

2016 SOUTH PACIFIC BODYBUILDING CHAMPIONSHIPS

October 27-28-29, 2016

Tahiti, French Polynesia.



FPHMDA



The Polynesian Bodybuilding Federation in conjunction with the South Pacific Bodybuilding Federation extend a warm greeting to bodybuilders of the South Pacific as well as their delegates and supporters. We look forward to welcoming you.

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COMPETITION VENUE

Championship will take place in capital of the island of Tahiti in the morning and in the evening of on an amphitheatre called “Manuiti” in the district of Paea in 30 minutes of the center of the town Papeete.



ACCOMODATION AND DETAILS

The following hotel accommodation and meal arrangements apply to official delegates, executive members and athletes only :

Competitors :

IJSPF Accommodation (sports institute)

Pirae – French Polynesia Contact: Tumata TAHUAITU (general secretary o
 FPHMDA)

Email: fed.poly.hmda@mail.pf or tumata.tahuaitu@presidence.pf



Reservation between September 20-30, 2016 and after October 3, 2016 is available at the IJSPF (sports institute). A supermarket with a good selection of foods is located near-by.

Executive Members and Official Delegates :

- 2 bedrooms 2 people in the room for 3 nights from 27th – 29th October 2016.
- 2 bedrooms 2 people per room for 3 nights from 27th – 29th October 2016.

The organizer will provide the food for 3 days, then you can stock in the fridge and cook yourselves in your room. But if you want to buy other food, there's a little supermarket near by in 1min walking distance from your hotel.

Please note that any extra officials, extra judges, coaches, trainers, and supporters who are not Official Participants will be responsible for all of their own expenses.

For an accommodation package for extra delegates and supporters please email:

fed.poly.hmda@mail.pf



OFFICIAL HOTEL

Hotel "Le Manava Suite Resort Tahiti"

At Official Hotel/Accommodation/Meals.

The following hotel accommodation and meals arrangement supply to official delegates, executive members and only executive members and official delegates



TRANSPORTATION

International Airport is a 10min drive to the official hotel which is situated to the west coast to the island. Transportation will be provided by the organisers, to and from the airport to the hotel and to and from the contest venue.



ARRIVALS AND DEPARTURES

- Please provide early indication of members of official and non-official individuals travelling to Tahiti as part of your country's contingent. We would appreciate receiving these details the **1st September 2016**, to allow us sufficient time to arrange your transportation and accommodation requirements.
- Please notify the organiser of your arrival and departure schedule before the 1th September 2016.
- Please provide full names, as written in the passport and passport number of all participants by the 1th September, failing which VIP clearance will not be given.



EARLY ARRIVALS / LATE DEPARTURE

Any National Federation arriving before the official arrival date the 27 October 2016 and/or staying on after the official departure date of the 30 October 2016, will be responsible for all of their own expenses, including transportation.



HOTEL DEPOSIT

An initial deposit of US\$100 per team member is required upon check-in for incidental and personal expenses, which may be incurred (telephone, room service etc...) the unused portion of this deposit will be returned at check out time. The chief delegate/team manager will be asked to provide cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members.



FLIGHT RECONFIRMATION

For reconfirmation of your flight departure Tahiti, you may seek the assistance of the organizing committee. Please reconfirm **your flight within 48 hours of your arrival.**



COMPETITION DETAILS

The 2016 South Pacific Bodybuilding is a SPBBF sanctioned event and it will be hosted in accordance with the South Pacific Bodybuilding Federation (SPBBF) Constitution and Rules.



COMPETITION CONDITIONS

The competition conditions are as following:

- 3 competitors or more, 2 delegates are allowed
- 2 competitors or less, 1 delegate are allowed
- A maximum of 14 athletes per country will be accepted

Important: Delegates without athletes will be responsible for all of their own expenses.
NO EXCEPTIONS!

