

# 2011 NPC Southern Classic Bodybuilding, Fitness, Figure, Bikini & Men's Physique Championships

## Check-In and Weigh-In

Drury Inn and Suites  
I-55& County Line Road

All athletes must check-in and weigh-in on Friday night between the hours of 4:00 P.M. and 8:00 P.M. Only athletes will be permitted in the room during weigh-in. No weigh-in on Saturday morning. Bodybuilding Competition suits must be worn to weigh-in. Figure, Fitness, Bikini & Men Physique Competition suits should be brought to check in on Friday night for approval. If you have any doubt about the suit style, bring a second suit. **Please bring music to weigh-in. Music will be collected at that time.** Goodie Bags will be given to the first 150 pre entered Athletes. Send your entry in early!!!

## Music/NPC Regulations

- All Bodybuilding Athletes MUST supply their own music. Bodybuilder's music MUST be no longer than 60 seconds and Fitness MUST be no longer than 2 minutes
- Posing music MUST be on a CD and music MUST be at the beginning of the CD
- Posing music MUST be the only music on the CD.
- Music will be collected at weigh-in on Friday night.
- Men and Women bodybuilding athletes will not use music at prejudging.
- Bodybuilding Competition suits MUST be worn to weigh-in
- No "T" or thong suits will be allowed. However, female bodybuilding competitors will be allowed to wear multicolored posing suits and jewelry at the evening show. Emphasis is on "good taste"!
- Fitness- Round One - competitors will perform to music, no longer than two (2) minutes. Routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. **Routine must include: Push Up (of any kind), High Kicks, Straddle Hold, and Side Split.** Competitors will wear tennis athletic shoes and a fitness outfit of their choice. No jewelry or oil may be worn. Props carried on stage by the athlete and approved by Don or Betty Hollis in advance, are permitted.
- Fitness- Round two (2-piece) competitors will present quarter turns with other competitors, wearing high heels. Jewelry may be worn in these rounds. **No oil may be worn!**
- Figure Round one is the (2-piece) Competitors will present quarter turns with other competitors, wearing high heels. Jewelry may be worn in these rounds. **No oil may be worn!**
- Women bodybuilders will not be permitted to crossover into Figure & Bikini and Figure & Bikini will not be permitted to crossover into Women's bodybuilding.
- **Bikini competitors cannot crossover into any other division at the same event.** Bikini will wear a two piece suit, not necessarily a "figure" two piece, but they could be the same suit, suit bottom must be v-shaped, no thongs permitted. Heels can be the clear acrylic but not necessarily recommended. Bikini competitors may wear jewelry. Athletes will walk on stage individually, walking to center, doing a full turn, not four model poses like figure, then walk to stage right, then all athletes will be brought to the center line and compared facing front and facing back only. Judges will be scoring on balance and shape and overall physical appearance including complexion, skin tone, poise and overall presentation. Competitors are not to "pose" as in figure with shoulder blades pulled apart and muscles tight. **No oil may be worn!**

## New Men's Physique Division

Judging Criteria:

- **Muscularity and Body Condition**

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

- **Stage Presence and Personality**

Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and **no logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

## COMPETITION JUDGING

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with **optional pose of hand on hip or hand in pocket**, face the judges as directed then proceed to the side of the stage.

Comparison Round –

- The competitors will be brought back out in a group and directed to do quarter turns
- Judges will have the opportunity to compare competitors against each other in quarter turns.

## **NO CROSSOVER INTO BODYBUILDING.**

- **NO REFUNDS**
- **DUE TO VENUE RULES, NO DREAM TAN ALLOWED**

## **Posing and Awards**

All competitors in Bodybuilding, Fitness, Figure, Bikini & Men Physique will be introduced on stage at the night show. The top 5 competitors in each bodybuilding class will perform their entire routine. The top 5 competitors in each bodybuilding class, the top 5 Fitness, Figure, Bikini & Men Physique finalists in each height class, and the overall winners will be awarded trophies.

## **Ticket Prices**

<b>Prejudging</b>	<b>\$20.00 Open Seating</b>
<b>Night Show</b>	<b>\$25.00 General Admission</b>
<b>VIP</b>	<b>\$35.00</b>

## Entry Fees

Money order or check made payable to "Southern Classic" in the amount of \$55.00 for each athlete (Men and Women) for each division entered, **\$95.00** after entry deadline of May 28, 2011. **Only cash accepted on Friday night entries.**

### Entry Deadline

All entries must be postmarked no later than Saturday, May 28, 2011 to avoid a late fee of \$40.00.

Check List:

- Entry form - signed and completed
- Copy of your 2011 NPC card
- Check or money order for \$55.00 payable to "Southern Classic"
- Copy of driver license if you are entering Teenage or Masters

### Weight Divisions

<b>Men Open</b>	Bantamweight	143.25 lbs. & under
	Lightweight	Over 143.25 lbs. & including 154.25
	<b>Welterweight</b>	<b>Over 154.25 lbs. to &amp; including 165.25 lbs</b>
	Middleweight	Over 165.25 lbs. & including 176.25
	Light-Heavyweight	Over 176.25 lbs. & including 198.25
	Heavyweight	Over 198.25 lbs. & including 225.25
<b>Novice Men</b>	Super-Heavyweight	Over 225.25 lbs.
	Lightweight	176.25 lbs. & under
<b>Men Junior</b>	Heavyweight	Over 176.25 lbs.
	Lightweight	165.25 lbs. & under
	Middleweight	Over 165.25 lbs. & including 187.25
<b>Women</b>	Heavyweight	Over 187.25 lbs.
	Lightweight	125 lbs. & under
<b>Men Masters Over 40</b>	Heavyweight	Over 125
	Lightweight	176.25 lbs. & under
<b>Grandmasters Over 50</b>	One Class	Over 176.25 lbs.
<b>Grandmasters Over 60</b>	One Class	
<b>Teenage Male BB</b>	One Class	
<b>Fitness</b>	One Class	
<b>Novice Figure</b>	One Class	
<b>Figure</b>	<b>CLASS A</b>	Up 5'1"
	<b>CLASS B</b>	Over 5'1" & including 5'2-1/2"
	<b>CLASS C</b>	Over 5'2-1/2" & including 5'4"
	<b>CLASS D</b>	Over 5'4 up to and including 5'5-1/2"
	<b>CLASS E</b>	Over 5'5-1/2 and up to and including 5'7"
	<b>CLASS F</b>	Over 5'7"
<b>Figure Over 35</b>	Short Class	Up to & including 5' 4"
	Medium Class	Over 5'4" & up to & including 5'6"
	Tall Class	Over 5'6"
<b>Bikini</b>	<b>CLASS A</b>	Up to & including 5'2"
	<b>CLASS B</b>	Over 5'2" & including 5'4"
	<b>CLASS C</b>	Over 5'4" & including 5'6"
	<b>CLASS D</b>	Over 5'6"
<b>Men's Physique</b>	<b>SHORT CLASS</b>	Up to and including 5'8"
	<b>TALL CLASS</b>	Over 5'8"

# 2011 NPC Southern Classic Bodybuilding, Fitness, Figure, Bikini & Men's Physique Championships

## Official Bodybuilding, Fitness, Figure, Bikini & Men's Physique Entry Form

NAME \_\_\_\_\_ CONTEST WEIGHT \_\_\_\_\_ HEIGHT \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE (\_\_\_\_) \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_  
 EMAIL \_\_\_\_\_  
 OCCUPATION \_\_\_\_\_ CLUB REPRESENTED \_\_\_\_\_  
 INTERSTING FACTS & INFORMATION: \_\_\_\_\_

### Weight Class You Intend to Compete In (please check):

OPEN MEN:                    BANTAMWEIGHT  LIGHTWEIGHT  WELTERWEIGHT  MIDDLEWEIGHT   
                                          LIGHT-HEAVYWEIGHT  HEAVYWEIGHT  SUPER-HEAVYWEIGHT

JUNIOR MEN:                LIGHTWEIGHT                     MIDDLEWEIGHT                     HEAVYWEIGHT

NOVICE MEN:                LIGHTWEIGHT                     HEAVYWEIGHT                     \* FIRST TIME COMPETITOR

WOMEN:                      LIGHTWEIGHT                     HEAVYWEIGHT

NOVICE FIGURE                                            ONE CLASS                     \*FIRST TIME COMPETITOR

FIGURE:                      CLASS A  CLASS B  CLASS C  CLASS D  CLASS E  CLASS F

FIGURE OVER 35:            SHORT CLASS  MEDIUM CLASS  TALL CLASS

FITNESS                      ONE CLASS

BIKINI                        CLASS A                     CLASS B                     CLASS C                     CLASS D

MEN MASTERS OVER 40                                    LIGHTWEIGHT                     HEAVYWEIGHT

GRANDMASTERS OVER 50                                    ONE CLASS

GRANDMASTERS OVER 60                                    ONE CLASS

TEENAGE MALE BB                                            ONE CLASS

MEN'S PHYSIQUE                                            SHORT CLASS  TALL CLASS

I agree to waive and release all rights and claims to damages for myself and all heirs from the release extends to the National Physique Committee, Don Hollis, Betty Hollis, the promotions and sponsors, agents, leaders, officials of the above described contest I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. I also understand that this contest may be video taped for television and I hereby release and waive all rights to the television productions of this contest. The promoter reserves the right to determine the number of competitors that will pose at the evening show. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the "Drury Hotel" Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the "Drury Hotel" Host Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned 's failure to comply with any rule or regulation of the "Drury Hotel" Host Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Signature \_\_\_\_\_  
 PARENTS/GUARDIAN (if Athlete is under 18 years of Age) \_\_\_\_\_

**RETURN ENTRY FORM TO: DON HOLLIS 423 ST. AUGUSTINE DRIVE, MADISON, MS 39110**

CHECK LIST (INCLUDE):

- 1 - ENTRY FORM
- 2 - COPY OF 2011 NPC CARD
- 3 - COPY OF DRIVER LICENSE IF YOU ARE ENTERING TEENAGE AND MASTERS DIVISION
- 4 - ENTRY FEE (MONEY ORDER OR CHECK) FOR \$55.00 MADE PAYABLE TO SOUTHERN CLASSIC
- 5 - TICKET FORM (IF ORDERING TICKETS)

**ALL ENTRIES MUST BE POSTMARKED NO LATER THAN SATURDAY, MAY 28, 2011 TO AVOID A \$40.00 LATE**

**Goodie Bags will be given to the first 150 pre-entered Athletes. Send your entry in early!!!**

**2011 NATIONAL PHYSIQUE COMMITTEE APPLICATION 2011**  
**REGISTRATION MEN'S AND WOMEN'S REGISTRATION CARD REGISTRATION**  
**YOUR MEMBERSHIP EXPIRES ON DECEMBER 31, 2011**  
**COMPLETE THE ENTIRE CARD – PRINT CLEARLY**

LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS				REGISTRATION NUMBER <small>FOR NPC OFFICE USE ONLY</small>	
CITY			STATE	ZIP CODE	
E-MAIL ADDRESS:					
AREA CODE		TELEPHONE #		DATE OF BIRTH	MALE/FEMALE
U.S. CITIZEN		MEMBER LAST YEAR			
REGISTRATION FEE <b>\$100.00</b>		DATE OF APPLICATION		<b>MAKE CHECK PAYABLE TO:</b> <b>NATIONAL PHYSIQUE COMMITTEE</b>	
<b>ENCLOSE CHECK IN AN ENVELOPE WITH THE APPLICATION AND MAIL TO:</b>					
BODYBUILDING COMPETITORS CHECK HERE <input type="checkbox"/> WHEELCHAIR COMPETITORS CHECK HERE <input type="checkbox"/> FITNESS COMPETITORS CHECK HERE <input type="checkbox"/> FIGURE COMPETITORS CHECK HERE <input type="checkbox"/> BIKINI COMPETITORS CHECK HERE <input type="checkbox"/>				<b>423 St Augustine Drive</b> <b>Madison, MS 39110</b>	
IF UNDER 18, HAVE PARENTS INITIAL		I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE NATIONAL PHYSIQUE COMMITTEE		SIGNATURE	
				X _____	

If you are entering the Southern Classic and do not already have an NPC card:

- (1) Print this application
- (2) Complete it
- (3) Enclose a check for \$100.00
- (4) Make check payable to National Physique Committee
- (5) Mail with your entry from to:
  - Southern Classic
  - 423 St. Augustine Dr.,
  - Madison, MS 39110