



MEN & WOMEN PRO QUALIFIER

2010 NGA Flex Fitness Bodybuilding and Figure Contest

SATURDAY, SEPTEMBER 25, 2010

ATTENTION: EVENT LOCATION CHANGE!!!!

The show will be held Sept 25th, 2010 at

ROPER AUDITORIUM:

1615 Filer Ave East, Twin Falls, ID, 83301

Flex Fitness is proud to announce a number of additions to the show this year! Read on to learn more about the new classes we will be offering...including BIKINI! There will also be a Bench Press Competition (applicants do NOT need polygraphs) during the intermission between Pre Judging and the Evening show at our venue. It will be open to the public and applicants will be lifting a percentage of their bodyweight for reps! Enter now or at the show for a chance to win CASH prizes!!!! There will also be CASH awarded to top Bikini winners and to NextFit raffle winners!!! Read on to find out more!!!!

ELIGIBLE: Open to all NATURAL amateur athletes who hold a current NGA card. **Bikini and Bench Press contestants do not need an NGA Card.** Cards can be purchased online at www.nationalgym.com for \$35.00 or may also be purchased/renewed at competitor check in. Current NGA members please bring your card to check in. All classes are required to take a seven year drug-free polygraph and promoter has the option to conduct urine tests.

SANCTIONED: NGA (National Gym Association, Inc): www.nationalgym.com

PLACE: **ATTENTION: EVENT LOCATION CHANGE!!!!**

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TIME: *CONTESTANT CHECK-IN: 7:30 AM****
MANDATORY ATHLETE MEETING: 8:30 AM

***We will be holding an OPTIONAL check in **AT THE HOST HOTEL** on Friday evening from 7-9pm for any athletes (INCLUDING BIKINI AND BENCH PRESS PARTICIPANTS) wanting to get the check in process done ahead of time. Figure classes are strongly encouraged to do this to allow more prep time the morning of the show. If you have a current polygraph, please bring your receipt to check in to verify. NGA cards and/or receipts will also be checked at this time.

Following athlete check in there will be a MANDATORY competitor meeting before Pre Judging (which will begin at 9 am).

PREJUDGING: 9:00 AM (SHARP)
Bikini will directly follow pre-judging and then Bench Comp to follow Bikini
EVENING: SHOWTIME 4:00 PM - DOORS OPEN: 3:30 PM

TICKETS: Pre-judging \$10 and free for any child 12 accompanied by a paying adult

Evening Show \$20 at the DOOR or \$15 in ADVANCE. Anyone holding a valid Military or Student ID may purchase Evening show tickets for \$15 at the DOOR or \$12 in ADVANCE. Kids 12 and under FREE with paying adult. **ADVANCED TICKETS AVAILABLE at FLEX FITNESS. Call ahead to pick up. 208-219-9507**

HOST HOTEL: Comfort Inn and Suites: 1910 Filmore Street N, Twin Falls, ID 83301 **208-734-7494**
***Mention reservation under Flex Fitness Bodybuilding Show

AWARDS: First 5 places in all categories will receive awards, but top 5 will be announced and recognized.

ENTRY FEE: \$50.00 for contestants entering **ON or BEFORE SEPTEMBER 11TH, 2010 (Late Entry is \$75)**
EARLY ENTRY IS STRONGLY ENCOURAGED...This will ensure appropriate amenities for all contestants and an accurate program! Commit early and get your entries in!!!!
\$20 crossover fee (more than one class)
***All contestants will be introduced to audience at night show, but only top 5 bodybuilders will pose in the evening show for their awards.

TESTING: All competitors are required to take a polygraph or show proof of test completion within 90 prior to the date of the show. Once your entry form is received the polygraph technician will contact you directly to schedule your test. Testing will be the 24th and 25th of September at the host hotel.
The fee for the test is \$45 paid with your entry fee and sent with entry form to avoid late fee.
Competitors failing the test will be disqualified from the show and banned from further NGA events and required to take a urinalysis to prove natural status and return to the NGA.

ATTIRE: **BODYBUILDING: Men** - One piece posing suit of solid color. **Women** - Two piece (may be connected) of solid color.
FIGURE: Swimsuit's - Because of the NGA's 2009 rule change competitors will only be judged in a two-piece suit and heels. Jewelry, hair ornaments, and body glitter will be allowed during all rounds of pre-judging. Two-piece suits may be connected. The competitor may utilize any style they choose as long as it is within good taste. No thongs permitted. No oil may be used. Sheen is okay. The promoter and or NGA regional chairperson has the right to ban any swimsuit that is not within good taste. The swimsuit should enhance the competitor's look.

MUSIC: **Bodybuilding ONLY:** Contestants must bring a CD containing 60 seconds of music. Mixed Pairs are allowed 90 seconds. CD must contain ONLY your 60 seconds of posing music.

INFO: **(208) 219-9507**

Mail your completed Entry Form with Cashier's Check or Money Order (include entry fee and polygraph fee) payable to:

Flex Fitness-Vanessa Toolson 21 Ridge Loop, Jerome, ID 83338

EMAIL: Vanessa@myflexfitness.com

WEBSITE: www.myflexfitness.com

BODYBUILDING WEIGHT CLASSES: (Promoter has option to change weight classes.)

Men's – Lt Weight under (156 1/4) - Middle (156 1/4 - 172 1/4) - Lt Heavy (172 1/4 - 189 1/4) – Heavy over (189 1/4)

Women's - Lightweight under 112 1/4 - Middle 112 1/4 - 122 1/4 - Heavy Over 122 1/4.

Novice (**NEW NOVICE FIGURE DIVISION**), Teens (**NEW: 2 DIVISIONS**) & Masters

Masters Men over 40 years of age.

Masters Women over 40 years of age.

NOVICE: Means a competitor that has NOT placed in the top 3 in an open division in any organization and that has not won 1st place in a novice division in any organization. A NOVICE can NOT CROSS OVER to the OPEN division and vice versa. A master, teen, or couple CAN CROSS OVER into the NOVICE or OPEN, but not both.

FIGURE CLASS:

By Height - Short & Tall Class. To be determined after all entries have been received.
Promoter may choose to split the Figure classes into three separate height divisions.
(Depending on the number of Figure competitors)

See "Figure Guidelines" link posted at www.myflexfitness.com on the CONTEST page for more info.

BIKINI CLASS: NEW CLASS THIS YEAR

Bikini Judging Guidelines See "Bikini Guidelines" link posted at www.myflexfitness.com on the CONTEST page for more information and photos.

ENTRY FEE: \$50 and same rules apply to late entries as all bodybuilding entries.

Presentation

- Competitors will walk onstage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Contestants will walk to each corner of the stage and pose at each corner. Competitor will then walk to the center of the stage; stop and do a front stance then a half turn and do a rear stance then turn to the front again in front of the judges and then proceed to the side of the stage.

Comparison Round, Two-Piece Swimsuit

- Competitors will be judged wearing a two-piece swimsuit and heels.
- After everyone is done doing their individual Model Walks, the competitors will be brought forward in a group and directed to do a full front and rear stance.
- Judges will have the opportunity to compare competitors against each other in half turns.

FITNESS CLASS:

FITNESS WILL BE OFFERED IF WE HAVE AT LEAST 5 ENTRIES....sign up ASAP to ensure we can offer this class to the show this year! I have had interest, so with just a few more we will be one of the only shows to offer Fitness in our region.

BENCH PRESS COMPETITION:

To be held September 25th, 2010 on stage in the Fine Arts Center directly following Pre-Judging. All competitors must check at either of the two designated check in times (see above) to be weighed in and pay entry fee not already mailed. We will follow official rules regarding the criteria each athlete must uphold during this competition. See "Bench Press Competition Rules" link posted at www.myflexfitness.com on the CONTEST page.

ENTRY FEE: \$30 Entry fees will contribute to a "POT" to be awarded to the top men and top women competing in the contest.

ELIGIBILITY: OPEN TO THE PUBLIC AND SHOW CONTESTANTS. Can enter day of show but early entry via entry form mailed to Vanessa or check in the night before at host hotel is highly encouraged.

MEN: Must lift 100% of their Bodyweight as many times as they can.

WOMEN: Must lift 50% of their Bodyweight as many times as they can.

Top Male and Female winners will receive a **CASH PRIZE** and will be determined by the most repetition of above mentioned weight ratios.

SERVICES AVAILABLE:

TANNING: Misha Nunez the owner of Hawaiian Spray Tan will be available the night before (at host hotel) and the day of show (at Roper Auditorium) by appointment. Get your spot reserved NOW: 801-864-7559 www.hawaiianspraytan.com

HAIR: Tommi Kimber available by appt by calling 208-404-6656

MAKEUP: Shiloh with Sunations available by appt at Roper Auditorium for both shows by calling 208-404-2656

ADDRESS _____ CITY _____ STATE _____
ZIP _____

E-MAIL _____ TELE # DAY _____ TELE # EVENING _____

GYM REPRESENTING _____

CONTESTANT BIO (information you'd like the MC to read):

PLEASE READ AND SIGN WAIVER ON NEXT PAGE:

WAIVER: By your accepting my application to the 2009 NGA-AFBB Flex Fitness Bodybuilding and Figure Contest, along with my non refundable entry fee, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against Flex Fitness LLC and it's owner, Vanessa Toolson, College of Southern Idaho, The National Gym Association Inc. (NGA), and any and all sponsors, agents, representatives and assigns for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance and traveling to the 2009 NGA-AFBB Flex Fitness Bodybuilding and Figure Contest, September 12, 2009. These damages include, but are not limited to, published photographs that I may find to be unattractive or editorial which I may construe as being misrepresentative. I also grant permission to use photos, videos or any likeness of myself to promote any future contests, videos, magazines or any other media involved with future and present contests for the purpose of promotion and/or sales of these media, without any compensation to myself, as condition of my entering the event. I also agree, by my own free will and without duress, to take a polygraph test. I also agree to the outcome of the tests results from the polygraph examiner and UA test. I will abide by all NGA rules and show good sportsmanship. By signing and submission of this form I am stating that I am at least 7 years Drug Free and will abide by the NGA drug test policies and procedures.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____ DATE _____

RULINGS

- A. The definition and rulings of a novice are:
 - 1. a competitor that has **not** placed in the top 3 in an open division of any organization;
 - 2. a competitor that has **not** won 1st place in a novice division of any organization;
 - 3. a novice competitor **cannot** crossover to the open division and vice versa; and
 - 4. a master or couple **can** crossover into the novice **or** open division, but not both.

- B. This show entitles only the **overall class winners** in the open division to turn pro (5 competitors equal a valid class).

- C. Promoters have the option of canceling any class for an insufficient amount of competitors;

- D. Promoters have the option of splitting a division that has a total of 10 or more athletes. For example, if the teen division has 10 competitors, the Promoter can divide this class into two calling them "Teen "A" and "B". This division should be worked out as evenly as possible either by age, weight, or height. Promoters should look at all entry forms and decide which way to go. It is the Promoter's option whether or not to do an overall of "Teen A" and "Teen B".
- E. All athletes will be introduced to the audience at the evening show. Only the top five in each class will pose in the evening show.