

# Muscle Mayhem

## Body Building, Fitness, Figure & Bikini Championships

### OFFICIAL ENTRY FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ In the space provided, list what you would like the announcer to say:

STREET ADDRESS \_\_\_\_\_

CITY/STATE/ZIP CODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-MAIL \_\_\_\_\_

In consideration of accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors and administrators, (i) Waive any and all rights and claims for damages I may have against MuscleMayhem.com, Chad Nicholls, Kim Chizevsky, The National Physique Committee of the U.S.A., Inc. (the "NPC"), the Folly Theater, or the agents, employees, representatives or assigns of any of the foregoing persons or entities for any and all injuries or damages I may incur while traveling to and from, or participating in, this competition (ii) I certify that I am an amateur in good standing and am eligible to compete in this competition in the division(s) in which I have entered, and (iii) I further agree to abide by all decisions of the NPC and declare that all information contained herein is, to the best of my knowledge, true, correct and complete.

Competitor's Signature \_\_\_\_\_ Parent/Guardian Signature (If under 18 years of age) \_\_\_\_\_

NPC CARD# \_\_\_\_\_

**COMPETING IN:** Check Division(s) entered – please note  
Submit \$45.00 for EACH Division entered

ENTRY FEE: \$45.00 – For EACH division entered **NO REFUNDS**

_____ Women's Open	_____ Masters Men	_____ Teen Figure
_____ Women's Novice	_____ Masters Women	_____ Teen Fitness
_____ Men's Open	_____ Masters Figure	_____ Jr Fitness
_____ Men's Novice	_____ Women's Figure	_____ Wheelchair
_____ Teen Men	_____ Women's Fitness	_____ Bikini Class

Cut along line below and mail with check, cash or money order to:

Chad Nicholls, P.O. Box 9101, Springfield, MO 65801

**YOU MUST LIST YOUR WEIGHT AND/OR AGE CLASS BELOW:**

\*Entries must be postmarked by **MAY 18, 2009** to avoid \$45.00 late fee.

\*Please Send Self-Addressed, Stamped Envelope with Your Entry to Receive Confirmation

## 2009 NPC MUSCLE MAYHEM BODY BUILDING, FITNESS, FIGURE & BIKINI CHAMPIONSHIPS INFORMATION, ELIGIBILITY AND OTHER RULES OF COMPETITION - INFO @ WWW.MUSCLEMAYHEM.COM

**Date & Times:** SATURDAY, MAY 30, 2009 – Check-in 8:30 a.m. - Pre-judging 11:00 a.m. - Meeting 6:30 p.m. - Finals 7:00 p.m.

**Early Weight-Ins:** FRIDAY, MAY 29, 2009 - at the Downtown Marriott; 200 West 12<sup>th</sup> Street. (816-421-6800) – From 5:30p.m. – 7:00p.m.

**Place:** FOLLY THEATER, 300 WEST 12<sup>TH</sup> STREET, KANSAS CITY, MO 64105 - [WWW.FOLLYTHEATER.COM](http://WWW.FOLLYTHEATER.COM)

**Promoters:** Chad Nicholls & Kim Chizevsky; P. O. Box 9101, Springfield, MO 65801; Phone: 417-875-6320

**Divisions:** **Men:** Bantam Wt. – 143 \_ and under, Light Wt. – over 143 \_ and up to and including 154 \_, Middle Wt. – Over 154 \_ and up to and including 176 \_, Light Heavy Wt. - over 176 \_ and up to & including 198 \_, Heavy Wt. - over 198 \_ and up to & including 225, Super Heavy Wt. -over 225

**Women:** Light Wt. – 114 \_ and under, Middle Wt. – over 114 \_ and up to & including 125 \_, Heavy Wt. - Over 125 \_

**Masters Men:** 4 Classes – 35 – 39 years old, 40 – 49 years old, 50 – 59 years old and 60 & older; **Masters Women:** 1 class – 35 & Over

**Novice Men – Light Wt. –** Up to and including 154 \_, **Middle Wt. –** Over 154 \_ and up to & including 176 \_, **Light Heavy Wt. –** Over 176 \_ and up to & including 198 \_, **Heavy Wt. –** Over 198 \_ **Novice Women: 2 Classes - Light Wt. –** 120 \_ and under, **Heavy Wt. –** Over 120 \_

**Teen Men – One Class, Fitness Competitors – One Class, Figure Competitors – Three classes; Short (A) –Medium (B)- Tall (C),**

**Masters Figure Competitors – One Class 35 years old and over - Teen Figure – One Class, Teen Fitness – One Class – Jr Fitness - Two Classes;**

**9 yrs and under – and 10 yrs to 12 yrs old - Wheelchair Division – Men's and Women's classes - will be divided based on number of entrants**

**Eligibility:** **ALL COMPETITORS: THIS EVENT IS OPEN TO ALL REGISTERED NPC ATHLETES:** (1) Each competitor must be a current member with the NPC - To meet this requirement, he/she must present his/her current NPC card, current NPC Receipt, or purchase your NPC card at this event (\$85). (2) Each competitor must be an amateur in good standing with the NPC. **MASTERS (Men & Women):** Each competitor in these Divisions also (1) by May 30, 2009 must have reached the age for the respective Masters class in which he/she has chosen to compete (2) and must provide proof of age with a birth certificate, driver's license, state i.d. **FIGURE & BIKINI:** Consists of one (1) round – two-piece swimsuit. **FITNESS:** Consists of two (2) rounds – two-piece swimsuit & routine round. **TEEN CLASSES:** Each competitor in these Divisions must (1) have reached his or her 13<sup>th</sup> birthday, but not his 20<sup>th</sup> birthday, by May 30, 2009, and (2) must provide proof of age with a birth certificate, driver's license or state i.d. **JR FITNESS:** **This class will only have 1 (one round) the fitness routine round**

**Awards:** **BEAUTIFUL CUSTOM SWORDS** will be presented to places 1 – 5 in all classes. **Beautiful Custom awards** will be awarded to the Men's and Women's Overall Champions. Additional awards will be presented to the athletes voted "Most Muscular", "Best Poser" and "Best Conditioned". **Places 1<sup>st</sup> and 2<sup>nd</sup> in the Men's & 1<sup>st</sup> – 3<sup>rd</sup> in the Women's, Masters, Fitness, Figure & Bikini classes are qualified for all NPC National Level Events.**

**Rules:** **ABSOLUTELY NO DREAM TAN IS TO BE USED!!!** Light Oil is allowed. Athletes who compete in the pre-judging **must** compete in the evening show. Solid-color posing suits only – no T-back suits permitted. No jewelry is permitted (except wedding rings). **Women only – may wear multi-colored suits and earrings to the EVENING SHOW.** Athletes must exhibit good sportsmanship at all times. Only competitors and officials are allowed backstage and in the pump-up room. **NO EXCEPTIONS – NO KIDDING! CURRENT NPC RULES APPLY.**

**Posing/ Music:** Pre-judging – at the end of each class, there will be a 60 second pose down for all class participants. Finals: 90 Second Posing Routine Choreographed to Music. Each athlete must provide 2 cassette tapes with music at the beginning of a blank tape or 2 CD's that only have your music at the beginning of the CD – no artist CD's with multiple songs will be accepted. All athletes will be presented and will pose to music in the Evening show.

**Hotel:** Discounted lodging is available through the downtown Marriott Hotel at (816) 421-6800 (Please mention the Muscle Mayhem Body Building Championships to obtain a discounted rate) All reservations must be made no later than **MAY 4, 2009 TO SECURE YOUR ROOM.**