

**2007 NPC GOLD'S GYM CLASSIC**

**OFFICIAL FITNESS/FIGURE 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)**

Fitness \_\_\_\_\_ Fitness Teen \_\_\_\_\_ Figure \_\_\_\_\_ Figure Teen \_\_\_\_\_ Masters Figure \_\_\_\_\_

In consideration of your acceptance of this entry to participate in the **2007 NPC GOLD'S GYM CLASSIC 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 GOLD'S GYM CLASSIC 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 \$45.00) TO:**

**RAUL BRACAMONTES  
NPC GOLD'S GYM CLASSIC  
2201 S. JACKSON RD. P-50  
PHARR, TX 78577 (956) 648-3200 rbrac1@yahoo.com**

**Checklist:**

- \_\_\_ Entry Form – Signed and completed
- \_\_\_ Copy of your 2007 NPC card
- \_\_\_ Money order for entry fee

**ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SEPTEMBER 25<sup>TH</sup>, 07  
(All Late Entries will be charged a \$50.00 late fee)**



## 2007 NPC GOLD'S GYM CLASSIC CONTEST INFORMATION

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

- DATE:** Friday, Oct. 5<sup>th</sup>, 7:00 pm – Check-in, weigh-in, and meeting at contest hotel (No late weigh-ins)  
Saturday, Oct. 6<sup>th</sup>, 8:00 am – Check-in and prejudging  
Saturday, Oct. 6<sup>th</sup>, 6:00 pm – Night show check-in and trophies
- LOCATION:** McAllen International Civic Center Auditorium, 1300 South 10<sup>th</sup> St. 956.688.3400 (directions and map enclosed)
- LODGING:** **Holiday Inn Civic Center 200 w. Expressway 83 McAllen, TX 78501** (\$64 per night, free Breakfast) (956) 686-2471 (directions and map avail. upon request)
- 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 or from the state chair.)
- HEIGHT GROUPS:**
- | <b>Women's Fitness/Figure</b><br>(Two height classes) | <b>Women's Figure Masters</b><br>35+ |
|---|--------------------------------------|
| A – up to and including 5'4"                          |                                      |
| B – over 5'4"   |                                      |
| (Three height classes – National Qualifier)           | <b>Women's Fitness Teen</b>          |
| A – up to and including 5'4"                          | 17 – 19 years                        |
| B – over 5'4" and up to 5'6"                          | 13 – 16 years                        |
| C – over 5'6"   | 10 – 12 years                        |
| (Four height classes – National Qualifier)            |                                      |
| A – up to and including 5'2"                          |                                      |
| B – over 5'2" and up to 5'4"                          |                                      |
| C – over 5'4" and up to 5'6"                          |                                      |
| D – over 5'6"   |                                      |
- 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 fitness routine is two (2) minutes. The lyrics will not contain any racial, vulgar, or sexual connotations.
- POSING SUITS:** Contest posing suits (both one-piece and two-piece) for am prejudging must be brought to weigh-in and must be approved by the Head Judge. Thong suits are not allowed. Competitors must wear high heels in the swimwear rounds and athletic shoes in the fitness routine. Jewelry may be worn.
- POSES:** The swimsuit rounds will consist of quarter turns. For fitness routine only, there are six mandatory moves – one-arm push-up, straddle hold, leg extension hold, full split front, full split side, and high kick. For teen fitness, scoring is as follows: 10-12 years old will perform 2 of the 6 required moves only, no swimsuit rounds; 13-16 years old will perform 3 of the 6 required moves only, no swimsuit rounds; and 17-19 years old will perform 4 of the 6 required moves and a one-piece swimsuit round. Props are allowed, but must be approved in advance.
- SCORING:** The scoring for figure will be done during prejudging in two rounds – one-piece and two-piece. The scoring for fitness will include three rounds – routine (50%), one-piece (25%) and two-piece (25%), except as specified above for teen fitness. If the class is large, then call-outs will be used. There will also be live scoring at the night show consisting of quarter turns. 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.