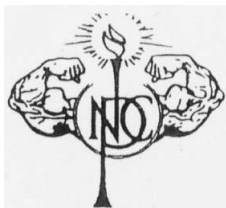


June 9, 2012

**NPC Nevada State Bodybuilding, Figure & Bikini Championships
Competitor Information**



Sanction #10066

BODYBUILDING DIVISIONS

Open Men
Teenage Men
Masters Men
(Over 40 ,Over 50, Over 60)



Sanction #10066

WEIGHT CLASSES

MEN

Lightweight	Up to 154 ¼
Middleweight	154 ¼ to 176 ¼
Light Heavyweight	176 ¼ to 198 ¼
Heavyweight	198 ¼ to 225 ¼
Super Heavyweight	Over 225 ¼

****TEEN MEN AND MASTER MEN'S DIVISIONS HAVE NO WEIGHT CLASSES****

PREJUDGING: Comparisons & Mandatory Poses – no free posing routine

FINALS: 90 second routine to music.

**MUSIC MUST BE CUED & BROUGHT TO WEIGH-IN. CASSETTE TAPE
OR CD/RW ONLY. BODY BUILDERS MUST WEIGH IN POSING SUITS.**

**Nevada State Figure Championships
Competitor Information**

OPEN WOMEN'S DIVISION – 4 HEIGHT CLASSES

A: Up to & including 5'2"
B: Over 5'2" & up to & including 5'4"
C: Over 5'4" & up to & including 5'6"
D: Over 5'6"

**MASTERS WOMEN'S FIGURE DIVISION 35 AND OVER
MASTERS WOMEN'S FIGURE DIVISION 45 AND OVER**

****NO HEIGHT CLASSES IN MASTER'S DIVISION****

JUDGING CRITERIA FIGURE

The contestants will be brought out in their two-piece swimsuit with heels in one or two lines for the quarter turns. The judges will score the degree of athleticism by assessing the degree of firmness, symmetry, proportion and overall physical appearance, including complexion, poise and overall presentation. **No body oil allowed.** Thong suits will not be permitted.

**NPC Nevada State Bikini Championships
Competitor Information**

OPEN WOMEN'S DIVISION – 3 HEIGHT CLASSES

A: Up to & including 5'4"

B: Over 5'4" and up to & including 5'6"

C: Over 5'6"

MASTERS WOMEN'S BIKINI DIVISION 35 AND OVER

****NO HEIGHT CLASSES IN MASTER'S DIVISION****

JUDGING CRITERIA BIKINI

The contestants will be brought out in their two-piece swimsuit with heels in one or two lines for front and rear stance. The judges will score based on balance and shape, and overall physical appearance including complexion, skin tone, poise and overall presentation. Thong suits will not be permitted. The bottom of the suit must cover at least 50% of the gluteal area. Cross-overs into Figure or Physique are not allowed for Bikini competitors.

**Nevada State Physique Championships
Competitor Information**

OPEN MEN'S DIVISION 3 HEIGHT CLASSES

A: Under 5' 7"

B: Over 5'7" & up to & including 5'10"

C: Over 5'10"

MASTERS MEN'S PHYSIQUE DIVISION 35 AND OVER

****NO HEIGHT CLASSES IN MASTERS DIVISION****

JUDGING CRITERIA MEN'S PHYSIQUE

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity will be marked down. Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be 1" below the belly button, no spandex and no logos are permitted on the board shorts other than a manufacturer's logo). Competitors will enter the stage without a shirt and barefoot. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

OPEN WOMEN'S DIVISION – 3 HEIGHT CLASSES

A: Up to & including 5'4"

B: Over 5'4" and up to & including 5'6"

C: Over 5'6"

PREJUDGING: Comparisons & Mandatory Poses – no free posing routine

Finals: 90 second routine to music. Music must be provided at the check-in

JUDGING CRITERIA WOMEN'S PHYSIQUE

Women's Physique will be judged on the following criteria: Symmetry, shape, proportion, muscle tone, poise and beauty flow. Physique assessment and comparisons will take place during prejudging. Suits must be a two-piece. Suits do not have to be solid in color, but the bottom of the suit must be V-shaped. No thongs are permitted. Mandatory poses will be performed with open hand style. No heels may be worn at any time during the competition.

ALL COMPETITORS

CHECK-IN/WEIGH-IN: FRIDAY June 8, 2012

Figure/Bikini Competitors: 6:00pm – 7:30 pm

Bodybuilding & Physique competitors 7:30pm -9:00pm Bodybuilders must weigh in wearing a posing suit

MANDATORY COMPETITOR MEETING: SATURDAY 10:00am

PREJUDGING: 11:00am All tickets \$12.00 FINALS:7:00pm Tickets\$22.00

AWARDS: Top 5 places in each class and Overall for each division

ENTRY FEE: \$70.00 for each division (\$15.00 late fee after June 2, 2012)

ELIGIBILITY: Must have a current NPC card (available at contest for \$100.00)

LOCATION: Grand Sierra Resort 2500 East Second Street Reno, Nevada

Room Rate Discount is available with the Grand Sierra Resort

Must be booked by May 9, 2012. Call 800-648-5080 and reference

Nevada Bodybuilding

Important Notes

Check in is Friday evening ONLY. Check-in is divided by divisions. If you are unable to check in at your scheduled time, please contact the promoter PRIOR to June 8, 2012.

FOR ALL BODYBUILDING COMPETITORS:

You must weigh in in a posing suit. You will not be allowed to weigh in without one.

BODYBUILDING AND WOMEN'S PHYSIQUE COMPETITORS:

Please have your music with you at check-in. Also, please verify that your CD works on a variety of systems. If the sound technician is unable to get your CD to play, he will substitute with house music. If possible, please have a back-up CD available.

**ENTRY FORM: Send money orders only, payable to RANDY GREEN
SEND TO: RANDY GREEN 825 SEQUOIA PASS CT SPARKS, NV 89436**

NAME: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ E-MAIL ADDRESS: _____

AGE: _____ WEIGHT: _____ HEIGHT: _____

CIRCLE CLASS YOU PLAN TO COMPETE IN (YOU MAY COMPETE IN MORE THAN ONE CLASS PROVIDED AN ADDITIONAL ENTRY FEE IS PAID)

MEN'S BODYBUILDING MEN'S MASTERS BODYBUILDING TEEN BODYBUILDING

MEN'S PHYSIQUE MEN'S MASTERS PHYSIQUE WOMEN'S PHYSIQUE

OPEN FIGURE MASTERS FIGURE BIKINI MASTERS BIKINI

In consideration of your accepting this entry, I hereby waive all claims I may have against the NPC, Randy Green, the Grand Sierra Resort, and any sponsor for any and all injuries suffered by me resulting from participation in the 2012 Nevada State Bodybuilding, Figure & Bikini Championships. I further agree to have my participation in this competition videotaped and photographed, and I hereby waive and release all rights to said videotapes and photographs for their exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding.

Signature of Contestant: _____ Date: _____

Signature of Guardian (for persons under 18): _____ Date: _____