



MEN & WOMEN PRO QUALIFIER

## 2009 NGA-AFBB Flex Fitness Bodybuilding and Figure Contest

SATURDAY, SEPTEMBER 12, 2009

- ELIGIBLE:** Open to all NATURAL amateur athletes who hold a current NGA card or **must be purchased online prior to the show.** Cards can be purchased online at [www.nationalgym.com](http://www.nationalgym.com) for \$35.00. 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](http://www.nationalgym.com) and AFBB (no card required)
- PLACE:** COLLEGE OF SOUTHERN IDAHO (Fine Arts Auditorium)  
315 Falls Ave, Twin Falls, ID 83301
- TIME:** CONTESTANT CHECK-IN: 7:30 AM  
PREJUDGING: 9:00 AM (**SHARP**)  
EVENING: SHOWTIME 4:00 PM - DOORS OPEN: 3:30 PM
- TICKETS:** \$25—Includes Pre-judging and Evening show. \$12 with valid Student ID. Kids 8 and under **FREE.**
- HOST HOTEL:** Comfort Inn & Suites  
1910 Fillmore Street North  
Twin Falls, ID 83301  
208-734-7494
- MUSIC:** **Bodybuilding ONLY:** Contestants must bring a CD containing 60 seconds of music. CD must contain **ONLY** your 60 seconds of posing music.
- AWARDS:** First 3 places in all categories will receive awards.
- NOVICE:** Means a competitor that has NOT placed in the top 3 in an open division in any organization and that has not won 1<sup>st</sup> 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.
- ENTRY FEE:** \$40.00 for contestants entering **ON** or **BEFORE** **SEPTEMBER 5<sup>TH</sup>**, 2009  
\$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 10<sup>th</sup> and 11<sup>th</sup> of September at the host hotel. The fee for the test is \$45 (cash or money order ONLY) paid to Polygrapher at time of testing. 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.

**INFO:** **(208) 219-9507**  
Flex Fitness-Vanessa Toolson 44 E 400 S, Jerome, ID 83338  
EMAIL: [Vanessa@myflexfitness.com](mailto:Vanessa@myflexfitness.com)  
WEBSITE: [www.myflexfitness.com](http://www.myflexfitness.com)

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

Men's - Lightweight 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 - Not by weight.

Masters Men over 40 years of age.

Masters Women over 35 years of age.

**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)

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# 2009 NGA-AFBB Flex Fitness Bodybuilding and Figure Contest ENTRY FORM

**DEADLINE:** SEPTEMBER 5<sup>TH</sup>, 2009 - POSTMARKED. Promoter has the option not to accept late entries.  
**LATE ENTRY:** \$30.00 LATE FEE (\$70.00 ENTRY FEE) FOR ENTRIES RECEIVED AFTER SEPTEMBER 5TH

**INFO:** (208) 219-9507  
**SEND CHECK OR MONEY ORDER TO:** Flex Fitness-Vanessa Toolson 44 E 400 S, Jerome, ID 83338  
www.myflexfitness.com

Check Box

- MENS' OPEN** ( ) ( ) LIGHTWEIGHT - TO 156 1/4 LBS.  
( ) MIDDLEWEIGHT - OVER 156 1/4 TO 172 1/4 LBS.  
( ) LIGHTHEAVYWEIGHT - OVER 172 1/4 TO 189 1/4 LBS.  
( ) HEAVYWEIGHT - OVER 189 1/4 LBS.
- WOMENS' OPEN** ( ) ( ) LIGHTWEIGHT - TO 112 1/4 LBS.  
( ) MIDDLEWEIGHT - OVER 112 1/4 TO 122 1/4 LBS.  
( ) HEAVYWEIGHT - OVER 122 1/4 LBS.
- MEN MASTERS (Over 40)** ( )
- WOMEN FIGURE** ( ) Enter height below to determine class at time of show.
- NOVICE** ( ) MEN ( ) WOMEN ( ) FIGURE  
**WOMEN MASTERS** ( ) OVER 35  
**MEN MASTERS** ( ) OVER 40  
**TEENS** ( ) 13-16 ( ) 17-19  
**COUPLES** ( )

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_  
**HEIGHT** \_\_\_\_\_ **WEIGHT** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_  
**ZIP** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_ **TELE # DAY** \_\_\_\_\_ **TELE # EVENING** \_\_\_\_\_

**GYM REPRESENTING** \_\_\_\_\_

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

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**PLEASE READ AND SIGN WAIVER ON NEXT PAGE:**

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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.