

PRESENTS THE  
**2018 NPC THUNDERDOME**



**Prejudging Begins Friday, April 20<sup>th</sup> @ 7:00 PM**  
**Finals Begin Saturday, April 21<sup>st</sup> @ 6:00 PM**

**Location: Mesa Arts Center 1 East Main St Mesa AZ**  
**All Athletes will compete at the Finals on Saturday night!!!**

Dear Athletes & Fans:

The NPC Thunderdome is going to be awesome. Kim and I are so excited to see you on stage. We are going all out for our amazing athletes. Mesa Center for the Arts is breathtaking. You, your friends and family will be very impressed.

The awards you will receive for all your hard work are beautiful Neil Andersons sculptures and will be presented to the top 5 in every class. Class winners will receive a large sculpture and the overall winners will receive a huge sculptured masterpiece!

Themers, our professional prop company, will be setting up an amazing looking theme for the finals. Prefect picture opportunity with the professional theme in the background, you will look amazing on stage.

As always, there will be a complete pump up room with plenty of weights. Treat tables featuring, but not limited to; pop tarts, fruit, cookies, candies, granola bars Gatorade water, etc....

I'm very proud to have the BEST expeditors (Red Shirts) in the business to help you feel comfortable and answer any questions you may have, and of course to keep you on time. They are here to serve you, our customer.

The entire show will be run on a posted schedule. Each and every class will be time stamped. You will know when your class will be on stage. Please go to [npcmilesproductions.com](http://npcmilesproductions.com) to see the schedule. This will be up on the website by 11:00 AM Friday morning.

You will receive a tremendous amount of time on stage. We have what we call the "line of victory" at the night show. Body Builders, Men's Classic Physique and Women's Physique will pose to music. All other classes will perform a fun Model or Athletic walk on stage while your Bio (provided by you) is read on stage.

Thank you so much for competing with Miles Productions. Please let us know how you enjoyed your experience and if you have any suggestions to make our shows even better.

Miles Nuessle NPC AZ Chairman.      [miles@miles151.com](mailto:miles@miles151.com)

*There will be sponsors showing all the latest in the Fitness world. Come on out and have a great time!!*

## **\*\*NEW INFORMATION\*\***

**TO QUALIFY FOR NATIONAL COMPETITION, YOU MUST PLACE IN THE TOP TWO IN AN OPEN CLASS.**

**PER NATIONAL OFFICE: ALL CLASSES CAN NOW CROSS OVER INTO EACH OTHER.**

**Bodybuilding and Classic Physique can cross over into each other. If a competitor crosses over from Bodybuilding into Classic Physique, he will perform his routine 1 time in Bodybuilding and 1 time in Classic Physique.**

## **“TRIPLE CROWN TROPHY”**

We are going to do something different this year for the NPC Miles Production Shows. It is called the Triple Crown Trophy. To win the Triple Crown Trophy you must take first in three different NPC Miles Production shows. We have eight shows throughout the year. The three wins can come from any class. For example; you could win the Novice, Masters or an Open class. You can only count one win from each show. This means if you win Novice and an Open class in the same show only one of these wins can count toward the Triple Crown.

You must notify us ASAP when you have three firsts in three separate shows and you believe you qualify for the Triple Crown. All Triple Crown Trophies will be given out on stage in a ceremony at the NPC Felicia Romero/Western Regional Classic in November.

If you have two wins and are planning to compete in the Felicia Romero/Western Regional Classic (last show of the year) for a chance on your third win, you must notify us by email three weeks prior to competing. If you win your class at this show and qualify for a Triple Crown Trophy, find the head expeditor, Z as you leave the stage. He is one of the red shirts and is usually wearing a hat that has a “Z” on it. Z will give you directions on when to be on stage for the Triple Crown Ceremony. Good luck to all, Miles and Kim Nuessle, AZ NPC Chairman Zellers and Bill Passmore, AZ NPC Vice Chairman

**Host Hotel info:** Marriott Phoenix Mesa, Sheraton at Wrigley Ville, and Hilton Phoenix. Unfortunately, this is an extremely Busy time of year for the valley. We could not get a host hotel. Please try these 3 hotels they are close by. Reserve Your rooms ASAP. They are selling out fast. In your search put in (Hotels near the mesa arts Center 1 East Main st) This Will bring up a map with all the hotels nearby.

