



NEW INFORMATION

NPC BIKINI DIVISION

- INFORMATION WILL BE IN THE ENTRY FORM
 - ALL NATIONAL QUALIFICATIONS WILL BE FOR ONE YEAR
 - FITNESS & FIGURE WILL HAVE JUST TWO PIECE SUITS, THERE WILL BE NO MORE ONE PIECE SUITS.
-
- NEW TRAINERS PASSES: FOR MORE INFORMATION ON PASSES LOG ONTO WWW.NPCMILESPRODUCTIONS.COM

MENTION THE NPC NATURAL WESTERN USA & RECEIVE A DISCOUNTED RATE
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Most Frequently Asked Questions

The companies we recommend here work very closely with the NPC and Miles Productions. They are the best! If you want to do your best use the best!

I need chiropractic work done - Brown Chiropractic – (480) 377-1226

I need a personal trainer to get me ready for a show - Die hard gym (623) 979-5275 - BYB Fitness (602) 300-0227 - STS (480)820-0835 - Ernie's Elite (602) 499-7161 – Di Fit (602) 502-9614 – Build You Own Body – (928) 699-8159 – Beyond bodyz – (602) 493-0983 Please call to see what trainer is near you. They are all awesome.

I need competition spray tanning – Unique Physique Tanning (602) 622-2406 – Aglow Tanning (480) 371-6498

I need to get a competition suit - Nu Parr of AZ – (602) 279-4044

I need supplements and advice on how to use them – House of Fitness 4 locations – Max Muscle – Tempe. They carry **Whey Up Protein**.

I need wholesome and nutritious foods – Mid Western Meats – (480) 226-0938 Farm Foods Direct – (480) 985-4888

I need good quality stage shots and off site shoots – Mike Simon (602) 710-3003

Miles Productions
5741 W. Soft Wind Dr.
Glendale, AZ 85310
602-340-4917
www.npcmilesproductions.com
miles@miles151.com



Dear NPC Athlete and Fan:

Miles Productions presents the 2010 NPC , North Vally Plastic Surgery Natural Western USA Bodybuilding, Figure, Fitness & Bikini Championships

This national qualifier will be held on **Saturday, March 13th 2010** at the **MESA ARTS CENTER**, THIS PLACE IS BEAUTIFUL. IT'S THE LATEST & GREATEST WE HAVE HERE IN ARIZONA . LOCATED AT **1 EAST MAIN STREET MESA ARIZONA** As always, our great sponsors will be on hand in the lobby with the latest in bodybuilding, fitness and figure paraphernalia as well as food and beverages.

NEW*****

PLEASE GO TO THE WEBSITE & CLICK ON TICKET INFO , ALL TICKETS ARE SOLD ON LINE, (NO OUTLETS).

NPC MODEL SEARCH CONTEST

Congratulations to **Karra Craeford** the current NPC model search winner. Ladies, to appear on the contest poster as our model search winner, just mail, or e-mail in pictures that are professional quality and fitness oriented, like those you see in the muscle and fitness magazines, no smaller than 5x7. **No stage shots** please. To qualify, you need to have been in an Arizona NPC show, it doesn't matter where you placed or what division you competed in. Send in your photos anytime of year, there is no deadline. Please send your pictures to **5741 W. Soft Wind Dr., Glendale AZ 85310** or email them to **miles@miles151.com**.

We are having a awesome celebrity emcee **Marty Velasco Hames**. Formally with news channel 3. Marty knows the sport very well as she competed several times. Mike Valletta will also be rounding out this dynamic team.

