



2017 NPC Southern Classic Bodybuilding, Figure, Bikini, Fitness, Physique, Classic Physique Championships

Mandatory Check-In and Weigh-In

EMBASSY SUITES RIDGELAND-200 TOWNSHIP PLACE-RIDGELAND, MS 39157

ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT JUNE 2, 2017 BETWEEN THE HOURS OF 4:00 P.M. AND 8:00 P.M.

- NPC cards can be purchased online: <https://www.npcregistration.com/>. Or they will be sold at check-in but NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY, \$125 made payable to the NATIONAL PHYSIQUE COMMITTEE

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

GOODIE BAG AND T-SHIRT WILL BE GIVEN TO THE FIRST 150 PRE-ENTERED ATHLETES. ENTRY FORM MUST BE RECEIVED BY MAY 15, 2017 TO INSURE THE CORRECT T-SHIRT SIZE. SEND YOUR ENTRY IN EARLY!!!

Music/NPC Regulations

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.
- ALL BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC MUST BE NO LONGER THAN 45 SECONDS . FITNESS NO LONGER THAN 2 MIN. POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT WEIGH-IN ON FRIDAY NIGHT. BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.
- BODYBUILDING, BIKINI AND CLASSIC PHYSIQUE COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL.
- NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOOD TASTE"!.
- An athlete MAY CROSSOVER in EVERY Division
- NOVICE- Athlete that has never won their class other than in the True Novice.
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO SIT IN AUDITORIUM SEATING!! NO EXCEPTIONS
- NO DREAM TAN ALLOWED
- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.
- NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTOS OR VIDEOS SERVICES IS ALLOWED IN THE AUDITORIUM.
- NO REFUNDS

POSING AND AWARDS

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

TICKET PRICES

Prejudging	\$25.00	Open Seating
Night Show	\$30.00	General Admission
	\$40.00	VIP

ENTRY FEES

Money order or check made payable to "Southern Classic" in the amount of \$100.00 for each class entered. Mail to: Southern Classic, 423 ST Augustine Dr., Madison, MS 39110. \$50.00 late fee will be charged on entries postmarked after May 20, 2017. Only cash, money order, certificated check accepted on Friday night Late Entries.

ENTRY DEADLINE

All entries must be postmarked no later than Saturday, May 20, 2017 to avoid a late fee of \$50.00.

Check List:

- Entry form & RELEASE- signed and completed
- Copy of your 2017 NPC card (can be purchased at check-in) Check or money order only made payable to National Physique Committee
- Copy of your 2017 NPC Official Height Card (will be given at check-in if you don't have one)
- Check or money order for \$100.00 for each class entered made payable to "Southern Classic" and mail to 423 St Augustine Dr. Madison, MS 39110
- Copy of driver license if you are entering Teenage, All Masters including 35

2017 NPC Southern Classic Bodybuilding, Figure, Bikini, Fitness, Physique & Classic Physique Championships

Official Bodybuilding, Figure, Bikini, Fitness, Physique & Classic Physique Entry Form- Sanction #14488

Name: First _____ Last _____ DOB _____

Address _____ City _____ State _____ ZIP _____

Phone () _____ Email:(PRINT) _____

Hotel Stay _____ Age: _____ Height: _____ Contest Weight: _____ T-Shirt Size _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

Men's Open Bodybuilding

- Bantam- (Up to & Inc. 143.25)
- Lightweight- (Over 143.25 & Inc. 154.25)
- Welterweight- (Over 154.25 & Inc. 165.25)
- Middleweight- (Over 165.25 & Inc. 176.25)
- Light-Heavyweight- (Over 176.25 & Inc. 198.25)
- Heavyweight- (Over 198.25 & Inc. 225.25)
- Super-Heavyweight- (Over 225.25)

Teen Bodybuilding (Male 16-19 yrs old)

- Teen (One class)

Men's True Novice Bodybuilding (First-time Competitor)

- Light (Up to & Inc. 176.25 lbs)
- Heavy (Over 176.25 lbs)

Men's Novice Bodybuilding

- Light (Up to & Inc. 165.25 lbs)
- Middle (Over 165.25 lbs Up to & Inc. 187.25 lbs)
- Heavy (Over 187.25 lbs)

Men's Masters Bodybuilding

- 35-39 (One Class)
- 40-49 (Two Classes)
- Light (Up to & Inc. 176.25 lbs)
- Heavy (Over 176.25 lbs)
- 50-59 (Two Classes)
- Light (Up to & Inc. 176.25 lbs)
- Heavy (Over 176.25 lbs)
- 60 & Over (One Class)

Men's BB Uniform Class (Military, Police or Fire)

- Light (Up to & Inc. 176.25 lbs)
- Heavy (Over 176.25 lbs)