CATEGORIES OF COMPETITION

- Men's Bodybuilding: Masters (over 40 years), Junior, Open -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, -100kg, +100kg.
- Men's Sport Physique: -170cm, -180cm, +180cm
- Women's Bodybuilding: Junior, Open -55kg, +55kg
- Women's Figure: -164cm, +164cm
- Mixed pairs
- Team posing

Overall Champions will be awarded in the Open Bodybuilding Sections (Men and Women)



WEIGH-IN

The weigh-in will take place at the on Friday « IJSPF », October 28th, 2016 at 5.30pm.

Officials will be **transported** to the «IJSPF» by bus at 5pm.

It is the responsibility of the chief delegate and/or team manager to ensure that their athletes are on time, failing which the athlete will be disqualified.

The IJSPF is 20min by car from the hotel.



DRUG TESTING

Drug testing will be conducted at these Championships in accordance with the Directorate youth and Sports. **National Federations must ensure all of their athletes are competing drug-free.**

Any athlete that fails a doping test (positive test) will be subject to suspension and such sanctions in accordance with SPBBF and RADO (WADA) drug testing guidelines. Member Federations (country) and Delegates may also be subject to sanctions.

Important: Random testing will be conducted at the official Weigh-in. Additionally the top 3 finalists will be tested at the Evening Finals.



POSING MUSIC

All posing music should be recorded on CD; the posing music must be located at the start of the CD. The competitors name and number must be affixed to the CD.



OFFICIALS: REQUIREMENTS/NOTICES

National Anthem: All participating national federation must bring with them their national anthem (the short version) on a CD's, this must be on a separate CD's to any posing music.



NATIONAL FLAG

All participating national federation must bring with them one national flag.



DRESS CODE

Parade of Nations

The dress code for all delegates or officials at the parade of nation is as follows: Black dress shoes, grey dress pants, white shirt, SPBBF tie, and blue blazer with SPBBF crest.

The dress code for each team will be their official team uniform.



CONGRESS / MEETINGS

Team managers and Judges meetings will take place at the City Hall of Punaauia on Friday 28th October 2016 at 9am, following the SPBBF congress.



JUDGING SELECTION

All qualified judges that wish to be considered as a judge at the 2016 South Pacific Champs, must first register their intention to officiate by contacting the SPBBF chairman of judges before **the 28th October 2016** spbbf@outlook.com



OFFICIAL ENTRY FORMS

Please return the Entry Forms to Polynesian Bodybuilding Federation as follows:

Preliminary Entry Form - Return BY September 30, 2016.

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

Final Entry Form - Return BY October 29, 2016.

Please confirm the actual names (as written in the passport) and passport numbers of the delegates and competitors and their weight category. Also include flight arrival and departure information. **IN ORDER TO GUARANTEE VIP CLEARANCE AT THE AIRPORT, TRANSPORTATION, AND HOTEL ACCOMODATION FOR YOUR TEAM, THE FINAL ENTRY FORM MUST BE RETURNED BY OCTOBER 29, 2016.**



GENERAL COMPETITION INFORMATION

Communications centre:

The organizer will maintain a communications centre at “IJSPP”, where you may obtain information and assistance.



MEDICAL

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



SECURITY

Official hotel provide 24hours security



INTERNET

Hotels have business centre with internet and email access



GENERAL INFORMATION ABOUT TAHITI

Official language: The official language is French and English also



CURRENCY

The Polynesian currency is the frank pacific.



TIME DIFFERENCE GMT -10:00 HAWAII

Climate: the climate is pleasantly warm with an average maximum temperature of 29° Celsius/84 fahrenheit.

