

2012 NPC USA BODYBUILDING CHAMPIONSHIPS BODYBUILDING, FIGURE, BIKINI and MEN'S AND WOMEN'S PHYSIQUE CHAMPIONSHIPS

Dear NPC Athlete:

Enclosed please find the entries for the 2012 Bodybuilding.com NPC USA Bodybuilding, Figure and Bikini Championships and Men's & Women's Physique Championships, which is being held July 27-28 in Las Vegas, Nevada. Please read the entire brochure thoroughly as **it contains important information**. **Please note that the host hotel is the Embassy Suites Hotel at 4315 Swenson Street (702.795.2800).**

The entry application page must be fully completed and signed. Once the application has been completed, send a money order - **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.**

DEADLINE FOR ENTRY MAILING IS FRIDAY, JULY 6, 2012. ENTRIES POSTMARKED AFTER JULY 6 WILL BE ACCEPTED IF POSTMARKED BY JULY 11, 2012. ENTRY FEE FOR ENTRIES POSTMARKED AFTER JULY 6 AND POSTMARKED ON OR BEFORE JULY 11 IS DOUBLED TO \$400.
ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 11, 2012.

A ticket order form is also provided so you can order tickets in advance for your family and friends. Place your order as soon as possible to reserve the best seats. Tickets can be ordered by completing the order form and mailing it to 2554 Lincoln Boulevard, PMB 749, Venice, CA 90291, with a money order payable to Lindsay Productions. No personal checks will be accepted. VISA and Mastercard are also accepted. Credit card orders can also be faxed to Lindsay Productions at 310.693.2516.

Ticket Prices:

FINALS: \$100 - \$75 - \$55 - All Seats Reserved

PREJUDGING: Men BB/Bikini - \$45/ Women's BB/Figure/Men's & Women's Physique - \$45 - Open Seating

If you have any **questions on eligibility requirements**, please contact Lindsay Productions, at 310.796.9181 or by email to jon@musclecontest.com. **Note that all competitors must be 18 years or older.**

FOR COMPLETE INFORMATION, GO TO www.musclecontest.com

NOTE: 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.

For any additional information not found on the website, call Lindsay Productions at 310.796.9181, fax to 310.693.2516, or email jon@musclecontest.com.

Good Luck!

Jon Lindsay
Lindsay Productions

2012 NPC USA BODYBUILDING, FIGURE, BIKINI and MEN'S & WOMEN'S PHYSIQUE CHAMPIONSHIPS

ELIGIBILITY REQUIREMENTS

All contestants must be registered as athletes with the computer service of the National Physique Committee as of JULY 6, 2012 (Entry Deadline). For an application, contact the NPC at P.O. Box 3711, Pittsburgh, PA 15230 412-276-5027. **YOU MAY NOT REGISTER FOR AN NPC CARD ON THE DAY OF THE CONTEST.**

1. You MUST be a U.S. Citizen to enter this event and proof MUST be sent with entry (copy of birth certificate, Naturalization certificate, passport, or DD214 (military discharge)). **DRIVER LICENSES, VOTER REGISTRATION OR SOCIAL SECURITY CARDS ARE NOT ACCEPTABLE PROOF OF CITIZENSHIP**
2. You MUST NOT currently be suspended by the NPC.
3. In order for a U.S. bodybuilding athlete to be eligible for the 2012 NPC USA Championships, the athlete must have competed since January 1, 2010, 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 2 in his/her weight class in the Armed Forces National Bodybuilding Championships
 - Among the first 2 in his/her weight class in an area level bodybuilding Championship designated as a National Qualifier
 - As the Overall winner in a 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 a NPC-sanctioned figure or bikini event designated as a national qualifying contest since January 1, 2010, and must be eligible under Items 1, 2, and 3
 - Bikini competitors must have placed in the top 3 in their respective class in a contest designated as a national qualifier since January 1, 2010 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 class in an NPC Men's or Women's Physique contest since January 1, 2010 and must be eligible under Items 1, 2, and 3.
 - All athletes are subject to random drug testing

FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE FOR ALL ATHLETES, PLEASE CONTACT:

Jon Lindsay, Lindsay Productions / 310.796.9181 or Email: jon@musclecontest.com

Checklist:

- Entry Blank - Signed and completed
- Copy of your 2012 NPC card
- Proof of US Citizenship: Birth certificate, Naturalization certificate, passport, DD214
DRIVER LICENSE, VOTER REGISTRATION OR SOCIAL SECURITY CARD IS NOT PROOF OF CITIZENSHIP
- Money order in the amount of **\$200** payable to **Lindsay Productions**

All Athletes: Return Entry Form by Certified Mail, Express Mail, UPS Next Day or Federal Express to Lindsay Productions

WEIGHT/HEIGHT DIVISIONS

MEN BB

Bantamweight: 143-1/4 lbs. & under
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: 115 lbs. & under
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
up to & including 5'1" (A)
over 5'1" up to & including 5'2-1/2" (B)
over 5'2-1/2" up to & including 5'4" (C)
over 5'4" up to & including 5'5-1/2" (D)
over 5'5-1/2" up to & including 5'7" (E)
over 5'7" (F)

MEN'S PHYSIQUE

Six Height Classes
Up to & including 5'7" (A)
over 5'7" up to & including 5'8" (B)
over 5'8" up to & including 5'9" (C)
over 5'9" up to & including 5'11" (D)
over 5'11" up to & including 6' (E)
over 6' (F)

WOMEN'S PHYSIQUE

Four Height Classes
up to & including 5'2" (A)
over 5'2" up to & including 5'4" (B)
over 5'4" up to & including 5'6" (C)
over 5'6"

2012 NPC USA BODYBUILDING, FIGURE, BIKINI MEN'S & WOMEN'S PHYSIQUE CHAMPIONSHIPS

ENTRY FEES

MONEY ORDER MADE PAYABLE TO "LINDSAY PRODUCTIONS" IN THE AMOUNT OF \$200.00 FOR EACH ATHLETE (MEN AND WOMEN).

ENTRIES MUST BE POSTMARKED BY FRIDAY, JULY 6, 2012. ENTRIES POSTMARKED AFTER JULY 6 WILL BE ACCEPTED IF POSTMARKED BY JULY 11, 2012. ENTRY FEE FOR ENTRIES POSTMARKED AFTER JULY 6 AND POSTMARKED BY JULY 11 IS DOUBLED TO \$400. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 11, 2012.

CHECK-IN / WEIGH-IN
EMBASSY SUITES HOTEL

Thursday, July 26, 2012 - Weigh-ins and Check-ins for ALL athletes will take place on a "ROLLING" basis from 1 p.m. – 9 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 TO WEIGH-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 Physique music MUST be no longer than 60 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 prejudging.
- Men's and Women's bodybuilding and Women's Physique contestants will not use music at the prejudging. There will be 45 seconds of posing in prejudging.
- Competition suits MUST be worn to weigh-in.
- 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

POSING 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 Men's Bodybuilding Class winners (7) are eligible for IFBB pro cards. The top 2 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 in winners in each Men's & Women's Physique Height Class will be eligible for IFBB professional status.

HOST HOTEL

EMBASSY SUITES HOTEL

4315 Swenson Street, Las Vegas, NV 89115

For Reservations, call 702795.2800 and ask for Special NPC USA Bodybuilding, Figure, Bikini Championships Room Rate

TRAVEL ARRANGEMENTS

Discount travel arrangements can be made by emailing Laura Colvin at laura.colvin@protravelinc.com or call her at 773-866-2668

Ask for special NPC USA Rates

REIMBURSEMENT FOR TRAVEL

Class Winners will receive up to \$100 toward travel expenses. Overall Winners will receive up to \$200 toward travel expenses. (All reimbursements will be made only with proof of travel expenses.)

NPC NATIONAL EVENT COMPETITOR/ATTENDEE UPDATE

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.

**2012 NPC USA
BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS**

SCHEDULE OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Thursday, July 26</u>	9 a.m. - 9 p.m. 1 p.m. - 9 p.m.	NPC/Promoter's Office <u>ROLLING CHECK-IN AND WEIGH-IN FOR ALL ATHLETES - THURSDAY ONLY</u>	Embassy Suites
THERE WILL ABSOLUTELY BE NO CHECK/WEIGH-INS ON FRIDAY!!			
<u>Friday, July 27</u>	9 a.m. - 10 a.m.	NPC/Promoters Office	Embassy Suites
	10:45 a.m.	Men's BB Mandatory Meeting	Artemus Ham Hall
	12 Noon	Men's BB Prejudging	Artemus Ham Hall
	TBA	Women's BB Meeting	Artemus Ham Hall
	TBA	Bikini Meeting	Artemus Ham Hall
	TBA	Women's Physique Meeting	Artemus Ham Hall
<u>Saturday, July 28</u>	8 a.m.	Men's Physique Mandatory Meeting	Artemus Ham Hall
	9 a.m.	Men's Physique Prejudging	Artemus Ham Hall
	TBA	Figure Meeting & Prejudging	
	3:45 p.m.	All Competitors Mandatory Meeting	Artemus Ham Hall
	5 p.m.	Finals	Artemus Ham Hall

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.

2012 BODYBUILDING.COM NPC USA BODYBUILDING, FIGURE, BIKINI, MEN'S & WOMEN'S PHYSIQUE CHAMPIONSHIPS

TICKET PRICES AND ORDER FORM

Ticket Prices: *There are no refunds or transfers of tickets after purchase.*

FINALS: \$100 - \$75 - \$55 - All Seats Reserved

PREJUDGING: Men Bodybuilding/Figure - \$45 Women BB/Bikini - \$45 - Open Seating
(All ticket prices subject to applicable fees)

ORDER FORM

Mail to: Lindsay Productions fax to 310.693.2516
2554 Lincoln Boulevard email to jon@musclecontest.com
PMB 749 online @ www.musclecontest.com
Venice, CA 90291

Name _____ Telephone _____

Address _____

City _____ State _____ Zip _____ Email _____

FINALS _____ @ \$100 =	\$ _____	Reserved Seating
FINALS _____ @ \$75 =	\$ _____	Reserved Seating
FINALS _____ @ \$55 =	\$ _____	Reserved Seating

PREJUDGING:

MEN/WOMEN BB/BIKINI _____ @ \$45 = \$ _____ Open Seating
WOMEN'S PHYSIQUE

MEN'S PHYSIQUE/FIGURE _____ @ \$45 = \$ _____ Open Seating

Entertainment Tax – Add 10% of Order \$ _____

**There will be a 5% postage fee added to
all credit card orders** \$ _____

TOTAL AMOUNT DUE \$ _____

No tickets will be sent out after July 13 (they will be held at the box office at "Will Call")
There are no refunds or transfers of tickets after purchase.

Method of Payment: ___ Money Order (**Payable to Lindsay Productions**)
___ VISA ___ Mastercard (Credit card orders can also be faxed to Lindsay Productions at 310.693.2516)
Tickets can also be purchased online at www.musclecontest.com

Name Card Issued In	Card Number	Exp. Date
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Address where credit card billing is received if different from mailing address above.

