Dear NPC Athlete:

Please read the entire brochure thoroughly as it contains important information.

Enclosed please find the entries for the 2016 Bodybuilding.com NPC USA Bodybuilding, Figure, Bikini, Men’s & Women’s Physique and the brand-new Men’s Classic Physique Championships, which is being held July 29-30 in Las Vegas, Nevada. 

**Host hotel: Embassy Suites Hotel 4315 Swenson Street for reservations call 702-795-2800.**

The entry application page must be fully completed and signed. Once the application has been completed, send a money order or cashier’s check - no personal checks - to pay for your entry fee and return it where instructed in your official entry form. Keep the information brochure for your own reference. **There are no refunds or transfers of entry fees.**

$300 ENTRY FEE MUST BE POSTMARKED BY FRIDAY, JULY 8, 2016 to avoid late fee.

ENTRIES POSTMARKED AFTER JULY 8 WILL BE ACCEPTED IF POSTMARKED BY JULY 13, 2016 WITH A LATE OF $300 MAKING THE TOTAL $600.

**ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 13, 2016.**

***NOTE THAT IF YOU PLAN TO QUALIFY AFTER JULY 8TH DEADLINE OR ENTER ANOTHER NATIONAL COMPETITION PRIOR TO USA’S, SEND IN YOUR ENTRY WITH ALL THE DOCUMENTATION AND FEE PRIOR TO THE DEADLINE – IF YOU DON’T QUALIFY OR EARN A PRO CARD, WE WILL REFUND THE $300 ENTRY FEE.***

**PURCHASE TICKETS**

ON-LINE go to www.unlv.edu/pac/tickets or contact UNLV box office at 702-895-2787

JUDGING: FRIDAY Men BB/Bikini/Women’s Physique - $60 Open Seating
SATURDAY Women’s BB/Figure/Men’s Physique/Men’s Classic - $60 Open Seating

FINALS: SATURDAY $110 - $85 - $65 All Seats Reserved

ALL TICKET PRICES ARE SUBJECT TO SALES TAX AND BOX OFFICE FEES

If you have any questions on eligibility requirements, please contact Musclecontest, at 310-796-9181 or by email to tracey@musclecontest.com  Note that all competitors must be 18 years or older.

FOR COMPLETE INFORMATION GO TO www.musclecontest.com

NOTE – THE FOLLOWING IS AN NPC NATIONAL REGISTRATION DIRECTIVE: In signing this entry, you are agreeing to pay for any damage to the hotel room in which you are staying that occurs as a result of any body color, oils, spray tan or any other damage you may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings you may come in contact with. Charges will be automatically added to your posted credit card at the hotel. NOTE ALSO: The hotel will provide a special competitor menu tailored to the needs of the athletes.

You also agree to abide by the hotel’s required room rates, procedures, and occupancy regulations.

Good Luck!
Jon Lindsay & Tamer El Guindy
Musclecontest.com
1. All contestants must be registered as athletes with the National Physique Committee as of FRIDAY JULY 8, 2016 (Entry Deadline). PURCHASE ONLINE www.NPCNewsOnline.com NO NPC CARD PURCHASE ON THE DAY OF CHECK-INS.

2. You MUST be a U.S. Citizen to enter this event and proof MUST be sent with entry.

3. ONLY VALID PROOF OF CITIZENSHIP IS: US birth certificate, Naturalization certificate or US passport. You MUST NOT currently be suspended by the NPC.

4. In order for a U.S. bodybuilding athlete to be eligible for the 2016 NPC USA Championships, the athlete must have competed since January 1, 2015, and obtained one of the following placements in an NPC-sanctioned event:
   - Among the first 5 in his/her weight group in the NPC Nationals, NPC USA, Team Universe or IFBB North American Championships
   - Among the first 5 in his/her weight group in the Jr. National or Jr. USA Bodybuilding Championships
   - Among the top 5 in his/her weight class in the Teenage, Collegiate or Masters Nationals Bodybuilding Championships
   - Among the first 3 in his/her weight class in an area level bodybuilding Championship designated as a National Qualifier
   - As the Overall open class winner in an Area or District level bodybuilding Championship designated as a National qualifying contest
   - Class winners at the USA and Nationals will be given 5 years of eligibility
   - Figure competitors must have placed in the top 3 in their respective height class in an OPEN NPC-sanctioned figure or bikini event designated as a national qualifying contest since January 1, 2015, and must be eligible under Items 1, 2, and 3
   - Bikini competitors must have placed in the top 3 in their respective OPEN class in a contest designated as a national qualifier since January 1, 2015 and must be eligible under Items 1, 2, and 3.
   - Men’s and Women’s Physique competitors must have placed in the top 3 in their respective height class in an OPEN NPC Men’s or Women’s Physique contest since January 1, 2015 and must be eligible under Items 1, 2, and 3.
   - Men’s Classic Physique competitors must have competed in either an OPEN NPC-sanctioned Men’s Bodybuilding or Men’s Physique competition and be eligible under Items 1, 2, 3
   - All athletes are subject to random drug testing. NOTE THAT THERE ARE NO MASTERS CLASSES AT THE USA - OPEN ONLY.

FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE FOR ALL ATHLETES, PLEASE CONTACT:
Musclecontest 310-796-9181 or email tracey@musclecontest.com

CHECKLIST:

- ENTRY FORM - Signed and completed
- Copy of your 2016 NPC card
- Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
- Money order or cashier’s check in the amount of $300 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291
WEIGHT/HEIGHT DIVISIONS

MEN BB
Bantamweight: up to & including 143-1/4 lbs.
Lightweight: over 143-1/4 lbs. up to & including 154-1/4 lbs.
Welterweight: over 154-1/4 lbs. up to & including 165-1/4 lbs.
Middleweight: over 165-1/4 lbs. up to & including 176-1/4 lbs.
Light-Heavyweight: over 176-1/4 lbs. up to & including 198-1/4 lbs.
Heavyweight: over 198-1/4 lbs. up to & including 225-1/4 lbs.
Super-Heavyweight over 225-1/4 lbs.

WOMEN BB
Lightweight: up to & including 115 lbs.
Middleweight: over 115 lbs. up to & including 125 lbs.
Light-Heavyweight: over 125 lbs. up to & including 140 lbs.
Heavyweight: over 140 lbs.

FIGURE & BIKINI Six Height Classes
A: up to & including 5'1"
B: over 5'1" up to & including 5'2-1/2"
C: over 5'2-1/2" up to & including 5'4"
D: over 5'4" up to & including 5'5-1/2"
E: over 5'5-1/2" up to & including 5'7"
F: over 5'7"

MEN’S PHYSIQUE Six Height Classes
A: up to & including 5'7
B: over 5'7" up to & including 5'8"
C: over 5'8" up to & including 5'9"
D: over 5'9" up to & including 5'11"
E: over 5'11" up to & including 6'
F: over 6'

WOMEN’S PHYSIQUE Four Height Classes
A: up to & including 5'2"
B: over 5'2" up to & including 5'4"
C: over 5'4" up to & including 5'6"
D: over 5'6"

MEN’S CLASSIC PHYSIQUE
Three Classes
Division A: up to & including 5’4”/Up to & including 155 lbs
over 5’4”, up to & including 5’5”/Up to & including 160 lbs
over 5’5”, up to & including 5’6”/Up to & including 165 lbs
over 5’6”, up to & including 5’7”/Up to & including 170 lbs

Division B: over 5’7”, up to & including 5’8”/Up to & including 177 lbs
over 5’8”, up to & including 5’9”/Up to & including 185 lbs
over 5’9”, up to & including 5’10”/Up to & including 192 lbs

Division C: over 5’10”, up to & including 5’11”/Up to & including 200 lbs
over 5’11”, up to & including 6’0”/Up to & including 207 lbs
over 6’0”, up to & including 6’1”/Up to & including 215 lbs
over 6’1”, up to & including 6’2”/Up to & including 225 lbs
over 6’2”, up to & including 6’3”/Up to & including 232 lbs
over 6’3”, up to & including 6’4”/Up to & including 240 lbs
over 6’4”, up to & including 6’5”/Up to & including 247 lbs
over 6’5”, up to & including 6’6”/Up to & including 255 lbs
over 6’6”, up to & including 6’7”/Up to & including 262 lbs
over 6’7”, up to & including 270 lbs

NOTE FOR 2016 CLASSIC ONLY: If an athlete does not make weight, he has the option of competing in bodybuilding or men’s physique (with the proper attire)
2016 NPC USA BODYBUILDING, FIGURE, BIKINI and PHYSIQUE CHAMPIONSHIPS

CHECK-IN / WEIGH-IN

EMBASSY SUITES HOTEL

Thursday, July 28, 2016 - Weigh-ins and Check-ins for ALL athletes will take place on a “ROLLING” basis from 1 p.m. – 8 p.m. ONLY

THERE ARE NO WEIGH-INS OR CHECK-INS ON FRIDAY – ALL ATHLETES MUST CHECK/WEIGH-IN ON THURSDAY ONLY!

