



2018 NPC Total Body Championships

Bodybuilding, Figure, Bikini, Physique & Classic Physique



Saturday, August 18, 2018 * Sanction 14495 * National Qualifier

Check-In and Weigh-In

LOCATION: Premiere Athletix - 1674 McClure Cove, Tupelo MS 38804. 662-842-5239

ALL ATHLETES **MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT, AUGUST 17, 2018** BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M.
NPC cards will be purchased online: <https://www.npcregistration.com/>. Cards will be sold at check-in but **NO CASH** will be accepted!!
CHECK OR MONEY ORDER ONLY, made payable to the NATIONAL PHYSIQUE COMMITTEE

ONLY ATHLETES WILL BE PERMITTED IN THE LINE DURING WEIGH-IN. NO WEIGH-IN ON SATURDAY MORNING.

Venue

TUPELO PERFORMING ARTS CENTER (located on the Tupelo High School campus) 4125 Golden Wave Drive, Tupelo MS 38801.
662-841-8970 (Maps will be available at weigh in).

Accommodations – Host Hotel

The host hotel is **Best Western Plus Tupelo Inn & Suites, 3158 N. Gloster Street, Tupelo, MS 38804 (662) 847-0300. Deadline to reserve room with discount is August 04, 2018.** Be sure to mention the **TOTAL BODY CHAMPIONSHIPS** for special room rate.

Music/NPC Regulations

- All competitors are required to bring BANDS for pump-up. No weights will be allowed in pump-up room.
- ALL BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. **MUSIC MUST BE NO LONGER THAN 45 SECONDS. POSING MUSIC MUST BE ON CD. Music must be at the beginning of the CD. Music must be collected at Weigh-in on Friday Night.** Competitors will not use music at prejudging. (NO PROFANITY IN MUSIC).
- Bodybuilding, Classic Physique and Bikini Competition suits MUST be worn to weigh-in for approval. No “T” or thong suits will be allowed. Emphasis is on “good taste”.
- An athlete may CROSSOVER in EVERY Division.
- **NOVICE DIVISION** is an athlete that has never won their class other than in True Novice.
- **TRUE NOVICE** is an athlete that has never competed in the NPC – **FIRST TIME COMPETITOR.**
- **NO DREAM TAN ALLOWED.**
- **THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.**
- **NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTOS OR VIDEOS SERVICES IS ALLOWED IN THE AUDITORIUM.**
- **COLLEGIATE ATHLETES MUST HAVE PROOF OF STUDENT ENROLLMENT IN ANY UNIVERSITY, COLLEGE, OR JUNIOR COLLEGE.**
- **NO REFUNDS.**

Posing and Awards

All competitors will be introduced on stage at the night show. The NPC reserves the right to determine the number of competitors that will pose at the night show. The top 5 competitors in each height/weight class, and overall winners will be awarded trophies.

Ticket Prices

Prejudging - \$20.00 Open Seating

Finals / General Admission - \$30.00

Finals / VIP - \$40

To purchase tickets in advance or for more information call: Timmy or Judy Gaillard (662) 512-6060 or (662) 837-5987.

Entry Fees & Deadlines

Money order or check made payable to “Total Body Championships” in the amount of \$100 for each athlete (Men and Women) for each division entered, \$150 entry fee after deadline **of August 4, 2018. Only cash accepted on Friday night entries. (Check or Money Order Only for NPC Card).**

Check List

- **ENTRY FOR & RELEASE: MAIL TO TOTAL BODYCHAMPIONSHIPS, 104 WEST COOPER ST., RIPLEY, MS 38663.** (All entries must be postmarked by no later than Saturday, August 04, 2018 to avoid a late fee of \$50).
- **COPY OF 2018 NPC CARD** (CAN BE PURCHASED AT CHECK-IN). **CHECK OR MONEY ORDER ONLY MADE PAYABLE TO: NATIONAL PHYSIQUE COMMITTEE.**
- **COPY OF 2018 OFFICIAL HEIGHT CARD (WILL BE GIVEN AT CHECK-IN IF YOU DON'T HAVE ONE).**
- **COPY OF DRIVER'S LICENSE IF YOU ARE ENTERING ALL MASTERS CLASSES.**
- **ENTRY FEE (MONEY ORDER OR CHECK FOR \$100.00 FOR EACH DIVISION THAT YOU HAVE ENTERED, PAYABLE TO: TOTAL BODY CHAMPIONSHIPS).**
- ALL ENTRIES MUST BE POSTMARKED NO LATER THAN **AUGUST 04, 2018** TO AVOID A \$50.00 LATE FEE. **RETURN ENTRY FORM & RELEASE TO: TOTAL BODY CHAMPIONSHIPS, 104 WEST COOPER STREET, RIPLEY, MS 38663.**

