

100% POLYGRAPHED & URINALYSIS TESTED

NANBF CALIFORNIA NATURAL MUSCLE MAYHEM PRO-QUALIFIER



NANBF.org

July 14, 2012

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

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

CONTEST TIMES:

Prejudging: 9:30am, Finals: 4:00pm
All athletes must check in at 8:30 am for mandatory meeting.

TICKETS: Prejudging: \$20
Evening Finals: \$30
IFPA Pro events are included

HOTEL: Hyatt Place 916-635-4799
10744 Gold Center Drive
Rancho Cordova, CA
Special Rate \$79

Reservations must be made by
June 30th for group rate: Ask for
California Natural Muscle block

ENTRY: The entry fee is \$55 for the
initial division of competition and \$30
for each additional division. Entries
must be postmarked no later than
July 3rd, 2012 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 \$60)
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 an amnesty
period 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 a 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
45 days of NANBF shows. Promoters have
the right to test and retest. Open class and
Overall 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 \$60 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 age18.

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: