



**NPC National Qualifier**



## **NPC Heart of Dixie Sat. August 20, 2011 – Davidson High School Auditorium-Mobile, AL**

**Weigh-in/Late Registration:** Friday, August-19<sup>th</sup> 2011 6:00-8:00 PM

**Place:** Courtyard by Marriott in Mobile AL, 1000 West I-65 Service Road South, Mobile AL. 36609. NPC cards will also be available at this time. All competitors must weigh-in or check-in Friday night.

**Contestant Check In & Briefing: Saturday, August 20th, 9:00 AM** (If you're late you will be disqualified!) Place: Davidson High School Auditorium 3900 Pleasant Valley Road Mobile, AL. **No weigh-in on Saturday!**

10:00am Prejudging - 7:00pm Finals - (6:15pm Contestant meeting backstage Saturday night!)

Bodybuilding Competition suits must be worn to weigh-in. Figure, Fitness, Bikini & Men Physique Competition suits should be brought to check in on Friday night for approval. If you have any doubt about the suit style, bring a second suit. **Please bring music to weigh-in. Music will be collected at that time.**

### **Divisions-Classes-Eligibility-Awards (The Heart of Dixie is open to all NPC athletes!)**

**Teenage:** any athlete who has not reached his 20th birthday by 8/20/11. Open weight class-5 places.

**Grand Masters:** any athlete who has reached his 50th birthday by 8/20/11. Open weight class-5 places.

**Masters:** any athlete who has reached his 40th birthday by 8/20/11. Two classes: Light(up to 176 1/4) & Heavy(over 176 1/4)-5 places and overall winner.

**Novice Men:** Athlete that has never competed in an NPC show-First Time Competitors-Two classes: Light(up to 176 1/4) & Heavy (over 176 1/4)-5 places and overall winner.

**Junior Men:** Athlete that has never won an Overall Junior Division or placed 1-5 in an Open Division. Four classes: Light-up to and including 154 1/4, Middle over 154 1/4 up to and including 176 1/4, Light Heavy over 176 1/4 up to and including 198 1/4, Heavy over 198 1/4. 5 places each weight class and overall winner.

**Open Men:** Athlete that has won an overall Junior Division or that has placed 1-5 in an Open Division. Six classes: Bantam up to and including 143 1/4, Light over 143 1/4 up to and including 154 1/4, Middle over 154 1/4 up to and including 176 1/4, Light Heavy over 176 1/4 up to and including 198 1/4, Heavy over 198 1/4 up to and including 225 1/4, Super Heavy over 225 1/4. 5 places each weight class and overall.

**Crossovers:** Teen, Novice and Masters may enter either the Junior or Open Divisions.

**Open Women:** Three classes: Light Weight- up to 125 lbs, Middle Weight over 125 lbs up to 140 lbs and Heavy Weight over 140 lbs. 5 places each weight class and overall winner.

**Novice Figure:** Athlete that has never competed in an NPC show-First Time Competitors. One Class-5 places.

**Open Figure:** Four Height Classes – Class-A Up to & including 5'2", Class-B Over 5'2" & including 5'4", Class-C Over 5'4" & including 5'6", Class-D Over 5'6". 5 places each class and an overall winner.

**Masters Figure:** Any female who has reached her 35th birthday by 8/20/11. Two height classes Short-up to 5'4' & Tall Over 5'4" 5 places each class and an overall winner.

**Bikini:** Three height classes:-Short up to 5'4", Middle over 5'4" to 5'6" and Tall over 5'6". 5 places each class and an overall winner.

**Masters Bikini Over-35:** Any female who has reached her 35th birthday by 8/20/11 One Class-5 places.

**Women's Fitness:** Two height classes:-Short 5' 3" and under and Tall over 5' 3". 3 places and overall winner.

**Men's Physique:** Two height classes Short Up to and including 5'8" Tall Over 5'8". 5 places each class overall winner.

**Men Mobile/Baldwin County:** Must be a resident of Mobile or Baldwin County. Open weight class-5 Places.

## Music/NPC Regulations

All Bodybuilding Athletes MUST supply their own music. Bodybuilders music MUST be no longer than 60 seconds and Fitness MUST be no longer than 2 minutes

Posing music MUST be on a CD and music MUST be at the beginning of the CD. Posing music MUST be the only music on the CD. **NO PROFANITY** in music will be tolerated and will lead to immediate disqualification.

Music will be collected at weigh-in on Friday night.

Men and Women bodybuilding athletes will not use music at prejudging.

Bodybuilding Competition suits MUST be worn to weigh-in.

No "T" or thong suits will be allowed. However, female bodybuilding competitors will be allowed to wear multicolored posing suits and jewelry at the evening show. Emphasis is on "good taste"!

Fitness- Round One - competitors will perform to music, no longer than two (2) minutes. Routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. Routine must include: Push Up (of any kind), High Kicks, Straddle Hold, and Side Split. Competitors will wear tennis athletic shoes and a fitness outfit of their choice. No jewelry or oil may be worn. Props carried on stage by the athlete and approved by Don or Betty Hollis in advance, are permitted.

Fitness- Round two (2-piece) competitors will present quarter turns with other competitors, wearing high heels. Jewelry may be worn in these rounds. **No oil may be worn!**

Figure Round one is the (2-piece) Competitors will present quarter turns with other competitors, wearing high heels. Jewelry may be worn in these rounds. **No oil may be worn!**

Women bodybuilders will not be permitted to crossover into Figure & Bikini and Figure & Bikini will not be permitted to crossover into Women's bodybuilding.

Bikini competitors cannot crossover into any other division at the same event. Bikini will wear a two piece suit, not necessarily a "figure" two piece, but they could be the same suit, suit bottom must be v-shaped, no thongs permitted. Heels can be the clear acrylic but not necessarily recommended. Bikini competitors may wear jewelry. Athletes will walk on stage individually, walking to center, doing a full turn, not four model poses like figure, then walk to stage right, then all athletes will be brought to the center line and compared facing front and facing back only. Judges will be scoring on balance and shape and overall physical appearance including complexion, skin tone, poise and overall presentation. Competitors are not to "pose" as in figure with shoulder blades pulled apart and muscles tight. **No oil may be worn!**

### New Men's Physique Division Judging Criteria

**Muscularity and Body Condition:** Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

**Stage Presence and Personality:** Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and **no logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

### Men's Physique Competition Judging

**Presentation:** Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with optional pose of hand on hip or hand in pocket, face the judges as directed then proceed to the side of the stage.

**Comparison Round:** The competitors will be brought back out in a group and directed to do quarter turns. Judges will have the opportunity to compare competitors against each other in quarter turns. **No Crossover into bodybuilding and no refunds.**

## Posing

All competitors in Bodybuilding, Fitness, Figure, Bikini & Men's Physique will be introduced on stage at the night show. A minimum of the top 5 competitors in each bodybuilding class will perform their entire routine.

**NO VIDEO TAPING ALLOWED:** Professional quality contest tapes may be purchased from Jason's. The cost is \$40.00.

**Professional Photography:** We are pleased to announce we will have Jason Norman one of the top photographers in the nation back stage at pre-judging to take your photo. [www.normanphotography.com](http://www.normanphotography.com)

**CONTEST HOTEL: Courtyard by Marriott** in Mobile AL, 1000 West I-65 Service Road South, Mobile AL. 36609. To make reservations, you may phone the hotel direct at 1-251-344-5200 or use our Marriott Reservation line at 1-800-321-2211. Mention The Heart of Dixie and receive a special room rate of \$89.00 for up to four people. To receive this special rate you must book your reservations before 8/10/11.

The hotel is 5-minutes from the contest site and is the site for weigh-ins. It is right off of the interstate and adjacent to the largest concentration of shopping malls and eating establishments in the entire city! Spacious rooms with either two double beds or a king. Guests will enjoy the free high speed Internet access and Wi-Fi. Enjoy a hearty breakfast at the Courtyard Café or grab a quick snack from The Market.

## Ticket Prices

Prejudging Open Seating \$20.00

Night Show General Admission \$25.00 - VIP \$35.00

## Entry Fees

Money order or check made payable to "Jason's Fitness" in the amount of \$55.00 for each athlete (Men and Women) for each division entered, \$95.00 after entry deadline of August 13th, 2011. **Only cash accepted on Friday night entries.**

## Entry Deadline

**Entries must be postmarked no later than Saturday, August 13, 2011 to avoid \$40.00 late fee!**

Check List:

- Entry form - signed and completed
- Copy of your 2011 NPC card
- Check or money order for \$55.00 payable to "Jason's Fitness"
- Copy of driver license if you are entering Teenage or Masters



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#11461

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**Weight Class You Intend to Compete In (please check):**

**OPEN MEN:** ☐ BANTAM ☐ LIGHT ☐ MIDDLE ☐ LIGHT-HEAVY ☐ HEAVY ☐ SUPER-HEAVY

**JUNIOR MEN:** ☐ LIGHT ☐ MIDDLE ☐ LIGHT-HEAVY ☐ HEAVY

**NOVICE MEN:** ☐ LIGHT ☐ HEAVY \* **FIRST TIME COMPETITOR**

**WOMEN:** ☐ LIGHT ☐ MIDDLE ☐ HEAVY

**NOVICE FIGURE One Class:** ☐ \* **FIRST TIME COMPETITOR**

**FIGURE:** ☐ A Class ☐ B Class ☐ C Class ☐ D Class

**MASTERS FIGURE OVER 35:** ☐ SHORT ☐ TALL

**FITNESS:** ☐ SHORT ☐ TALL

**BIKINI:** ☐ A Class ☐ B Class ☐ C Class

**MASTERS BIKINI OVER 35 One Class:** ☐

**MEN MASTERS OVER 40:** ☐ LIGHT ☐ HEAVY

**GRANDMASTERS OVER 50 ONE CLASS:** ☐

**TEENAGE MALE BB One Class:** ☐

**MEN'S PHYSIQUE:** ☐ SHORT ☐ TALL

**Men Mobile/Baldwin County One Class:** ☐

**Read this carefully! When you sign it, you will be giving up important legal rights!**

In consideration of the acceptance of my entry blank in the 2011 Heart of Dixie Bodybuilding Championships, I intend to be legally bound, for not only myself, but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability which may arise from this competition. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, who I may sue in an effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation is the sine quanon for the acceptance of my entry in this contest. I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **Courtyard by Marriott** including any rules or regulations prohibiting cooking or food preparation in the Motel 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 **Courtyard by Marriott** 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 **Courtyard by Marriott** 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.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Telephone: ( ) \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_ How many years training? \_\_\_\_\_

Signature: \_\_\_\_\_ Parent if under 19: \_\_\_\_\_

Make checks payable & mail to: Jason's Fitness 3724 Cottage Hill Rd. Mobile, AL 36609 Questions: Jason@JasonsFitness.com

**CHECK LIST (INCLUDE):**

- 1 - ENTRY FORM
- 2 - COPY OF 2011 NPC CARD
- 3 - COPY OF DRIVER LICENSE IF YOU ARE ENTERING TEENAGE AND MASTERS DIVISION
- 4 - ENTRY FEE (MONEY ORDER OR CHECK) FOR \$55.00 per division.
- 5 - TICKET FORM (IF ORDERING TICKETS)

**ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SATURDAY, August 13th, 2011 TO AVOID A \$40.00 LATE**

**Goodie Bags will be given to the first 100 pre-registered athletes. Get it in early!**