2012 NPC USA BODYBUILDING CHAMPIONSHIPS

Official BODYBUILDING Entry Form

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Name _____ Weight _____ Height _____
Address _____ Apt.# _____ Email _____
City _____ State _____ Zip _____
Phone (_____) _____ Age _____ NPC Card # _____

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

Men: Bantamweight Lightweight Welterweight Middleweight Light-Heavyweight Heavyweight
 Super-Heavyweight

Women: Lightweight Middleweight Light-Heavyweight Heavyweight

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 _____

In consideration of your acceptance of this entry, 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, Lindsay Productions, Jon Lindsay individually, Artemus Ham Concert Hall and the University of Nevada Las Vegas, and/or any associated promotional partners or entities, 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. And in further consideration of permission being granted to me to participate in the 2012 NPC USA Bodybuilding Championships and its related events, 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, video, printing 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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 and/or any other 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 and/or any NPC-approved video or entertainment organization hereunder.

In signing this entry, I agree to be responsible for any damage to the hotel room in which I am staying that occurs as a result of any body color, oils, spray tan or any other damage I may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings I may come in contact with.

Signature _____ Name (Please Print) _____ Date _____

ALL BODYBUILDING ATHLETES RETURN ENTRY FORMS TO:

**JON LINDSAY
LINDSAY PRODUCTIONS
2554 LINCOLN BOULEVARD, PMB 749
VENICE, CA 90291**

CHECKLIST (Include):

1. Entry Form
2. Copy of 2012 NPC card
3. Entry fee (Money Order only) for \$200 made payable to **LINDSAY PRODUCTIONS**
4. Proof of US Citizenship: Copy of Birth Certificate, Naturalization Certificate, DD-214, or Passport
DRIVER LICENSES, VOTER REGISTRATION OR SOCIAL SECURITY CARDS ARE NOT ACCEPTABLE PROOF OF CITIZENSHIP
5. **Men and Women:** Return Entry Form by Certified Mail, Express Mail, UPS Next Day or Federal Express to Jon Lindsay.

2012 NPC USA FIGURE CHAMPIONSHIPS

Official FIGURE Entry Form

ENTRIES MUST BE POSTMARKED BY FRIDAY, JULY 6, 2012. ENTRIES POSTMARKED AFTER JULY 6 WILL BE ACCEPTED IF POSTMARKED BY JULY 11, 2012. ENTRY FEE FOR ENTRIES POSTMARKED AFTER JULY 6 AND POSTMARKED BY JULY 11 IS DOUBLED TO \$400. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 11, 2012.

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

Prejudging/Swimsuit: 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.

Final Assessment: All competitors will be brought back in their two-piece suits for quarter-turns. The top 5 will then be re-scored and those scores will be added to the prejudging scores for a final score.

In consideration of your acceptance of this entry, 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, Lindsay Productions, Jon Lindsay individually, Artemus Ham Concert Hall and the University of Nevada Las Vegas, and/or any associated promotional partners or entities, 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. And in further consideration of permission being granted to me to participate in the 2012 NPC USA Figure Championships and its related events, 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, video, printing 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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 and/or any other 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 and/or any NPC-approved video or entertainment organization hereunder.

In signing this entry, I agree to be responsible for any damage to the hotel room in which I am staying that occurs as a result of any body color, oils, spray tan or any other damage I may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings I may come in contact with.

Signature _____ Name Printed _____ Date _____

RETURN ENTRY FORM TO: JON LINDSAY
LINDSAY PRODUCTIONS
2554 LINCOLN BOULEVARD, PMB 749
VENICE, CA 90291

CHECKLIST (Include):

1. Entry Form
2. Copy of 2012 NPC card
3. Entry fee of \$200 (Money Order Only) to **LINDSAY PRODUCTIONS**
4. Proof of U.S. Citizenship: Copy of Birth Certificate, Naturalization Certificate, DD-214, or Passport
DRIVER LICENSES, VOTER REGISTRATION OR SOCIAL SECURITY CARDS ARE NOT ACCEPTABLE PROOF OF CITIZENSHIP
5. Return Entry by Certified Mail, Express Mail, UPS Next Day or Federal Express to Jon Lindsay.

