

2019 NPC FELICIA ROMERO CLASSIC WESTERN REGIONALS CHAMPIONSHIPS



Saturday, November 9, 2019

Prejudging 10:00 am Finals 4:00 PM

Contest Venue: Mesa Arts Center, 1 East Main St. Mesa, AZ

All Athletes will compete at the Finals!

Dear Athletes & Fans:

The NPC MEGATRON CHAMPIONSHIPS will be in Tucson, AZ on November 2nd, the week before the NPC FELICIA ROMERO CLASSIC / WESTERN REGIONALS OPEN in Mesa, AZ, November 9th. The NPC MEGATRON CHAMPIONSHIPS is a great show to do before the NPC FELICIA ROMERO CLASSIC / WESTERN REGIONALS OPEN. You will have a week to fix the little things that add up to BIG things. Water, carbing down, carbing up, suit or shorts, skin tone, hair, makeup and the biggest one, STAGE PRESENCE. For example, Giorgio Giuranella competed in the Tucson show and did not make the top 5. Then the very next week at the Mesa show he not only won his class, but he won the overall! Heather Butrum took second at the 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.

Any athlete that competes as a crossover to an additional division Miles Productions will reduce the \$120 entry fee to \$70. This is a \$50 savings to the athlete because we know you spend a lot of money on competing and we want to help as much as possible.

Athletes will receive an Official Contest T-shirt or tank top at the mandatory check-in while supplies last.

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. They will help 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 www.npcmilesproductions.com to see the schedule. This will be posted on the website by **8:00 AM Saturday morning**.

You will receive a tremendous amount of time on stage. For Bodybuilders, Men's Classic Physique and Women's Physique, the MC will read your bio, then you will perform your posing routine to your music. Competitors in the Bikini, Figure and Men's Physique Divisions will perform a fun Model or Athletic walk on stage while your Bio (provided by you) is read onstage. The Class will exit the stage and the Top 5 competitors will be onstage for the presentation of awards.

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

Miles Nuessle – Contest Promoter miles@miles151.com 602-326-3473 npcmilesproductions.com

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.muscleeegg.com

Where do I find a great personal trainer to get me ready for a show? Please call to see what trainer is near you, as they are all awesome!

Deezel Muscle Gym (480) 225 5427

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

PT By Joe (480) 593-3636

Die Hard Gym (623) 979-5275

Fitness 1 Gym (602) 626-8798

Arizona Bodybuilding Contest Prep (480) 699-5003

Cx2 Training and Nutrition (480) 634-0482

Sports Therapeutic Massage

Valley Sport Massage (602) 529 1388

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 other than the 2 Official Spray Tan Sponsors!**

How do I get quality stage shots: Brian Black Photographer/Premier Media Services 480-228-9667

How do I get a show video: Brian Black Photographer/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

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 – Competitorsource

Randy Blocker media (612) 541 5874

*There will be sponsors showing all the latest in the Fitness world.
Come 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 www.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 **8:00 AM Saturday morning**.

**** FYI!!! - NEW INFORMATION ****

BODYBUILDERS, CLASSIC AND BIKINI COMPETITORS!

You **MUST** wear your Competition Suits to Check-Ins in order to be heighted and/or weighed-in.

MUSIC - BODYBUILDERS, CLASSIC AND WOMEN PHYSIQUE COMPETITORS!

- Individual Posing Routines will be done at the Finals – maximum 70 seconds.
- The music will start when your name is announced.
- If your music does NOT start you will be immediately given the option of using **HOUSE MUSIC** or **NO MUSIC**.

HOW TO QUALIFY FOR AN NPC NATIONAL LEVEL COMPETITION:

YOU **MUST** PLACE IN THE TOP TWO IN AN OPEN CLASS.

CROSSOVERS: ALL COMPETITORS CAN NOW CROSS OVER INTO ANY DIVISION.

If a competitor crosses over from Bodybuilding into Classic Physique, he will perform his routine in BODYBUILDING and in CLASSIC PHYSIQUE.

SPORTSMANSHIP - 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. with the approval of the NPC District Chairperson.

NOVICE DIVISION - A NOVICE is a competitor that has never placed first in their class.

TRUE NOVICE - An NPC athlete that has never entered an NPC contest.

FIRST RESPONDER – Active, served or retired **Police, Fire, EMS & Military (ID/Proof at check-in)**

HOST HOTEL INFO:

Hotel Tucson City Center - 475 North Granada – 520-622-3000

Mention **MILES PRODUCTIONS** to receive the Discount Room Rate.

The Friday night Competitor Check-in is in the lobby of the Hotel Tucson City Center.

