

2019 NPC NATURAL WESTERN USA



Prejudging Begins Friday, March 15th @ 7:00 PM
Finals Begin Saturday, March 16th @ 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 Natural Western USA is going to be awesome. We are so excited to see you on stage and are going all out for our amazing athletes. Mesa Center for the Arts is breathtaking. You, your friends and family will be very impressed.

Miles productions is giving you the athlete back \$50 for all cross overs in a division. We know you spend a lot of money on competing and we want to help as much as possible.

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. 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.

Every athlete will receive a free contest T-shirt or tank top.

As always, there will be a complete pump up room with plenty of weights.

We will have treats for you including 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 class will be time stamped. You will know when your class will be on stage. Please go to 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. Body Builders, Men's Classic Physique and Women's Physique will be showcased by walking down some steps in funky cool moving lights with a smoke machine going off in the back ground. While this is happening, the MC will be reading off your bio. When this is all done then you the athlete will perform your posing routine to your music. Bikini, Figure and men's Physique will perform a fun Model or Athletic walk on stage while your Bio (provided by you) is read on stage. Once that is done you will not leave the stage until the trophies are handed out. The whole class will come to what we call the "line of victory".

We have Live Streaming for both prejudging and finals available for your family and friends who are not able to attend.

Miles Nuessle NPC AZ Chairman. miles@miles151.com 602-326-3473

Dear Athletes & Fans:

The NPC Natural Outlaw will be in Tucson, AZ on March 23rd, the week after the NPC Natural Western USA in Mesa, AZ March 15th & 16th. The NPC Natural Western USA is a great show to do before the NPC Natural Outlaw on the 23rd. You will have a week to fix the little things that add up to BIG things. Water, carbining down, carbining up, suit or shorts, skin tone, hair, makeup and the biggest one, STAGE PRESENCE. For example, Giorgio Giuranella competed in the NPC Tucson show and did not make the top 5. Then the very next week at the NPC Mesa show he not only won his class, but he won the overall! Heather Butrum took second at the NPC Tucson show, and then the following week in Mesa won her class and the overall! Without that first show Giorgio and Heather would not have the knowledge and the confidence to win overall titles the following week. You worked so hard! Get two shows out of all that work.

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 to find out how to purchase a Personal Trainers Pass. Click the icon trainers pass on the home page.

How can I get meals to my exact nutritional needs prepared for me in advance for pick up or delivery?

Cx2 Training and Nutrition www.cx2trainingandnutrition.com (480) 634-0482

Where do I get supplements?

Muscle Egg (855)289-6872 www.muscleegg.com

Where do I find a great personal trainer to get me ready for a show?

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

PT By Joe (480) 593-3636

Ernie's Elite (602)499-7167

Die Hard Gym (623) 979-5275

Fitness 1 Gym (623) 376-7888

Arizona Bodybuilding Contest Prep (480) 699-5003

Lifestyle Physiques (480) 206-3802

JLOPRO (520-245-7772) JoniLynOrtiz@gmail.com

Cx2 Training and Nutrition (480) 634-0482

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

How about Competition Spray Tanning*?

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

Aglow Tanning, Hair & Make-up (480) 371-6498 www.AglowTanning.com info@aglowtanning.com

*NOTE: No Tanning allowed anywhere in the theater!!! Except the 2 spray tanning sponsors

Where do I find an awesome competition suit?

Vizioncouture.com (480) 447-4789 Awesome women's suits in all classes

How do I get good quality stage shots:

Brian Black Photographer / Premier Media Services (480) 228-9667

How do I get a high quality show video:

Brian Black Videographer / Premier Media Services (480) 228-9667

Where can I get my hair & make-up done professionally?

