

2022 NPC NATURAL WESTERN USA



www.npcmilesproductions.com

Saturday, March 5th, 2022

Check-ins Friday March 4th

Show up anytime between 6: 00pm & 8:00pm

Prejudging 10:00 am Finals 4:00 PM

Venue: Liberty Performance Center
9621 W Speckled Gecko Dr, Peoria, AZ 85383

All Athletes will compete at the Finals!

[FACEBOOK LINK](#)

[INSTAGRAM LINK](#)

[TWITTER LINK](#)

[YOUTUBE CHANNEL LINK](#)

Dear Athletes & Fans:

The NPC Natural Outlaw CHAMPIONSHIPS will be in Tucson AZ March 19th. The NPC Natural Western USA is two weeks earlier is on March 5th in Peoria AZ. The NPC Natural Western USA is a great show to do before the NPC Outlaw. You will have two weeks 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 (that year the Tucson show was first) 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 in her class at the Tucson show, (once again that year the Tucson show was first) 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.

The NPC Natural Outlaw Championships is going to be awesome. We are so excited to see you on stage and are going all out for our amazing athletes.

Hotel Reservations **Please [click here](#)**

Host hotel: info Coming soon

Thank you for competing with Miles Productions. Please let me know what else we can do to bring you the best competitions possible. Let us build this together, Miles 602 326 3473

PLEASE READ THE ENTRY FEES CAREFULLY

The ENTRY FEE is \$130 for the first class you enter, then we save you money and give you a discounted cost of \$100 for each additional class in that division. You can enter as many classes as you wish in that division, but for each additional class there is an additional \$100 fee. For example, if you choose the Bikini Open class, that is \$130. If you add the True Novice class, it is an additional \$100 - for a total of \$230. If you add a third class, such as Master 35+, there is another additional \$100 - for a total of \$330. If you add a fourth class, such as 1st Responder, there is another additional \$100 - for a total of \$430, and so on and so on. If you choose two different divisions, for example Bikini and Figure or Bodybuilding and Classic Physique, it will be \$130 for the first class you enter in each division - total of \$260, and an additional \$100 for each additional class in each division.

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 bands. We will also provide treats for you, including but not limited to pop tarts, fruit, cookies, candies, granola bars, Gatorade, water, etc.

The entire show will be run on a posted schedule. The approximate time for each class will be posted, so you will know when your class is scheduled to 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 Fitness competitors, Bodybuilders, Men's Classic Physique and Women's Physique, the MC will read your Bio (provided by you), then you will perform your fitness or 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 the MC reads your Bio. The Class will exit the stage and the Top 5 competitors will be onstage for the presentation of awards. Top 5 in each class receive Custom medallions. Overall winners receive large Neil Andersen trophies.

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.

Miles Nuessle – Contest Promoter miles@miles151.com [602-326-3473](tel:602-326-3473) npcmilesproductions.com

LIVE STREAMING

We are now offering live streaming. I know a lot of you either moved here from a different state or are here competing from a different state. That can make it exceedingly 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 at **www.npcmilesproductions.com** where they will find a link and directions on how to live stream and watch the show. Yes, they can live stream both the Prejudging and the Finals.

The Schedule of Events will be listed on the home page at **www.npcmilesproductions.com**. This includes estimated times (+/- 15-mins.) for each class that will appear on stage, so your family will not miss your performance. The Schedule of Events will be posted by **8:00 AM, Saturday morning**.

2022 NPC NATURAL WESTERN USA

MANDATORY CHECK-IN: Friday, March 4th, Anytime between 6:00pm – 8:00pm

LOCATION: Liberty Performance Center *9621 W Speckled Gecko Dr, Peoria, AZ 85383*

SATURDAY, March 5th

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

**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.

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 backstage 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.

Where do I get supplements?

Muscle Egg, www.muscleeegg.com, (855)289-6872

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!

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

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

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

There will be sponsors showing all the latest in the Fitness world.

Come out and have a great time!!

THE TRIPLE CROWN AWARD

To win the triple crown award you must place first in any division at 3 different Miles Production events. There are five Miles Production events in 2022 – the NPC Natural Western USA, the NPC Natural Outlaw, the NPC AZ Open, the NPC Terminator and the NPC Megatron. If you receive more than 1 first place at one of the 5 shows (For example you take first in open and Novice at the same show you still need to place first in two other shows.

