

**2010 NPC TEXAS LONE STAR CLASSIC
REGIONAL QUALIFIER**

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 (10-12 years) _____ Fitness Teen (13-16 years) _____ Fitness Teen (17-19 years) _____
Figure _____ Figure Teen (17-19 years) _____ Figure Masters over 35 _____ Figure Masters over 45 _____
Bikini _____ Bikini Teen (17-19 years) _____ Bikini Masters over 35 _____

In consideration of your acceptance of this entry to participate in the 2010 NPC Texas Lone Star Classic ("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 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. 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 AND FEES FOR WOMEN FITNESS, FIGURE, AND BIKINI TO:
Prince Harrison 2736 Starcrest Lane Dallas, TX 75234 / 972.247.1539
prince@optimumfitness.com / www.texasbodybuilding.com

CHECKLIST:

1. Entry Form – Signed and completed [Entry deadline is **May 27th** – late fee is \$50.00]
2. Copy of your 2010 NPC card
3. Entry fee of **\$85.00** for each class entered – money order made payable to: **Prince Harrison**



2010 NPC TEXAS CONTEST INFORMATION

NPC Texas District Chair Lee Thompson
8515 Rue de Maison, Missouri City TX 77459
281.778.5279 (office)
lee@tltinc.org

- DATE:** Friday, June 4, 7:00 pm – Check-in, weigh-in, & meeting at contest hotel (No late weigh-ins)
Saturday, June 5, 8:00 am – Check-in and prejudging
Saturday, June 5, 5:00 pm – Night show check-in, live judging, and trophies
- LOCATION:** PLANO CONVENTION CENTRE, 2000 E. SPRING CREEK PARKWAY, PLANO, TX 75074
(directions and map enclosed)
- LODGING:** SOUTHFORK HOTEL, 1600 NORTH CENTRAL EXPRESSWAY, PLANO, TX 75074
(ask for competition rates) 972.578.8555
- 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, top three and overall winners are eligible for Jr Nationals, USA, and Nationals; top five are eligible for Jr USA, Teen Collegiate Masters Nationals, and Team Universe; for regional qualifiers, only overall winners qualify for national level shows.
- HEIGHT GROUPS:** **REGIONAL QUALIFIER**
Women's Figure / Bikini
(Two height classes)
A – up to and including 5'4"
B – over 5'4"
- AGE GROUPS:** **Women's Figure / Bikini Masters** **Women's Fitness Teen**
over 35 / over 45 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) must be worn to the weigh-in and approved by the Head Judge. The bottom of the suit should be in good taste covering about 50% of the gluteus area (bring a second suit with more modest bottom just in case). Bikini suits should be "off the rack" types. 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 the "model walk" and then front and rear stances and turns. For fitness routines only, there are five mandatory moves – one-arm push-up, straddle hold, leg-extension hold, full-split side, and high kick. For teen fitness, scoring is as follows: 10-12 years old perform 2 of the 5 required moves only, no swimsuit round; 13-16 years old perform 3 of the 5 required moves only, no swimsuit round; and 17-19 years old perform 4 of the 5 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. Live scoring at the night show consists of quarter turns. Final placements only are posted the week after the show at www.npctexas.org.
- RULES:** Backstage passes will be available for \$150 plus the person must have NPC membership.. 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.