

2016 NPC SOUTHERN INDIANA MUSCLE

A National Qualifying Event (NPC Sanction #12374)

DATE: Saturday, March 19, 2016 - **Mandatory Competitors Meeting 8:30am!!** Prejudging: 10:00am (Central time) - Evening Finals: 5:00pm

LOCATION: OLD NATIONAL EVENTS PLAZA, Bill Brooks Exhibit Hall B, 715 Locust Street, Evansville, IN 47708

HOST/HOTEL: Courtyard Marriott 8105 E. Walnut St; 812.424.4242. All NON SMOKING ROOMS. Reservations should be made by February 26, 2016 to ensure discount rate of \$99 for King & \$104 for Double Queen. Ask for Southern Indiana Muscle Contest Block. A \$5 PER TOWEL CHARGE WILL BE ASSESSED FOR ALL TOWELS RUINED FROM TANNING PRODUCTS. CHARGES FOR RUINED SHEETS WILL BE ASSESSED AS WELL.

Additional hotel accommodation: Hilton Garden Inn, 220 Eagle Crest Blvd, Evansville, IN 47715 812.476.4000. Reservations to be made by February 26, 2016 to ensure discount of \$104 for King and \$114 Double Queen.

MANDATORY COMPETITORS MEETING! @8:30am Saturday, March 19, 2016 @ Old National Events Plaza, Bill Brooks Exhibit Hall B

CHECK-IN/WEIGH-IN /HEIGHT CHECK: FRIDAY CHECKINS ONLY! March 18, 2016 @ 6pm - 8:30pm at Courtyard Marriott
NO CHECK-INS SATURDAY MARCH 19, 2016

ELIGIBILITY: This contest is open to all NPC registered athletes who meet the following requirements:

1. Possess a current 2016 NPC card (unregistered athletes may purchase cards for \$120 cash or check at check-in)
2. Novice contestants for the 2016 Southern Indiana may have never won an overall in any prior contests.
3. Men's Masters contestants - men who have reached 40 or 50 years of age the day of the show.
4. Women's Masters Figure & Bikini - women who have reached 35 years of age the day of the show (35 or 40 for Bikini).
5. All open classes are NPC national qualifying events.
6. Collegiate class contestants must present college ID.

All contestants will be presented at the Evening Finals.

DIVISIONS / CLASSES:

- **MENS OPEN BB:** BW - up to 143 1/4, LW - over 143 1/4 to 154 1/4, WW - over 154 1/4 to 165 1/4, MW - over 165 1/4 to 176 1/4, LHW - over 176 1/4 to 198 1/4, HW - over 198 1/4 to 225 1/4, SHW - over 225 1/4
- **MENS NOVICE BB:** LW - up to 165 1/4, MW - over 165 1/4 to 187 1/4, HW - over 187 1/4
- **MENS MASTER'S BB:** 1 class per age group: 40 - 49 yrs old, 50 and older
- **MENS CLASSIC PHYSIQUE:** 2 classes: A - up to 5'10", B - over 5'10" ****please see chart for height to weight requirements!**
- **MENS CLASSIC PHYSIQUE MASTERS:** 1 class: 40 yrs and older ****please see chart for height to weight requirements!**
- **MENS NOVICE PHYSIQUE:** 2 classes: A & B - classes to be determine day of show
- **MENS OPEN PHYSIQUE:** 2 classes: A & B - classes to be determined day of show
- **MENS COLLEGIATE PHYSIQUE:** 1 class (Must present college ID)
- **MENS MASTER'S PHYSIQUE:** 1 class: 40 yrs and older
- **WOMENS PHYSIQUE:** 1 class
- **WOMENS NOVICE FIGURE:** 2 classes: A & B - classes to be determined day of show
- **WOMENS OPEN FIGURE:** 3 classes: A - up to 5'2", B - over 5'2" to 5'6", C - over 5'6"
- **WOMENS MASTERS FIGURE:** 1 class: 35 years and older
- **WOMENS NOVICE BIKINI:** 2 classes: A & B - division of heights will be determined day of show
- **WOMENS OPEN BIKINI:** 3 classes: A - up to 5'2", B - over 5'2" to 5'6", C - over 5'6" OR division of heights will be determined day of show
- **WOMENS COLLEGIATE BIKINI:** 1 class (Must present college ID)
- **WOMENS MASTERS BIKINI:** 2 classes: 35 -39 yrs old, 40 yrs old and older

AWARDS: Trophies will be presented to athletes 1st through 5th place in each weight group or class. Overall awards will be presented if there is more than one weight or height group within a division.

MUSIC: CD must contain only one track, must be limited to 60 seconds, and must bear the contestant's name. Each athlete is responsible for picking up his/her own music after the evening show.

POSING LIMIT: Bodybuilding, men's classic physique & women's physique competitors evening posing routines are limited to 60 seconds

ENTRY FEE: Make check of money order payable to Eric Schmidt. 4904 Plaza East Blvd, Evansville, IN 47715

ENTRY FEE IS \$100 CROSSOVER FEE additional \$50 LATE FEE \$40 (when received after MARCH 5, 2016)

DEADLINE: All entries must be received on or before Wednesday March 16, 2016 @ 7pm. No entries accepted after this date & time.

TICKETS: VIP TICKETS AVAILABLE - GET YOUR TICKETS EARLY! PRIOR YEARS' CONTESTS SOLD OUT!

Make check or money order payable to: Eric Schmidt - 4904 Plaza East Blvd, Evansville, IN 47715

Or credit cards accepted @ 812.402.9900 with a \$5.00 processing fee. If you would like them mailed add additional priority postage fee of \$7. VIP for night show \$30; General Admission \$25; Prejudging \$15 (available day of show)

NO EXCHANGE AND NO REFUNDS.

