

NPC Vancouver USA Natural Bodybuilding Championships

Tanji Johnson Fitness, Figure & Bikini Classic

Skyview High School Auditorium 1300 NW 139th St Vancouver WA

NATIONAL QUALIFIER: The Vancouver Natural is a National Qualifying event. The top two Open Men and Open Women in each weight class qualify for any NPC National Level contest. Top 5 Fitness and Bikini winners in each open class will qualify for ANY national level event. The top 5 Figure are eligible for the JUNIOR USA, TEEN COLLEGIATE, MASTERS NATIONALS and TEAM UNIVERSE FIGURE CHAMPIONSHIPS and the top 3 are eligible for the JUNIOR NATIONAL, USA and NATIONAL FIGURE CHAMPIONSHIPS. Eligibility is good for 1 year. For more information on qualifications, see www.npcnewsonline.com

ELIGIBILITY: All entrants must be registered with the NPC. Competitors may register the day of the show (\$90.00). 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 are required. Cashier 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 20, 2010. 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 decorative swords. Overall Figure, Fitness, and Bikini 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, free of static and other distortions. Music must have only your allotted time for music on it – all bodybuilding competitors have 60 seconds, fitness competitors have up to 2 min (90 sec for Junior Fitness). Music must start at the beginning of the CD. We reserve the right to refuse CD'S not meeting these standards. Obscene lyrics in the music will result in disqualification.

CHECK-IN / WEIGH-IN: Competitors check-in / weigh-in Friday March 26th from 5:30PM to 7:00PM at Skyview High School, late check-in / weigh-in March 27th, 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/Bikini competitors at 7:00PM Friday March 26th on stage at Skyview following Check-in. IFBB Pro Tanji Johnson will conduct this rehearsal.

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 and over 40 Figure (2pc. Swimsuit), Women's Fitness (2pc. Swimsuit), Novice Women (Light, Heavy), Novice Men (Light, Middle, Heavy), Mixed Pairs, Women's Bikini, Open Women (Light, Middle, Heavy), Open Men (Bantam, Light, Middle, Light Heavy & Heavy).

TICKETS: Finals, **ON SALE 1/2/10**, \$35 VIP (limited seats, first 7 rows front/center) \$25, (reserved seating). Prejudging - \$15, General Admission. Includes service charge. Finals tickets available thru Bohm Productions and Tickets West 1-800-992-TIXX, **Prejudging tickets available only at the door the day of event.**

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

IMPORTANT NOTE: No spray on oils (Pam or similar products) will be allowed at this event. Body coloring should be applied before you arrive.

General Fitness/Figure/Bikini Information

- Fitness, Figure and Bikini will have one swimsuit round. Two-piece swimsuit. Fitness and Over 35 and 40 Figure will each have one class.
- All contestants must wear high heels in Swimwear rounds and Fitness competitors will wear tennis or athletic shoes in the Fitness round. Jewelry may be worn in the Swimwear rounds. Thong or brazilian swimsuits are not allowed. Body oil is not allowed due to the danger of slippage.
- Fitness athletes 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 like strength and flexibility. 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
- 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.
- (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.
- For Fitness, the two-piece swimsuit and fitness routine will each count as 50% of the score.
- Overall Fitness winner will receive \$500 reimbursement towards Nationals expenses. Valid for 1 year, expires 3/27/11.
- 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.

Bikini Division Information

- Bikini competitors are not allowed to crossover into Bodybuilding, Fitness, or Figure at this event.
- Competitors must wear high heel shoes of any type. There is no heel height requirement. Swimsuits do not have to be "competition" suits and must be in good taste and at the discretion of the NPC Head Judge. Competitors may wear jewelry but body oil is not permitted. See http://www.npcnewsonline.com/new/npcrules_bikini.html for Judging Guidelines.

Official Contest Entry Form · Entry Deadline March 20, 2010

Name _____ Age _____ E Mail Address _____

Address _____ City _____ State _____ Zip _____ Phone _____

Occupation _____ Titles and/or Hobbies _____

Team/Club/Gym Name that you represent _____

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

___ Teen Men

Novice women

___ Light Wt. (Up to & including 114½ lbs.)
 ___ Heavy Wt. (Over 114½ lbs.)

Novice men

___ Light Wt. (165¼ lbs. & under)
 ___ Middle Wt. (165¼ lbs. – 187¼ lbs.)
 ___ Light Heavy Wt. (Over 187¼ lbs.)

___ Over 35 Women

___ Over 40 Men

___ Over 50 Men

Open women

___ Light Wt. (under 114 ½ lbs.)
 ___ Middle Wt. (114½ – 125½ lbs.)
 ___ Heavy Wt. (Over 125½ lbs.)

Open men

___ Bantam Wt. (143¼ lbs. & 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 Fitness (17 & up)

___ 5'3" & under ___ Over 5'3"

Junior Fitness

___ 7 – 10yr
 ___ 11 – 13yr
 ___ 14 – 16yr

Bikini

___ 5'2" & under
 ___ 5'2" – 5'4"
 ___ 5'4" – 5'6"
 ___ Over 5'6"

Women's Figure

___ 5'3" & under
 ___ 5'3" – 5'4"
 ___ 5'4" – 5'5"
 ___ 5'5" - 5'7"
 ___ Over 5'7"
 ___ Over 35
 ___ Over 40

___ **Mixed Pairs** _____ (Partner's Name)

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

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

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