Winners of the Triple Crown will be introduced at the NPC Megatron in November. We will invite you to come up on stage at the evening finals. The MC will read your bio that you provide talking about your journey to winning the Triple Crown at 3 different NPC Miles Productions events. On stage we will present you with an awesome full-size sword with your name and the shows you placed first in engraved on a personal plate.

Please let me know ASAP when you qualify for the award. If you are using the NPC Megatron as your third chance to win the Triple Crown, please let me know at least 2 weeks out.

Good luck and have fun,
Miles

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

BODYBUILDERS, MEN'S CLASSIC PHYSIQUE AND BIKINI COMPETITORS!

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

MUSIC – FITNESS, BODYBUILDERS, MEN'S CLASSIC PHYSIQUE AND WOMEN'S PHYSIQUE COMPETITORS:

- Individual Posing Routines will be done at Saturday night Finals – maximum 70 seconds (Fitness – max. 2-mins.).
- Music can be downloaded in the online registration. If you are entering late bring your entry form, Bio and release form with you to the Friday night Check-in. Also, if you did not download your music in the online registration music will be collected at the Friday night Check-in. Music must be on a Thumb Drive (MP3 format preferred) and must be the only music on the Thumb Drive. Vulgar music is not permitted.
- 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 Men Physique, he will perform his routine in BODYBUILDING and in MEN'S CLASSIC PHYSIQUE.

SPORTSMANSHIP: Poor sportsmanship will be grounds for immediate disqualification.

AWARDS:

- No money prizes may 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 an NPC class.

TRUE NOVICE: A 1st time NPC athlete that has never entered an NPC contest.

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

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 NPC event in which they are competing.
- Competitors can purchase an NPC card at the Friday night Check-In or buy it [ONLINE](#). Cost of a one-year membership is \$135.00

WOMEN'S WELLNESS

What is the Wellness Division?

This division is for females with athletic physique's that showcase more body mass in the hips, glutes, and thigh areas. The upper body is developed but not to the same degree as the lower body.

Posing and Presentation

- **Front:** Competitors will face the front with one hand on the hip, one arm straight down and one leg slightly extended. We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards.
- **Quarter turn Right:** Competitors will turn slightly facing the judges with the right hand on the hip and the left arm straight down, and right leg bent at the knee. More like a twisting side pose that Bikini competitors perform. We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards.
- **Quarter turn Rear:** Competitors will face the rear with lower back arched, with the glutes pushed back. We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards.
- **Quarter turn Left:** Competitors will turn slightly facing the judges with the left hand on the hip, right arm relaxed, and the left leg bent at knee. We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards.
- **Model Walk:** As it is currently performed in the Bikini Division. Listen to the instructions from the Head Judge.

* As with All Other Divisions, No Lewd Acts Are Permitted and will result in automatic disqualification. *

* We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards as seen below. *

MORE FREQUENTLY ASKED QUESTIONS:

Level of conditioning?

We are looking for conditioning almost on par with Bikini athletes, but the athletes will have slightly more muscle. We want to see a little body fat with slight separation but no striations.

Abs defined like Figure or less defined like Bikini?

As it currently is in Bikini.

Shoulders? Rounded & Capped like Figure and Women's Physique or less pronounced like Bikini?

Slightly more developed than Bikini and a little less than Figure, but not as lean and with no striations. Not like Women's Physique.

How much definition for quads?

The quads should display an athletic appearance with slight separation but no striations. Not as lean and defined as Figure and Women's Physique.

Glute Development?

Full round glutes with a slight separation between the hamstring and glute area but no striations, as is in place for the Bikini Division. Glutes will be bigger than current Bikini competitors. They will not be as lean and defined as Figure and Women's Physique.

Rules & Restrictions on suits?

NPC, NPC Worldwide & IFBB Professional League Wellness Competition Suits have the same rules that are currently in place for all our other divisions. Suits can be customized with "bling". Competitors will compete in a two-piece suit. Unlike a Figure, Fitness or Women's Physique competition suit, the top is not connected to the suit bottom.

The suit top is the same standard that is currently in place for the Bikini division.

The suit bottom must be V-shaped in the front and is traditionally all material with no connectors and sits high up on the hips. The cut of the suit back is the same standard that is currently in place for the Bikini division. No Thongs and No T-back suits allowed.