2018 NPC Total Body Championships

Bodybuilding, Figure, Bikini, Physique, & Classic Physique – AUGUST 18, 2018

Official Bodybuilding, Figure, Bikini & Physique Entry Form – Sanction #14495

Name: First _____ Last _____ DOB _____ Age: _____

Street Address _____ City _____ State _____ Zip _____

Telephone: _____ Email: _____ Height: _____ Contest Weight: _____

PLEASE CHECK THE DIVISION(S)/CLASS IN WHICH YOU INTEND TO COMPETE

Men's True Novice Bodybuilding (First Time Competitor)

- Light (Up to & Inc. 176.25 lbs.)
 Heavy (Over 176.25 lbs.)

Men's Novice Bodybuilding

- Light (Up to & Inc. 165.25 lbs.)
 Middle (Over 165.25 lbs. up to & Inc. 187.25 lbs.)
 Heavy (Over 187.25 lbs.)

Men's Teen Bodybuilding (16-19 yrs. old)

- (One class)

Men's Collegiate Bodybuilding (16-25 yrs. old with College ID)

- (One Class)

Men's Uniform Bodybuilding (Military, Police, Fire or EMT)

- (One class)

Men's Masters Bodybuilding

- 40 & Over** Light (Up to & Inc. 176.25 lbs.)
 40 & Over Heavy (Over 176.25 lbs.)

Men's Grandmasters Bodybuilding

- 50 & Over** (One Class)
 60 & Over (One Class)

Masters Women's Physique (35 & Over)

- (One Class)

Open Women's Physique

- A (Up to & Inc. 5'4")
 B (Over 5'4")

Masters Women's Bodybuilding (35 & Over)

- (One Class)

Open Women's Bodybuilding

- (One Class)

Men's True Novice Classic Physique (First Time Competitor)

- (One class)

Men's Novice Classic Physique

- A (Up to & Inc. 5'9")
 B (Over 5'9")

Teen Classic Physique (16-19 yrs. old)

- (One class)

Men's Collegiate Classic Physique (16-25 yrs. old with College ID)

- (One class)

Men's Uniform Classic Physique (Military, Police, Fire, or EMT)

- (One class)

Men's Masters Classic Physique (35 & Over)

- (One Class)

Men's Open Classic Physique

- A (Up to & Inc. 5'7") (See chart on last page for weight)
 B (Over 5'7" & up to & Inc. 5'10") (See chart on last page for weight)
 C (Over 5'10" & up to & Inc. 6'0") (See chart on last page for weight)
 D (Over 6'0") (See chart on last page for weight)

True Novice Figure (First Time Competitor)

- (One Class)

Novice Figure

- A (Up to & Inc. 5'4")
 B (Over 5'4")

Masters Figure (35 & Over)

- A (Up to & Inc. 5'4")
 B (Over 5'4")

Open Figure

- A (Up to & Inc. 5'2")
 B (Over 5'2" up to & Inc. 5'4")
 C (Over 5'4" up to & Inc. 5'6")
 D (Over 5'6")

True Novice Men's Physique (First Time Competitor)

- A (Up to & Inc. 5'8")
 B (Over 5'8")

Novice Men's Physique

- A (Up to & Inc. 5'7")
 B (Over 5'7" up to & Inc. 5'10")
 C (Over 5'10")

Teen Men's Physique (16 to 19 yrs. old)

- (One class)

Collegiate Men's Physique (16 – 25 yrs. old with College ID)

- (One Class)

Masters Men's Physique (35 & Over)

- A (Up to & Inc. 5'8")
 B (Over 5'8")

Open Men's Physique

- A (Up to & Inc. 5'6")
 B (Over 5'6" up to & Inc. 5'8")
 C (Over 5'8" up to & Inc. 5'10")
 D (Over 5'10")

True Novice Bikini (First Time Competitor)

- (One Class)

Novice Bikini

- A (Up to & Inc. 5'4")
 B (Over 5'4")

Collegiate Bikini (16 – 25 yrs. old with College ID)

- (One Class)

Masters Bikini (35 & Over)

- A (Up to & Inc. 5'4")
 B (Over 5'4")

Open Bikini

- A (Up to & Inc. 5'1")
 B (Over 5'1" up to & Inc. 5'2 1/2")
 C (Over 5'2 1/2" up to & Inc. 5'4")
 D (Over 5'4" up to & Inc. 5'5 1/2")
 E (Over 5'5 1/2" up to & Inc. 5'7")
 F (Over 5'7")

Men's Open Bodybuilding

- Bantam (Up to & Inc. 143.25 lbs.)
 Light (Over 143.25 lbs. & up to & Inc. 154.25 lbs.)
 Middle (Over 154.25 lbs. up to & Inc. 176.25 lbs.)
 Light- Heavy (Over 176.25 lbs up to & Inc. 198.25 lbs.)
 Heavy (Over 198.25 lbs. & Inc. 225.25 lbs.)
 Super Heavy (Over 225.25 lbs.)

