at the NZFBB's discretion a maximum of 5 finalists in each class shall appear on stage to go through their posing routine. Any competitor selected in the top 5 for the Finals & does not appear on stage shall be eliminated and will lose his/her placing, unless he/she has a valid reason to withdraw.

6.0 JUDGING AND POSING ROUNDS

6.1 Bodybuilding men and women

Round 1 - consists of 4 compulsory poses for men and 5 compulsory poses for women

Round 3 - 60 sec posing routine. (Evening show only) or at the discretion of the event organizer if less than 50. Check NZFBB website www.nzfbb.org.nz

6.2 Body shaping fitness:

Round 1 - 2 piece bikini - quarter turns Round 2 - Fitness routine 90 sec (Evening final only)

6.3 Body shaping Figure Round 1 - Quarter turns

Round 2 - Compulsory poses Open hand Front pose, Open hand back pose, side chest leg forward, side triceps feet together and abdominal and thigh pose

Round 3 - 60 sec routine. (Evening Finals only) ref rule 6.1

6.4 The judge's decision shall be final. Any protests must be lodged in writing to the NZFBB Secretary, NO LATER than 7 days after the final day of any contest.

7.0 TEAM SELECTION

7.1 Selection of Teams to represent their region at the National's or to represent New Zealand at International or World event is at the discretion of the judging panel selected for that purpose. The NZFBB executives shall first determine the number of competitors to be selected.

7.2 To represent NZ at any IFBB International or World Event, you must not have competed for another Bodybuilding Organisation for a period 2 years prior to selection.

7.3 If a Competitor has represented another Country at an IFBB International / World Event, he/she will have a 2 years stand down before being eligible for selection to represent NZ.

8.0 COSTUMES

8.1 PRE-JUDGING BODYBUILDING MEN:

Trunks must be of one solid colour. Underwear is NOT permitted for men and their posing trunks must be clean and decent.

8.2 PRE-JUDGING BODYBUILDING WOMEN:

Women competitors must wear a two-piece bikini of a solid, non-distracting colour, which must conform to accepted standards of taste and decency, which should not include adornment such as sequins or lame. The bikini must reveal the abdominal muscles as well as the lower back muscles. The pants must cover at least half of the buttocks and NO "G" strings are permitted. You may choose to wear an under wire bikini top.

8.3 AT THE EVENING SHOW (FINALS): A two-piece with sequins or lame may be worn; the fabric can be of your own choice. Jewellery may be worn. If you are competing in the overall, or your class is being re-judged, you will be required to wear the costume from the pre-judging.

8.4 BODY SHAPING FIGURE: You must wear a two-piece bikini, you have the option of under wires, sequins and lames, it can be made of fabric of your choice, which must conform to accepted standards of taste and decency. The bikini must reveal the abdominal muscles as well as the lower back muscles. The pants must cover at least half of the buttocks and NO "G" strings are permitted. Shoes only in round 1 and 2. Watches and Jewellery may be worn.

8.5 BODY SHAPING FITNESS: Round 1 - you must wear a two-piece bikini, you have the option of under wires, sequins and lames. It can be made of a fabric of your choice, which must conform to accepted standards of taste and decency. The bikini must reveal the abdominal muscles as well as the lower back muscles. The pants must cover at least half of the buttocks and NO "G" strings are permitted. Shoes only in round 1. Watches and Jewellery may be worn.
Round 2 - A Fitness costume is required, that is decent and covers the chest and buttock areas. Flesh coloured tights are acceptable. Gym shoes are required.

8.6 COUPLES (MIXED PAIRS) The costume requirements are the same as that of the Bodybuilding Male and Female; at the evening show you also have the same flexibility as the bodybuilders.

9.0 Body shaping / Figure rules

9.1 In body shaping figure the judges are not looking for excessive muscle size, vascularity or the "cuts" as required for women's bodybuilding competitors

9.2 Competitors displaying these attributes will be marked down.

9.3 Judges will assess firmness, symmetry and proportion.

9.4 Judges will look for bodies typifying health: a low fat content, with firm, tight toned muscle groups and balanced body structure. They will also assess symmetry and overall physical appearance, including complexion.

9.5 Poise and overall presentation, grace, flow, style and confidence are all important.

Comparisons may be called in Round 1 and 2

9.6 Contestants must wear a two-piece bikini (colour and style of their choice), G-strings are not permitted. The bikini must cover a minimum of half of the buttocks. Please read contest rules for more information on adornments

9.7 Judges are looking for femininity, style, elegance, poise and

Choreography to the music. There are no required moves. Round 3 will only be held at the finals. No shoes in this round or refer to rule 6.3

10.0 Body Shaping / Fitness

10.1 Contestants must wear high heels in the bikini round and tennis athletic shoes in the fitness round. Jewellery may be worn in the bikini round. Because of the danger of accidents no body oil is allowed.

10.2 Round 1 - bikini round. Judges will score the degree of athleticism by the competitors doing quarter turns in this round 1 Judges will assess the degree of firmness, symmetry, proportion and overall physical appearance, including complexion, poise and overall presentation. The contestants should have shape to their muscle but not the size or definition seen in bodybuilding competitions. Comparisons may be called in this round

10.3 Round 2 - fitness round. Each athlete will perform a maximum 120-second routine. Judges will be looking for style, personality, athletic co-ordination and overall performance. (Judges are looking for strength and flexibility moves not necessarily all gymnastic moves).

10.4 Contestants should give special attention to their apparel since it will also be judged. Routines may include aerobics, dance gymnastics or other demonstrations of athletic talent, but there are no required movements. Props are allowed, but must be approved by the promoter in advance.

11.0 IFBB Body Fitness

11.1 The requirements for this class is defiantly muscle however not excessively muscular nor excessively lean the muscle groups should also be free of deep muscle separation or striations, a well balanced upper body, lower body.

11.2 Body fitness is about the total package aesthetic beauty combined with an athletic physique.

11.3 Your complete presentation is important in this class Hair, grooming skin tone, colour and a symmetrically developed physique.

11.4 Height requirement is 164 cm below for short & above 164 cm is tall.

11.5 Please check the IFBB international rules for this class. Girls can be selected from the New Zealand Nationals to compete at International events in this class. The international rules and guide lines must be followed. (Refer to the IFBB rules and guidelines or visit the IFBB website, www.ifbb.com).

11.6 Body Fitness is judged in 2 rounds at Regional Events & 3 rounds at the NZ National.

Regional Requirements:

Round 1—2 piece bikini—quarter turns.

Round 2—2 piece bikini—posing routine.

NOTE: In round 1 & 2 you must wear a 2 piece bikini, you have the option of under wires, sequins & lames. It can be made of a fabric of your choice, which must conform to accepted standards of taste & decency. The bikini must reveal the abdominal muscles as well as the lower back muscles. The pants must cover at least half of the buttocks & NO "G" strings are permitted. Shoes only in round 1. Watches & jewellery may be worn.

National Requirements:

Round 1—2 piece bikini—quarter turns.

Round 2—1 piece swimsuit—quarter turns.

Round 3—2 piece bikini—posing routine (finals only) Costume requirements for round 1 & 3 as per regional requirements.

In round 2 a one piece swimsuit is required; you have the option of under wires, sequins & lames. It can be made of a fabric of your choice, which must conform to accepted standards of taste & decency. The costume cover at least half of the buttocks & NO "G" string are permitted. Shoes only in round 1 & 2. Watches & jewellery may be worn.

NOTE: These requirements are for New Zealand only. International requirements are different. Refer to the IFBB rules & guidelines or visit the IFBB website, www.ifbb.com



New Zealand Federation of Body Builders (Inc.) INCORPORATED SOCIETY RULES JUNE 2005

1.0 Interpretation

1.1 The name of the Society is New Zealand Federation of Bodybuilders Incorporated ("The Federation")

1.2 The Executive Directors shall mean those persons referred to in Rule 10.1.

2.0 Registered Office

2.1 The registered office of the Federation shall be at such place as the Executive Directors shall from time to time determine. The Secretary shall give due notice of every change of the place of registered office to the Registrar of Incorporated Societies.

3.0 Objects

The objects of the Federation are:

3.1 To develop, promote and increase interest in the sport of bodybuilding and physical culture and to encourage this sport in all its aspects, which include the promotion of bodybuilding contests from which the profits, (if any) will be used by the Federation for the promotion of the objects of the Federation.

3.2 To affiliate itself with the International Federation of Bodybuilders ("the IFBB") and to abide by and uphold its rules as an affiliate and any other organisation that will further the objects of the Federation and the IFBB.

3.3 To disseminate information, records and instructional material on the sport of bodybuilding.

3.4 To promote the ideals of good sportsmanship and physical fitness through bodybuilding activities.

3.5 To have officers and to promote and carry on its aims and objects within New Zealand.

3.6 Develop and intensify friendship and co-operation amongst the Federation and bodybuilders from all countries who are members of and affiliated to the IFBB.

4.0 Powers

4.1 To enable the Executive Directors to perform and carry out the foregoing objects or any of them the Executive Directors in addition to all other powers which should be conferred upon it by law or by these rules, is hereby authorised and has the power to exercise all or any of the following rights:

(a) To produce, publish and distribute any newspapers, magazines, books, leaflets or any other form of literature for the promotion of the Federation.

(b) To purchase, lease, hire, buy, or otherwise acquire or hold lands, buildings, any real or personal property of any description or any interest in the same respectively.

(c) To erect, maintain and alter any buildings on any land held by or belonging or leased to the Federation and to provide or furnish the same with all proper necessary fixtures, furniture, fittings, apparatus, appliances, conveniences and accommodation.

(d) To sell and improve, manage, develop, lease, exchange, dispose of, turn to account or otherwise deal with all or any part of the property and rights for the time being of the Federation.

(e) To receive any gift, legacy or devise of property, real or personal, whether subject to any trust or not, but so that the Federation may nevertheless decline or refuse to accept any gift or donation.

(f) To invest and deal with any moneys of the Federation not immediately required for any of the objects, as set out in the Trustee Act 1956.

(g) To make any grants, gratuities, or advances to any person or persons and to guarantee the obligation of any person or persons.

(h) To manufacture, buy, sell, supply and deal in goods of all kinds and calculated to further the objects of the Federation.

(i) To institute, conduct, defend or settle any proceedings by law or against the Federation of the officers or employees thereof.

(j) To form any other association or company that may be deemed necessary for the welfare of the Federation and the promotion of its objects.

(k) To borrow or raise any money by way of bonds, debentures, stock, bills of exchange, promissory notes, bank overdrafts or otherwise in such a manner as may seem necessary.

(l) To do all or any of the above things as principal trustee or agent or otherwise and either alone or in conjunction with or through or by means of any other trust, corporate body or person.

(m) To employ executive officers, secretaries, clerks and other servants, agents and workmen and from time to time dismiss, suspend or re-employ such employees and to pay them in return for services rendered to the Federation salaries, wages, allowances, expenses or fees and provide for their accommodation, quarters and transport.

(n) To levy all members in an annual subscription for the purpose of achieving all or any of the above objectives or powers. The levy to be set at an Annual General Meeting as voted by members present at such meeting.

(o) To apply for, hold and dispose of copyrights, patents and trademarks.

(p) To make representations by way of deputation or otherwise bring under the notice of the Government of New Zealand or of any other constituted authority such matters as in the opinion of the Federation require attention or alteration.

(q) To make, alter and rescind anti-doping rules, regulations or by-laws to deal with matters relating to doping.

(r) To set up rules for bodybuilding competitions and judging criteria in accordance with the IFBB rules and regulations.

(s) To honour exceptional officials with special plaques or medals.

(t) To determine the qualifications required to be a judge of bodybuilding competitions and to appoint qualified judges.

(u) To establish a disciplinary procedure for allegations against members and make, alter and rescind disciplinary rules, regulations or by-laws which will include the imposition of penalties.

(v) To do all such things incidental to or conducive to the attainment of the above objects or any of them.

(w) None of the above powers and rights shall be deemed subsidiary or as an ancillary to any other powers and rights but the Federation shall have full power conferred by these rules and independently or any other such powers and rights.

5.0 Membership

5.1 The members of this Federation shall be the subscribers to the rules and those persons admitted as members by the Executive Directors and who pay their membership fees as set down by the Federation.

5.2 The classes of members shall be as follows:

(a) Life Members

(b) Ordinary Members

5.3 Membership shall not be transferable. Every member shall on or before the first day of registration every year thereafter pay to the Federation an annual subscription as set down by the Federation at an Annual General Meeting.