Women's Physique

- True Novice (One Class) (First Time Competitor)
- Novice (One Class)
- Open A (Up to & Inc. 5'4")
- Open B (Over 5'4")
- Masters 35-49 (One Class)
- Masters 50-59 (One Class)
- Masters 60+ (One Class)

Women's Fitness

- One Class

Men's Physique

- True Novice (One Class) (First Time Competitor)
- Novice (One Class)
- Teen (One Class) (16 to 19 yrs old)
- Open A (Up to & Inc. 5'7")
- Open B (Over 5'7" & Inc. 5'8")
- Open C (Over 5'8" & Inc. 5'9")
- Open D (Over 5'9" & Inc. 5'11")
- Open E (Over 5'11" & Inc. 6')
- Open F (Over 6')
- Uniform Class (Military, Police or Fire) (One class)
- Masters 35-39 (One Class)
- Masters 40+ (One Class)

Men's Classic Physique

- True Novice Classic Physique (One Class) (First Time Competitor)
- Novice Classic Physique (One Class)
- Classic Physique A (Up to & Inc. 5'7") (See chart on last page for weight)
- Classic Physique B (Over 5'7" & Inc 5'10") (See chart on last page for weight)
- Classic Physique C (Over 5'10" & Inc. 6'0") (See chart on last page for weight)
- Classic Physique D (Over 6'0") (See chart on last page for weight)
- Masters 35-39 (One Class)
- Masters 40+ (One Class)

Women's Figure

- True Novice (One Class) (First Time Competitor)
- Novice (One Class)
- Open A (Up to Inc. 5'1")
- Open B (Over 5'1" & Inc. 5'2 1/2")
- Open C (Over 5'2 1/2" & Inc. 5'4")
- Open D (Over 5'4" & Inc. 5'5 1/2")
- Open E (Over 5'5 1/2" & Inc. 5'7")
- Open F (Over 5'7")
- Masters 35-39 (One Class)
- Masters 40-49 (One Class)
- Masters 50+ (One Class)

Women's Bikini

- True Novice (One Class) (First Time Competitor)
- Novice (One Class)
- Open A (Up to Inc. 5'1")
- Open B (Over 5'1" & Inc. 5'2 1/2")
- Open C (Over 5'2 1/2" & Inc. 5'4")
- Open D (Over 5'4" & Inc. 5'5 1/2")
- Open E (Over 5'5 1/2" & Inc. 5'7")
- Open F (Over 5'7")
- Masters 35-44 (One Class)
- Masters 45+ (One Class)

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

Signature _____
 PARENTS/GUARDIAN (If Athlete is under 18 years of Age) _____

****THIS FORM MUST BE SIGNED AND MAILED IN WITH YOUR ENTRY FORM****

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

**Enter email below if you wish to receive emails from (Don Hollis/ Betty Hollis/ NPC Southern Classic) about events and physique competitions.
YES, I WISH TO RECEIVE EMAILS: Enter Email Address Here: _____**

Promoters may NOT send promotional emails to any competitor who has not given permission to receive them, on the entry form release statement, as it violates the regulations of the mass email providers.

In consideration of being allowed to participate in any way in the **Name of Event** NPC Southern Classic ("Event") promoted by **Name of Promoter** Don Hollis ("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** Embassy Suites - Ridgeland, MS ("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 GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

X _____ Age: _____ Date Signed _____ PARTICIPANTS SIGNATURE

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

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

X _____ Age: _____ Date Signed _____ PARTICIPANTS SIGNATURE

2017 NPC MEN'S CLASSIC PHYSIQUE UPDATE

After reviewing the number of competitors entered during our first year of Men's Classic Physique, the numbers grew exponentially as the year progressed to the point that we have decided to add an additional height class to the IFBB North American Championships Open Men's Classic Physique and the NPC National Championships Men's Classic Physique. This is mandatory for both of these competitions.

All other NPC national competitions and regional and state contests will have the option to offer 4 height classes or to stay with the 2 or 3 height classes they are currently using.

The breakdown for the 4 height classes will be;

DIVISION "A" (UP TO AND INCLUDING 5' 7")

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

DIVISION "B" (OVER 5' 7", UP TO AND INCLUDING 5' 10")

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 "C" (OVER 5' 10", UP TO AND INCLUDING 6' 0")

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

DIVISION "D" (OVER 6' 0")

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

CROSSOVERS

NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you currently fit the best.

Qualifying For NPC National Contests

In order to compete at a National contest in 2017, for the Jr USA and JR Nationals, an athlete must have competed in any NPC Contest. For all other Nationals shows including the Universe, Teen Collegiate Masters, USA, North American and Nationals an athlete must have competed in a NPC Classic Physique event. No other qualifications are required.

Qualifying For IFBB Pro Status

The top two in each height class at all National contests will qualify for pro status

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