Pro League Australia & The Arnold Sports Festival Welcomes You!

Welcome to the IFBB Pro League Australia and thank you for choosing to compete with us. We are pleased to have you participating with us for the 2019 Australian Arnold Sports Festival Qualification series.

**Competition Details**

**WA STATE CHAMPIONSHIPS**  
**Athlete Check-In (all competitors)**  
Saturday 16th February 2019  
Dohertys Gym Perth  
154 Edwards Street, Perth  
2pm – 4pm  
**Competition Day**  
Sunday 17th February 2019  
Riverside Theatre,  
Perth Exhibition Centre, 21 Mounts Bay Rd  
Athlete meeting: 11.30am  
Show starts: 12pm

**VIC STATE CHAMPIONSHIPS**  
**Athlete Check-In (all competitors)**  
Friday 22nd February 2019  
Dohertys Gym Brunswick  
45 Weston Street Brunswick  
4pm – 6pm  
**Competition Day**  
Saturday 23rd February 2019  
Kingston Arts Centre  
979 Nepean Hwy, Moorabbin  
Athlete meeting: 9.30am  
Show starts: 10am

**NSW STATE CHAMPIONSHIPS**  
**Athlete Check-In (all competitors)**  
Saturday 23rd February 2019  
MyGym Health & Fitness  
Westfield Eastgardens  
2pm – 4pm  
**Competition Day**  
Sunday 24th February 2019  
Science Theatre, University of NSW Kensington.  
Athlete meeting: 9.30am  
Show starts: 10am

**SA STATE CHAMPIONSHIPS**  
**Athlete Check-In (all competitors)**  
Friday 8th March 2019  
Massive Joes HQ  
14 Furness Avenue, Edwardstown  
4pm – 6pm  
**Competition Day**  
Saturday 9th March 2019  
Brighton Performing Arts Centre  
Athlete meeting: 9.30am  
Show starts: 10am

**QLD STATE CHAMPIONSHIPS**  
**Athlete Check-In (all competitors)**  
Saturday 9th March 2019  
World Gym Ashmore  
42 Olsen Avenue, Ashmore  
2pm – 4pm  
**Competition Day**  
Sunday 10th March 2019  
H.O.T.A. Home of the Arts,  
Athlete meeting 9.30am  
Show starts: 10am
AUSTRALIAN ARNOLD SPORTS FESTIVAL
Athlete Check-In (all competitors)
Thursday 14th March 2019
Melbourne Convention and Exhibition Centre
12pm – 4pm

Competition Days
- All Female Divisions Friday 15th March 2019 10am onwards
- Men’s Bodybuilding Divisions Saturday 16th March 2019 10am onwards
- Men’s Bodybuilding Top 6 Finals
- Men’s Physique & Men’s Classic Physique Sunday 17th March 2019 10am onwards

Pro Cards Overall Winners
- Bikini
- Figure
- Women’s Physique
- Women’s Fitness
- Men’s Bodybuilding
- Men’s Physique
- Classic Physique

Only competitors competing in the “OPEN & WEIGHT” divisions get a chance to compete for a Pro Card in the overall division

Athlete Check-Ins

Although you have already registered to compete via our online registration system it is very important that you attend our athlete registration and weigh in on the day before the show. It is here that you will confirm with us that you are competing and receive your stage number and further instructions.

If you are competing in a weight or height restricted division you will be officially weighed and your height will be measured. We will inform you if your division has been split into different heights, depending on the numbers registered for the show.

If you are competing in a category with a posing routine please bring your music on a USB. Make sure that the USB has ONLY the 1 song on it. Your USB can be collected from us at the end of the show if you require.

Competition Day

All competitors are required to be at the competition venue at least 1 hour before the show starts. We have a brief competitors meeting before start time. This is your chance to ask any final questions you might have. Our competition running order will also be posted up backstage and our backstage helpers will be able to help you with timings. A running order is also attached to this guide.

Please remember that we don’t give exact times for divisions to go on stage as we never know how many call outs the judges will need for each division, however our backstage helpers are very experienced and will give you plenty of time to get ready to go on stage.
If you have booked in with our official tanning or hair & make-up partners they will give you any specific times you will need to be available for them to assist you. Please be on time for these appointments as there are many competitors to get through on the day.

Once back stage you will **not** be able to bring anyone with you. Only competitors and our official backstage helpers are allowed in the backstage area. This is to ensure there is enough room for everyone and so that the show runs efficiently and smoothly.

If you are a Bikini, Figure or Men's Physique competitor, you will be told what your stage walk will consist of. Due to the numbers at some shows we might slightly change how much time you have on stage and how many poses you will be able to do during your stage walk. Our expediter will also explain the various markings on the stage and where you have to stand. As each venue is different our backstage helpers will also familiarise you with the entrance and exit to the stage.

At this time all you have to do is smile, flex and enjoy yourself. This is what all the hard work was for and it's your time to shine!