I agree to waive and release all rights and claims to damages for myself and all heirs from the release extends to the National Physique Committee, Timmy Gaillard and Judy Gaillard, the promoters and sponsors, agents, leaders, officials of the above described contest I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, television and I hereby release and waive all rights to the television productions of this contest. The NPC reserves the right to determine the number of competitors that will pose at the evening show. The undersigned consents and agrees that the undersigned will comply with the rules and regulations of "Best Western Plus Tupelo Inn & Suites" Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to "Best Western Plus Tupelo Inn & Suites" Host Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Signature: _____ Parents/Guardian (If Athlete is under 18 years of Age) _____

NPC_MS

****THIS FORM MUST BE SIGNED AND MAILED IN WITH YOUR ENTRY FORM****

DO YOU WISH TO RECEIVE EMAILS FROM US? YES ___ NO ___

Enter email below if you wish to receive emails from Timmy Gaillard/ Judy Gaillard/ NPC TOTAL BODY CHAMPIONSHIPS about events & physique competitions:

YES, I WISH TO RECEIVE EMAILS: Enter Email Address Here: _____

• Promoters may NOT send promotional emails to any competitor who has not given permission to receive them, on the entry form release statement, as it violates the regulations of the mass email providers.

In consideration of being allowed to participate in any way in the 2018 NPC Total Body Championships (“Event”) promoted by Tim and Judy Gaillard (“Promoter”) and sanctioned by the National Physique Committee of the USA, Inc. (“NPC”), its related events and activities, I, **Please print your name** (_____), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the “Best Western Plus Tupelo Inn & Suites (“Hotel”) including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned’s failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE**

GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age: _____ Date Signed _____
PARTICIPANTS SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Age: _____ Date Signed _____
PARENTS SIGNATURE

2018 NPC MEN'S CLASSIC PHYSIQUE UPDATE

- In Men's Classic physique, after reviewing the large number of competitors it was decided to increase the weight in each class by five pounds as follows:

a) Division "A" Up to and including 5'7"

Up to & including 5'4" Up to & including	160 lbs.
Over 5'4" up to & including 5'5" Up to & including	165 lbs
Over 5'5" up to & including 5'6" Up to & including	170 lbs
Over 5'6" up to & including 5'7" Up to & including	175 lbs

b) Division "B" Over 5'7" Up to and including 5'10"

Over 5'7" up to & including 5'8" Up to & including	182 lbs
Over 5'8" up to & including 5'9" Up to & including	190 lbs
Over 5'9" up to & including 5'10" Up to & including	197 lbs

c) Division "C" Over 5'10" Up to and including 6'0"

Over 5'10" up to & including 5'11" Up to & including	205 lbs
Over 5'11" up to & including 6'0" Up to & including	212 lbs

d) Division "D" (Over 6'0")

Over 6'0" up to & including 6'1" Up to & including	220 lbs
Over 6'1" up to & including 6'2" Up to & including	230 lbs
Over 6'2" up to & including 6'3" Up to & including	237 lbs
Over 6'4" up to & including 6'5" Up to & including	252 lbs
Over 6'5" up to & including 6'6" Up to & including	260 lbs
Over 6'7" Up to & including	275 lbs

CROSSOVERS

NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you currently fit the best.

Qualifying For NPC National Contests

Beginning January 1, 2018 athletes must place top 2 in an open class at a national qualifier to be qualified for any national show. All athletes that qualified in 2017 for a National contest are eligible to compete in a national contest in 2018. Also, athletes that place in 3rd, 4th or 5th place at the USA or Nationals are also qualified for one year.

Qualifying For IFBB Pro Status

The top two in each height class at all National contests will qualify for pro status

- **The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:**
 - Front Double Biceps
 - Side Chest
 - Back Double Biceps
 - Abdominals and Thighs
 - Favorite Classic Pose (No Most Muscular)
- **The Finals will consist of:**
 - Posing routine (up to a maximum of 45 seconds)
 - Confirmation round (if necessary)
 - Posedown (overall title only)