NPC MEMBERSHIP

- Must be a member in good standing with the NPC.
- Membership runs from January 1 to December 31.
- Membership provides the competitor with insurance coverage to, from and during any event in which they are competing.
- Members also receive the NPC NEWS magazine for the duration of their membership.
- Competitors at local or regional level events may purchase an NPC card at Friday check-in.
- Cost of a one-year membership is \$85.00

POSING SUITS- FOR BODYBUILDERS

- All suit bottoms must be V-shaped, no thongs are permitted.
- Suits worn by male competitors at the Prejudging and at the Finals must be plain in color with no fringes, wording, or sparkle and no fluorescents.
- Suits worn by female competitors at the Prejudging must be two-piece and plain in color with no fringes, wording, or sparkle and no fluorescents.
- Suits worn by female competitors at the Finals must be two-piece but may include a printed design with fringes, lace, sparkle or fluorescents that are in good taste.
- All Prejudging suits will be checked at the morning Check-in.
- Competitors are not permitted to alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

POSING MUSIC

- Posing music will be used at the Finals only with the exception of Mixed Pairs competitors who will use music at both the Prejudging and the Finals.
- Posing music must be on a CD and must be the only music on the CD.
- Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

ONSTAGE

- During the Prejudging male and female competitors are not permitted to wear any jewelry on stage other than a wedding band and decorative pieces in the hair are not permitted.
- During the Finals female competitors are permitted to wear earrings on stage.
- No glasses, props or gum are permitted on stage.
- Any competitor doing the “Moon Pose” will be disqualified.
- Bumping and shoving is prohibited. First and second persons involved will be disqualified.
- Competitor numbers will be worn on the left side of the suit bottoms.

BACKSTAGE

- The only people permitted in the backstage area are competitors, expeditors and NPC officials.
- Alcohol is not permitted in the facility.

COMPETITORS HEALTH

- Any competitor who appears to be disoriented, light headed or experiences undue cramping will be disqualified from the contest.
- Any competitor disqualified for health reasons must be checked by attending EMT and, if it is advised by the EMT, must go to the nearest hospital for evaluation.
- Competitors who refuse to be evaluated at the hospital will be suspended from competition for a period of one year from the date of the occurrence.

THE PREJUDGING POSING ROUNDS

Judges will score competitors according to the NPC “total package” which is ultimately a balance of size, symmetry and muscularity.

•Relaxed Round

- Keep your feet flat.
- Keep your heels together.
- Hold your arms at your sides.
- No twisting.
- Your head must be facing the same direction as your feet.

•Mandatory Round

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Tricep
- Rear Double Bicep
- Rear Lat Spread
- Abdominals with one thigh

WEIGHT CLASSES

Male Competitors (All Contests)

- Bantamweight -Up to 143 ¼ lb.
- Lightweight -Over 143 ¼ lb. up to 154 ¼ lb.
- Middleweight -Over 154 ¼ lb. up to 176 ¼ lb.
- Light-Heavyweight -Over 176 ¼ lb. up to 198 ¼ lb.
- Heavyweight -Over 198 ¼ lb. up to 225 ¼ lb.
- Super-Heavyweight -Over 225 ¼ lb

Female Competitors (Non-Tested Contests)

- Lightweight -Up to 118 lb.
- Middleweight -Over 118 lb. up to 132 lb.
- Heavyweight -Over 132 lb.

Female Competitors (Polygraph Tested Contests)

- Lightweight -Up to 114 ½ lb.
- Middleweight -Over 114 ½ lb. up to 125 ½ lb.
- Heavyweight -Over 125 ½ lb.
- Class winners of the drug-free NPC TEAM UNIVERSE CHAMPIONSHIPS go on to represent the United States in the IFBB WORLD CHAMPIONSHIPS which are run under the IFBB weight limits. Hence, the NPC polygraph tested contests are run under the same IFBB weight limits.

NOVICE CLASSIFICATION

- A novice competitor is one who has never placed top 3 in their weight class in a Novice, Masters or Open competition.

NATIONAL LEVEL QUALIFICATION

- A competitor must place in the top two in their weight class of the Men's Open or in the top three in their weight class of the Women's Open division in a contest that has been sanctioned as a national qualifier.
- This qualifies the competitor for competition on the national level for a period of one full calendar years after the year that the qualification took place.