Aglow Tanning, Hair & Make-up (480) 371-6498

www.AglowTanning.com info@aglowtanning.com

Skin & Beauty By TJ professional stage make-up and hair (480)291-3961

www.skinbytj.com, tj@skinbytj.com

How do I find apparel designed for muscular physiques?

www.competitorsourceapparel.com

Where can I find a platform that provides updates on NPC/IFBB events?

www.competitorsource.com

Social Media: Facebook - Competitor Source, Instagram – CompetitorSource, Twitter - Competitorsourc

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

LIVE STREAMING

We are now offering live streaming. I know a lot of you moved here 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 or smart phone screen at home or wherever they are.

Please have them go on the home page of **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 of npcmilesproductions.com will be 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 11:00 AM Friday

****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.

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. |

New for Classic Physique

Well you wanted “Classic” and now you are going to get “Classic”! Starting January 1, 2019, ALL Men’s Classic Physique competitors, both IFBB Pro and NPC, will be competing in Classic Physique Posing Trunks! Competitors are required to wear the same type of cut and all Classic Physique Posing Trunks that are worn in competition must be black and no less than 4-1/2 Inches on the sides/hips. See the photo examples. Please advise all NPC promoters of the following change to the Men’s Classic Physique Shorts effective January 1, 2019.

You can purchase your Classic Physique Posing Trunks now at www.npcwear.com



1. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique
2. The use of props during the Judging or Finals is prohibited
3. The use of vulgar, profane and/or offensive language in the posing music is prohibited
4. 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.
5. 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.
6. In order to compete at a National contest in 2019, an athlete must have competed in a NPC Classic Physique event. No other qualification is required.

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 at the check-in if you did not buy it on line. 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:

- Quarter turns
- 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 (If needed)

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.

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 (Novice 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 NPCnewsonline.com email us at info@npcnewsonline.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

- Each competitor will perform a routine with a maximum time limit of 2 minutes
- Contestants must wear tennis/athletic shoes
- 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 routine 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.
- 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, March 14th

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

PREJUDGING: Friday, March 15th @ 7:00 PM

FINALS: Saturday, March 16th @ 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** 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 did not 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: \$ 120 If doing more than 1 division (**Add an additional \$70 for each division**)

THAT IS A \$50 DISCOUNT you deserve it Thank you!

Entry forms mailed in *after March 8th* will be charged an additional late fee of **\$30**

If entering 2 different classes (For Example: Bodybuilding & Classic Physique or another example Bikini & Figure) \$120 for each class + \$70 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, March 14th.** 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 mandated by the theater to protect it from tanning and oil products. Both prejudging and the finals meetings are in the auditorium. Please help us so we are welcomed back.

THERE WILL BE RANDOM
DRUG TESTING
(POLYGRAPH) AT THE
THURSDAY CHECK-INS. IF
CHOSEN, PLEASE BE
PERPARED TO STAY UP TO
45 MINUTES

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 (\$120.00) + (\$70.00) fee for each additional division) All on time Entry Fees must be returned **no later than March 8th** A \$30.00 late fee is required after March 8th & up until date of check-ins on **Thursday, March 14th**. Yes, you can bring your entry on Thursday.

If entering 2 different classes (For Example: Bodybuilding & Classic Physique or another example Bikini & Figure) \$120 for each class + \$70 for each division in that class such as Novice, Master That's a \$50 discount

*** CASH OR MONEY ORDER ONLY ***

PAYABLE TO: MILES NUESSELE Mail to: 7204 West Whispering Wind Dr, Peoria AZ 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 45+

Masters Figure 45+

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: _____

2nd Email Address _____

Phone No. _____

PLEASE PRINT CLEARLY

In consideration of being allowed to participate in any way in the Name of Event _____ (“Event”) promoted by Name of Promoter _____ (“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 (“Releasees”), 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.

If you are a competitor who has special needs of any kind, it is imperative that you make the Event Promoter aware of your need prior to the event so that they can adequately prepare for you competing at the event.

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.

X _____ Age: _____ Date Signed: ____/____/____

ATHLETE SIGNATURE

X _____

Athlete signature requiring special needs

(Please indicate if a service animal is required)

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 Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees 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.

X _____ Age: _____ Date Signed: ____/____/____

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