



2007 NPC TEXAS CONTEST INFORMATION

NPC Texas District Chair Lee Thompson
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DATE: Friday, Oct. 26, 7:00 pm – Check-in, weigh-in, and meeting at **contest hotel** (No late weigh-ins)
Saturday, Oct 27, 7:00 am – Check-in and prejudging
Saturday, Oct 27, 6:00 pm – Night show check-in and trophies

LOCATION: **Stafford Convention Centre, 10505 Cash Rd., Stafford, TX 77477** (directions and map enclosed)

LODGING: **Marriott, Sugar Land, Town Center: 16090 City Walk, Sugar Land, TX 77479 – 281.275.8400** (ask for competition rates) (directions and map enclosed)

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.)

WEIGHT GROUPS:	Men's Open (National Qualifier only)	Men's Open and Novice	Men's Masters
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		

	Women's Open (National Qualifier only)	Women's Open and Novice	Women's Masters
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.

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.