## **LIVE STREAMING**

We are now offering live streaming. I know a lot of you, like my wife Kim, are from a different state. That can make it very difficult if not impossible for your family and friends from your home state to attend the show. So, by popular request, we now have Live Streaming. Now your family and friends can watch you *live* on their computer screen at home or wherever they are.

Please have them go on the home page of [npcmilesproductions.com](http://npcmilesproductions.com) where they will see the directions on how to watch the show.

(Yes, they can see the Prejudging and the Finals)

**Listed on the home page will also include the Schedule of Events. This includes estimated times of each class to appear on stage, so your family will not miss your performance. This will be posted by 10:00 AM Saturday**

**This is live streaming quality. It's descent, not awesome!**

# CLASSIC MEN'S PHYSIQUE (National Qualifier)

**\*\*New Information:** All heights have gone up 5 lbs. New weights are listed below

For competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as extreme for Bodybuilding.

## **Judging Criteria:**

- Muscularity and Body Condition
- Judges will be looking for muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist.

## **PREJUDGING POSES:**

100% of the judging will be based on these 5 mandatory poses:

- Quarter Turns
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals' and Thighs
- Favorite Classic Pose (NO "most muscular")

## **FINALS POSING:**

- ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds
- Pose down (overall title only)

## **Height/Weight:**

- |                                      |  |
|--------------------------------------|--|
| • Up to & including 5`4"             | with a bodyweight up to & including 160 lbs  |
| • Over 5`4" up to & including 5`5"   | with a bodyweight up to & including 165 lbs. |
| • Over 5`5" up to & including 5`6"   | with a bodyweight up to & including 170 lbs. |
| • Over 5`6" up to & including 5`7"   | with a bodyweight up to & including 175 lbs. |
| • Over 5`7" up to & including 5`8"   | with a bodyweight up to & including 182 lbs. |
| • Over 5`8" up to & including 5`9"   | with a bodyweight up to & including 190 lbs. |
| • Over 5`9" up to & including 5`10"  | with a bodyweight up to & including 197 lbs. |
| • Over 5`10" up to & including 5`11" | with a bodyweight up to & including 205 lbs. |
| • Over 5`11" up to & including 6`0"  | with a bodyweight up to & including 212 lbs. |
| • Over 6`0" up to & including 6`1"   | with a bodyweight up to & including 220 lbs. |
| • Over 6`1" up to & including 6`2"   | with a bodyweight up to & including 230 lbs. |
| • Over 6`2" up to & including 6`3"   | with a bodyweight up to & including 237 lbs. |
| • Over 6`3" up to & including 6`4"   | with a bodyweight up to & including 245 lbs. |
| • Over 6`4" up to & including 6`5"   | with a bodyweight up to & including 252 lbs. |
| • Over 6`5" up to & including 6`6"   | with a bodyweight up to & including 260 lbs. |
| • Over 6`6" up to & including 6`7"   | with a bodyweight up to & including 267 lbs. |
| • Over 6`7"                          | with a bodyweight up to & including 275 lbs. |

## Competition Rules:

1. For all rounds, competitors must wear trunks that are clean and decent and that meet the following specifications:

<b>Style:</b>	Plain, opaque (no briefs or underwear)
<b>Color:</b>	Solid <b>BLACK</b>
<b>Fabric:</b>	Spandex (no shiny, rubberized, velvet, metallic or lame´ material)
<b>Texture:</b>	Mat
<b>Length:</b>	Not more than 11”
<b>Front:</b>	One solid piece of material across the front of the trunks with no patch or section of different material in the middle
<b>Padding:</b>	No padding anywhere in the trunks
<b>Advertising:</b>	No advertising or endorsement except a small manufacturer logo such as Nike, Under Armour, etc. are permitted

2. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique
3. The use of props during the Judging or Finals is prohibited
4. The use of vulgar, profane and/or offensive language in the posing music is prohibited
5. The excessive application of oils, moisturizers, skin creams, tanning creams and the like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.
6. Crossovers are permitted between Classic Physique and Bodybuilding. However, if an athlete does not make weight, they have the option of competing in bodybuilding or men’s physique with the proper attire for the division – trunks for bodybuilding and board shorts for men’s physique. Athletes can however compete in another division at another NPC event, but not on the same day.
7. In order to compete at a National contest in 2017, an athlete must have competed in a NPC Classic Physique event. No other qualification is required.

