

The 2010 NPC Northern Classic Bodybuilding, Fitness, Figure & Bikini Championships



Sanction

Saturday, August 7, 2010

The McGavik Student Event & Conference Center
Clover Park Technical College - 4650 Steilacoom Blvd SE *
Lakewood, WA 98499

Pre-Judging at 10:00 am * Evening Show at 6pm

Qualifications: Entrants must be NPC-registered athletes. *NPC cards may be purchased at weigh-in (\$90)*. Masters Men must be at least 40, 50 or 60 years of age by August 7, 2010. Masters Women must be at least 35 years of age by August 7, 2010. Junior Men must be 20 years of age or under on August 7, 2010. Proof of age (i.e. Drivers License, Birth Certificate) must accompany all Masters and Junior Men entries.

National Qualifier: The NPC Northern Classic Bodybuilding, Fitness, Figure & Bikini Championships is a National Qualifier. The top three (3) men and women in each open BODYBUILDING class qualify for the JUNIOR USA and TEEN & MASTERS NATIONALS; Top two (2) men and top three (3) women qualify for The NATIONALS, U.S.A. CHAMPIONSHIPS, JUNIOR NATIONALS, and NORTH AMERICANS. FITNESS: The top five (5) qualify for the JUNIOR USA CHAMPIONSHIPS, and the top three (3) qualify for all other national level competitions. FIGURE: The top five (5) are eligible for the JUNIOR USA; TEEN, COLLEGIATE, & MASTERS NATIONALS and TEAM UNIVERSE CHAMPIONSHIPS and the top three (3) are eligible for the JUNIOR NATIONALS, USA and NATIONAL FIGURE CHAMPIONSHIPS. BIKINI: The top five (5) in each height class qualify for all national level shows. Eligibility is good for one (1) year.

Entry Fees: \$60.00 for all divisions. Divisions include: Open Men, Open Women, Novice Men, Novice Women, Masters Men, Masters Women, Junior Men's, Fitness, Jr Fitness, Figure (3 classes), Masters Figure, Bikini (3 classes), and Masters (Over 35) Bikini. **Competitors may enter only one division & one class - No Cross-over's will be allowed. The only exception will be a Fitness Competitor may enter a Figure Division and a Figure Competitor may enter a Fitness Division. If entering both Fitness and Figure, separate entry fees apply.** Cashiers check or money order preferred, payable to Elite Productions, LLC 8202 North 9th St., Tacoma, WA 98406. Entry fees are non-refundable.

Entry Deadline: Entries must be received by **July 31, 2010. Late entries \$75.00.** There will be no exceptions.

Awards: Swords or trophies will be presented to the 1st through 5th place winners in each class. Barbarian Swords are awarded to Overall Men's, Women's and Master's Champions.

Guidelines: Bodybuilding: All competitors will follow NPC rules, guidelines and mandatory poses (www.npcnewsonline.com). **Mandatory poses for men and women for 2010 are:** Front double biceps, front lat spread, side chest (your favorite side), rear double biceps, rear lat spread, side tricep (your favorite side) and abdominal/thigh (hands behind your head with one leg extended forward). Moon poses are not allowed. Competitors may wear multi-colored suits and jewelry at the evening performance (Fitness & Figure see guidelines below).

Music: CDs only, MUST be BLANK except for the one piece of music being used & must be free from distortion with a maximum length of sixty seconds. Mark with competitor's name and competition entered. **Absolutely no profanity** is allowed and competitors with profanity-laced music will be subject to disqualification. Elite Productions, LLC reserves the right to refuse CDs not meeting these standards. Figure competitors will use house music. Fitness competitors have a maximum time limit of two minutes. **CDs must be turned in at WEIGH-IN!**

****Check-in/Weigh-in:** Check in Friday August 6th at The Shilo Inn, (Host Hotel) from 6pm to 9pm. Located at 7414 South Hosmer, Tacoma, WA 98408; Phone # 253-475-4020. Competitors will weigh in, be assigned numbers & check in music at this time. Competitors Meeting will be held at 9:30 AM on Saturday August 7, 2010.

Late Check-in is Saturday August 7, 2010 at 8:00 am. Late check-in on Saturday will be held at The McGavik Student Event & Conference Center.

PRE-JUDGING will begin at 10:00 AM; **Night Show Check in** at 5:00 PM (All competitors must check in no later than this time); **Night Show** will begin at 6:00 PM.

Score Sheets: Copies of competitor's score sheets will be made available after their respective classes are completed. Fitness and Figure score sheets will be available backstage.

Guest Posers: Paula Williams-Gulman, NPC Fitness National Fitness Competitor;

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Fitness and Figure Information

Junior Fitness Competitors: Chaperones are required backstage for all Junior Fitness competitors. Competitors will have one round of judging consisting of a Routine Round. Competitors may be up to 18 years old.

Routine Description: Each athlete will perform a routine to a maximum of 2 minutes to music. Routines should be energetic and entertaining and include a display of dance, strength, flexibility, and high energy. Examples of strength moves include variations of pushups, straddle and pike holds and handstands. Examples of flexibility moves are side splits, center splits, high kicks and gymnastic skills.