*You also have the Option to wear a Competition Bikini style bottom that has connectors. You will not be scored any differently if you choose to compete in this suit bottom.

All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard.

**Note: The NPC, NPC Worldwide and IFBB Professional League Have Not Authorized or Granted the license, authority or exclusivity to any competition suit company or designer to be their Official Suit Maker and to advertise their suits as an Official Cut or Approved Cut. There has never been an Official or Approved "Pro Cut Bikini" for Any Division! That term was erroneously created by suit makers.*

Rules & Restrictions on shoes and heels?

Shoes and heels same rules that are currently in place for the Bikini division.

Rules & Restrictions on jewelry?

Jewelry same rules that are currently in place for the Bikini and Figure divisions.

Rules & Restrictions on posing oil or not?

No Posing Oil but can be "glazed" as is currently done for the Bikini and Figure divisions.

MEN'S CLASSIC PHYSIQUE

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

Posing Music

Men's Classic Bodybuilding will pose to music of their own choice at the Saturday night finals. Music can be downloaded in the online registration. If you did not download your music in the online registration music will be collected at the Friday night Check-in. Music must be on a Thumb Drive (MP3 format preferred) and must be the only music on the 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.

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")

Final Posing

- ALL competitors will perform an Individual Posing Routine to your music - maximum 70 seconds.
- Pose down (Overall title only)

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

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.

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 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 Saturday morning 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 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 in the Classic Physique 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 and beyond an athlete must place in the Top 2 in an NPC National Qualifying event.

WOMEN'S 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 feet, do some sort 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).

Music

Women's Physique will pose to music of their own choice at the Saturday night finals. No props or high heels. Music can be downloaded in the online registration. If you did not download your music in the online registration music will be collected at the Friday night Check-in. Music must be on a Thumb Drive (MP3 format preferred) and must be the only music on the Thumb Drive. Music will be 70-seconds max. Vulgar music is not permitted.

MEN'S 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 swimsuit 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 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 Saturday morning 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 Overall Winner

- If 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

Fitness will perform their routine to music of their own choice at the Saturday morning Prejudging and Night finals. Music can be downloaded in the online registration. If you did not download your music in the online registration music will be collected at the Friday night Check-in. Music must be on a Thumb Drive (MP3 format preferred) and must be the only music on the 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

Men's Bodybuilding will pose to music of their own choice at the Saturday night finals. Music can be downloaded in the online registration. If you did not download your music in the online registration music will be collected at the Friday night Check-in. Music must be on a Thumb Drive (MP3 format preferred) and must be the only music on the 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).

ALL COMPETITORS HEALTH

- Any competitor, who appears to be disoriented, lightheaded, 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.

2022 NPC NATURAL WESTERN USA

MANDATORY CHECK-IN: Friday, March 4th, Anytime between 6:00pm – 8:00pm

LOCATION: Liberty Performance Center 9621 W Speckled Gecko Dr, Peoria, AZ 85383

CONTEST VENUE - ALL Meetings for prejudging and finals take place at the Liberty Performance Center 9621 W Speckled Gecko Dr, Peoria, AZ 85383

SATURDAY, MARCH 5th

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:

Men's BB Open – 6 Classes, 5 places and 1 Overall. (Up to 143 ¼, over 143 ¼ to 154 ¼, over 154 ¼ to 176 ¼, over 176 ¼ to 198 ¼, over 198 ¼ to 225 ¼, over 225 ¼)

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

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

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

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

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

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

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

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

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

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

Women's Fitness Open – 1 Class, 5 places

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

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

Women's Wellness: Open/ Novice/True Novice/ Over 45/Over 40/Over 35/ First Responders – 1 Class. 5 places

BODYBUILDING, WOMEN'S PHYSIQUE AND MEN'S 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/Men's Classic Physique competitors will perform their Individual Routines at the Finals.
- **MUSIC** – Bodybuilding/Women's Physique/Men's 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 2022: **Top 2 placings in an OPEN CLASS.**

NOVICE DIVISION – A NOVICE is a competitor that has never placed first in an NPC class.

TRUE NOVICE - A 1st time NPC athlete that has never entered an NPC contest.