5.4 The Federation may impose on any member, whose subscriptions (whether annual or otherwise) levies or other contributions are in arrears and are not paid within a space of one calendar month from the due date thereof a fine not exceeding 10% of the amount of such arrears.

5.5 Any member may resign from their membership of the Federation by giving to the Secretary notice in writing to that effect.

5.6 A member shall cease to be a member of the Federation:

(a) Upon death;

(b) Upon delivering to the Secretary of the Federation the member's resignation in writing;

(c) If the member enters, performs or officiates in any manner (whether as judge, competitor, complex, guest poser, promoter or otherwise) in any contest other than one sanctioned and approved by the Executive Directors;

(d) Gives false information to the Federation knowingly with respect to that member's personal details (including age, eligibility to enter contests or classes, occupation or any details requested by the Executive Directors);

(e) If the member joins another association or society which is involved in the sport of bodybuilding in New Zealand without the express written consent of the Executive Directors.

5.7 (a) The Executive Directors may at any time by letter invite any member to retire from membership within 14 days where it is alleged or there is a complaint that:

(i) A member has breached the Constitution, rules, regulations or by-laws of the Federation;

(ii) A member has acted in a manner prejudicial to the interests of the Federation;

(iii) A member has brought the Federation into disrepute;

(iv) A member has engaged in misconduct at any event or contest;

(v) A member has made threats in writing, verbally or physically against any Executive Director member, judge, official, fellow competitor or member;

(vi) A member is convicted of a criminal offence or who is of unsound mind;

(vii) If the member does not retire within the time specified in a letter from the Executive Directors under Rule 5.7(a) then the Executive Directors may refer any allegations against a member to a Disciplinary Committee to be dealt with in accordance with the Federation's general disciplinary procedure.

5.8 Any disciplinary matter, whether dealt with under Rule 5.7 by the Executive Directors or not, may be referred by the Executive Directors to a Disciplinary Committee to be dealt with in accordance with the Federation's General Disciplinary Procedure. Disciplinary matters include, but are not limited to:

(a) An allegation or complaint that a member has breached the Constitution, rules, regulations or by-laws of the Federation;

(b) An allegation or complaint that a member has acted in a manner that is prejudicial to the Federation;

(c) An allegation or complaint that a member has brought the Federation into disrepute;

(d) An allegation that a member has engaged in misconduct in any event or competition;

(e) An allegation or complaint that a member has made threats either in writing, verbally or physically against an Executive Director, judge, official, fellow competitor or member.

5.9 In addition to referring a matter to a Disciplinary Committee under Rule 5.8, the Executive Directors may, in its discretion, suspend a member from membership until the matter involving this member has been dealt with by the Disciplinary Committee.

5.10 Any matter relating to doping will not be dealt with in accordance with the Federation's General Disciplinary Procedure but rather will be dealt with in accordance with the Federation's Anti-Doping rules, regulations and by-laws.

6.0 Annual General Meeting

6.1 The Annual General Meeting of the Federation shall be held annually no later than the month of August each year at a time and place as the Executive Directors may from time to time determine.

6.2 At the Annual General Meeting the Chairperson shall give a report on the work of the Executive Directors during the past financial year and shall table a copy of the revenue account and balance sheet for the past financial year duly audited copies of which shall be forwarded to the Secretary prior to the Annual General Meeting.

6.3 The Annual General Meeting shall elect a President, a Vice President, a Secretary, Treasurer or Secretary/Treasurer and five (5) Regional Executive Directors. South Island: Wellington, Taranaki, Waikato Bay Of Plenty & Auckland/Northland.

No person shall be elected to office under Rule 6.0 hereof save where a person is absent at the Annual General Meeting at which he/she is to be elected, without good reason(s) for being absent.

6.4 The term of office for the president shall be four (4) years. The term of office of the other Executive Directors shall be two (2) years.

6.5 The Annual General Meeting shall conduct any other business of notice of which has been given to members in accordance with Rule 7.1.

7.0 Notice of Meetings and Service of Notice

7.1 Subject to the other provisions of these rules a minimum of twenty (20) clear days notice shall be given to each member by the Secretary of the Federation of every Annual or Special General meeting of the Federation (exclusive in every case on the day which notice is given) and the notice shall specify the place, the day and hour of the meeting and general nature of business to be conducted at such meeting.