**Judging**

During our State Arnold Qualifiers, the Men's Bodybuilding, Classic Physique, Fitness and Women's Physique competitors will return to the stage to do their routines. At the Arnold Amateur only the top 6 Men's Bodybuilders will do their posing routine on Sunday 17th March before the individual division winners are announced.

Bikini, Figure and Men's Physique competitors will get to do their individual stage walk again. There will not be any other comparisons at this time unless there is a tie for any placings.

All competitors will be brought back out on stage in their categories one final time where all your friends and family will get a chance to see you on stage before the top three places are announced and trophies awarded.

Any competitor cross competing in multiple categories will only do a posing routine during their first category. These competitors will remain backstage during their subsequent categories and then come back out for the placings and trophy presentation with everyone else.

All Women's Fitness competitors will do their quarter turns and comparisons before they walk off stage to get ready for their routines which will be conducted as soon as the competitors are ready and warmed up.

**Competition Running Order for all Arnold's State Qualifying Shows**

1. Bodybuilding Juniors (under 23)  
2. Bodybuilding Masters (over 40)  
3. Bodybuilding Novice  
4. Bodybuilding Weight Classes  
5. Classic Physique 1st Timers  
6. Classic Physique Novice  
7. Classic Physique Open  
8. Men's Physique First Timers  
9. Men's Physique Novice  
10. Men's Physique Open
11. Figure Masters (over 40)
12. Figure Novice
13. Figure Open
14. Fitness Open
15. Women’s Physique Open
16. Bikini First Timers
17. Bikini Juniors (under 23)
18. Bikini Masters (over 35)
19. Bikini Novice
20. Bikini Open

The Running Order for our Arnold Amateur show will be released closer to the event date.

Stage Photography

Your time on stage will be one that you will want to remember for a lifetime no matter what the result it might simply be the one and only time you ever get into this sort of shape and you will want to make sure that you have plenty of professional pictures of the event. Our official photographer, Gary Phillips has taken pictures of every Pro Bodybuilder and has attended every major bodybuilding show around the globe including the Olympia. No one can help make you look better on stage than Gary and it is well worth your effort to book him in for your professional stage photography. Gary also offers a creative “Montage Design” that is well worth having a look at! Backstage photography packages are also available.

Official Tanning Service

We recommend that all athletes use our official tanning partner Pro Tan Australia. This will ensure that you have the correct tan and are stage ready. Remember that an incorrectly applied tan can affect your overall presentation so why leave this to chance with an off the shelf tanning product. Remember that Pro Tan Australia is the only tanner allowed backstage.

We also DO NOT recommend the use of any tan (such as Dream Tan) that wipes off easily. Not only does it not look good on stage, but this sort of tan wipes off on anything you touch and leaves a huge clean up for event staff at the venue afterwards.
http://www.protanaustralia.com.au

Hair and Make-Up

Our official hair and make-up partner is Tegan Woodford. Tegan and her team offer their services to both men and women and they are experts in stage make-up and hair. Tegan has provided hair and make-up to many professional athletes, models and celebrities, both men and women and will make sure that you shine on stage!
http://teganwoodford.com
Backstage Photography

At our Qualifiers, once you walk off stage we have Charles Lowthian there who will set up a professional photographic studio with lighting and backdrops. Charles is an internationally renowned photographer who has taken photos of many professional bodybuilders, male and female. If you would like professional studio pictures of yourself in competition shape, all you need to do is approach Charles either before or after the show and he will arrange a shoot for you on the spot. There is no pressure on you to purchase any photo’s at this time, however once you see the quality of his photography we are sure you will be tempted!

http://charleslowthian.com

Ticket Sales

Ticket sales for our shows vary from state to state depending on the venue we are using and their arrangements with ticketing companies. Click on the link below to take you to our web page where there are direct links to all-individual state shows and the relevant information about how you can buy tickets for all your friends and family to support you on your big day. All tickets will be available through our websites:

For our qualifiers go to:  
http://ifbbproleague.com.au

For Arnold Classic Amateur go to:  
http://arnoldsportsfestival.com.au

Social Media

Social Media is a very important part of everyones lives these days and we all want to share our experiences and pictures. We want to make you, our athletes the stars of our shows and we need your help to do this! In order for us to be able to promote you and help you build your online profile please tag @arnoldsportsau or @ifbbproleague in your pics, and use the hashtag #arnoldsportsau and #ifbbproleague

Please feel free to take pictures of yourselves and friends training in your gym, flash backs competing on stage, or even upload your professional pics. Tag us and we will share as many as we can on our pages or in our stories to help you lift your profile... Imagine your pic alongside your Pro Olympia Idols!

Please make sure you follow and share our social media accounts:

Facebook: https://www.facebook.com/arnoldsportsfestivalaustralia/  
https://www.facebook.com/proleagueoz

Instagram: https://www.instagram.com/arnoldsporsau  
https://www.instagram.com/ifbbproleague

Thanks for being a part of the Pro League Australia Arnold Qualifiers! We can’t wait to see you on stage!