

**2012 NPC IRON MAN MAGAZINE NATURALLY
BODYBUILDING, PHYSIQUE, FIGURE & BIKINI CHAMPIONSHIPS
JANUARY 28, 2012
OFFICIAL ENTRY FORM**

PLEASE PRINT CLEARLY

Name _____ Email _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 Age _____ Weight _____ Height _____ Gym/Trainer Represented _____

Circle the class(es) you plan to compete in - You may compete in more than one class, provided an additional \$90 entry fee(s) is paid per class.

ADDITIONAL CLASSES MAY BE ADDED, DEPENDING ON NUMBER OF COMPETITORS

**OPEN MEN • NOVICE MEN • MEN'S PHYSIQUE • MASTERS MEN'S PHYSIQUE
 TEEN MEN • MASTERS MEN (40+) • GRAND MASTERS MEN (50+) •
 WOMEN'S PHYSIQUE • OPEN FIGURE • MASTERS FIGURE (35+)
 MASTERS FIGURE (45+) • OPEN BIKINI • MASTERS BIKINI (35+)**

In consideration of accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all rights and claim for damages I may have against the National Physique Committee of the USA, Inc., Iron Man Magazine, National Fitness Productions, all sponsors and vendors, the City of Los Angeles, their agents and/or representatives, for any and all injuries suffered in connection with the Iron Man Naturally Championships and traveling to and from them. Further I agree to hold harmless, waive and release all photo rights for media (TV, magazines, video, newspapers and internet) to National Fitness Productions and Iron Man Magazine, for the purpose of promoting Bodybuilding, Figure and Bikini, through the sale of videotapes, photos and any network, cable or local television airing.

I also agree to submit to a drug test for the use of anabolic steroids, growth hormone, clenbuterol and prescription diuretics within one (1) year prior to this competition. I also understand that the polygraph test is the only testing method being utilized and that the testing is performed randomly. I further agree that the results of the drug testing are final, should I be selected for testing. I also acknowledge that competitors taking medically prescribed testosterone are not eligible to compete in this competition.

Competitor's Signature _____ Date _____

_____ Date _____

(Signature of Parent/Guardian required for competitors under the age of 18)

<u>ENTRY FEE</u>	<u># OF CLASSES ENTERED</u>	=	<u>TOTAL DUE</u>
\$90 BY JANUARY 20, 2012	_____	=	\$ _____
\$120 AFTER JANUARY 21, 2012	_____	=	\$ _____

Each competitor will receive a complimentary one-year subscription to Iron Man Magazine (\$30 value), and two, one-day passes to the Los Angeles Fitness Expo for Saturday, January 28, 2012 (\$40 value).

Additional tickets to the Los Angeles Fitness Expo may be purchased online at <http://www.theFitExpo.com> or at the door the day of the competition.

TO ENTER ONLINE WITH CREDIT CARD GO TO www.ironmanmagazine.com/naturally

**To enter by mail, send completed Entry Form and \$90 entry fee (per class entered) payable to:
 Lonnie Teper, 1613 Chelsea Road, No. 266, San Marino, CA 91108**

ENTRY DEADLINE IS JANUARY 20, 2012 (LATE ENTRY FEES, \$120)

PLEASE READ THE ENTRY FORM CAREFULLY

- DATE** Saturday, January 28, 2012 - Prejudging: 10:00 AM - Finals: 4 PM - **COMPETITORS MUST RETURN TO EXHIBIT HALL NO LATER THAN 3 PM**
- LOCATION** Los Angeles Convention Center (South Hall)
1201 So. Figueroa Street, Los Angeles, CA 90015 Underground Parking on premises.
- DIRECTIONS** For internet directions go to: <http://www.lacclink.net>
- CAMERAS/VIDEO**
1. No video equipment is allowed in the exhibit hall.
 2. No professional photography is allowed.
 3. No soliciting of photo or video services is allowed.
 4. No camera bags or equipment are allowed in the exhibit hall.
 5. Spectators who have purchased a ticket are allowed access to the event with one (1) camera only.
- LODGING** Luxe City Centre Hotel, 1020 So. Figueroa St., Los Angeles (888) 336-3745
Millenium Biltmore, 506 S. Grand Ave., Los Angeles (213) 612-1575
- CHECK-IN/WEIGH-IN** Competitor briefing at 8:00 AM. Check-in/weigh-in starts at 8:30 AM SHARP. **PLEASE BE ON TIME.**
- ELIGIBILITY** This competition is open to all NPC registered athletes who meet the following requirements:
1. Possess a current NPC card (unregistered competitors may purchase a NPC card for \$100 at the check-in, which is valid through December 31, 2012).
 2. Novice competitors who have not won any OVERALL TITLE (except Teens).
 3. Masters men competitors who have reached 40, 50 or 60 years of age by day of the contest.
 4. Masters Figure & Bikini competitors who have reached 35 or 45 years of age by day of the contest.
 5. Teen competitors must not have reached their 20th birthday by day of the contest. **NOTE:** All competitors (except Teens) must be 18 years or older on the day of the contest. Masters & Teens must show proof of age, i.e., driver's license, birth certificate.
 6. No crossovers between Figure and Bikini division are allowed. Crossovers are allowed within each category.
- NOTE:** Each competitor may enter more than one division at a cost of \$90 per class. Competitors may change divisions at the check-in, however changes must be made before the prejudging starts. Top five competitors in all divisions will receive awards.
- ALL BODYBUILDING COMPETITORS WILL PERFORM A 60 SECOND POSING ROUTINE AT THE AFTERNOON FINALS.**
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|----------------------|---|--|--|---|--|
| WEIGHT GROUPS | Open Men
Lt. Wt. Up to 154½
Mid. Wt. Over 154½ to 176¼
Lt. Hvy. Wt. Over 176¼ to 198¾
Hvy. Wt. Over 198¾ | Novice Men
Lt. Wt. Up to 165¼
Mid. Wt. Over 165¼
Hvy. Wt. Over 187 | Men's Physique
Up to 5'8"
Over 5'8" | Masters Men's Physique 35+
One Class | Masters Men
40+ One Class
50+ One Class |
| | Women's Physique
One Class | Open Figure
Class A Up to 5'4"
Class B Over 5'4" to 5'6"
Class C Over 5'6" | Teen Men
One Class | Masters Figure
35+ One Class
45+ One Class | Masters Bikini
35+ One Class |
- ADDITIONAL CLASSES MAY BE ADDED, DEPENDING ON NUMBER OF COMPETITORS**
- ADDITIONAL INFORMATION** All competitors must present valid photo I.D., i.e., driver's license, birth certificate, etc. All competitors should bring a towel. All competitors are expected to keep the pump-up areas, dressing areas and restrooms clean. Competitors interested in spray tanning prior to/at the competition, go to <http://www.ironmanmagazine.com/naturally>
- AWARDS** Awards will be given to competitors placing 1st through 5th place in each weight group or class. Overall trophies will be presented if there is more than one weight or height group within a division. Trophies awarded to Overall winners.
- POSING LIMIT** Bodybuilding competitors will NOT perform posing routines at the Prejudging. All judging will be based on mandatory poses and quarter turns. All Bodybuilders will perform their **60 second** posing routines at the Finals.
- MUSIC** All bodybuilders must provide a CD ONLY (no cassettes) and **CDs MUST BE BROUGHT TO CHECK-IN.** Each CD must contain only one song (music mixing allowed) and must bear the competitor's name. **Songs containing any foul language will not be allowed.** Each competitor is responsible for picking up his/her music after the Finals Round. Iron Man Magazine will not accept liability for music left behind. There is no music or posing required for Men's Physique, Figure and Bikini competitors.
- POSING SUITS** Bodybuilding, Men's and Women's Physique, Figure and Bikini competitors go to www.npcnews.com for posing suit rules.
- ENTRY FEE** \$90 PER CLASS BY JANUARY 20, 2012 NO REFUNDS • NO EXCEPTIONS
- DRUG TESTING** The NPC IRON MAN Magazine Naturally is a Team Universe National Qualifier. It is a drug-tested contest, with competitors required to be drug-free one year from the date of the event. Random polygraph testing will be conducted on the day of the contest, Saturday, January 28, 2012. Testing will be conducted for anabolic steroids, growth hormone, clenbuterol and prescription diuretics. **ALL TEST RESULTS ARE FINAL.** Competitors taking medically prescribed testosterone are not eligible to compete in this competition.

For questions, call Lonnie Teper at (626) 665-7000, Fax (626) 289-7949, or email to tepernews@aol.com.

FOR MORE DETAILS GO TO: www.ironmanmagazine.com/naturally