7.2 The Secretary shall call a Special General meeting pursuant to Rule 7.1 if the Secretary receives a written request to that effect signed by twenty (20) members provided the request sets out the matters to be put to such a general meeting.

Service of Notice

7.3 This notice must be served on all financial members of the Federation by sending it through the post to the last known address of such member.

7.4 The non-receipt of such notice by any person entitled to be given notice thereof shall not in itself invalidate the resolution passed or action taken at any meeting.

8.0 Meeting Voting Powers

8.1 Election of officers shall be by ballot.

8.2 Voting on all other questions shall be on the voice provided that three (3) members may demand voting ballot.

8.3 Every member (whether or not a member of the Executive Directors) shall have one vote and the Chairman of the meeting shall in addition have a casting vote at a General meeting of the Federation.

8.4 Voting for the election of officers may be given either personally on the day of voting for such officers or written on the official voting paper and posted to the Secretary seven (7) clear days prior to the day for the election of officers.

8.5 Postal votes shall be opened and counted on the day of the Annual General Meeting in the presence of a minimum of two (2) scrutineers elected at the meeting.

8.6 At all General Meetings of the Federation fourteen (14) members shall constitute a quorum.

9.0 Nomination of Directors and Executive Officers

9.1 All nominations for the Executive Directors, and the positions of President, Vice President, Secretary and Treasurer shall be in the hands of the Secretary one month prior to the AGM.

9.2 On the receipt of these nominations the Secretary will notify all financial members as to the persons who have been nominated and such notice shall be sent with the notice referred to in Rule 7.0.

10.0 The Executive Directors

10.1 The members of the Executive Directors of the Federation shall consist of a President, a Vice President, and five (5) Executive Directors appointed by the members pursuant to Rule 6.3 and any other members appointed pursuant to Rule 10.4.

10.2 The number of Executive Directors may vary from year to year as determined at the Annual General Meeting or as determined by the Executive Directors pursuant to Rule 10.4 but shall not be less than five (5) at any one time.

10.3 All Executive Directors once elected have an obligation to attend all meetings of the Executive Directors.

10.4 The Executive Directors have the power to co-opt additional members as deemed necessary by a majority decision. Any member who is co-opted on to the Executive Directors board will have same voting powers as those already on the Executive Board. The co-opted member will remain on the Executive Board until the next Annual General Meeting of the Federation.

10.5 The Federation and the Executive Directors shall at all times be bound by the rules and regulations of this constitution.

10.6 The Executive Directors may exercise the powers granted to the Executive Directors by (Rule 4.1) the Federation by these rules for the purpose of furthering the objects of the Federation.

10.7 Each member of the Executive Directors shall have one vote at Executive Board meetings, and the Chairman of the Executive Directors may have in addition a casting vote. The Federation Secretary & Treasurer are exempt from voting.

10.8 All reasonable travelling and accommodation expenses incurred by members of the Executive Directors attending meetings of the Federation and meetings of the Executive Directors shall be borne by the Federation, as determined by the Executive Directors.

10.9 The Executive Directors may set regulations (and vary or alter those regulations) regulating the Executive Board meetings and the responsibilities of the Executive Board members provided that such regulations shall not be inconsistent with these rules.

11.0 Duties of the President

11.1 At all meetings of the Executive Directors the President, and in the President's absence, the Vice President, shall take the chair and in the absence of both an acting chairperson shall be selected from the members of the Executive Board present.

11.2 In the event that the President is unable to attend a particular function, he or she may delegate the Vice President to fulfil his or her duties. If the Vice President is unable to attend, the President may appoint any other member of the Executive Directors as a delegate to fulfil his or her duties.

12.0 Duties of the Vice President

12.1 If the President is unable to carry out any of his or her duties then the Vice President shall substitute for him or her.

13.0 Duties of Treasurer

13.1 The Treasurer shall keep a proper set of books of accounts which shall be subject to annual audits.

13.2 The Treasurer shall send a certified copy of the annual accounts to the Registrar of Incorporated Societies.

13.3 The books shall be open, at all reasonable times, inspection by any member of, or the authorised representative of a member of, the Executive Directors.

