



2009 NPC TEXAS CONTEST INFORMATION

NPC Texas District Chair Lee Thompson
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DATE: Friday, November 20, 7:00 pm – Check-in, weigh-in, & meeting at contest hotel (No late weigh-ins)
Saturday, November 21, 7:00 am – Check-in and prejudging
Saturday, November 21, 6:00 pm – Night show check-in, live judging, and trophies

LOCATION: Bob Hope Theatre, Lackland Air Force Base (directions and map enclosed)

LODGING: The Kelly Inn, 250 Donald Goodrich - Bldg 1650 San Antonio TX 78236 (210.924.7201)
(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 for \$85 through the NPC Texas website www.npctexas.org) For national qualifiers, 1st and 2nd places and overall winners qualify for national level shows; for regional qualifiers, only overall winners qualify for national level shows.

WEIGHT GROUPS: **Men's Open (National Qualifier only)**

Bantamweight <143.25
Lightweight 143.25 to <154.25
Middleweight 154.25 to <176.25
Light Heavyweight 176.25 to <198.50
Heavyweight 198.50 to <225.25
Super Heavyweight >225.25

Men's Open and Novice

Lightweight <165.25
Middleweight 165.25 – 187.25
Heavyweight >187.25

Women's Open (National Qualifier only)

Lightweight <115
Middleweight 115-125
Light Heavyweight 125-140
Heavyweight >140

Women's Open and Novice

Lightweight <125
Middleweight 125-140
Heavyweight >140

AGE GROUPS:

Men's Masters

40 - 49 / 50 - 59 / 60+ / 70+

Women's Masters

35+ / 50+

MUSIC: All music must be on CD and 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 pose only once if you are in more than one class. The lyrics will not contain any racial, vulgar, or sexual connotations. All competitors are introduced at the night show. If there are more than 50 bodybuilding competitors, then the top five in each weight class perform their routine.

POSING SUITS: Contest posing suits for am prejudging must be worn to weigh-in and approved by the Head Judge. For am prejudging, posing suits may include velvet, if one color – suits of multi-colors are not allowed. No jewelry allowed during prejudging. Jewelry allowed at night – think tasteful.

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

SCORING: The scoring during prejudging consists of three rounds – symmetry, mandatory poses, and a 60-second routine. If a weight class is large, then call-outs are used. The live scoring at the night show consists of symmetry and mandatory poses. Scores are posted the week after the show at www.npctexas.org.

RULES: No coaches, trainers, family, friends, etc. are allowed backstage at any time during the contest. When a competitor moves up to the next level of competition, he/she may not return to a lower level. Anyone who makes a false statement on an entry form is disqualified from competition for one year. Displays of poor sportsmanship at any time during a contest are not tolerated.