Fitness Competitors: Will have two rounds of judging, consisting of a Fitness Routine Round (50%), and a Two- Piece Swimsuit Round (50%). Awards will be received in the Two-Piece Swimsuit.

Round 1 - Fitness Round: Each fitness athlete will perform a routine to music, with a maximum time limit of two minutes. Judges will be looking for style, personality, athletic ability, strength, flexibility and overall performance. Contestants should give special attention to apparel because that too may be judged. Routines may include aerobic, dance, gymnastics or other demonstrations of athletic talent. Props are permitted but anything that cannot be carried by the competitor must be approved in advance.

Round 2 - Two-Piece Swimsuit Round: Fitness and Figure: Contestants will be brought out in one or more lines for quarter turns. The judges will be scoring symmetry, conditioning and overall appearance including skin tone, hair/makeup, poise and overall presentation. The judges will move competitor's positions in the line-up to make comparisons between various competitors and repeat quarter turns.

Figure Competitors: Will have one round of judging consisting of a Two-Piece Swimsuit Round, Fitness and Figure competitors must wear high heels in the two-piece swimsuit rounds. Swimsuits must be in good taste and thongs and T-back suits are not allowed.

Bikini Competitors: Will have one round of judging consisting of a Two-Piece Swimsuit Round. Bikini Competitors must wear heels. Swimsuits must be in good taste and thongs suits are not allowed.

IMPORTANT

For Figure and Fitness competitors, the judges will be looking for the athleticism of the physique. This is not a bodybuilding competition. Separation and striations will not be awarded. The muscle tone should appear firm and round with a small amount of body fat over the muscle. The Fitness and Figure competitions provide alternative contents for the athletic women who train but do not wish to gain as much muscle size, vascularity or "cuts" required for bodybuilding competitions. Bikini competitors should be less muscular than Figure/Fitness competitors, but should still show good athletic condition without being too lean.

<p>Contest Hotel: The Shilo Inn Suites Hotels – Tacoma 253-475-4020 <i>Group Rate of \$95.00</i> Limited Rooms Available at Special Price Call (253) 475-4020 and mention the 2010 NPC Northern Classic to receive the group rate. Must call prior to August 1, 2010</p>	<p>National Qualifier</p>	<p> Mail Completed entry form, Entry fee (cashiers check or money order) Elite Productions, LLC c/o Chris Algeo 8202 North 9th St., Tacoma, WA, 98406 (253) 565-1951 Email: eliteproductions04@hotmail.com</p>
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The 2010 NPC Northern Classic
BODYBUILDING FITNESS & FIGURE CHAMPIONSHIPS

"Please print or type legibly" use space available below for MC, information attached will not be used.

Name: _____ Age: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Occupation: _____

Titles, Interest and Hobbies: _____

E-mail Address: _____

Gym Name/Address: _____

Team Representing: _____ Sponsors: _____

Special Thanks: _____

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the National Physique Committee (NPC) of the USA Inc., The Shilo Inn, The McGavik Student Event & Conference Center, Elite Productions, their agents and representatives, for any and all injuries suffered in connection with the contest and in traveling to and from it. By signing this form, I affirm that I meet all eligibility requirements for the contest which I am making application to enter. Further, I agree to hold harmless and waive and release all photo rights for media (TV, magazines and newspapers) for the purpose of promoting body building and fitness through the sale of video tapes and photos and any network, cable or local TV airing. I also understand that in the interest of time, it may dictate that only the top five in each class will perform their routines at the evening show.

The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the "Host Hotel" including all rules and 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 "Host 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 "Host 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.

Contestant's Signature: _____ Guardian's Signature (if under 18): _____

"Please check competition entered"

MEN'S BODYBUILDING OPEN DIVISION & CLASSES

- Open Light Wt (Over 143 ¼ lbs - up to & incl 154 ¼ lbs)
- Open Middle Wt (Over 154 ¼ up to & incl 176 ¼ lbs)
- Open Light Hvy Wt (Over 176 ¼ lbs up to & incl 198 ¼ lbs)
- Open Heavy Wt (Over 198 ¼ lbs)

MEN'S JUNIOR DIVISION

- Junior Men (20 & under)

MEN'S NOVICE DIVISION & CLASSES

- Novice Men Light Wt (176 lbs & under)
- Novice Men Heavy Wt (176 ¼ lbs & over)

MEN'S MASTERS DIVISION & CLASSES

- Masters Men (over 40)
- Masters Men (over 50)
- Masters Men (over 60)

WOMEN'S BODYBUILDING OPEN DIVISION & CLASSES

- Open Light Wt (up to & including 125 lbs)
- Open Heavy Wt (Over 125 lbs)
- Masters Women BB over 35
- Novice Women Bodybuilding

FITNESS DIVISION & CLASSES

- Women's Fitness
- Junior Fitness (up to age 18) Age _____

FIGURE DIVISION & CLASSES

- Women's Figure over 35
- Women's Figure up to and including 5'4"
- Women's Figure over 5'4" & up to & including 5'6"
- Women's Figure over 5'6"

BIKINI DIVISIONS & CLASSES

- Women's Bikini over 35
- Women's Bikini up to and including 5'4"
- Women's Bikini over 5'4" & up to & including 5'6"
- Women's Bikini over 5'6"