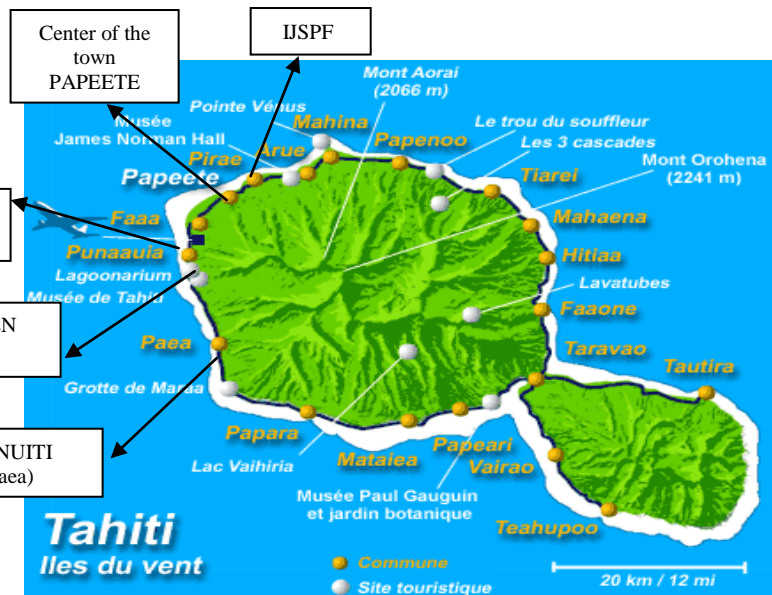


ELECTRICAL CURRENT

220 Volts

Dress: light summer clothing is appropriate all year round, with perhaps a light sweater of the cooler evenings. Smart casual evening wear is appropriate for hotel and restaurants.

TAHITI ISLAND...



SHOPPING

In Papeete down town, local market, Vaima Center...

The best place to visit and buy souvenir is at the local market.



EXCURSIONS and ACTIVITIES

Before or After the competition, you can enjoy some of the tour we proposed:

- Tour around the island with an English speaking guide (DAVE's VIP TOURS)
 - Half day (4hours) includes: One Tree Hill the Tahara'a view point, Blow Hole, Faaurumai Waterfall, Paul Gauguin Museum*(entrance fees not included) cost:3\$/pers. and Maraa Grottoes Caves. End to your hotel.
- Tour around the island with an English & French speaking guide (Adventure Eagles Tour)
 - Half day (4hours) includes: Lagoonarium* (entrance fees not included) 5\$/pers. One Tree Hill the Tahara'a view point, Blow Hole, Vaimahuta Waterfalls, Gauguin Museum*(entrance fees not included) 3\$/pers. And Maraa Grottoes Caves. End to your hotel.
- Safari 4X4 Expedition tour (Half day or Full day)

With Tahitian Excursion and an English/French Speaking guide will embarking to Papenoo valley on a 4X4 through earth tracks cut off from mountain slopes as the groves on the pitch-dark green of forests is the adventure!

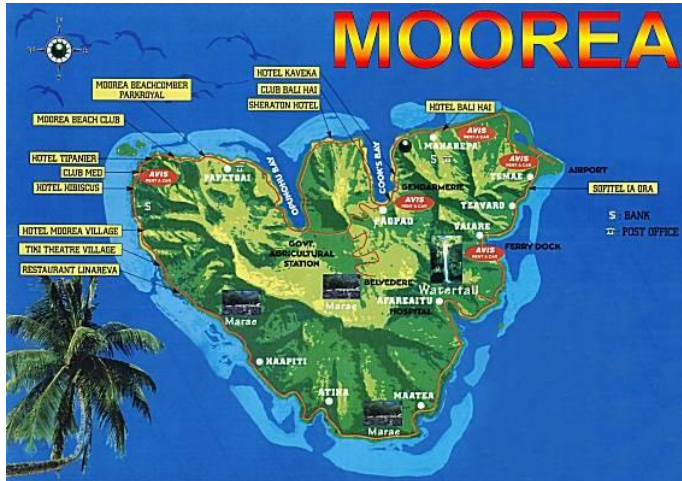
Visiting: Tunnel, archaeological sites, Vaihiria lake and volcano crater and waterfalls...

*All pick up in the lobby of your hotel and drop off.

*All information's with Tumata or Christian (tumata.tahuaitu@presidence.pf)

*Special price

MOOREA ISLAND...



If you want to have information about Moorea, how to go to the little sister of Tahiti, activities (day tours...), rental car or even spending few days out of Tahiti, I will be able to help you.

Tour of the island by bus, 4 wheel drive and boat tour are available...

Contact: tumata.tahuaitu@presidence.pf