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.
- Competitors can purchase an NPC card at the Check-In or buy it online. Cost of a one-year membership is \$125.00

CLASSIC MEN PHYSIQUE

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 an Individual Posing Routine to your music - maximum 70 seconds
- Posedown (Overall title only)

Height/Maximum 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. Men’s Classic’s Physique will pose to music of their own choice at the night finals. The music must be on a CD or Thumb Drive (MP3 format preferred) and must be the only music on the CD or Thumb Drive. Music will be 70-seconds max. Music will be collected at the Prejudging Check-in.
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.
7. In order to compete at a National contest in 2019 an athlete must place in the Top 2 in an NPC National Qualifying event.

WOMENS PHYSIQUE

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. No props or high heels. The music must be on a CD or Thumb Drive (MP3 format preferred) and must be the only music on the CD or Thumb Drive. Music will be 2-minutes max.
- Music will be collected at the Prejudging Check-in.

MENS PHYSIQUE

Men Physique competitors will do HALF TURNS ONLY. Please go to www.npcnewsonline.com for examples of the Front and Back stances.

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.

FIGURE

Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No thongs are permitted. All swimsuits must be in good taste.

Competitors must wear high heels.

Competitors may wear jewelry.

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 and Skin tone.

BIKINI

Bikini Individual Presentation - 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 front and then a rear stance.

Judges will have the opportunity to compare competitors against each other in front and rear stances.

Judges will be scoring competitors on the following items:

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

WOMEN'S FITNESS

NO MORE TWO-PIECE SUIT 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
- Routines 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

- 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
- 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 or Thumb Drive (MP3 format preferred) and must be the only music on the CD or Thumb Drive. Music will be 2-minutes max.
- Vulgar music is not permitted

BODYBUILDING

POSING SUITS

- 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 but may include a printed design with fringes, lace, and sparkle or fluorescent that is in good taste. *All Competition suits will be checked at the Competitor 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 or Thumb Drive (MP3 format preferred) and must be the only music on the CD or Thumb Drive. Music will be 70-seconds max.
- Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified. The use of vulgar, profane and/or offensive language in the posing music is prohibited.

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 Left side of the suit bottoms.
- Bikini competitors can wear numbers on Either side (dominant side).

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.

YOU ARE PAINTED!!!
PLEASE WEAR LONG SLEEVE SHIRTS AND
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 that we are welcomed back.

2019 NPC FELICIA ROMERO CLASSIC WESTERN REGIONAL CHAMPIONSHIPS

MANDATORY CHECK-IN: Friday, **NOVEMBER 8th**, 6:00pm – 8:00pm

Location: FITNESS ONE GYM – 802 E Union Hills Drive – Phoenix, AZ 85024

CONTEST VENUE - ALL Meetings and Competition take place at the Mesa Arts Center - 1 East Main Street, Mesa, Arizona 85201

SATURDAY, NOVEMBER 9th – NO WEIGH-INS/CHECK-INS ON SATURDAY, NOVEMBER 9th

8:30 am – MANDATORY COMPETITOR MEETING

10:00 am – PREJUDGING BEGINS

2:30 pm – MANDATORY COMPETITOR MEETING

4:00 pm – FINALS BEGIN FOR ALL DIVISIONS

COMPETITION DIVISIONS:

BB Men Open – 7 Classes, 5 places and 1 Overall. (Up to 143 ¼, over 143 ¼ to 154 ¼, over 154 ¼ to 165 ¼, over 165 ¼ to 176 ¼, over 176 ¼ to 198 ¼, over 198 ¼ to 225 ¼, over 225 ¼)

BB Men Teen/Over 35/Over 40/Over 50/Over 60/First Responders – Each Division has 1 Class, 5 places

BB Men Novice/True Novice – Each Division may have 1 Class, 5 places

Figure Open – 3 classes, 5 places and 1 Overall (Up to 5'4", over 5'4" up to 5'6", over 5'6")

Figure Teen/Over 35/Over 40/Over 45/Novice/True Novice/First Responders – Each Division may have only 1 Class, 5 places

Bikini Open – 3 classes, 5 places, 1 overall (Up to 5'4", to 5'6", over 5'6")

Bikini Teen/Over 35/Over 40/Over 45/Novice/True Novice/First Responders – Each Division may have only 1 Class, 5 places

Men Physique Open – 3 classes, 5 places and 1 overall (Up to 5'8", up to 5'10", over 5'10")

Men Physique Teen/Over 35/Over 40/Over 50/Novice/True Novice/First Responders – Each Division may have only 1 Class, 5 places

Fitness Open – 1 Class, 5 places

Women Physique Open – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

Women Physique Over 35/Over 40/Over 45/First Responders – 1 Class, 5 places

Men Classic Open – 3 classes, 5 places and 1 overall (Up to 5'7", up to 5'10", over 5'10")

Men Classic Teen/Over 35/Over 40/Over 50/Novice/True Novice/First Responders – Each Division may have only 1 Class, 5 places

BODYBUILDING, WOMEN'S PHYSIQUE AND CLASSIC PHYSIQUE INDIVIDUAL ROUTINES

PREJUDGING – There will NOT be any Posing Routines at the Prejudging.