COMPETITION SUITS MUST BE WORN OR BROUGHT FOR INSPECTION TO WEIGH-IN/CHECK-IN. IF YOU HAVE ANY DOUBT ABOUT THE SUIT STYLE, BRING A SECOND SUIT!

MUSIC / NPC REGULATIONS

• All contestants MUST supply their own music. Bodybuilders’ and Women’s & Classic Physique music MUST be no longer than 45 seconds. NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED!
• Posing music MUST be on a CD and MUST be cued to your music.
• Posing music MUST be the only music on the CD.
• CDs will be collected at the mandatory athletes' meetings prior to Judging.
• Men’s and Women’s bodybuilding and Women’s and Classic Physique contestants will not use music at the Judging. There will be 45 seconds of posing in Judging.
• No "T" back 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"!
• Additional regulations pertaining to figure, bikini and men’s & women’s physique competitors are set forth on www.NPCNewsOnline.com

POSSING AND AWARDS

All competitors will be introduced on stage at the finals. The top five competitors in each bodybuilding class will perform their entire routine. The top five athletes in each bodybuilding class, the top five figure, bikini, men’s & women’s physique finalists in each class, and the overall winners will be awarded trophies.

All 7 Men’s Bodybuilding Class winners are eligible for IFBB pro cards. The top 2 Overall Female Bodybuilding Champions are eligible for IFBB pro status. The top 2 class winners in the each of Height Classes in the Women’s Figure and Bikini Classes, and the top 2 winners in each Men’s, Women’s & Classic Physique Height Classes will be eligible for IFBB professional status.

HOST HOTEL

EMBASSY SUITES HOTEL
4315 Swenson Street, Las Vegas, NV 89115
For Reservations, call 702-795-2800 and ask for Special NPC USA Bodybuilding, Figure, Bikini Championships Room Rate

REIMBURSEMENT FOR TRAVEL

Class Winners will receive up to $100 toward travel expenses. Overall Winners will receive up to $300 toward travel expenses. (All reimbursements will be made only with proof of travel expenses.)
As we all know, the NPC’s yearly national event schedule offers the highest ranking and most competitive events of all the NPC’s annual competitions. It is extremely important that each and every competitor and their support staff are properly prepared for their trip to and performance at a national-level event. One of the considerations that, on behalf of the NPC I personally strongly endorse and recommend, is that all competitors and attendees stay at the event headquarters hotel, which usually is the site of the competition itself and always is the site of registration, weigh- and check-ins, judging clinics and all competition-related information dissemination and credential issuance. Given the rigorous schedule of every national event – especially with the addition of the Men’s & Women’s Physique Divisions and the necessity of a “rolling” weigh-in and check-in schedule – the need of all competitors to be on premises at all times becomes more and more critical. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the headquarters hotel. In addition, I have found that competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving in to the event location from other local areas. It is my feeling that being able to rest until the very time of competition and not having to travel in any way to a competition site can be helpful in having a good mental competitive attitude.

In recent years, there have been many occasions where competitors were disqualified because of event time changes or other last minute procedural alterations that occurred between the weigh-ins and the actual time of competition. Competitors staying at outside hotels other than the event headquarters are put at a disadvantage in situations like that. It is their responsibility to be available to accommodate any schedule changes or other circumstances that the NPC must administer during a national event.

Thank you for your cooperation.

James B. Manion, President
National Physique Committee of the USA, Inc.
2016 NPC USA
BODYBUILDING, FIGURE, BIKINI & PHYSIQUE CHAMPIONSHIPS

SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, July 28</td>
<td>9 a.m. - 8 p.m.</td>
<td>NPC/Promoter's Office</td>
<td>Embassy Suites</td>
</tr>
<tr>
<td></td>
<td>1 p.m. – 8 p.m.</td>
<td>ROLLING CHECK-IN AND WEIGH-IN</td>
<td>FOR ALL ATHLETES – THURSDAY ONLY</td>
</tr>
<tr>
<td>Friday, July 29</td>
<td>10:30 a.m.</td>
<td>Men’s BB Mandatory Meeting</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>12 Noon</td>
<td>Men’s BB Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>12 Noon</td>
<td>Women’s Physique Meeting/PJ</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>1 p.m.</td>
<td>Bikini Meeting/Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td>Saturday, July 30</td>
<td>7:30 a.m.</td>
<td>Women’s BB Meeting</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>9 a.m.</td>
<td>Men’s BB Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>7:30 a.m.</td>
<td>Men’s Physique Mandatory Meeting</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>TBA</td>
<td>Men’s Physique Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>TBA</td>
<td>Figure Meeting &amp; Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>TBA</td>
<td>Men’s Classic Meeting &amp; Judging</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>3:30 p.m.</td>
<td>All Competitors Mandatory Meeting</td>
<td>Artemus Ham Hall</td>
</tr>
<tr>
<td></td>
<td>5 p.m.</td>
<td>Finals</td>
<td>Artemus Ham Hall</td>
</tr>
</tbody>
</table>

All Competitors should arrive 15 minutes early for meetings. Meetings WILL start on time. Competitors – please note that this schedule is subject to change and THE FINAL SCHEDULE AND MANDATORY MEETING TIMES will be posted at the Embassy Suites during weigh-in and check-in on Thursday.

**ALL WEIGH-INS AND CHECK-INS ARE ON THURSDAY ONLY – THERE WILL BE NO WEIGH-INS OR CHECK-INS ON FRIDAY!!!!!!!**

**ALL ATHLETES MUST WEIGH/CHECK IN ON THURSDAY OR THEY WILL NOT BE ALLOWED TO COMPETE ON STAGE!**

*Promoters reserve the right to adjust the final schedule as the number of athletes demand it.*
2016 NPC USA BODYBUILDING CHAMPIONSHIPS
Official BODYBUILDING Entry Form

$300 ENTRY FEE MUST BE POSTMARKED BY FRIDAY, JULY 8, 2016 to avoid late fee.
ENTRIES POSTMARKED AFTER JULY 8 WILL BE ACCEPTED IF POSTMARKED BY JULY 13, 2016
WITH A LATE OF $300 MAKING THE TOTAL $600.
ABSOlutely NO ENTRIES ACCEPTED POSTMARKED AFTER JULY 13, 2016

Name ___________________________________________ Weight ______ Height ______
Address ________________________________________ Apt.#__________________________ Email ____________________________
City __________________ State __________ Zip ______________
Phone (_____) __________ Age _________ NPC Card # __________
Contest Where Eligibility Was Attained ______________ Location ________________________
Placing in Contest __________________ Date of Event __________________
Contest Promoter's Name __________________ Address ______________________________
City________________________ State/Zip________________ Phone No. (____) ___
Name of Your NPC District Chairman ________________________________
Address ______________________ City________________________ State/Zip________________ Phone No. (____) ___
Have You Entered a National NPC Contest Before? Yes No Date _______ Name ____________________________

WEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check):


RELEASE

In consideration of being allowed to participate in any way in the NPC USA Bodybuilding Championships ("Event") promoted by Lindsay Productions ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) the undersigned, acknowledge, appreciate and agree that: 1. 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, 2. 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, 3. 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, 4. 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 ("Releasables"), FROM ANY AND ALL LIABILITY for any and all direct, indirect, consequential, or incidental damages arising out of my participation in the Event, including, but not limited to, personal injury, death, and property damage, or any other damages whatsoever, arising out of my participation in the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. 

Signature ___________________________ Name (Please Print) ___________________________ Date __________

CHECKLIST:

• ENTRY FORM - Signed and completed
• Copy of your 2016 NPC card
• Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
• Money order or cashier’s check in the amount of $300 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291
2016 NPC USA FIGURE CHAMPIONSHIPS
Official FIGURE Entry Form

$300 ENTRY FEE MUST BE POSTMARKED BY FRIDAY, JULY 8, 2016 to avoid late fee.
ENTRIES POSTMARKED AFTER JULY 8 WILL BE ACCEPTED IF POSTMARKED BY JULY 13, 2016
WITH A LATE FEE OF $300 MAKING THE TOTAL $600.