14.0 Duties of Secretary

14.1 The Secretary shall:

(a) Keep a record of all business transacted at meetings of the Federation and the Executive Directors.

(b) Attend to the correspondence of the Federation.

(c) Keep a record of all financial members of the Federation, which shall remain the sole property of the Federation.

15.0 Sub-Committees

15.1 The Executive Directors may from time to time appoint from among their number or the general membership select a sub-committee as they may deem necessary or expedient and may delegate or refer to them in writing such of the powers and duties of the Executive Directors as the Executive Directors may determine. Such sub-committee shall periodically report on their proceedings to the Executive Board and shall conduct their business in accordance with the direction of the Executive Directors. The Executive Directors may at any time revoke or alter the powers and duties given to such a sub-committee.

16.0 Qualifications for Office

16.1 Any member shall be eligible to hold office on the Executive Board. The office shall be vacated if:

(a) The Executive Board member is absent from three (3) consecutive meetings without special leave of absence.

(b) By notice in writing resigns; and

(c) His/her subscription remains unpaid three (3) months after the end of the financial year.

(d) Any behaviour which is deemed by a majority vote of the Executive Directors, to be prejudicial to the object of the Federation

16.2 Upon vacation of the office by the Executive Directors may appoint a member to fill the temporary vacancy until the next Annual General Meeting.

17.0 Special General Meeting

17.1 A special general meeting may be called for the transaction of special business in the manner of prescribed in Rule 7.0.

18.0 Quorum

18.1 The quorum at Annual General Meeting of the Federation shall be fourteen (14) members and at the meeting of the Executive Directors shall be five (5) members of the Executive Board.

19.0 Notice of Motion

19.1 Notices of motion shall be made in writing and delivered to the Secretary not less than twenty (20) clear days before the meeting at which such motions are to be discussed.

19.2 The Secretary shall cause such notices to be distributed among the members by post, advertisement or otherwise at least fourteen (14) clear days before the meeting.

20.0 Drug Testing

20.1 All matters relating to doping will be dealt with in accordance with the Federation's Anti-Doping rules, regulations and by-laws.

21.0 By-Laws

21.1 The Executive Directors shall have the power to make, alter or rescind by-laws not inconsistent with these rules for the conduct and behaviour of its members or any other matter related to the affairs of the Federation.

21.2 By-laws shall take effect and become binding on all members fourteen (14) days after the notice of the by-laws has been given by circular letter to all financial members unless within that time written notice of objection signed by twenty (20) members is received by the Secretary in which case such notice shall be deemed to be a request for the purpose of convening a Special General Meeting of the members pursuant to Rule 7.1.

21.3 A copy of the rules, by-laws and regulations for the conduct of the Federation shall always be open to inspection by members.

22.0 Control and Funds

22.1 The Federation's financial year shall end on 31st March in each year.

22.2 The funds of the Federation shall be under the control of the Executive Directors. To be used for the objects and powers of the Federation.

22.3 (a) All monies received by or for the Federation shall be deposited in such bank or banks as the Executive Directors from time to time shall determine. Withdrawals from any such bank shall be made by cheque.

(b) All cheques are to be signed by any two (2) persons of the Executive Board appointed by the Executive Directors.

(c) The Treasurer shall present to the Annual General Meeting of the Federation a properly drawn up statement of income and expenditure for the preceding financial year and a copy of the balance sheet.

(d) The Executive Directors shall cause proper accounts and books to be kept with respect to:

(i) all sums and monies received and expended by the Federation and the matters in respect of which receipt and expenditure takes place;

(ii) all sales and purchases of goods made by the Federation; and

(iii) the assets and liabilities of the Federation.

22.4 The Auditor shall have access to the books and accounts of the Federation at all reasonable times and shall make a report to the Executive Directors with respect to accounts and statements.

23.0 Common Seal

23.1 The Federation shall have a Common Seal which shall be in the custody of the Secretary. The Common Seal shall not be affixed to any instrument except in pursuance of a resolution of the Executive Directors and/or Federation and in presence of two (2) members of the Executive Directors.

24.0 Alteration of Rules

24.1 These rules or any of them may be altered, added to or rescinded at any time by a resolution passed by a two-thirds majority of those present at a General Meeting of which twenty (20) clear days' notice has been given to members of the Federation.

