



**NPC National Qualifier**



**NPC Heart of Dixie Sat. August 18, 2012 – Davidson High School Auditorium-Mobile, AL**

**NATIONAL QUALIFIER**

The following placements qualify the individual for NPC National Bodybuilding, Figure, Bikini, and Physique contests for one year through 2013: Open & Teen - top two in his/her weight class. Bikini, Fitness & Physique - top three in each height class will qualify for the USA & Nationals, top five will qualify for all other national contests. Figure – top five qualify for Jr. USA & Team Universe, top three qualify for all other national contests.

**DIVISIONS, CLASSES AND AWARDS**

MEN	WOMEN																																																														
<p><b>Teenage:</b> Any male 16 or over who has not reached his 20<sup>th</sup> birthday by 8/18/12 (5 places).</p> <p><b>Novice:</b> Any male who is competing for the first time (5 in each weight class and overall).</p> <table style="width: 100%;"> <tr> <td>Lightweight</td> <td>Up to &amp; including 165 ¼</td> </tr> <tr> <td>Middleweight</td> <td>Over 165 ¼ up to 187 ¼</td> </tr> <tr> <td>Heavyweight</td> <td>Over 187 ¼</td> </tr> </table> <p><b>Masters:</b> Any male who has reached his 40<sup>th</sup> birthday by 8/18/12 (5 in each weight class and overall).</p> <table style="width: 100%;"> <tr> <td>Lightweight</td> <td>Up to &amp; including 176 1/4</td> </tr> <tr> <td>Heavyweight</td> <td>Over 176 ¼ and over</td> </tr> </table> <p><b>Grand Masters:</b> Any male who has reached his 50<sup>th</sup> birthday by 8/18/12 (5 places).</p> <p><b>Junior:</b> Any male who has never won an overall Junior title or placed top five in an Open Division (5 places in each weight class and overall).</p> <table style="width: 100%;"> <tr> <td>Lightweight</td> <td>Up to 154 ¼</td> </tr> <tr> <td>Middleweight</td> <td>Over 154 ¼ up to 176 ¼</td> </tr> <tr> <td>Light Heavyweight</td> <td>Over 176 ¼ up to 198 ¼</td> </tr> <tr> <td>Heavyweight</td> <td>Over 198 ¼</td> </tr> </table> <p><b>Open:</b> Any male that has won an overall Junior Division or placed top five in an Open Division (5 places in each weight class and overall).</p> <table style="width: 100%;"> <tr> <td>Bantamweight</td> <td>Up to 143 ¼</td> </tr> <tr> <td>Lightweight</td> <td>Over 143 ¼ up to 154 ¼</td> </tr> <tr> <td>Middleweight</td> <td>Over 154 ¼ up to 165 ¼</td> </tr> <tr> <td>Light Heavyweight</td> <td>Over 176 ¼ up to 198 ¼</td> </tr> <tr> <td>Heavyweight</td> <td>Over 198 ¼ up to 225 ¼</td> </tr> <tr> <td>Super Heavyweight</td> <td>Over 225 ¼</td> </tr> </table> <p><b>Men's Physique:</b> (5 places in each height class &amp; overall)</p> <table style="width: 100%;"> <tr> <td>Short</td> <td>Up to 5'8"</td> </tr> <tr> <td>Tall</td> <td>Over 5'8"</td> </tr> </table> <p><b>Crossovers:</b> Teen and Masters may enter either the Junior or Open Divisions if eligible.</p>	Lightweight	Up to & including 165 ¼	Middleweight	Over 165 ¼ up to 187 ¼	Heavyweight	Over 187 ¼	Lightweight	Up to & including 176 1/4	Heavyweight	Over 176 ¼ and over	Lightweight	Up to 154 ¼	Middleweight	Over 154 ¼ up to 176 ¼	Light Heavyweight	Over 176 ¼ up to 198 ¼	Heavyweight	Over 198 ¼	Bantamweight	Up to 143 ¼	Lightweight	Over 143 ¼ up to 154 ¼	Middleweight	Over 154 ¼ up to 165 ¼	Light Heavyweight	Over 176 ¼ up to 198 ¼	Heavyweight	Over 198 ¼ up to 225 ¼	Super Heavyweight	Over 225 ¼	Short	Up to 5'8"	Tall	Over 5'8"	<p><b>Open Bodybuilding:</b> Any female (5 places). ONE CLASS</p> <p><b>Novice Figure:</b> Any female over 18 competing for the first time (5 places).</p> <p><b>Figure:</b> Any female over 18 (5 places in each height class &amp; overall).</p> <table style="width: 100%;"> <tr> <td>A</td> <td>Up to 5'2"</td> </tr> <tr> <td>B</td> <td>Over 5'2" up to 5'4"</td> </tr> <tr> <td>C</td> <td>Over 5'4" up to 5'6"</td> </tr> <tr> <td>D</td> <td>Over 5'6"</td> </tr> </table> <p><b>Masters Figure:</b> Any female who has reached her 35<sup>th</sup> birthday by 8/25/12 (5 places in each height class &amp; overall).</p> <table style="width: 100%;"> <tr> <td>A</td> <td>Up to 5'2"</td> </tr> <tr> <td>B</td> <td>Over 5'2" up to 5'4"</td> </tr> <tr> <td>C</td> <td>Over 5'4"</td> </tr> </table> <p><b>Bikini:</b> Any female over 18 (5 places in each height class &amp; overall).</p> <table style="width: 100%;"> <tr> <td>A</td> <td>Up to 5'4"</td> </tr> <tr> <td>B</td> <td>Over 5'4" up to &amp; inc. 5'6"</td> </tr> <tr> <td>C</td> <td>Over 5'6"</td> </tr> </table> <p><b>Masters Bikini:</b> Any female who has reached her 35<sup>th</sup> Birthday by 8/18/12 (5 places in each height class &amp; overall).</p> <table style="width: 100%;"> <tr> <td>Short</td> <td>Up to 5'4"</td> </tr> <tr> <td>Tall</td> <td>Over 5'4"</td> </tr> </table> <p><b>Women's Physique:</b> (5 places in each height class &amp; overall).</p> <table style="width: 100%;"> <tr> <td>Short</td> <td>Up to 5'6"</td> </tr> <tr> <td>Tall</td> <td>Over 5'6"</td> </tr> </table> <p><b>Crossovers:</b> Any Figure competitor may crossover to any eligible Figure Division(s).</p>	A	Up to 5'2"	B	Over 5'2" up to 5'4"	C	Over 5'4" up to 5'6"	D	Over 5'6"	A	Up to 5'2"	B	Over 5'2" up to 5'4"	C	Over 5'4"	A	Up to 5'4"	B	Over 5'4" up to & inc. 5'6"	C	Over 5'6"	Short	Up to 5'4"	Tall	Over 5'4"	Short	Up to 5'6"	Tall	Over 5'6"
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**HEART OF DIXIE ELIGIBILITY:** Open to all registered members of the NPC. NPC cards available at Weigh-in for \$100.00.

**ENTRY FEES:** \$70.00 FOR ONE DIVISION \$50.00 FOR EACH ADDITIONAL DIVISION.

Make checks payable to: Jason's Fitness

**Entries received after 8/11/12 subject to a \$40.00 late fee.**

**MUSIC & POSING:** Music must be on CD ONLY, no longer than 45 seconds bodybuilding & 60 seconds Women's Physique, and must contain ONLY the music being used for posing. The CD must be cued with proper side labeled with competitor's name. Music will be collected at Saturday morning check-in. **NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.**

**SCHEDULE OF EVENTS:**

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	5:00-7:00 PM	Weigh-in	Courtyard by Marriott

**Competition suits must be worn at weigh-in. All competitors must weigh-in or check-in Friday night.**

Saturday	9:00 AM	Check-in & briefing	Davidson High School
	10:00 AM	Prejudging begins	Davidson High School
	5:45 PM	Finals check-in & roll call	Davidson High School
	6:30 PM	Finals	Davidson High School

**VENUE:** Davidson High School Auditorium - 3900 Pleasant Valley Road Mobile, AL 36609.

**TICKETS:** Prejudging Open Seating \$20.00  
Night Show General Admission \$25.00 - VIP \$35.00. *All tickets ½ off all children 12 and under.*

**HOST HOTEL: Courtyard by Marriott** in Mobile AL, 1000 West I-65 Service Road South, Mobile AL. 36609. To make reservations, you may phone the hotel direct at 1-251-344-5200 or use our Marriott Reservation line at 1-800-321-2211. Mention The Heart of Dixie and receive a special room rate of \$89.00 for up to four people. To receive this special rate you must book your reservations before 8/8/12.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels. The Courtyard is located 4-minutes from Davidson High School and across the street from every restaurant and shopping mall imaginable. It is also the location for spray tanning.

**Spray Tanning:** Bronze Solutions Custom Airbrush Tanning will be on hand to take care of all of your tanning needs. They will be using the highest quality competition tan products on the market by Pro Tan. Please book your appointment early to insure your tan. Call 251-232-5759 or email Kristy West [kristywest68@hotmail.com](mailto:kristywest68@hotmail.com)

**Video Productions:** This event will be digitally videotaped. DVDs will be available for purchase for \$50.00. You may place your order through [jasonsfitness.com](http://jasonsfitness.com).



**INFORMATION:**

Jason Greene 251-661-4615

email: [Jason@jasonsfitness.com](mailto:Jason@jasonsfitness.com) web: [www.JasonsFitness.com](http://www.JasonsFitness.com)

For a complete list of Rules & Regulations for each division please go to:  
[http://npcalabama.info/npc\\_rules-and-regulations.php](http://npcalabama.info/npc_rules-and-regulations.php)



NPC National Qualifier



#11461

OFFICIAL ENTRY FORM

NPC CARD \_\_\_\_\_

AMOUNT PAID \$ \_\_\_\_\_

OFFICIAL USE ONLY

NAME \_\_\_\_\_ # OF CLASSES \_\_\_\_\_

LIST DIVISION(S) ENTERING

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_

Amount Enclosed (\$70 1<sup>st</sup> division \$50 each additional division) \$ \_\_\_\_\_

Entries must be postmarked no later than **Saturday, August 11th, 2012** to avoid **\$40.00 LATE FEE!**

**Read this carefully! When you sign it, you will be giving up important legal rights!**

In consideration of the acceptance of my entry blank in the 2012 Heart of Dixie Bodybuilding Championships, I intend to be legally bound, for not only myself, but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability which may arise from this competition. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, who I may sue in an effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation is the sine quanon for the acceptance of my entry in this 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. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **Courtyard by Marriott** including any rules or regulations prohibiting cooking or food preparation in the Motel 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 **Courtyard by Marriott** 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 **Courtyard by Marriott** 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*

\_\_\_\_\_  
*Parent or Guardian (if under 18 years of age)*

Return Entry to:  
Jason's Fitness  
3724 Cottage Hill Rd.  
Mobile, Al. 36609

- Include:
- 1) Completed/Signed Entry Form
  - 2) Entry fee payable to: Jason'
  - 3) Copy of driver's license
  - 4) Copy of 2012 NPC card (if previously purchased)

Questions: [Jason@JasonsFitness.com](mailto:Jason@JasonsFitness.com)

# NPC ALABAMA ZONE RULES AND REGULATIONS



1. You must present your current NPC card at the contest or purchase a card at weigh-in.
2. Open Men will be first in the prejudging in all contests. The order of the contest is at the discretion of the Head Judge.
3. No props, special light effects, etc. will be allowed for use by any Bodybuilding competitor.
4. Competitors must be on time for pre-judging and the night show.
5. An athlete is eligible to enter a state or national qualifying contest that he/she has already won the overall title, if a National level competitor's prerequisite for eligibility has expired, the competitor may enter any contest designated as a national qualifier including the contest in which the overall title was previously won. No national qualifying overall winner is eligible to enter any lower level contest.
6. **CROSSOVERS:** Teenage and Masters (over 40 and 50) are the only athletes that may cross over into open and Junior divisions. Open and Junior **may not** cross over into any other division. Masters **may not** cross over into other Masters division for example the over 50 **cannot** compete in the over 40 and over 50 division.
7. Bikini will not be permitted to cross over into bodybuilding, fitness and figure in the same show.
8. Men's Physique will not be permitted to cross over into men's bodybuilding in the same show.
9. **Definition of Divisions for the Zone:**  
OPEN- Athlete that has won an overall Junior Division or that has placed 1-5 in an Open Division  
JUNIOR- Athlete that has never won an Overall Division or placed in an Open Division  
NOVICE- Athlete that has never competed in an NPC show-**FIRST TIME COMPETITOR**  
TEENAGE- Athlete that is between the age of 16 and 19 years old.  
MASTERS- Athlete that **has had** his or her 40<sup>th</sup> birthday the day of the show.
10. Posing suits shall conform to standards of the NPC. They should be in good taste, no thong. Only solid color suits should be worn in pre-judging. At the night show women bodybuilders may wear beaded or floral design suits.
11. Un-sportsman like conduct **may result** in disqualification and immediate removal from competition in addition to recommendation of suspension to the Board of Governors.
12. Competitors should use responsibility when using the facilities and items supplied to them by the promoter.
13. The cost of an athlete's membership to the NPC for the year 2012 is \$100.00. This membership will be good for one year (ending December 31 of the year in which you purchased your card). You will receive an NPC magazine, along with any state or local contest information. Insurance will be provided for you during the contest under the promoter's sanction fee (as long as you are a member of the NPC on the date of the Contest). If you are injured at a show, please advise the Head NPC Official immediately. He/she will need to know in the event a claim is to be filed with the insurance company.
14. Please read carefully and understand all information on the entry form of a contest, especially the release of the promoter. The National NPC Corporation owns the television rights to any and all NPC events
15. If you have any questions concerning your qualification, please feel free to contact me. I want to help anyone that is ready for National Competition.
16. There will be **NO SMOKING** in the dressing and pump-up areas of the auditorium. There will be **NO GUM CHEWING** on stage at either pre-judging or the night show.
17. No profanity will be allowed in any posing music.

**For a complete list of Rules & Regulations for each division please go to:**

[http://npcalabama.info/npc\\_rules-and-regulations.php](http://npcalabama.info/npc_rules-and-regulations.php)