CROSSOVERS – Competitors who compete in Classic AND Bodybuilding will do 2 Posing Routines at the Finals.

FINALS – ALL Bodybuilding/Women's Physique/Classic Physique competitors will perform their Individual Routines at the Finals.

MUSIC – Bodybuilding/Women's Physique/Classic Physique music will be collected at the Saturday Morning Meeting – 70 seconds max.

NATIONAL QUALIFIER – The following placings become Nationally Qualified through all of 2020: **Top 2 placings in an OPEN CLASS.**

NOVICE DIVISION – Competitors who never won their Class.

TRUE NOVICE - An NPC athlete that has never entered an NPC contest.

FIRST RESPONDER – Active, served or retired **Police, Fire, EMS & Military (ID/Proof at check-in)**

HOST HOTEL – Unfortunately this is an extremely busy time of year for the Valley so we could not get a host hotel. Please try these 3 hotels as they are close by:

Marriott Phoenix Mesa Sheraton at Wrigley Ville Hilton Phoenix.

Please reserve your rooms ASAP as they are selling out fast. In your search put in **“Hotels near the Mesa Arts Center, 1 East Main St”** and this will bring up a map with all the hotels nearby.

ENTRY FEE – A fee of \$120.00 will be charged for each Division. Crossover Fee to an additional Class is \$70

Late Fee - \$30 for Entry postmarked after November 1, 2019 or if Entry is turned in at Check-Ins.

NO ALCOHOLIC BEVERAGES ARE PERMITTED IN THE VENUE - This is grounds for disqualification!

Please print out and mail in these forms:

ENTRY FORM, EMCEE BIO SHEET and RELEASE AGREEMENT



Return the Entry Form & Entry Fee \$120.00. Crossover fee \$70.00 for each additional division.

Entry Fees must be postmarked by November 1st. A \$30 late fee is required for any Entry postmarked after November 1st.

You can register at the Competitor Check-In on Friday, November 8th.

The music for Fitness, Bodybuilding, Women's Physique and Men's Classic Physique must be on a CD or Thumb Drive (MP3 format preferred) and must be the only music on the CD or Thumb Drive. Music will be collected at the Prejudging Check-in.

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, Masters. That's a \$50 discount!

CASH OR MONEY ORDER ONLY - PAYABLE TO: MILES NUESSELE

Mail to: 7250 West Fallen Leaf Lane, Peoria AZ 85383

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Occupation _____ Age _____

Approximate Weight at Contest _____ Height _____

DO YOU WISH TO RECEIVE EMAILS FROM US?

Enter email below if you wish to receive emails from npc miles productions.com and his trusted partners about events and bodybuilding contest offers.

Email _____

MEASURED HEIGHT ___ ft ___ in. WEIGHT _____ lbs.

CIRCLE THE CLASSES THAT YOU PLAN TO COMPETE IN.

Crossovers are permitted

BB Men: Teen ___ True Novice ___ First Responders ___ Masters: Over 60 ___ Over 50 ___ Over 40 ___ Over 35 ___ Novice ___ Open ___

Physique Men: Teen ___ True Novice ___ First Responders ___ Masters: Over 50 ___ Over 40 ___ Over 35 ___ Novice ___ Open ___

Classic Physique Men: Teen ___ True Novice ___ First Responders ___ Masters: Over 50 ___ Over 40 ___ Over 35 ___ Novice ___ Open ___

Physique Women: First Responders ___ Masters: Over 45 ___ Over 40 ___ Over 35 ___ Open ___

Fitness: Open ___

Figure: Teen ___ True Novice ___ First Responders ___ Novice ___ Masters: Over 45 ___ Over 40 ___ Over 35 ___ Novice ___ Open ___

Bikini: Teen ___ True Novice ___ First Responders ___ Masters: Over 45 ___ Over 40 ___ Over 35 ___ Novice ___ Open ___

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

EMCEE 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)

DO YOU WISH TO RECEIVE EMAILS FROM US?

Enter email below if you wish to receive emails from npcmilesproductions.com

Email _____

Phone No. _____

RELEASE AGREEMENT

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