

# NPC CENTRAL STATES BODYBUILDING, MELISSA FRABBIELE FITNESS, FIGURE AND BIKINI CHAMPIONSHIPS

## National Qualifier/National Open August 14, 2010

### PRODUCED BY

Full Circle, 355 S. Old Woodward, Suite 150, Birmingham, MI 48009. For additional ticket entry and other information call 734 730 0351 or email motorcityfitness@provide.net

### CONTEST VENUE

Redford Theater, 17360 Lahser Ave, Redford, MI 48219

### DIVISIONS

Open Men, Open Women, Masters Men, Grand Masters Men, Masters Women, Teen Men, Fitness Women, Figure Women, Bikini and Masters Figure Women.

### NATIONAL QUALIFIER

1<sup>st</sup> and 2<sup>nd</sup> place winners in Bodybuilding will be eligible to compete in any NPC-sanctioned national event held in 2011. The top 3 Fitness and Figure competitors will be qualified to compete in Nationals, USA's, top 5 in Jr. USA and Jr. Nationals.

### ELIGIBILITY, RESIDENCY AND AGE REQUIREMENTS

The Central States, Melissa Frabbiele is open to any U.S. athlete regardless of state of residency. All competitors must have a current NPC card, proof of age (copy of birth certificate or Driver's License) evidencing that they will be of eligible age on the day of the event and residency (Driver's License). Age for Masters Men is 40-49 years, Grand Masters Men is 50 and older, Masters Women is 35 and older, Teen Men is 19 years and under. NPC cards will be available at check-in for \$90. Please bring a **\$90 check or money order only (CASH WILL NOT BE ACCEPTED)** made payable to "NPC of the USA".

### TICKET INFO

7:00 P.M. Finals: \$30 VIP (1<sup>st</sup> 10 rows guaranteed) or \$25 general.  
12 Noon Prejudging: \$10.00 includes NPC Fitness/Figure/Bodybuilding. Tickets are on sale now. Finals tickets are reserved and sold first-come, first-served. Advanced purchases are *strongly* advised. Tickets can be purchased in advance by mailing (see Order Form on Entry Form) a check or money order made payable to Full Circle, 355 S Old Woodward, Suite 150, Birmingham, MI 48009. Tickets will also be available at Box Office the day of the show.

### REGISTRATION

All athletes must be present and on time for the mandatory weigh in and registration. Posing suits must be worn at weigh in and are subject to approval by the head judge. It is advisable to bring two suits in the event that your suit is deemed illegal (thong style are not allowed in any division). Competitors must also bring their photo ID and posing tapes/CDs. Registration and check in at the Redford Theater.

### SCHEDULE OF EVENTS

**Saturday, August 14:** 10:30 am: Check in for all NPC Athletes.  
12:00 noon: Prejudging  
7:00 PM: Finals. Doors open at 6:00 pm

### GUEST POSER:

Melissa Frabbiele Guest MC.

### AWARDS

Awards will be presented to the top 5 in each class and to the overall winners.

### MUSIC AND ROUTINES

Competitors must submit their own music on CD or cassette (be sure marked on the tape/CD. If you use a CD, you are strongly advised to bring a copy on cassette as a backup. Music will be collected at Check-In. Music with obscene/vulgar lyrics will be replaced with house music. No music is used during the 60-second bodybuilding free posing round at Prejudging. Fitness competitors use music at Prejudging. All competitors will perform their routines during the Finals. There is a 90-second time limit at the Finals for bodybuilders, 2 minutes for fitness competitors during Prejudging and Finals. It is advisable to bring two copies of your music in the event of loss or damage. The smooth wood covered theater stage is approximately 24 feet wide by 15 feet deep.

### MANDATORY POSES

**BODYBUILDING:** 1. Front Double Biceps, 2. Front Lat Spread, 3. Side Chest, 4. Side Triceps, 5. Back Double Biceps, 6. Back Lat Spread, 7. Front Abdominal & Thigh 8. Most Muscular (Men only). **FITNESS WOMEN:** 1. One-Piece Swimsuit, 2. Fitness Routine, 3. Two-Piece Swimsuit. **FIGURE WOMEN:** 1. One-Piece Swimsuit, 2. Two-Piece Swimsuit (No Routine round)

### ENTRY FEES AND DEADLINES

Early entry, postmarked by August 7, 2010, is discounted to \$80 (make entry fee payable to Full Circle, 355 S. Old Woodward, Suite 150, Birmingham, MI 48009. Early entrants may crossover and compete in one other division (i.e. Masters to Open, Figure to Fitness, etc.) for an additional \$25, late entry crossovers are \$50. However, Bodybuilding-to-Fitness (or Figure) crossovers are not allowed. Entries submitted after the Aug. 7, 2010 postmark due date or registered at the event itself will be subject to the full \$100 entry fee; NO EXCEPTIONS. Although advanced registration is preferred, competitors will be allowed to register at check-in -- arrive early. Early submission of entry form may qualify you for pre-event publicity and media exposure. Entry confirmation notices will be e-mailed approximately one week prior to the event.

### VIDEO AND PHOTOGRAPHY

For your convenience, Dream Video (586-757-4156) will film this event. Videos can be ordered on the day of the show. While you are welcome to take photographs, all other video equipment is strictly prohibited.