ABSOLUTELY NO ENTRIES ACCEPTED POSTMARKED AFTER JULY 13, 2016

Name __________________________ Telephone ______ Age ______ Height ______
Address ________________________ Apt. # ______ Email Address ____________
City ____________________________ State ______ Zip ______ NPC Card # __________
Contest (Where Eligibility Was Attained) __________________________ Date of Event ______
Placing in Contest __________________________________________ Location __________
Promoter's Name __________________________ Phone # (______)_____________
Name of Your NPC District Chairman ________________ Phone # (______)_____________
Have You Entered a National NPC Contest Before? ____Yes ____No / Name of Contest ______
Location __________________________ Date ______

HEIGHT CLASS YOU INTEND TO COMPETE IN: A: ______ B: ______ C: ______ D: ______ E: ______ F: ______

Competition Rules:
The contestants will present quarter turns with other contestants, wearing high heels and a two-piece swimsuit of their choice, provided that no thong suits will be permitted. Jewelry may be worn in this round. No oil may be worn. Elimination rounds may be necessary in the round, depending on the number of contestants.

Finals: All competitors will be brought back in their two-piece suits for quarter-turns. The top 5 will be compared and may be scored, which will be added to the Judging scores.

RELEASE
In consideration of being allowed to participate in any way in the NPC USA Figure Championships (“Event”) promoted by Lindsay Productions, (“Promoter”) and sanctioned by the National Physique Committee of the USA, Inc. (“NPC”), its related events and activities, I, [PLEASE PRINT YOUR NAME HERE], the undersigned, acknowledge, appreciate and agree that: 1. 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, 2. 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, 3. 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, 4. 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 (“Releases”), 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 Embassy Suites (“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 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 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 assignees, 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, telecommunication 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 GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature __________________________ Name (Please Print) __________________________ Date ______

CHECKLIST:
• ENTRY FORM - Signed and completed
• Copy of your 2016 NPC card
• Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
• Money order or cashier’s check in the amount of $300 payable to Musclecontest
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2016 NPC USA BIKINI CHAMPIONSHIPS
Official BIKINI Entry Form

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ABSOLUTELY NO ENTRIES ACCEPTED POSTMARKED AFTER JULY 13, 2016

Name __________________________ Telephone ________ Age ________ Height ________
Address __________________________ Apt. # ________ Email Address __________________________________
City __________________________ State ________ Zip ________ NPC Card # __________
Location __________________________

Contest (Where Eligibility Was Attained) __________________________ Placing in Contest __________________________ Date of Event __________
Promoter's Name __________________________ Phone # (______)________
Name of Your NPC District Chairman __________________________ Phone # (______)________
Have You Entered a National NPC Contest Before? __Yes ____No / Name of Contest __________________________ Location __________ Date __________

HEIGHT CLASS YOU INTEND TO COMPETE IN: A: ___ B: ___ C: ___ D: ___ E: ___ F: ___

Competition Rules:
The contestants will perform their “Model Walk” (personal preference) to the center of the stage, stop and do a front stance, stop, do a full turn to do a rear stance, turn to the front again, then proceed to the side of the stage. The contestants will wear high heels and a two-piece swimsuit of their choice, provided that no thong suits will be permitted. Jewelry may be worn in this round. No oil may be worn.
The contestants will present their front and rear stance with other contestants wearing their two-piece swimsuits and high heels. Judges will score competitors on “Balance and Shape” and overall physical appearance, including complexion, skin tone, poise and overall presentation.

Finals: The top 5 will be compared and may be scored, which will be added to the Judging scores. The top five (5) competitors in each height class will receive trophies.

RELEASE
In consideration of being allowed to participate in any way in the NPC USA Bikini Championships ("Event") promoted by Lindsay Productions, ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) the undersigned, acknowledge, appreciate and agree that: 1. 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, 2. 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, 3. 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, 4. 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 Embassy Suites ("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 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 GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature __________________________ Date __________
Name (Please Print) __________________________

CHECKLIST:
- ENTRY FORM - Signed and completed
- Copy of your 2016 NPC card
- Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
- Money order or cashier’s check in the amount of $300 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291
2016 NPC USA WOMEN’S PHYSIQUE CHAMPIONSHIPS
Official WOMEN’S PHYSIQUE Entry Form

$300 ENTRY FEE MUST BE POSTMARKED BY FRIDAY, JULY 8, 2016 to avoid late fee.
ENTRIES POSTMARKED AFTER JULY 8 WILL BE ACCEPTED IF POSTMARKED BY JULY 13, 2016
WITH A LATE FEE OF $300 MAKING THE TOTAL $600.
ABSOLUTELY NO ENTRIES ACCEPTED POSTMARKED AFTER JULY 13, 2016

Name _______________________________ Telephone ________ Age _______ Height __________
Address _______________________________ Apt. # ________ Email Address ______________
City __________________ State __________ Zip __________ NPC Card # ______________
Contest (Where Eligibility Was Attained) ____________________ Location __________________
Placing in Contest __________________ Date of Event ______________
Promoter's Name ___________________________ Phone # (______)__________
Name of Your NPC District Chairman ___________ Phone # (______)__________
Have You Entered a National NPC Contest Before? ___Yes ___No / Name of Contest ______
Location __________________ Date ______________

HEIGHT CLASS YOU INTEND TO COMPETE IN: A: ____ B: ____ C: ____ D: ____

Competition Rules:
Women’s Physique competitors will be judged on symmetry, shape, proportion, muscle tone, poise and beauty flow. Physique assessment and comparison will take place during Judging. In Judging, competitors will complete a 45 second routine, quarter turns, and mandatory poses. Mandatory poses will be performed with open hand style and include the following: Front double biceps, back double biceps, side tricep with leg extended, side chest with arms extended, front ab/thigh. Competitors will perform their individual posing routines during Finals. The top 5 will be compared and may be scored, which would be added to the Judging scores.

RELEASE
In consideration of being allowed to participate in any way in the NPC USA Physique Championships (“Event”) promoted by Lindsay Productions, (“Promoter”) and sanctioned by the National Physique Committee of the USA, Inc. (“NPC”), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) ___________________________ acknowledge, appreciate and agree that: 1. 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, 2. 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, 3. 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, 4. 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 lessees 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 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 concurs and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites (“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. Finaly, 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 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 to any merchandise, 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 GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature ___________________________ Name (Please Print) __________________________ Date __________

CHECKLIST:
• ENTRY FORM - Signed and completed
• Copy of your 2016 NPC card
• Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
• Money order or cashier’s check in the amount of $300 payable to Musclecontest
Return Entry Form by traceable USPS, UPS, or Federal Express to:
Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291
2016 NPC USA MEN’S PHYSIQUE CHAMPIONSHIPS
Official MEN’S PHYSIQUE Entry Form

$300 ENTRY FEE MUST BE POSTMARKED BY FRIDAY, JULY 8, 2016 to avoid late fee.
ENTRIES POSTMARKED AFTER JULY 8 WILL BE ACCEPTED IF POSTMARKED BY JULY 13, 2016
WITH A LATE OF $300 MAKING THE TOTAL $600.

ABSOLUTELY NO ENTRIES ACCEPTED POSTMARKED AFTER JULY 13, 2016

Name_________________________ Telephone_________________________ Age____ Height________
Address__________________________Apt. #__________________________ Email Address________________________
City_________________________ State________________ Zip________________ NPC Card # ________________
Contest (Where Eligibility Was Attained)________________ Location ________________________________
Placing in Contest_________________________ Date of Event__________________________
Promoter's Name__________________________ Phone # (______)________________________
Name of Your NPC District Chairman__________________________ Phone # (______)________________________
Have You Entered a National NPC Contest Before? Yes________ No / Name of Contest________________
Location____________________________ Date________________________

HEIGHT CLASS YOU INTEND TO COMPETE IN: A: __ B: ___ C: ___ D: ___ E: ___ F: ___

Competition Rules:
The contestants will be asked to walk in board shorts (no spandex and no logos are permitted on the shorts, but a manufacturer’s logo such as Nike or Billabong are acceptable). Competitors will enter the stage barefoot and without a shirt.
The contestants will present front and back poses. Judges will score competitors on “Balance and Shape” and overall physical appearance, including proper shape and symmetry and overall presentation.

Finals: The top 5 will be compared and may be scored, which would be added to the Judging scores. The top five (5) competitors in each height class will receive trophies.

RELEASE
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Signature ___________________________ Name (Please Print)_________________________ Date________________________

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• Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport
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Return Entry Form by traceable USPS, UPS, or Federal Express to:
Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291
2016 NPC USA MEN’S CLASSIC PHYSIQUE CHAMPIONSHIPS
Official MEN’S CLASSIC PHYSIQUE Entry Form

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DIVISION YOU INTEND TO COMPETE IN:  A:  ___  B:  ____  C:  ____  MUST MEET WEIGHT REQUIREMENT AS SET BY NPC

Create a Checklist

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