Figure girls same guidelines, but please disregard round two- fitness routine round

NPC WOMEN'S FITNESS GUIDELINES

National Physique Committee of the USA

QUALIFICATIONS

- Open to all members of the NPC
- Contestants competing in local and state level events NPC membership cards may be obtained Friday at check-in
- Contestants competing in national level events must purchase NPC cards at least 6 weeks in advance of the contest. Call (412) 276-5027 for an NPC membership application.

RULES

- Competitors and NPC officials are the only people permitted in the backstage area
- Poor sportsmanship will be grounds for immediate disqualification

MUSIC

- Music for the Fitness Round will be collected at the Prejudging Check-in
- The music must be on CD and must be the only music on the CD
- Vulgar music is not permitted

AWARDS

- No money prizes may be given at the amateur level
- Awards presented will include trophies, medals, plaques, etc. at the discretion of the promoter with the approval of the NPC District Chairperson

PREJUDGING ROUNDS OF COMPETITION

ROUND ONE – TWO-PIECE SWIMSUIT ROUND

- Contestants must wear heels in the Swimsuit Rounds
- Contestants may wear jewelry in the Swimsuit Rounds
- Thong-back swimsuits are not permitted. Swimsuits must be in good taste at the discretion of the highest-ranking NPC official
- Contestants will be brought out in a group and directed to do quarter turns as a group
- Judges will be scoring the competitors on their degree of firmness, symmetry and proportion along with their overall physical appearance including complexion, skin tone, poise and overall presentation.

ROUND TWO – FITNESS ROUTINE ROUND

- Each competitor will perform a routine with a maximum time limit of 2 minutes
- Contestants must wear tennis/athletic shoes in the Fitness Round
- Routines at local, state and regional level contests may include aerobics, dance, gymnastics or other

demonstrations of athletic talent, but there are no required movements

•Routines at all national level events (JR.USA, JR. NATIONALS, USA, TEAM UNIVERSE and NATIONALS) must include the six mandatory fitness moves:

- 1.One Arm Push-Up
- 2.High Kick
- 3.Leg Extension Hold
- 4.Straddle Hold
- 5.Full Split Front
- 6.Full Split Side

- Props are allowed but must be approved by the Head Judge at the Check-in
- Judges will be looking for style, personality, athletic coordination and overall performance
- Competitors should give special attention to their apparel, as it too will be judged

ROUND THREE – NO MORE ONE-PIECE ROUND

PREJUDGING SCORING

- Judges will place each competitor beginning with first place and continuing on until all competitors are placed
- Scores are handed in to the head judge after each round
- At the conclusion of prejudging the scores from both rounds are then added up to arrive at a final score for each competitor
- If there is only one height class the Evening Finals performances do not affect the placings
- If there are two height classes the Evening Finals fitness routines of the two height class winners will be judged

SCORING OF OVERALL WINNER

- In the event that the contest is one that includes two height classes the judges will have to choose an overall winner
- Prior to the evening finals the judges will be informed as to which competitor won each class. The judges will be directed to pay particular attention to the fitness routines of the two class winners

EVENING PERFORMANCE

- All competitors will be introduced at the evening event in their two-piece swimsuits
- The number of competitors that will perform their Fitness Routine will be determined by the promoter and the Head Judge depending on the number of total athletes in the event
- When the contest includes two height classes the judges will be informed, prior to the evening finals, as to whom the class winners are. The judges will assess the fitness routines of the two class winners and use this assessment along with the two-piece overall pose-down to decide the overall winner
- In the contests that include two height classes there will be an overall pose-down
- The overall pose-down will take place after the presentation of awards to both classes. The two class winners will be compared against each other in their two-piece swimsuits. The judges will then choose the overall winner.

NPC BIKINI DIVISION

- . **TWO PIECE BIKINI NOT FITNESS & FIGURE SUITS**
- . **NO THONGS**
- . **COMPETITORS MUST WEAR HIGH HEEL**
- . **COMPETITORS MAY WEAR JEWELRY**
- . **EACH COMPETITOR MUST BE A MEMBER OF THE NPC**

COMPETITION JUDGING

Presentation

- . Competitors will walk on stage alone and perform their Model Walk (personal preference) **MUST BE DONE IN GOOD TASTE NO SEXUAL OVERTONE**
- . The Model Walk consists of the following:

Walk to the center of the stage, stop and do a front stance then a full turn & and do a rear stance then turn to the front again in front of the judges & then proceed to to the side of the stage.

