

# 2018 NPC ROCKET CITY BODYBUILDING CLASSIC



APRIL 7TH

#12677

## Bodybuilding, Bikini, Figure, Fitness, Physique & Classic Physique

### HOME 2 SUITES BY HILTON

807 ISLAND WAY NW  
DECATUR, ALABAMA 35601

ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT, APRIL 6<sup>TH</sup> BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M.

NPC cards will be sold at check-in but NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY, made payable to the NATIONAL PHYSIQUE COMMITTEE. Cards are also available at any time at [www.npcnewsonline.com](http://www.npcnewsonline.com)

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING WEIGH-IN. NO SATURDAY MORNING WEIGH-IN.

### Music/NPC Regulations

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.
- ALL BODYBUILDING, WOMEN PHYSIQUE & MEN'S CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC CAN BE NO LONGER THAN 45 SECONDS. FITNESS NO LONGER THAN 2 MINUTES.
- POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT CHECK-IN ON FRIDAY NIGHT.
- COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.
- BODYBUILDING, BIKINI & CLASSIC PHYSIQUE COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL.
- NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOODTASTE"!
- ATHLETES MAY CROSSOVER TO ANY DIVISION.
- NO REFUNDS!
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO SIT IN AUDITORIUM SEATING!! NO EXCEPTIONS
- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.
- NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTO OR VIDEO SERVICES ALLOWED IN THE AUDITORIUM. NO LIVE VIDEO STREAMING WITHOUT SIGNED CONSENT FROM THE NATIONAL PHYSIQUE COMMITTEE HOME OFFICE.

#### TICKET PRICE

PREJUDGING	\$20 OPEN SEATING
NIGHT SHOW	\$25 GENERAL ADMISSION
	\$35 VIP/RESERVED

#### ENTRY FEES

Money order or check made payable to "ROBERT MCADORY" in the amount of \$100.00 for each athlete (Men and Women) for each class entered, \$50.00 LATE FEE after entry deadline of MARCH 24<sup>TH</sup>, 2018. Only cash accepted on Friday night entries.

#### ENTRY DEADLINE

All entries must be postmarked no later than March 24<sup>th</sup>, 2018 (which is 2 weeks before your show) to avoid a late fee of \$50.00.

CheckList:

- Entry form & RELEASE-signed and completed
- Copy of your 2018 NPC card
- Check or money order for \$100.00 payable to "ROBERT MCADORY"
- Copy of driver's license if you are entering Teenage, All Masters/Military or service ID for Uniform divisions.

**ELIGIBILITY:** All competitors must be a current member of the NPC  
**NPC cards available at Weigh-in for \$125.00. Check or Money Order ONLY**

**ENTRY FEES:** \$100.00 FOR EACH CLASS.  
Make checks payable to "ROBERT MCADORY"

**Entries received after MARCH 24<sup>TH</sup>, 2018 subject to a \$50.00 late fee.**  
**NO REFUNDS! CASH ONLY FOR FRIDAY NIGHT ENTRIES**

**MUSIC & POSING:** Music must be on CD ONLY, no longer than 45 seconds for Bodybuilding, Women's Physique & Men's Classic Physique and must contain ONLY the music being used for posing. Music will be collected at Friday night check-in. **NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.**

**PLEASE BRING BANDS TO PUMP UP!! NO WEIGHTS ARE PROVIDED OR ALLOWED BACKSTAGE!!**

**SCHEDULE OF EVENTS:**

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	5:00-7:00 PM	Weigh-in	HOME 2 SUITES BY HILTON

Only Athletes will be permitted in the room during weigh-in.

**Competition suits must be worn at weigh-in. All competitors must weigh-in/check-in Friday night. NO SATURDAY CHECK-INS**

Saturday	8:00 AM	Check-in & briefing	PRINCESS THEATRE
	9:00 AM	Prejudging begins	PRINCESS THEATRE
	5:15 PM	Finals check-in & roll call	PRINCESS THEATRE
	6:00 PM	Finals	PRINCESS THEATRE

**VENUE: PRINCESS THEATRE, 112 2<sup>ND</sup> AVE NE, DECATUR, AL 35601**

**TICKETS:** **Prejudging:** Adult \$20 Children 12 & Under \$10  
**Finals:** Adult General/Reserved \$25 / Children 12 & Under \$10 VIP/Reserved \$35  
\*\*\*No children pricing for VIP section

**HOST HOTEL:**

Reservations

**HOME 2 SUTIES BY HILTON**  
**807 ISLAND WAY NW**  
**DECATUR, ALABAMA 35601**

Direct: (256) 822-1030

Special room rate for the NPC Championships is \$ **104.00** for reservations made before **MARCH 17<sup>TH</sup>, 2018**.

Ask for the "NPC ROCKET CITY CLASSIC" when making reservations. Reservations made after Friday **MARCH 17<sup>TH</sup>, 2018** are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels.

**Spray Tanning: TAN2WIN EMAIL ADDRESS: [atan2win@gmail.com](mailto:atan2win@gmail.com) PHONE NUMBER: (615) 418-6364**, There are a limited number of spots available so reserve your time in advance and guarantee your discounted price.

**Photo and DVD Information: MARK MASON MEDIA/ ALEX BYARS**  
EMAIL: [abyars@mossyoak.com](mailto:abyars@mossyoak.com) **PHONE NUMBER: (901) 258-9109**

**INFORMATION:**

**Robert McAdory**  
**(256) 468-6166**

[RobertMcAdory@gmail.com](mailto:RobertMcAdory@gmail.com)

[RobertMcAdory.com](http://RobertMcAdory.com)

[NPCRocketCityBodyBuilding.com](http://NPCRocketCityBodyBuilding.com)

**\*\*THIS FORM MUST BE SIGNED & MAILED IN WITH YOUR ENTRY FORM\*\***

**DO YOU WISH TO RECEIVE EMAILS FROM US?   YES   OR   NO**

Enter email below if you wish to receive emails from (ROBERT MCADORY/NPC ROCKET CITY CLASSIC) about events and physique competitions.  
Enter Email Address Here: \_\_\_\_\_

In consideration of being allowed to participate in any way in the NPC ROCKET CITY CLASSIC ("Event") promoted by ROBERT MCADORY ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, Please print name \_\_\_\_\_, the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the HOME 2 SUITES BY HILTON ("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 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 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. And in further consideration on of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter 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 on digital 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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 rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or 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 granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed \_\_\_\_\_

PARTICIPANTS SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed \_\_\_\_\_  
SIGNATURE

## MEN'S DIVISIONS

### BODYBUILDING

**Teenage:** Athlete 16 yrs. or over who has not reached his 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. (5 places in each weight class).

**Lightweight** Up to & including 176.25

**Heavyweight** Over 176.25

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 40 & over:** Athlete who has reached his 40<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. (5 places in each weight class and Overall).

**Lightweight** Up to & including 176.25

**Heavyweight** Over 176.25

**Grand Masters 50 & over:** Athlete who has reached his 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Grand Masters 60 & over:** Athlete who has reached his 60<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Novice Men:** Athlete who has never won their weight class. (5 places in each weight class and Overall).

**Lightweight** Up to & including 165.25

**Middleweight** Over 165.25 up to & including 187.25

**Heavyweight** Over 187.25

**Open Men:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each weight class & Overall).

**Bantamweight** Up to & including 143.25

**Lightweight** Over 143.25 up to & including 154.25

**Welterweight** Over 154.25 up to & including 165.25

**Middleweight** Over 165.25 up to & including 176.25

**Light Heavyweight** Over 176.25 up to & including 198.25

**Heavyweight** Over 198.25 up to & including 225.25

**Super Heavyweight** Over 225.25

### CLASSIC PHYSIQUE

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR** (5 places).

**Novice:** Athlete who has never won their height/weight class.(5 places).

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>. **ONE CLASS** (5 places).

**Open Men:** Any athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height/weight class and overall).

**A CLASS** Up to & including 5'7"

**B CLASS** Over 5'7" up to & including 5'10"

**C CLASS** Over 5'10"

### PHYSIQUE

**Teenage:** Athlete 16 or over who has not reached his 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. **ONE CLASS** (5 places).

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 40 & over:** Athlete who has reached his 40<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 50 & over:** Athlete who has reached his 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Novice:** Athlete who has never won their height class. **ONE CLASS** (5 places).

**Open Men:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height class - overall trophy).

**A CLASS** Up to & including 5'7"

**B CLASS** Over 5'7" up to & including 5'10"

**C CLASS** Over 5'10"

**Uniform Division:** Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

\*Bodybuilding, Classic Physique or Physique Any athlete

**MR.NORTH ALABAMA** over 16 who lives in **NORTH ALABAMA**. **ONE CLASS** (5 places).

\*Bodybuilding, Classic Physique or Physique

**\*\*\*\*\*ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION\*\*\*\*\***

## WOMEN'S DIVISIONS

### FIGURE

**Teenage:** Athlete 16 yrs. or over who has not reached his 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

**Masters35& over:** Athlete who has reached her 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS**(5 places).

**Masters 40& over:** Athlete who has reached her 40<sup>th</sup> birthday APRIL 7<sup>TH</sup>, 2018 **ONE CLASS** (5 places).

**Masters50& over:** Athlete who has reached her 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS** (5 places).

**Novice:** Athlete who has never won their height class. **ONE CLASS** (5 places).

**Open:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height class & overall).

<b>A CLASS</b>	Up to & including 5'2"
<b>B CLASS</b>	Over 5'2" up to & including 5'4"
<b>C CLASS</b>	Over 5'4" up to & including 5'6"
<b>D CLASS</b>	Over 5'6"

### BIKINI

**Teenage:** Athlete 16 yrs. or over who has not reached her 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS**(5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

**Masters35& over:** Athlete who has reached her 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS**(5 places).

**Masters 40& over:** Athlete who has reached her 40<sup>th</sup> birthday APRIL 7<sup>TH</sup>, 2018 **ONE CLASS** (5 places).

**Masters50& over:** Athlete who has reached her 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS** (5 places).

**Novice:** Athlete who has never won their height class. **ONE CLASS** (5 places).

**Open:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height class & overall).

<b>A CLASS</b>	Up to & including 5'2"
<b>B CLASS</b>	Over 5'2" up to & including 5'4"
<b>C CLASS</b>	Over 5'4" up to & including 5'6"
<b>D CLASS</b>	Over 5'6"

### PHYSIQUE

**Teenage:** Athlete 16 yrs. Or over who has not reached her 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

**Masters35& over:** Athlete who has reached her 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018 **ONE CLASS**(5 places).

**Novice:** Athlete who has never won their height class. **ONE CLASS** (5 places).

**Open:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) **ONE CLASS** (5 places).

### FITNESS

**Fitness:** Any female over 16. **ONE CLASS** (5 places).

**Bodybuilding:** Any female over 16. **ONE CLASS** (5 places).

**Uniform Division:** Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

\*Bikini, Figure or Physique

**MR. NORTH ALABAMA:** Any athlete over 16 who lives in **NORTH ALABAMA. ONE CLASS** (5 places).

\*Bikini, Figure or Physique

\*\*\*\*\*ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION\*\*\*\*\*



# 2018 NPC ROCKET CITY CLASSIC

Sanction# 12677

NPC CARD \_\_\_\_\_ TOTAL CLASSES \_\_\_\_\_ AMT PD. \_\_\_\_\_

**OFFICIAL USE ONLY/DO NOT WRITE IN SHADED AREA**

NAME \_\_\_\_\_ # OF CLASSES \_\_\_\_\_

### LIST DIVISION(S) ENTERING:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Hotel Stay: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

AMOUNT ENCLOSED (\$100 each division) \$ \_\_\_\_\_

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against **ROBERT MCADORY, PRINCESS THEATRE**, the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this 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. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **HOME 2 SUITES BY HILTON** 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 **HOME 2 SUITES BY HILTON** 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 **HOME 2 SUITES BY HILTON** 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* *Parent or Guardian (if under 18 years of age)*

Return Entry To:  
 Robert McAdory  
 2619 SCENIC VIEW DRIVE  
 HUNTSVILLE, ALABAMA 35810

**Include:**

- 1) Completed/Signed Entry Form & Waiver
  - 2) Entry fee payable to:
  - 3) Copy of driver's license
  - 4) Copy of 2018 NPC card (if previously purchased)
- \*\*NPC cards will be available for purchase at weigh-in (check or money order only)**

## NPC MEN'S CLASSIC PHYSIQUE – COMPETITOR BREAKDOWN FOR THREE CLASSES

### DIVISION "A" (UPTO AND INCLUDING 5' 7")

- |  |                             |
|--|-----------------------------|
| • Upto and including 5' 4"             | Up to and including 160lbs. |
| • Over 5' 4", upto and including 5' 5" | Up to and including 165lbs. |
| • Over 5' 5", upto and including 5' 6" | Up to and including 170lbs. |
| • Over 5' 6", upto and including 5' 7" | Up to and including 175lbs. |

### DIVISION "B" (OVER 5' 7" UPTO AND INCLUDING 5' 10")

- |  |                             |
|--|-----------------------------|
| • Over 5' 7", up to and including 5' 8"  | Up to and including 182lbs. |
| • Over 5' 8", up to and including 5' 9"  | Up to and including 190lbs. |
| • Over 5' 9", up to and including 5' 10" | Up to and including 197lbs. |

### DIVISION "C" (OVER 5' 10")

- |   |                              |
|---|------------------------------|
| • Over 5' 10", up to and including 5' 11" | Up to and including 205lbs.  |
| • Over 5' 11", up to and including 6' 0"  | Up to and including 212lbs.  |
| • Over 6' 0", Up to and Including 6' 1"   | Up to and Including 220 lbs. |
| • Over 6' 1", Up to and Including 6' 2"   | Up to and Including 230 lbs. |
| • Over 6' 2", Up to and Including 6' 3"   | Up to and Including 237 lbs. |
| • Over 6' 3", Up to and Including 6' 4"   | Up to and Including 245 lbs. |
| • Over 6' 4", Up to and Including 6' 5"   | Up to and Including 252 lbs. |
| • Over 6' 5", Up to and Including 6' 6"   | Up to and Including 260 lbs. |
| • Over 6' 6", Up to and Including 6' 7"   | Up to and Including 267 lbs. |
| • Over 6' 7"                              | Up to and Including 275 lbs. |

**CROSSOVERS:** NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you fit best. Crossovers to bodybuilding will do routine in both divisions.

- The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and Thighs
- Favorite Classic Pose (No Most Muscular)
  
- The Finals will consist of:
- Posing routine (up to a maximum of 45 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)