### UPCOMING EVENTS

- October 23: NPC Western Michigan Bodybuilding, Figure, Fitness and Bikini (National Qualifier) At Grandville High School. Contact: 734 730 0351 or email motorcityfitness@provide.net . SPECIAL GUEST POSER JAY CUTLER

Please photocopy this entry form or print with a fine/ extra fine point permanent marker, check a class and mail this form along with the \$80 (if postmarked by 8-7-10) or \$100 (if postmarked after 8-7-10) entry fee made payable to "Full Circle!" (PLEASE DO NOT SEND VIA CERTIFIED, OVERNIGHT OR ANY OTHER METHOD OF DELIVERY THAT REQUIRES A SIGNATURE.)

OPEN MEN:  Bantam Weight (up to 143.25#)  Light Weight (143.5#--154.25#)  Middle Weight (154.5#--176.25#)  
 Light Heavy Weight (176.5# - 198.25#)  Heavy Weight (198.5# - 225.25#)  Super Heavy Weight (over 225.25#)

OPEN WOMEN:  Light Weight (up to 125#)  Middle Weight (over 125#--140#)  Heavy Weight (over 140#)

MASTERS (40-49 YEARS) MEN:  Classes dependent upon number of pre-entries GRAND MASTERS (50 & OVER) MEN:  One class

MASTERS (35 & OVER) WOMEN:  One class TEEN MEN:  Age classes dependent upon number of pre-entries

\*FITNESS WOMEN:  Classes dependent upon number of pre-entries

\*FIGURE WOMEN:  Classes dependent upon number of pre-entries \*MASTERS (OVER 35) FIGURE WOMEN:  One Class

\*FITNESS WOMEN:  Classes dependent upon number of pre-entries

BIKINI:  Classes dependent upon number of pre-entries

I've enclosed:  \$80 Early Entry Fee if mailed before 8-7-10 (+ \$25 if crossing over) or  \$100 Regular Entry Fee if mailed after 8-7-10  
Check here if you need  an extra poster for your gym/health club or call 734 730 0351 ASAP.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ TELEPHONE:(H)( \_\_\_\_\_ ) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ E-MAIL ADDRESS (REQUIRED FOR ENTRY CONFIRMATION): \_\_\_\_\_

I TRAIN AT: \_\_\_\_\_ IN CITY OF: \_\_\_\_\_

OWNER'S NAME: \_\_\_\_\_ GYM PHONE:( \_\_\_\_\_ ) \_\_\_\_\_

GYM ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

BEST/MOST RECENT ACCOMPLISHMENT: \_\_\_\_\_

**RELEASE WAIVER OF ALL CLAIMS (PLEASE READ CAREFULLY):** In consideration of your acceptance of my non-refundable, subject to a \$30 returned check (NSF, Stop Payment or other) fee, entry to participate in this event, I hereby for myself, my heirs and others covenant not to sue, forever discharge, waive and release all rights and claims for damages I may have against Full Circle and Motor City Fitness, National Physique Committee of the USA, Michigan District of the NPC, Sponsors, Vendors or any of their agents, representatives, successors and assignees, for any and all injuries or claims of any type which may be suffered by me at this or any event which is associated with it or while traveling to or from the event/s. I understand that I will be personally and financially responsible for all curtains, linens, towels, carpet, furniture or other items damaged as a result of my use of tanning products or oil or of any act of negligence or aggression. Further, I agree to financially reimburse in full any person/s and/or entity for any and all such damage upon notice of such charge. I also hereby grant the NPC and any approved video or entertainment organization, and all of their agents, successors, licensees and assignees, the right to photograph or otherwise reproduce, whether by film, tape, or still photography or otherwise, my voice, and/or appearance in any and all media, including without limitation photos, TV, cable TV, print or electronic media, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in 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 anytime in connection therewith. I also understand that the aforementioned rights may be reassigned at any time without further consent. I also certify that I am an amateur competitor, eligible under and accepting of any and all of the rules of the competition and of the NPC. Entry fees and ticket purchases are non-refundable. Promoter reserves the right to deny entry and combine, eliminate or change weight classes and/or divisions.

Contestant's Signature (see line below if you are under 18 years old) \_\_\_\_\_

Date \_\_\_\_\_

**RELEASE WAIVER OF ALL CLAIMS (PLEASE READ CAREFULLY):** The undersigned is/are the parent(s) or legal guardian(s) of the above mentioned minor and is entitled to the sole care, custody and control of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consents to the execution by the minor of the Release, that the undersigned will not revoke such consent, that the undersigned has read this Release, is familiar with all of the contents thereof, that the minor shall fully and completely comply with all of the terms of the Release and understands that the acceptance of this entry is made in express reliance upon the contestant's and parent's or legal guardian's unconditional acceptance of the terms of the Release contained herein.

Parent(s) or Legal Guardian's Signature(s) (if under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_

FOR OFFICE USE ONLY: Date Entry Received: \_\_\_\_\_ Entry Fee Amount Paid: \_\_\_\_\_ Entry Received By: \_\_\_\_\_

**TO QUALIFY FOR "EARLY ENTRY" THIS MUST BE POSTMARKED BY AUGUST 7, 2010 AND MAILED TO ADDRESS ABOVE**

**\*\*\* PLEASE DO NOT DETACH \*\*\***

**IF YOU ARE ORDERING TICKETS BY MAIL, PLEASE USE THIS PORTION OF THE FORM.**

**ORDER TICKETS HERE!** Indicate number of each ticket desired. Make check/money order payable in U.S. funds to "Full Circle".

Finals: \_\_\_\_\_ x \$30 VIP Seating = \$ \_\_\_\_\_ or \_\_\_\_\_ x \$25 General = \$ \_\_\_\_\_ or \_\_\_\_\_ x \$10 Prejudging = \$ \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_ U.S.

Mail Ticket Order Form and entry fee payment to: **Full Circle, 355 S. Old Woodward, Suite 150, Birmingham, MI 48009**