

2009 NPC TEXAS STATE NATURALS OFFICIAL FITNESS / FIGURE / BIKINI ENTRY FORM

(Please print clearly, using the same name as your NPC card)

Name _____ Cell Phone _____
Address _____ City _____
State _____ Zip _____ Email _____
Gym Represented _____ Trainer _____
Height _____ Age _____ NPC Card # _____

CLASS(ES) YOU INTEND TO COMPETE IN (please check all that apply – entry fee required for each class)

Fitness _____ Fitness Teen _____ Bikini _____ Bikini Masters _____
Figure _____ Figure Teen _____ Figure Masters _____

In consideration of your acceptance of this entry to participate in the 2009 NPC Texas State Naturals ("Event") and its related activities, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages 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 incurred by me in conjunction with these championships 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 Event 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, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known 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. Nothing contained herein shall be deemed to obligate the NPC, NPC Texas, the promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, any NPC-approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights given to the NPC, NPC Texas, the promoter, and/or any NPC-approved video or entertainment organization hereunder.

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.

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 control 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 \$85) TO:

Lee Thompson
8515 Rue de Maison
Missouri City TX. 77459
281-778-0254
lee@tlinc.org

Checklist:

1. Entry Form – Signed and completed
2. Copy of your 2009 NPC card
3. Money order for entry fee

DEADLINE FOR ENTRIES IS MONDAY JULY 13, 2009
(After this date, a \$50.00 late fee will be charged)



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, July 17, 10:00 a.m. polygraph begins (event coordinator will contact you to schedule a time).

Friday, July 17, 7:00 pm – Check-in, weigh-in, & meeting at contest hotel (No late weigh-ins)

Saturday, July 18, 7:00 am – Check-in and prejudging

Saturday, July 18, 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
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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, oral 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.