



2009 NPC TEXAS CONTEST INFORMATION

NPC Texas District Chair Lee Thompson
8515 Rue de Maison, Missouri City TX 77459
281.778.0254 (office)
lee@tltinc.org

DATE: Friday, October 23, 7:00 pm – Check-in, weigh-in, & meeting at contest hotel (No late weigh-ins)
Saturday, **October 24, 7:00 am – Check-in and prejudging**
Saturday, **October 24, 6:00 pm – Night show check-in, live judging, and trophies**

LOCATION: **Stafford Centre** - 10505 Cash Road, Stafford, Texas 77477
Telephone: 281-208-6900

LODGING: **Courtyard & Residence Inn by Marriott** - 12655 SW Freeway, Stafford, TX 77477
Telephone (281) 491-7700 (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 www.npctexas.org)
For national qualifiers, 1st through 5th places and overall winners qualify for national level shows; for regional qualifiers, only overall winners qualify for national level shows.

HEIGHT GROUPS:

Women's Fitness / Figure / Bikini (Two height classes) A – up to and including 5'4" B – over 5'4"	(Three height classes – National Qualifier) A – up to and including 5'2" B – over 5'2" and up to 5'4.5" C – over 5'4.5"
(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"	(Six height classes – National Qualifier) A – up to and including 5'2" B – over 5'2" and up to 5'3" C – over 5'3" and up to 5'4" D – over 5'4" and up to 5'5" E – over 5'5" and up to 5'6" F – over 5'6"

AGE GROUPS:

Women's Figure / Fitness / Bikini Masters 35+ / 50+	Women's Figure / Fitness Teen 17 - 19 years / 13 - 16 years / 10 - 12 years
---	---

MUSIC: All music for fitness must be on CD and in a jewel case with the competitor's name. Each competitor is responsible for picking up her music after the night show. Fitness routines are allowed two (2) minutes. The lyrics will not contain any racial, vulgar, or sexual connotations.

POSING SUITS: Contest posing suits (two-piece) for am prejudging must be brought to weigh-in and approved by the Head Judge. Thong suits are not allowed. Competitors must wear high heels for swimwear round and athletic shoes for fitness routine. Jewelry may be worn (think tasteful).

POSES: For figure, the two-piece round consists of model and quarter turns. For bikini, the two-piece round consists of front and rear turns. For fitness routines 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 perform 2 of the 6 required moves only, no swimsuit round; 13-16 years old perform 3 of the 6 required moves only, no swimsuit round; and 17-19 years old perform 4 of the 6 required moves and a two-piece swimsuit round. Props are allowed, but must be approved in advance.

SCORING: The scoring during prejudging for figure and bikini includes a two-piece round only. The scoring for fitness includes two rounds – routine (50%) and two-piece (50%), except as specified above for teen fitness. If the class is large, then call-outs are used. The live scoring at the night show consists of quarter turns. 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.