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

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

Hotel reservations: Information coming soon

OFFICIAL ENTRY FORMS

Please click [here to register](#). Online registration closes March 1st After March 1st, please download a hard copy of the Last 3 pages of the entry form below. (Use your keyboard to fill it out.) Bring the entry form, Bio, and release form with you to the check-ins on Friday. A \$30 late fee is required. Please bring cash or money order only.

The ENTRY FEE is \$130 for the first class you enter, then we save you money and give you a discounted cost of \$100 for each additional class in that division. **CASH OR MONEY ORDER ONLY – Payable to Miles Nuessle.** You can enter as many classes as you wish in a division, but for each additional class there is an additional \$100. For example, if you choose Bikini open division that is \$130. If you add the True Novice class, it is an additional \$100 - for a total of \$230. If you add a third class, such as Master 35+ there is another additional \$100 - for a total of \$330, and so-on and so-on. If you choose two different divisions, for example Bikini and Figure or Bodybuilding and Men's Classic Physique it will be \$130 for each division - total \$260, and an additional \$100 for each additional class in a division

Hotel reservations information coming soon

Name _____ Phone _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Occupation _____ Approx. Weight at Contest _____ Height _____

Enter email below if you wish to receive emails from npcmlsproductions.com about events and bodybuilding contest offers.
 Email _____

INFO USED ONLY FOR MEASUREMENTS TAKEN AT FRIDAY NIGHT CHECK IN....	MEASURED HEIGHT ____ ft ____ in.	WEIGHT ____ lbs.
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CHECK THE CLASSES THAT YOU PLAN TO COMPETE IN:

Crossovers are permitted.

Bodybuilder Men:	Teen <input type="checkbox"/>	Over 50 <input type="checkbox"/>	Open <input type="checkbox"/>	True Novice <input type="checkbox"/>	Over 40 <input type="checkbox"/>	First Responders <input type="checkbox"/>	Over 35 <input type="checkbox"/>	Masters: Over 60 <input type="checkbox"/>	Novice <input type="checkbox"/>
Physique Men:	Teen <input type="checkbox"/>	Over 40 <input type="checkbox"/>		True Novice <input type="checkbox"/>	Over 35 <input type="checkbox"/>	First Responders <input type="checkbox"/>	Novice <input type="checkbox"/>	Masters: Over 50 <input type="checkbox"/>	Open <input type="checkbox"/>
Classic Physique Men:	Teen <input type="checkbox"/>	Over 40 <input type="checkbox"/>		True Novice <input type="checkbox"/>	Over 35 <input type="checkbox"/>	First Responders <input type="checkbox"/>	Novice <input type="checkbox"/>	Masters: Over 50 <input type="checkbox"/>	Open <input type="checkbox"/>
Fitness Women:	Open <input type="checkbox"/>								
Physique Women:	First Responders <input type="checkbox"/>	Open <input type="checkbox"/>		Masters: Over 45 <input type="checkbox"/>	Over 40 <input type="checkbox"/>	Over 35 <input type="checkbox"/>			
Figure Women:	Teen <input type="checkbox"/>	Masters: Over 45 <input type="checkbox"/>		True Novice <input type="checkbox"/>	Over 40 <input type="checkbox"/>	First Responders <input type="checkbox"/>	Over 35 <input type="checkbox"/>	Novice <input type="checkbox"/>	Open <input type="checkbox"/>
Bikini Women:	Teen <input type="checkbox"/>	Masters: Over 45 <input type="checkbox"/>		True Novice <input type="checkbox"/>	Over 40 <input type="checkbox"/>	First Responders <input type="checkbox"/>	Over 35 <input type="checkbox"/>	Novice <input type="checkbox"/>	Open <input type="checkbox"/>
Wellness Women:	First Responders <input type="checkbox"/>	Over 35 <input type="checkbox"/>	Novice <input type="checkbox"/>	Masters: Over 45 <input type="checkbox"/>	Open <input type="checkbox"/>	True Novice <input type="checkbox"/>	Over 40 <input type="checkbox"/>		

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? _____

30 Words or Less

Any noteworthy information about yourself such as overcoming any adversities, dedications, or NPC placing's

you have had in the past.

Do you wish to receive emails from us (if so, please enter your email)

Email _____

Phone No. _____

RELEASE AGREEMENT/mandatory

In consideration of being allowed to participate in any way in the **2021 NPC NATURAL WESTERN USA** ("Event") 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 ("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 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