2012 NPC USA BIKINI CHAMPIONSHIPS

Official BIKINI Entry Form

ENTRIES MUST BE POSTMARKED BY FRIDAY, JULY 6, 2012. ENTRIES POSTMARKED AFTER JULY 6 WILL BE ACCEPTED IF POSTMARKED BY JULY 11, 2012. ENTRY FEE FOR ENTRIES POSTMARKED AFTER JULY 6 AND POSTMARKED BY JULY 11 IS DOUBLED TO \$400. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 11, 2012.

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 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 full 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 five (5) competitors in each height class will receive trophies.

In consideration of your acceptance of this entry, 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, Lindsay Productions, Jon Lindsay individually, Artemus Ham Concert Hall and the University of Nevada Las Vegas, and/or any associated promotional partners or entities, 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. And in further consideration of permission being granted to me to participate in the 2012 NPC USA Bikini Championships and its related events, 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, video, printing 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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.

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Signature _____ Name(printed) _____ Date _____

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LINDSAY PRODUCTIONS
2554 LINCOLN BOULEVARD, PMB 749
VENICE, CA 90291**

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5. Return Entry by Certified Mail, Express Mail, UPS Next Day or Federal Express to Jon Lindsay.

2012 NPC USA WOMEN'S PHYSIQUE CHAMPIONSHIPS

Official WOMEN'S PHYSIQUE Entry Form

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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

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 Prejudging. In Prejudging, competitors will complete a one-minute 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.

In consideration of your acceptance of this entry, 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, Lindsay Productions, Jon Lindsay individually, Artemus Ham Concert Hall and the University of Nevada Las Vegas, and/or any associated promotional partners or entities, 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. And in further consideration of permission being granted to me to participate in the 2012 NPC USA Women's Physique Championships and its related events, 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, video, printing 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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 and/or any other 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 and/or any NPC-approved video or entertainment organization hereunder.

In signing this entry, I agree to be responsible for any damage to the hotel room in which I am staying that occurs as a result of any body color, oils, spray tan or any other damage I may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings I may come in contact with.

Signature _____ Name _____ Date _____
(Please Print)

RETURN ENTRY FORM TO:

**JON LINDSAY
LINDSAY PRODUCTIONS
2554 LINCOLN BOULEVARD, PMB 749
VENICE, CA 90291**

CHECKLIST (Include):

1. Entry Form
2. Copy of 2012 NPC card
3. Entry fee of \$200 (Money Order Only) to **LINDSAY PRODUCTIONS**
4. Proof of U.S. Citizenship: Copy of Birth Certificate, Naturalization Certificate, DD-214, or Passport
DRIVER LICENSES, VOTER REGISTRATION OR SOCIAL SECURITY CARDS ARE NOT ACCEPTABLE PROOF OF CITIZENSHIP
5. Return Entry by Certified Mail, Express Mail, UPS Next Day or Federal Express to Jon Lindsay.

2012 NPC USA MEN'S PHYSIQUE CHAMPIONSHIPS

Official MEN'S PHYSIQUE Entry Form

ENTRIES MUST BE POSTMARKED BY FRIDAY, JULY 6, 2012. ENTRIES POSTMARKED AFTER JULY 6 WILL BE ACCEPTED IF POSTMARKED BY JULY 11, 2012. ENTRY FEE FOR ENTRIES POSTMARKED AFTER JULY 6 AND POSTMARKED BY JULY 11 IS DOUBLED TO \$400. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 11, 2012.

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 perform quarter turns with an optional pose of hand on hip or hand in pocket. Judges will score competitors on "Balance and Shape" and overall physical appearance, including proper shape and symmetry and overall presentation.

Finals: The top five (5) competitors in each height class will receive trophies.

In consideration of your acceptance of this entry, 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, Lindsay Productions, Jon Lindsay individually, Artemus Ham Concert Hall and the University of Nevada Las Vegas, and/or any associated promotional partners or entities, 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. And in further consideration of permission being granted to me to participate in the 2012 NPC USA Men's Physique Championships and its related events, 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, video, printing 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, 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.

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Signature _____ Name(printed) _____ Date _____

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