## **Most Frequently Asked Questions**

The companies we recommend here work very closely with the NPC and Miles Productions. They are the best! If you want to do your best, use the best!

### **Can I go back stage and help my client or loved one:**

Yes, you can!

Please go to my web site [www.npcmilesproductions.com](http://www.npcmilesproductions.com) to find out how to purchase a **Personal Trainers Pass**

### **I need a personal trainer to get me ready for a show:**

**Pro Physiques** (480) 917-7767 (Formerly AZ Pro Physiques)

**PT By Joe** (480) 593-3636

**Die Hard Gym** (623) 979-5275

**Ernie's Elite** (602) 499-7161

**Fitness 1 Gym** (623) 376-7888

**Urban Garage** (480) 596-7754

**Arizona Bodybuilding Contest Prep** (480) 699-5003

**Felicia Romero's Fit Method** (844) 269-5354

Please call to see what trainer is near you, as they are all awesome!

### **I need Competition Spray Tanning:**

**Physique Competition Tanning** (602) 622-2406 <https://www.facebook.com/uniquephysiquetanning4/>

**Aglow Tanning, Hair & Make-up** (480) 371-6498 [www.AglowTanning.com](http://www.AglowTanning.com) [info@aglowtanning.com](mailto:info@aglowtanning.com)

### **No Tanning allowed anywhere in the theater!!! Except Physique Tan @ Aglow Tan**

### **I need hair and make up**

**Focal Point** 480 563 9966 [Michelle@focalpointssalonspa.com](mailto:Michelle@focalpointssalonspa.com) Michell and her team will be on site.

You can also go to there salon 7025 E Mayo Blvd Ste 110 phx AZ

### **I need to get a competition suit:**

**Collections by Collins Swimwear** [bree@collectionsbycollins.com](mailto:bree@collectionsbycollins.com)

**Bikini Vixen** (623) 570-4944

**Kickin Crystal Designs** – [info@kickincrystaldesigns.com](mailto:info@kickincrystaldesigns.com)

**Bilbobaggs Sportswear**- [www.bilbosportswear.com](http://www.bilbosportswear.com)

### **I need supplements and advice on how to use them:**

**Pro Supps** [www.prosupps.com](http://www.prosupps.com)

## OVERALL HEALTH

### MUSCLE AND NERVE TISSUE

Dr. Jason Caldwell specializing in muscle tissue regeneration w\ high power laser, classical Chinese medicine & advanced electrical current therapy [www.azadvhealth.com](http://www.azadvhealth.com)

RICH JACOBS – Functional Medicine Practitioner [www.myhealthdetective.com](http://www.myhealthdetective.com)

### I need wholesome and nutritious foods:

### I need good quality stage shots:

Tony Mandarich/Stage Shots: [mandarichstudios@gmail.com](mailto:mandarichstudios@gmail.com)

### I need show videos:

Premier Media Services (480) 228-9667

### I need my hair & make-up done professionally:

Make-up Artists: Katie (480) 371-6498

MaxxGlam – (480) 331-6065 [www.maxxglam.com](http://www.maxxglam.com) [glam@maxxglam.com](mailto:glam@maxxglam.com)

## NPC MEMBERSHIP

- Must be a member in good standing with the NPC.
- NPC Membership runs from January 1 to December 31.
- Membership provides the competitor with insurance coverage to, from and during any event in which they are competing.
- Members also receive the NPC NEWS magazine for the duration of their membership.
- Competitors will purchase an NPC card at Thursday check-in! We will supply the cards for you.
- Cost of a one-year membership is \$125.00



# NPC WOMENS PHYSIQUE CLASS

Women's Physique will be judged on the following criteria. Symmetry, shape, proportion, muscle tone, poise and beauty flow. Physique assessment and comparison will take place during prejudging. Women should display these criteria without compromising femininity, beauty and flow of the physique. The following terms used in Bodybuilding should NOT be used to describe Women's Physique: ripped, shredded, peeled, striated, dry, diced, hard, vascular, grainy, massive, thick and dense.

## Women's Physique should fall in between Bodybuilding & Figure

Mandatory posing at prejudging will be with open hands. They will include front double bicep. (No flat foot, do some sorts of front twisting pose), Back double bicep, side triceps with leg extended. Side chest with arms extended. Front abs/thigh. We will have height classes.