CONTACT: For questions or ticket requests contact: Eric Schmidt 812.402.9900 or 812.568.2244. For additional contest entry forms visit

www.npcindiana.com

OFFICIAL ENTRY FORM
2016 SOUTHERN INDIANA MUSCLE
A NATIONAL QUALIFYING EVENT
(NPC sanction #12374)

Return entry form and fees payable to Eric Schmidt 4904 Plaza East Blvd, Evansville, IN 47715 by March 5, 2016 Entry fee \$100, Cross-over fee \$50, Late entry fee additional \$40 received after March 5th, 2016. (Entry deadline: must be received by March 16, 2016 @ 7pm)

Name: _____ Phone: _____ Gym/Sponsor: _____

Address: _____ City: _____ State: _____ Zip: _____

Age: _____ Height: _____ Expected Weight: _____ Email: _____

Please check the class or classes within the division you intend to compete in. (Limit is 3 classes)

****CANNOT CROSSOVER FROM ONE DIVISION TO ANOTHER - Example...Cannot crossover from Men's BB to Men's Physique, Women's Figure to Women's Physique, etc.**

Also please note those competing in the new Men's Classic Physique can only crossover to another Classic Physique class.

MENS OPEN BB **MENS NOVICE BB** **MENS MASTERS BB (40-49)** **MENS MASTERS BB (50+)**
 MENS CLASSIC PHYSIQUE **MENS CLASSIC PHYSIQUE MASTERS (40+)**
 MENS NOVICE PHYSIQUE **MENS OPEN PHYSIQUE** **MENS COLLEGIATE PHYSIQUE** **MENS MASTER PHYSIQUE (40+)**
 WOMENS PHYSIQUE **WOMENS NOVICE FIGURE** **WOMENS OPEN FIGURE** **WOMENS MASTER FIGURE**
 WOMENS NOVICE BIKINI **WOMENS OPEN BIKINI** **WOMENS COLLEGIATE BIKINI** **WOMENS MASTER BIKINI**

****COMPETITION SPRAY TANNING AVAILABLE FRIDAY AND SATURDAY: Call Gail Ward of Liquid Sun Rayz of Indiana/Illinois 260.415.7445 or visit lsr.GLOsunless.com for questions or to schedule apt**

*****MAKEUP/HAIR FOR COMPETITORS: Cosmetic Artistry by Catherine Ann, Catherine Chlipala, 815.735.5857, catherinechlipala@yahoo.com, [Facebook.com/cosmeticartistrybycatherineann](https://www.facebook.com/cosmeticartistrybycatherineann)
Also: Competition Artistry, Contact Maria 812.629.6064**

******PROFESSIONAL PHOTOGRAPHY AVAILABLE AS WELL: Contact Dennis Walsh at 765.606.6280 for pictures & posters!**

****ENCLOSE CHECK OR MONEY ORDER FOR ENTRY FEE (AND CROSS OVER & LATE FEES IF APPLICABLE) MADE PAYABLE TO ERIC SCHMIDT 4904 PLAZA EAST BLVD,, EVANSVILLE, IN 47715
\$100 entry fee (add \$50 crossover fee and/or \$40 late fee if applicable)**

In consideration of being allowed to participate in any way in the Southern Indiana Muscle ("Event") promoted by Eric Schmidt ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (please print your 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 Name of Hotel _____ ("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'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. 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 (wether 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 limitations, 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 resigned 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.**

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 Releases 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 _____ Date Signed: _____

SIGNATURE OF PARENT/GUARDIAN (OF PARTICIPANT)

MEN'S CLASSIC PHYSIQUE HEIGHT AND WEIGHT CHART

DIVISION A - UP TO AND INCLUDING 5'10"

• Up to and including 5' 4"	Up to and including 155 lbs
• Over 5' 4" up to and including 5' 5"	Up to and including 160 lbs
• Over 5' 5" up to and including 5' 6"	Up to and including 165 lbs
• Over 5' 6" up to and including 5' 7"	Up to and including 170 lbs
• Over 5' 7" up to and including 5' 8"	Up to and including 177 lbs
• Over 5' 8" up to and including 5' 9"	Up to and including 185 lbs
• Over 5' 9" up to and including 5' 10"	Up to and including 192 lbs

DIVISION B - OVER 5'10"

• Over 5' 10" up to and including 5' 11"	Up to and including 200 lbs
• Over 5' 11" up to and including 6' 0"	Up to and including 207 lbs
• Over 6' 0" up to and including 6' 1"	Up to and including 215 lbs
• Over 6' 1" up to and including 6' 2"	Up to and including 225 lbs
• Over 6' 2" up to and including 6' 3"	Up to and including 232 lbs
• Over 6' 3" up to and including 6' 4"	Up to and including 240 lbs
• Over 6' 4" up to and including 6' 5"	Up to and including 247 lbs
• Over 6' 5" up to and including 6' 6"	Up to and including 255 lbs
• Over 6' 6" up to and including 6' 7"	Up to and including 262 lbs
• Over 6' 7"	Up to and including 270 lbs

JUDGING CRITERIA

- **Muscularity and Body Conditioning** - Judges will be looking for competitors who display muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist.

The judging is scored 100% and will consist of comparisons of quarter turns and the following five 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 60 seconds

No crossovers are permitted (except for entering into another class within classic physique). However if an athlete does not make weight, they have the option of competing in bodybuilding or men's physique with proper attire for the division - trunks for bodybuilding and board shorts for men's physique.

FOR MORE INFO AND POSSIBLE UPDATES/CHANGES PLEASE VISIT www.npcnewsonline.com