

100% POLYGRAPHED & URINALYSIS TESTED

NANBF CALIFORNIA NATURAL MUSCLE MAYHEM PRO-QUALIFIER



NANBF.org

July 17, 2010

Promoters: Bob Bell & Tina Smith 916-354-1769

LOCATION: Sheldon High School
Performing Arts Center
8333 Kingsbridge Dr.
Sacramento, CA 95829

CONTEST TIMES:

Prejudging: 11:30am, Finals: 6:00pm
All athletes must check in at 8:00 am for mandatory meeting. IFPA Pro events will start at 9:30 & 4:00

TICKETS: Prejudging: \$15
Evening Finals: \$25
IFPA Pro events are additional fee of \$5

HOTEL: Hyatt Place 916-635-4799
10744 Gold Center Drive
Rancho Cordova, CA
Special Rate \$69
Reservations must be made by July 1st for group rate: Ask for California Natural Muscle block

ENTRY: The entry fee is \$45 for the initial division of competition and \$30 for each additional division. Entries must be postmarked no later than **July 6th, 2010** or a late entry penalty of \$100 will be applied. Promoters have the option to not accept late entries. (Polygraph fee is \$40, NANBF registration fee is \$50) Please make money order or certified check payable to:

California Natural Muscle

Mail to: Bob Bell & Tina Smith
7323 Zancada Ct.
Rancho Murieta, CA 95683

ELIGIBILITY: The competition is open to all physique athletes who have not at any time during the 84 months prior to this event, engaged in the personal use of anabolic steroids, other growth enhancing drugs, or prescription diuretics. Andro related compounds and Ephedra have a one year amnesty for new members. Refer to the banned substance list at NANBF.org or contact promoter with any questions.

Proof of age is required for Teen and Masters competitors. Competitors may cross from an age division to Open or Novice. **Competitors may not enter both Open and Novice divisions.**

TESTING & CHECK-IN: Every competitor will take polygraph exam set by appointment with promoter. Appointments set in the order of entries received. **Fee to polygrapher is \$40, payable with entry.** Testing is good for three months of NANBF shows. Promoters have the right to test and retest. Open class winners will be urine tested. Promoters have discretion to ask any competitor to take a urine test.
NANBF membership is required. All contestants must present NANBF card at check-in or **new NANBF Cards are \$50 and can be purchased with entry.** NANBF membership includes a year subscription to *Fitness & Physique Magazine*. You will be required to sign a release as a standard procedure at check-in. Parent signature required for those under age 18.

HEIGHT CLASSES:

Men: Short: under 5'7"

Med: 5'7" to 5'10"

Tall: 5'10" and over

Women: Short: under 5'4"

Tall: 5'4" and over

Promoter may adjust classes based upon number of entries

BODYBUILDERS POSING ATTIRE:

Posing suits must be of solid color, devoid of embroidery, stripes, other embellishments. Accessories are not permitted including jewelry. At finals, suits with embellishments and jewelry are allowed. Props are not allowed.

FIGURE POSING ATTIRE: Two piece swimsuits and heels. No thongs may be worn. Embroidery or embellishments are allowed on suits.

POSING MUSIC: Bodybuilding competitors will pose to music of their choice at the evening/finals show. Athletes who enter 2 divisions will pose in first class only. Music will be limited to 60 seconds. Music must be cued to start and recording must be of good quality. CD's only. No profanity!

Bodybuilding & Figure Posing Guidelines can be found at CaliforniaNaturalMuscle.org

www.californianaturalmuscle.org

Keep this page for your information!

NO PERSONAL CHECKS. PLEASE MAIL MONEY ORDER OR CERTIFIED CHECK

PAYABLE TO: California Natural Muscle

You will receive confirmation and additional information after we receive your completed entry form.

Name: _____ Age: _____ Sex: _____ Exact Height ____ft ____in (no shoes)
(This will determine the class you compete in)

Address _____ City _____ State ____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Please check all divisions you are entering:

Figure: Masters (Over 35)
 Novice
 Open

Bodybuilding Masters (Men Over 40, Women Over 35)
 Masters (Grand +50, Ultra +60)
 Teen
 Novice
 Open

Please complete the following Bio information. This will be read during the Evening Finals for all bodybuilders prior to performing your individual posing routine, and for all Figure competitors as you perform your stage walk.

Athlete Bio

Name:

City/State:

Age:

Gym Representing:

Special Thanks To: