





## 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 or from the state chair.)

**HEIGHT GROUPS:**

<b>Women's Fitness/Figure</b> (Two height classes) A – up to and including 5'4" B – over 5'4"	<b>Women's Figure Masters</b> 35+
(Three height classes – National Qualifier) A – up to and including 5'4" B – over 5'4" and up to 5'6" C – over 5'6"	<b>Women's Fitness Teen</b> 17 – 19 years 13 – 16 years 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.