

# LOCATION! SKYVIEW HIGH SCHOOL AUDITORIUM



## Direction Info.

**Direction Info From North:** Take I-5 South to Exit 7 (I-205) to Exit 36, (134<sup>th</sup> St) Right on 134<sup>th</sup> St. for about 1.6 mi.

**From South:** I-5 North to Exit 7, (134<sup>th</sup> St.), Left on 134<sup>th</sup> St. for about 1.6 mi.

**From South:** I-205 north to Exit 36, (134<sup>th</sup> St), Left on 134<sup>th</sup> St. for about 1.8 mi.

## BODYBUILDING, FIGURE & FITNESS GUIDELINES

**NATIONAL QUALIFIER:** The Vancouver Natural Classic is a National Qualifier. The top two Open Men and Open Women in each weight class qualify for any NPC National Level contests. Team Universe Qualification: Athlete must have competed in an NPC contest in the previous two years. National judges will be present at this event.

**ELIGIBILITY:** All entrants must be registered with the NPC. Competitors may register the day of the show (\$80.00). Teen competitors must be no older than 19 years of age the day of the show. Masters Women must be over 35 years of age; Masters Men must be over 40 or over 50 years of age. Proof of age (i.e. Birth Certificate copy) must accompany any Junior, Teen or Masters entries. There are no residency restrictions. **Entrant may not enter more than one class with the exception of Mixed Pairs, Fitness or Figure.**

**TESTING:** There will be a random selection of competitors for polygraph testing the morning of the show. Testing will be for steroid use 24 months prior to and including the date of this contest. All competitors must agree to taking the test, those registering a positive result will be disqualified from further competition.

**ENTRY FEE:** \$60.00 Mixed Pairs are free if entered in another division, otherwise \$60.00. **Contestants may enter only one division (with the exception of Mixed Pairs, Fitness or Figure).** If entering both Fitness and Figure, separate entry fees required. Cashiers check or money order preferred, made payable to Bohm Productions, PMB 124, 8002 NE Hwy 99, Vancouver, WA 98665.

**DEADLINE:** For entry forms and fee – March 22, 2008. Late Entries \$100 **NO EXCEPTIONS.**

**AWARDS:** Trophies or medals will be awarded to the top five place winners in each class. Overall Open Men, Open Women and Masters Men will be awarded Excalibur Swords. Overall Figure and Novice Men/Women will be awarded Neils Anderson Statues. A team Award will be given to the team **with the most competitors** from one club or organization.

**JUDGING:** All competitors will follow NPC rules, guidelines and mandatory poses. The mandatory Bodybuilding poses are as follows: Front double bicep, front lat spread, side chest - your choice of sides, back double bicep, back lat spread, side tricep - your choice of sides, front abdominal with leg extended forward arms over head. One minute posing routines will only be performed at the night show finals. If time dictates only the top five will perform their routines.

**MUSIC:** Must be recorded on a CD or high quality cassette tape, free of static and other distortions. CD or Tapes must have only your allotted time for music on it - all competitors have 60 seconds. Music must start at the beginning of the CD or tape. Tapes must be wound to the appropriate starting position and must start at the beginning of the tape on side A. We reserve the right to refuse CD or tapes not meeting these standards. Obscene lyrics in the music will result in disqualification.

**CHECK-IN / WEIGH-IN:** Competitors check-in / weigh-in Friday March 28th from 5:30PM to 7:00PM at Skyview High School, late check-in / weigh-in March 29<sup>th</sup>, 7:30AM SHARP at Skyview High School. Competitors meeting at 8:30AM. Prejudging 9:00AM. Evening show, all competitors 6:00PM, be prepared and on time. Late contestants for the preliminary lineup will not be allowed to compete. **NO REFUNDS.** Due to insurance requirements, limited space, and for the competitors' safety, no assistants or trainers will be permitted in the pump up room, locker room or backstage. There will be a FREE posing rehearsal for all Fitness/Figure competitors at 7:00PM Friday March 28th on stage at Skyview following Check-in. This will be conducted by IFBB Pro Tanji Johnson.

**PREJUDGING:** Starts at 9:00AM in the following order – Women's Junior Fitness, Women's Fitness (Fitness Round), Teen Men, Over 35 Women, Over 40 Men, and Over 50 Men, Women's Figure (2pc Swimsuit), Over 35 Figure (2pc. Swimsuit), Women's Fitness (2pc. Swimsuit), Novice Women (Light, Heavy), Novice Men (Light, Middle, Heavy), Women's Figure (1pc. swimsuit), Over 35 Figure (1pc. Swimsuit), Women's Fitness (1pc. Swimsuit), Mixed Pairs, Open Women (Light, Middle, Heavy), Open Men (Bantam, Light, Middle, Light Heavy, Heavy).

**TICKETS:** Finals - \$35 VIP (limited seats, first 7 rows front/center) \$25, (reserved seating). Prejudging - \$15, General Admission. Includes service charge and/or user fee. Finals tickets available thru Bohm Productions and TicketsWest 1-800-992-TIXX, **Prejudging tickets available only at the door the day of the event.**

**SCORES:** Copies of competitors score sheets will be available to each competitor at the night show, after their class is finished.