Comparison Round, Two -Piece swimsuit

- . Competitors will be judged wearing a two piece swim suit and heels.
- . The competitors will be brought out 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. (No side judging permitted, front and back only.)
- . Judges will be scoring competitors on the following items:

- . Balance and shape
- . Overall physical appearance including complexion, skin tone, poise and overall presentation.

- . **THIS IS BIKINI, NOT FIGURE, IF YOU LOOK LIKE YOU WOULD DO WELL AT FIGURE THEN STICK TO FIGURE. NO DEFINITION IN ANY MUSCLE GROUPS AND MINIMAL MUSCLE MASS.**

QUALIFYING FOR NATIONAL LEVELS EVENTS

- . The following placings will qualify competitors for one year for the NPC national level Bikini contests:

Top 5 places in each class at National Qualifying events only.

- . **The NPC national level contests are listed below:**

JUNIOR USA BIKINI CHAMPIONSHIPS
JUNIOR NATIONAL BIKINI CHAMPIONSHIPS
USA BIKINI CHAMPIONSHIPS
TEAM UNIVERSE BIKINI CHAMPIONSHIPS
IFBB NORTH AMERICAN BIKINI CHAMPIONSHIPS

QUALIFYING FOR IFBB PRO STATUS

- . The following placings at selected national level events will qualify competitors to turn professional and compete in the IFBB Pro Bikini contests.
- . **USA CHAMPIONSHIPS-** Height class winners earn IFBB Pro Card (6 height classes)
- . **NATIONAL CHAMPIONSHIPS-**Height class winners earn IFBB Pro Card (6 height classes)
- . **JUNIOR USA CHAMPIONSHIPS-** top 2 in the overall comparison earn IFBB Pro Cards- (6 height classes)
- . **JUNIOR NATIONAL CHAMPIONSHIPS-** top (4) in the overall comparison earn IFBB pro cards (6 height classes)
- . **IFBB NORTH AMERICAN CHAMPIONSHIPS-** Top two (2) in Overall Comparison earn IFBB Pro Cards (6 height classes)
- . **TEAM UNIVERSE CHAMPIONSHIPS** – Top two (2) in each height class earn their IFBB pro card (6 height classes)

DATE:

Saturday March 13th, 2010- Prejudging 10:00 am - Evening Finals 6:00 pm

LOCATION: 1 EAST MAIN STREET, MESA ARIZONA

MANDATORY CHECK-IN TIME:

Any time between 5pm - 7pm March 12TH at North Valley Plastic Surgery located at 20950 N Tatum Blvd ste 150 Phx
It is on Tatum just North of the 101 freeway. Tatum is an exit on the 101

ELIGIBILITY:

This competition is open to all NPC registered athletes residing in the USA who meet the following requirements:

1) NPC unregistered athletes may purchase cards for \$90.00 which is valid through December 31, 2009 at check-in on Friday.

NOTE: Competitors entered in more than one division will perform their routine only in one division.

NOTE: There will be a mandatory meeting of all athletes in the auditorium at 8:45am for prejudging and 4:45pm for the evening show the day of the event. Failure to attend the meeting or tardiness may be grounds for disqualification by the NPC chairman.

ABSOLUTELY NO ALCOHOLIC BEVERAGES of any kind will be allowed backstage. Any contestant found violating the above rules will be immediately disqualified.

