

**1 2007 NPC TEXAS (JOHN SHERMAN BODYBUILDING & WOMEN'S FIG/FITNESS SHOW)**

**OFFICIAL BODYBUILDING ENTRY FORM**

*(Please print clearly, using the same name as your NPC card)*

Name \_\_\_\_\_ NPC Card # \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_  
Cell Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_  
Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_ Gym Represented \_\_\_\_\_

**CLASS(ES) YOU INTEND TO COMPETE IN (please check all that apply – entry fee required for each class)**

Men \_\_\_\_\_ Women \_\_\_\_\_  
Novice \_\_\_\_\_ Open \_\_\_\_\_ Masters \_\_\_\_\_ Teen \_\_\_\_\_

In consideration of your acceptance of this entry to participate in the **2007 NPC Texas (JOHN SHERMAN B.B./FIG./FIT.SHOW) Championships** ("Event") and its related activities, I hereby, for myself, my heirs, executors, administrators and assigned, waive and release any and all rights and claims I may have against the National Physique Committee of the USA, Inc. ("NPC"), NPC Texas State Chair, the promoter, owners of the venue and hotel, and any and all sponsors of the event, their representatives and assigns, for any and all injuries or damage incurred by me in conjunction with the Event and in traveling to and from the Event. I understand that the Event is NPC-sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. And in further consideration of permission being granted to me to participate in the **2007 NPC Texas (JOHN SHERMAN B.B. FIG./FIT./SHOW) Championships** and its related activities, I hereby grant the NPC and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, video, printing or any other medium now know or hereafter devised, including with respect also to any merchandising, advertising, and/or publicity, and the right to use my name and information about me in any 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 hereby certify that I am eligible to compete in this competition and that no entry will be accepted without a signature or entry fee. I agree to abide by the decisions of the designated officials and declare that all of the information contained herein is, to the best of my knowledge, true, accurate and complete. I have read and understood the contents of this entry blank.

\_\_\_\_\_  
Competitor Signature Competitor Name Printed Date

**IF THIS RELEASE IS BEING SIGNED BY A PERSON UNDER EIGHTEEN (18) YEARS OF AGE, THE FOLLOWING MUST BE COMPLETED.**

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 controls 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 during the minority of the minor, that the undersigned has read the Release, is familiar with all the contents thereof, and that the minor shall fully and completely comply with all terms of the Release.

\_\_\_\_\_  
Parent(s) or Legal Guardian(s) Signature(s) Parent(s) or Legal Guardian(s) Name(s) Printed Date

**RETURN ENTRY FORMS (with entry fee of \$75) PAYABLE TO: GREAT EARTH VITAMINS  
2909 HILLCROFT SUITE 100 E  
HOUSTON TEXAS 77057**

**ALL ENTRIES MUST BE POSTMARKED NO LATER THAN JULY 10, 2007**  
**(All Late Entries will be charged a \$50.00 late fee)**



## 2007 NPC TEXAS CONTEST INFORMATION

NPC Texas District Chair      Lee Thompson  
3306 Prestwick Square, Missouri City TX 77459  
281.778.5279 (office)  
lee@tlinc.org

**DATE:** Friday, JULY 20, 7:00 pm – Check-in, weigh-in, and meeting at contest hotel (No late weigh-ins)  
Saturday, JULY 21, 7:00 am – Check-in and prejudging  
Saturday, JULY 21, 6:00 pm – Night show check-in and trophies

**LOCATION:** STAFFORD CENTRE- 10505 CASH ROAD, STAFFORD TEXAS 77477

PH: 281-208-6900 OR 1-888-321-6546      [www.staffordcentre.com](http://www.staffordcentre.com)

**LODGING:** SUGARLAND MARRIOTT TOWN SQUARE      16090 CITY WALK SUGARLAND, TEXAS 77478  
PH: 281-275-8400 OR 1-800-228-9290      [www.slmarrriott.com](http://www.slmarrriott.com) (Ask for competition rates)

**ELIGIBILITY:** This competition is open to all NPC registered athletes who possess a current NPC card.  
(NPC registration cards are available through the NPC Texas website.)

| <b>WEIGHT GROUPS:</b> | <b>Men's Open (National Qualifier only)</b> | <b>Men's Open and Novice</b> | <b>Men's Masters</b> |
|-----------------------|---|------------------------------|----------------------|
| Bantamweight          | <143.25                                     | Lightweight <165.25          | 40-49                |
| Lightweight           | 143.25 to <154.25                           | Middleweight 165.25 – 187.25 | 50-59                |
| Middleweight          | 154.25 to <176.25                           | Heavyweight >187.25          | 60+                  |
| Light Heavyweight     | 176.25 to <198.50                           |                              |                      |
| Heavyweight           | 198.50 to <225.25                           |                              |                      |
| Super Heavyweight     | >225.25                                     |                              |                      |

  

|                   | <b>Women's Open (National Qualifier only)</b> | <b>Women's Open and Novice</b> | <b>Women's Masters</b> |
|-------------------|---|--------------------------------|------------------------|
| Lightweight       | <115.25                                       | Lightweight <125.25            | 35+                    |
| Middleweight      | 115.25-125.25                                 | Middleweight 125.25-140.25     |                        |
| Light Heavyweight | 125.25-140.25                                 | Heavyweight >140.25            |                        |
| Heavyweight       | >140.25                                       |                                |                        |

**MUSIC:** All music must be on **CD ONLY**. Each CD must be in a jewel case with the competitor's name. Each competitor is responsible for picking up his/her music after the night show. The time allowed for posing is 90 seconds for open competitors and 60 seconds for novice, teen, and masters. You will pose only once if you are in more than one class. The lyrics will not contain any racial, vulgar, or sexual connotations. All competitors will be introduced at the night show. If there are more than 50 competitors, then the top five in each weight class will perform their routine.

**POSING SUITS:** Contest posing suits for am prejudging must be worn to weigh-in and must be approved by the Head Judge. For am prejudging, posing suits may include velvet, as long as it is one color – no multicolor suits allowed.

**POSES:** Display of the "moon" hamstring pose at any time will result in disqualification. The following are the mandatory poses: Front Double Bicep, Front Lat Spread, Side Chest and Bicep (either side), Side Tricep (either side), Back Double Bicep, Back Lat Spread, Front Abs and Leg, Most Muscular (men), and Favorite Pose (women).

**SCORING:** The scoring during prejudging will consist of three rounds – symmetry, mandatory poses, and 60-second routine. If a weight class is large, call-outs will be used. There will also be live scoring at the night show consisting of symmetry and mandatory poses. Scores will be posted on the internet the week after the show at [www.npctexas.org](http://www.npctexas.org).

**RULES:** No coaches, trainers, family, friends, etc. will be allowed backstage at any time during the contest. When a competitor moves up to the next level of competition, he/she may never return to a lower level. Anyone who makes a false statement on an entry form will be disqualified from competition for one year. Displays of poor sportsmanship at any time during a contest will not be tolerated.