Women's Physique will pose to music of their own choice at the night finals. Maximum 60 seconds. No props or high heels.

# NPC MENS PHYSIQUE

Men's Physique will do **HALF TURNS ONLY**. I suggest going online to see how they are doing the half turns on the National Level.

Judges will be looking for fit contestants who display proper shape and symmetry with muscularity and over all condition. This is not a bodybuilding contest, so extreme muscularity is not necessary. Contestants will be asked to walk in board shorts just above the knee. No shirt or shoes will be worn. No lewd acts will be allowed! Judges will be looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

**\*\*New Information: Bodybuilding and Classic Physique can cross over into each other. If a competitor crosses over from Bodybuilding into Classic Physique, he will perform his routine 1 time in Bodybuilding and 1 time in Classic Physique.**

# NPC MEN'S BODYBUILDING DIVISION

## POSING SUITS- FOR BODYBUILDERS

- All suit bottoms must be V-shaped, no thongs are permitted.
- Suits worn by male competitors at the Prejudging and at the Finals must be plain in color with no fringes, wording, or sparkle and no fluorescent.
- Suits worn by female competitors at the Prejudging must be two-piece and plain in color with no fringes, wording, or sparkle and no fluorescent.
- Suits worn by female competitors at the Finals must be two-piece but may include a printed design with fringes, lace, and sparkle or fluorescent that is in good taste. \*All Prejudging suits will be checked at the morning Check-in.
- Competitors are not permitted to alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

## POSING MUSIC

- Posing music must be on a CD and must be the only music on the CD (60 seconds max)
- Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

## ONSTAGE

- During the Prejudging, male competitors are not permitted to wear any jewelry on stage other than a wedding band.
- No glasses, props or gum are permitted on stage.
- Any competitor doing the "Moon Pose" will be disqualified.
- Bumping and shoving is prohibited. First and second persons involved will be disqualified.
- **Competitor numbers will be worn on the Right side of the suit bottoms.**

## BACKSTAGE

- The only people permitted in the backstage area are competitors, expeditors NPC officials and people who have the Personal Trainers Pass.
- Alcohol is not permitted in the facility.

## COMPETITORS HEALTH

- Any competitor, who appears to be disoriented, light headed or experiences undue cramping will be disqualified from the contest.
- Any competitor disqualified for health reasons must be checked by attending EMT and, if it is advised by the EMT, must go to the nearest hospital for evaluation.
- Competitors who refuse to be evaluated at the hospital will be suspended from competition for a period of one year from the date of the occurrence.

## THE PREJUDGING POSING ROUNDS

Judges will score competitors according to the NPC "total package" which is ultimately a balance of size, symmetry and muscularity.

## **Relaxed Round**

- Keep your feet flat.
- Hold your arms at your sides.
- No twisting.
- Your head must be facing the same direction as your feet.

## **Mandatory Round**

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Triceps
- Rear Double Bicep
- Rear Lat Spread
- Abdominal with one thigh

## **WEIGHT CLASSES**

### **Male Competitors (All Contests)**

- Bantamweight - Up to 143 ¼ lb.
- Lightweight - Over 143 ¼ lb. up to 154 ¼ lb.
- Middleweight - Over 154 ¼ lb. up to 176 ¼ lb.
- Light-Heavyweight - Over 176 ¼ lb. up to 198 ¼ lb.
- Heavyweight - Over 198 ¼ lb. up to 225 ¼ lb.
- Super-Heavyweight - Over 225 ¼ lb.

## **QUALIFICATIONS**

- Open to all members of the NPC
- Contestants competing in local and state level events NPC membership cards may be obtained Thursday, at check-in (Except the Natural Outlaw, Terminator and Megatron; buy the NPC cards Friday night.)

# **NATIONAL LEVEL QUALIFICATIONS**

**\*\*NEW INFORMATION:** A competitor must place in the top **2** in their open class.

- This qualifies the competitor for competition on the national level for a period of one full calendar year after the year that the qualification took place.

## **RULES**

- Competitors, NPC officials and people who have the personal trainers pass are the only ones permitted in the backstage area
- Poor sportsmanship will be grounds for immediate disqualification

## **AWARDS**

- No money prizes may will be given at the amateur level
- Awards presented will include trophies, medals, plaques, etc. at the discretion of the promoter with the approval of the NPC District Chairperson

# NOVICE CLASSIFICATION

- **A Novice is a competitor that has never placed first in their class in a Novice, Masters or Open contest**

# QUALIFICATIONS FOR NATIONAL LEVELS EVENTS

**\*\*NEW INFORMATION**: Top two at National Qualifying events for the national shows.

# QUALIFYING FOR IFBB PRO STATUS & SCHEDULES

- For more information, contact the National Physique Committee, P.O. Box 3711, Pittsburgh, Pennsylvania, 15230. For inquiries regarding NPCnews online.com email us at [info@npcnews online.com](mailto:info@npcnews online.com)

## NPC WOMEN'S FITNESS DIVISION

**\*\*NEW INFORMATION\*\***

**NO MORE TWO-PIECE ROUND!**

**All athletes will be judged on their routines including the following mandatory moves:**

**Push Up (of any kind)**

**High Kick**

**Straddle Hold**

**Side Split**

### FITNESS ROUTINE ROUND

- Each competitor will perform a routine with a maximum time limit of 2 minutes
- Contestants must wear tennis/athletic shoes in the Fitness Round
- Routines at local, state and regional level contests may include aerobics, dance, gymnastics or other demonstrations of athletic talent,
- Props are allowed, but must be approved by the Head Judge at the Check-in
- Judges will be looking for style, personality, athletic coordination and overall performance
- Competitors should give special attention to their apparel, as it too will be judged

### PREJUDGING SCORING

- Judges will place each competitor beginning with first place and continuing on until all competitors are placed
- Scores are handed in to the head judge after each routine
- If there is only one height class, the Evening Finals performances do not affect the placing
- If there are two height classes, the Evening Finals fitness routines of the two height class winners will be judged
- The fitness round is worth 100% of the score

### SCORING OF OVERALL WINNER

- In the event that the contest is one that includes two height classes, the judges will have to choose an overall winner
- Prior to the evening finals the judges will be informed as to which competitor won each class. The judges will be directed to pay particular attention to the fitness routines of the two class winners

## **EVENING PERFORMANCE**

- The competitors will perform their routine at the finals
- When the contest includes two height classes, the judges will be informed prior to the evening finals as to whom the class winners are. The judges will assess the fitness routines of the two class winners and use that to decide the overall winner

## **MUSIC**

- Music for the Fitness Round will be collected at the Prejudging Check-in
- The music must be on CD and must be the only music on the CD 2-minute max.
- Vulgar music is not permitted

# **NPC FIGURE COMPETITOR RULES**

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
- All athletes will do quarter turns as directed by the head judge.
- Figure will not have a routine round.
- Competitors must wear high heels.
- Competitors may wear jewelry
- Take a look at our recent NPC contest galleries for examples of approved swimsuits and styles.

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full general assessment
- Healthy appearance
- Make-up
- Skin tone

## **NPC BIKINI DIVISION**

- . TWO PIECE BIKINI - NOT FITNESS & FIGURE SUITS
- . NO THONGS
- . COMPETITORS MUST WEAR HIGH HEELS
- . COMPETITORS MAY WEAR JEWELRY
- . EACH COMPETITOR MUST BE A MEMBER OF THE NPC

## **COMPETITION JUDGING:**

### **NEW BIKINI POSING: AS PER THE NATIONAL OFFICE**

Bikini poses - Walk to the center of the stage, stop and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed then proceed to the side of the stage. No lewd acts are permitted. The judges can advise the athletes at the meeting if their legs are too far apart or if they bend over too far, they will be scored down.

## Comparison Round: Two-Piece swimsuit

Competitors will be judged wearing a two-piece swim suit and heels.

The competitors will be brought out in a group and directed to do a full front and rear stance.

Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)

Judges will be scoring competitors on the following items:

- Balance and shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

**THIS IS BIKINI; NOT FIGURE. IF YOU LOOK LIKE YOU WOULD DO WELL IN FIGURE, THEN STICK TO FIGURE. NO DEFINITION IN ANY MUSCLE GROUPS & MINIMAL MUSCLE MASS.**

## MANDATORY CHECK-IN TIME:

**Any time between 5pm – 7pm Thursday, April 19th**

**Location: Fitness One Gym 802 E Union Hills Drive. (N.E. corner of 7st & Union Hills)**

**PREJUDGING: Friday, April 20th @ 7:00 PM**

**FINALS: Saturday, Saturday April 21st @ 6:00 PM**

### **LOCATION:**

Mesa Arts Center

1 East Main Street, Mesa, Arizona 85201

### **ELIGIBILITY:**

This competition is open to all NPC registered athletes residing in the USA who meet the following requirements:

1) NPC unregistered athletes will purchase cards for **\$125.00** at the **THURSDAY** night Check-ins. The NPC card is valid through the calendar year. **We will have the NPC cards for you at the THURSDAY night check in. Buy them at that time, if you don't purchase the card online**

**NOTE:** Competitors entered in more than one division will perform their routine only in one division. **If a competitor crosses over from Bodybuilding into Classic Physique, he will perform his routine 1 time in Bodybuilding and 1 time in Classic Physique**

**NOTE:** There will be a **mandatory meeting** of all athletes in the auditorium at **5:30pm for Friday prejudging & 4:30pm for the Saturday finals**. Please be seated in the auditorium at the above times. Failure to attend the meetings or tardiness may be grounds for disqualification by the NPC chairman.

**ABSOLUTELY NO ALCOHOLIC BEVERAGES** of any kind will be allowed backstage. Any contestant found violating the above rules will be immediately disqualified.

**ENTRY FEE: \$ 110.00** If doing more than 1 division (**Add an additional \$60.00 for each division**)

Entry forms mailed in *after April 13th* will be charged an additional late fee of **\$30.00**

**If entering BB & Men's Classic Physique \$110 for each class + \$60 for each division in that class**

**CASH OR MONEY ORDER ONLY Payable to: Miles Nuessle** You may also bring in your entry form at the time of Check-in's on **Thursday, April 19<sup>th</sup>**. Just **REMEMBER** there will be a late fee of \$30.00 when doing so.

**PLEASE WEAR**

**LONG SLEEVE SHIRTS**

**&**

**LONG PANTS**

**IN THE**

**AUDITORIUM**

**AT ALL TIMES!!!!**

(This is to protect the theater from the tanning and oil products)

## Miles Productions – NPC Arizona NPC Judging

I would like to explain how, under my direction as the Arizona NPC chairman and per NPC rules; the judging is done at all NPC shows in Arizona.

- Every one of our judges has to go through a 3 to 4-hour certification course offered every year in February. (To those interested this is a free course)
- Each new potential judge must test judge twice at an Arizona NPC show and must pass with an 80% or higher score.
- Each judge at every show is required to sign an Ethics Agreement.
- Personal trainers that prep their athletes for an NPC Arizona show are not allowed to participate on the judging panel. (For Very Obvious Reasons!)
- Sponsors of the show cannot judge. (Again, For Very Obvious Reasons!)
- Each judge will be introduced to all the athletes at the prejudging meeting.
- After each judge is introduced, I tell all the athletes that if there is a judge on the panel that you do not want judging your class, please let the Head Judge know, and he or she will be removed from your class. However, you must tell the Head Judge before the prejudging starts.
- The Head Judge does not judge. He or she is totally focused on all the call outs.
- The Head Judge will usually call out 7 athletes for the first comparisons. Traditionally there are usually 5. I have directed the Head Judge to do this, so the other judges have a better opportunity to compare athletes. If a judge thinks someone is possibly being over looked, he or she can ask the Head Judge to have that athlete added to the mix. This way all the judges have an opportunity to include who they believe should be included in the comparisons. This seldom ever happens, but it is a safe guard I have put in place.
- The high and low scores are thrown out.
- Judges are to have no communications, including electronic communications, with any of the Athletes, Trainers, Audience, Family Members and/or Friends, until after the final placing's have been announced and the trophies handed out.
- We encourage every athlete to talk to the judges **after** the finals. This is the best time to do this. The show is fresh in their mind!
- The judge's dress code is strictly enforced, and each judge is to act in a professional manner always. They are also encouraged to do this even outside of the show when doing any activity that may be considered NPC business.
- We have a lot of tools in the tool box to keep things honest and fair.
- Politics?? **There are NONE!!**
- I encourage everyone to take the free judging clinic including athletes and personal trainers, so they know what the judges are looking for {It surprises me how few show up. Everyone should go and ask questions and voice your opinions!!} I have always stated that the Athletes make the best judges. They know how much hard work goes into prepping for a show. I think they especially give the most attention, effort and respect that the athletes on stage deserve!!

I will leave you with this thought. I ask this at all prejudging meetings; “Have you ever sat down with a friend or loved one and agreed on all the placing's after the trophies are handed out? Please raise your hand.” To this day no one has ever raised their hand. This sport is subjective!!

Something else I always state at the meeting. “When your Mom, Dad, significant other, friends and especially, your personal trainer, tells you “You got ripped off!!” What do you think the Moms, Dads, significant others, friends, and Personal Trainers are saying about their athlete that finished behind you? Let's take a guess, shall we. “We got ripped off!!” You are laughing right now because you know it's true.

Please come to the next Judging Clinic this February and voice your suggestions, concerns and questions. This is your state. You're NPC! Please get involved.



Thank You,  
Miles Nuessle, AZ NPC Chairman - Bill Passmore & Z Zellers AZ NPC Vice Chairman

PLEASE USE YOUR  
KEYBOARD TO TYPE OUT THE ENTRY  
FORM & RELEASE AGREEMENT.

PLEASE PRINT YOUR  
COMPLETED FORMS  
&  
MAIL IN THE LAST 3 PAGES.

**Please mail in the last 3 pages of the entry form**

**This form must be attached with the entry form prior to competing**

**We will have the NPC cards at the THURSDAY check-ins. Please buy them at that time!**

**These cards are mandatory for insurance purposes. There is a \$125 Fee for a current NPC card**

Return Entry Form & Fees (\$110.00) + (\$60.00) fee for each additional division) All on time Entry Fees must be returned no later than April 13<sup>th</sup> A \$30.00 late fee is required after April 13<sup>th</sup> & up until date of check-ins on **Thursday, April 19<sup>th</sup>**. Yes, you can bring your entry on Thursday.

**If entering BB & Men's Classic Physique \$110 for each class + \$60 for each division in that class**

**\* CASH OR MONEY ORDER ONLY \***

**PAYABLE TO: MILES NUESSELE Mail to: 7250 West Fallen Leaf Lane, Peoria Arizona 85383**

Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Occupation \_\_\_\_\_ Age \_\_\_\_\_

Approximate Weight at Contest Time \_\_\_\_\_ Height \_\_\_\_\_

Email \_\_\_\_\_

**CIRCLE THE CLASSES THAT YOU PLAN TO COMPETE IN**

**Per National Office All classes can cross over into each other**

**Open Men's BB**

**Open Men's Physique**

**Open Men's Classic Physique**

**Novice Men's BB**

**Novice Men's Physique**

**Novice Men's Classic Physique**

**Men's Masters BB 40+**

**Men's Physique Masters 35+**

**Men's Classic Physique Masters 35+**

**Men's Masters BB 50+**

**Men's Physique Masters 47+**

**Men's Classic Physique Masters 47+**

**Men's Teen BB**

**Men's Teen Physique**

**Open Bikini**

**Open Figure**

**Women's Physique**

**Novice Bikini**

**Novice Figure**

**Masters Bikini 35+**

**Masters Figure 35+**

**Fitness**

**Masters Bikini 47+**

**Masters Figure 47+**

**Teen Bikini**

**Teen Figure**

This form must be attached with the entry form prior to competing

# BIO SHEET

(Mandatory)

Name: \_\_\_\_\_

Phonetic Spelling of Name: \_\_\_\_\_

City & State: \_\_\_\_\_

Age: \_\_\_\_\_

Occupation: \_\_\_\_\_

What Gym: \_\_\_\_\_

What are your hobbies: \_\_\_\_\_?

Any noteworthy information about yourself such as overcoming any adversities, dedications, or NPC placing's you have had in the past. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(30 words or less)

E-Mail Address: \_\_\_\_\_

2<sup>nd</sup> Email Address \_\_\_\_\_

Phone No. \_\_\_\_\_

PLEASE PRINT CLEARLY

In consideration of being allowed to participate in any way in the Name of the NPC Arizona Open, Desert Storm, Felicia Romero Western Regional Classic, Natural Western USA, Natural Outlaw, Thunderdome, Terminator & Megatron, promoted by NPC Miles Productions ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, Please print

Name \_\_\_\_\_), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent Paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releases"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Name of Hotel \_\_\_\_\_ ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Sign; \_\_\_\_\_ Age: \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**PARTICIPANTS SIGNATURE**

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Signed: \_\_\_\_\_ **PARTICIPANTS SIGNATURE, Age \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_**

**This form must be attached with the entry form prior to competing**