Men's Open: BB

Bantam Wt. - Up to 143 1/4
Lt. Wt. - Over 143 1/4 to 154 1/4
Mid. Wt. - Over 154 1/4 to 176 1/4
Lt. Hvy Wt. - Over 176 1/4 to 198 1/4
Hvy. Wt. - Over 198 1/4 to 225 1/4
Super Hvy Wt.- Over 225 1/4

Women's Open: BB

Lt. Wt. - Up to 114 1/2
Mid. Wt. - Over 114 to 125 1/2
Hvy. Wt. - Over 125 1/2

Men's Novice: BB

? classes
depending on how many

Fitness/Figure girls can only crossover to each other

Figure Open:

5 Height Classes

Figure Jr. Master

35 - 43

Figure Master:

44 & over

Fitness Open:

1 Class

Bikini

? classes
depending on how many

Men Jr. Master: BB

35 to 39

Men Master: BB

40 to 46

Men Sr. Master: BB

47 & up

Women Master: BB

35 & up

Men Teen: BB

16 - Below
17 - 19

Women Teen - BB, Fitness or Figure

13 - 19

MUSIC: CD ONLY

ROUTINE LIMIT

body building 90 second maximum for evening show.

Fitness: 2 minute maximum routine @ both prejudging and evening show.

ENTRY FEE: \$ 80,00 If doing a second division **add \$40,00 for a total of \$120.00.** Entry forms mailed in

after March 6th 2010 will be charged an additional late fee of **\$10.00. Cash or Money Orders Only, payable to**

Miles Nuessle. (You may bring in your entry forms at the time of check-in on Friday night; just **REMEMBER** there will be a late fee of **\$10.00** when doing so.

Return Entry Blank and Fees (\$80.00); (\$40.00 fee if doing two divisions; a total of \$120.00) to: Miles Nuessle, 5741 W. Soft Wind Dr., Glendale, AZ 85310. All on time Entry Fees must be returned no later than March 6th 2010. A \$10.00 late fee is requested after March 6th 2010 and up until date of check-in on Friday March 12th. Cash or money order only. Please make **MONEY ORDER payable to MILES NUESSLE** mail to 5741 W Soft Wind DR Glendale AZ 85310

Name _____ Phone No. _____

Address _____ City _____ State _____ Zip _____

Occupation _____ Age _____

Approximate Weight at Contest Time _____ Height _____

(CIRCLE THE CLASSES THAT YOU PLAN TO COMPETE IN)

Fitness/Figure can only crossover to each other

MEN'S OPEN BB

WOMEN'S OPEN BB

MEN'S NOVICE BB

MEN'S JR. MASTERS BB
35 to 39

MEN'S MASTERS BB
40 to 46

MEN'S SENIOR MASTERS BB
47 & Up

MEN'S TEEN BB
16 – below
17 – 19

FITNESS OPEN

WOMEN'S MASTERS BB
35 & up

WOMEN'S TEEN
13 - 16
17 – 19

FIGURE OPEN

FIGURE JR. MASTERS
35-43

FIGURE MASTERS
44 & over

BIKINI

I understand that no entry will be accepted without a signature or entry fee. I understand that this competition is NPC sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the National Physique Committee of the USA, Inc., Miles Productions, all sponsors and vendors, by reason of injury or damage, which I incur, and include any injuries or damages suffered and sustained by members of my entourage or individuals associated with or accompanying me while traveling to and from or participating in this competition. I further agree to have my participation in this competition video taped and photographed and I hereby waive and release rights to said videotapes and photographs to Miles Productions for their exclusive use in the illustration and/or depiction of and concerning the sport of fitness. I agree to abide by all decisions of the designated officials and declare that all the information contained herein is to the best of my knowledge, true, correct and complete. I have read and understand the contents of this entry blank. (REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

SIGNATURE _____ **DATE** _____

PARENT OR GUARDIAN _____ **DATE** _____

BIO SHEET

(Mandatory)

Name: _____

Phonetic Spelling of Name: _____

City & State: _____

Age: _____

Occupation: _____

What Gym: _____

What are your hobbies: _____

Any noteworthy information about yourself such as overcoming any adversities, dedications, or NPC placings you have had in the past. _____

(30 words or less)

E-Mail Address: _____

PLEASE PRINT CLEARLY