## General Fitness/Figure Information

- Figure will have two rounds. Two-piece swimsuit and one-piece swimsuit round. One piece must be solid in front with no cutouts and provide coverage from behind.
- All contestants must wear high heels in both Swimwear rounds and Fitness competitors will wear tennis or athletic shoes in the Fitness round. Jewelry may be worn in the Swimwear rounds. Thong swimsuits are not allowed. Because of the danger of slippage, no body oil is allowed.
- Figure will have four classes, 5'-3" & under, up to and including 5'-5", up to and including 5'-7" and over 5'-7". Fitness and Over 35 Figure will each have one class.
- Junior Fitness will not have a swimsuit round, but will perform a fitness routine (90 sec). No mandatory movements required.
- Exhibition of poor sportsmanship will be grounds for automatic disqualification.
- Due to insurance requirements, limited space and safety concerns, no assistants or trainers will be permitted in the pump up room, locker room or backstage.

## Publicity and Awards

- The NPC Vancouver Natural is a National Qualifying event. Top 5 Fitness and Figure winners in each open class will qualify for the Jr. USA, Teen Nationals, Masters Nationals, Team Universe and National All Forces Championships. The top 3 will qualify for Jr. Nationals, Nationals, USA, and North American Championships.
- The top 5 contestants in each class will be awarded trophies, medals or other similar awards. The Overall Figure winner will be awarded a Neils Anderson statue.
- Overall Fitness winner will receive \$500 reimbursement towards Nationals expenses. Valid 1 year, expires 3/29/09.

## 2 pc. Swimsuit Round (Fitness & Figure)

- The contestants will be brought out in one or two lines for the quarter turns. The judges will be scoring the degree of athleticism by assessing the degree of firmness, symmetry, proportion and the overall physical appearance, including complexion, poise and overall presentation.

## Fitness Round (Fitness Only)

- Each athlete will perform a maximum 2-minute routine. Judges will be looking for style, personality, athletic coordination and overall performance. Contestants should give special attention to their apparel since it too will be judged, remember no thong suits. Routines may include aerobic, dance, gymnastics or other demonstrations of athletic talent. There are no required movements at the local level, but the following are recommended and required at the national shows: 1 arm pushup, straddle hold, leg extension, high kick, full split side. Props are allowed but must be approved by the promoter in advance. For more info, go to [http://www.npcnewsonline.com/new/npcrules\\_fitness.htm](http://www.npcnewsonline.com/new/npcrules_fitness.htm)

## 1 pc. Swimsuit, Final Assessment Round (Fitness & Figure)

- The athletes will be brought out in their original line in their swimsuits. At this time judges may ask for certain contestants to be placed next to other contestants. Then the quarter turns will be directed so the judges can make any final comparisons they wish.

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## Scoring

- Contestants will be scored for each individual round, with the totals of all rounds determining the placing. For Fitness, the two-piece swimsuit and one-piece swimsuit will each count as 25% of the score, with the Fitness routine scored at 50% of the total score.

## Evening Performance

- All contestants will be introduced at the evening event in their posing trunks or swimsuits. The number of bodybuilding or fitness athletes that will perform their routine will be designated by the promoter and the head judge, depending on the number of the total athletes in the events.

## IMPORTANT

Remember, 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 muscle size, vascularity or "cuts" required for bodybuilding competitions.

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## Official Contest Entry Form Entry Deadline March 22, 2008

Name: \_\_\_\_\_ Age: \_\_\_\_\_ E Mail Address \_\_\_\_\_  
*Please print legibly*

Street Address: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_ Occupation: \_\_\_\_\_

Titles and/or Hobbies: \_\_\_\_\_

Team/Club/Gym Name that you represent \_\_\_\_\_

Contestants Signature: \_\_\_\_\_

Guardian's Signature (if under 18): \_\_\_\_\_

Please check competition entered:

**Teen Men**

**Novice women**

Light Wt. (Up to & including 114½ lbs.)

Heavy Wt. (Over 114½ lbs.)

**Novice men**

Light Wt. (165¼ lbs. and under)

Middle Wt. (165¼ lbs. - 187¼ lbs.)

Light Heavy Wt. (Over 187¼ lbs.)

**Over 35 Women**

**Over 40 Men**

**Over 50 Men**

**Women's Fitness (17 and up)**

**Junior Fitness**  11 – 13yr  14 – 16yr

**Mixed Pairs** \_\_\_\_\_

(Partners Name)

**Open women**

Light Wt. (Under 114½ lbs.)

Middle Wt. (114½ - 125½ lbs.)

Heavy Wt. (Over 125½ lbs.)

**Open men**

Bantam Wt. (143¼ lbs. and under)

Light Wt. (143¼ - 154¼ lbs.)

Middle Wt. (154¼ lbs. - 176¼ lbs.)

Light Heavy Wt. (176¼ lbs. - 198¼ lbs.)

Heavy Wt. (Over 198¼ lbs.)

**Women's Figure**

**5'3" and under**

**5'3" – 5'5"**

**5'5" – 5'7"**

**Over 5'7"**

**Over 35**

**\$ 60 Single or \$ 60 Mixed Pairs - MUST ACCOMPANY ENTRY**

**BOHM PRODUCTIONS – PMB 124, - 8002 NE Hwy 99, - Vancouver, WA 98665**

**[fbprod@pacifier.com](mailto:fbprod@pacifier.com) (360) 887-8558 [www.northwestbodybuilding.net](http://www.northwestbodybuilding.net)**