24.2 Every such notice shall set forth the purpose of the proposed alterations, addition or rescission.

25.0 Winding Up

25.1 In accordance of Section 24 of the Incorporated Societies Act 1908, the Federation shall be wound up or dissolved voluntarily whenever a resolution to wind up or dissolve has been passed by simple majority of a General Meeting.

25.2 Such resolution shall be confirmed by a resolution passed by a simple majority at a subsequent General Meeting called for that purpose and held not earlier than thirty (30) days after the meeting at which the resolution so to be confirmed was passed.

25.3 On the winding up of the Federation, all surplus assets after the payment of all costs, debts and liabilities, shall be disposed of in such a manner specified by members present at a Special General Meeting called for that purpose.

26.0 General Compliance

26.1 Notwithstanding anything to the contrary, substantial compliance with the powers of the Federation by members to the elected Executive Directors who have acted to the best of their ability, shall be construed as evidence of their actions and intentions to further the objects of the Federation.



NUTRALIFE - NZFBB NATIONAL BODYBUILDING CHAMPS

**SATURDAY 29th &
SUNDAY 30th OCTOBER**

Joe Weider
VICTORY

BALANCE
MUSCLE TECHNOLOGY

**LION
FOUNDATION**

**SATURDAY 29th - Pre Judging Starts 10am
SUNDAY 30th - FINALS Start 11am**

**Auckland Girls Grammar, Dorothy Winstone
Theatre, Howe St, Freemans Bay**

ENTRIES:

Entry forms available from NZFBB. Entry forms must be sent, faxed or emailed to: The Secretary, Paula Thomas, NZFBB, P O Box 5186, Wellesley Street, Auckland 1.
Ph/Fax: 09 810 7100 Email: nzfbb@xtra.co.nz or
visit NZFBB website: www.nzfbb.org.co.nz
Entry must be received no later than Tuesday 25th October 2005.

NOTE: late entries accepted at the registration desk on Friday 28th October but will incur a late fee of \$50

Visit: NZFBB website for Regional Entry Form, also for height and weight categories.
www.nzfbb.org.co.nz

TICKETS:

Available from all Ticketek outlets Ph: 09 307 5000 email:
www.ticketek.com

Pre-Judging \$20.00 FINALS \$30.00 Children under 12 years 1/2 price
Service Fees will apply.

ACCOMMODATION:

Accommodation available through Quality Inn Hotel.
Early reservations recommended. Ph 09 378 9059.

PROGRAMME:

EARLY REGISTRATION & WEIGH IN 8am - 10am and 5pm - 8pm Friday
28th October 2005

At the Quality Inn Hotel, 465 Great North Road, Grey Lynn. Entry Fee \$30.

LATE REGISTRATION FEE \$80 (entry fee included)

* There will be NO registration or Weigh In on Saturday 29th October.

CONTESTANT BRIEFING IN 9.30am Saturday 29th October 2005

At Auckland Girls Grammar, Howe Street, Freemans Bay.

Important: Athletes competing in Restricted Age Divisions must present and show proof of I.D eg Drivers License, Birth Certificate, Passport.

PRE JUDGING STARTS 10am Saturday 29th October 2005

At Auckland Girls Grammar, Howe Street, Freemans Bay.

FINALS START 11am Sunday 30th October 2005

At Auckland Girls Grammar, Howe Street, Freemans Bay.

ENQUIRIES: Event Organiser: Mark Stewart Mob: 0274 904 450.

Fax: 09 836 3223 Email: jo-mark@xtra.co.nz or nzfbb@hotmail.com

DRUG TESTING: NZSDA will be conducting drug testing for this event and qualifying events as per the NZFBB Anti Doping policy. For further information on drug testing please contact:
NZSDA, phone 0800 DRUG FREE (0800 378 437)



CATEGORIES:

BODYBUILDING

From: Teenage men
Junior Men & Women
Masters Men & Women
Novice Men & Women
Open Men & Women

BODYSHAPERS FIGURE/FITNESS

From: Senior Women
Novice Women
Open Women

IFBB BODYFITNESS

Open Categories
Short, Medium and Tall

OVERALL TITLES

Overall Womens Physique Champion
Overall Womens Figure Champion
Overall Womens Body Fitness Champion
Overall Mens Champion