



2019 NPC TOTAL BODY CHAMPIONSHIPS

Bodybuilding, Figure, Bikini, Physique & Classic Physique

Saturday, August 17, 2019 * Sanction 3092 * National Qualifier

PROMOTERS: TIMMY AND JUDY GAILLARD * 104 WEST COOPER STREET, RIPLEY, MS 38663 * WWW.TOTALBODYGYM.NET

MANDATORY CHECK-IN AND WEIGH-IN

- ALL ATHLETES MUST CHECK-IN & WEIGH-IN ON FRIDAY NIGHT (AUGUST 16, 2019) BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M. AT **PREMIERE ATHLETIX, 1674 MCCLURE COVE, TUPELO, MS 38804 * 662-842-5239.**
- NPC CARDS CAN BE PURCHASED ONLINE AT <https://www.npcregistration.com/> OR THEY CAN BE PURCHASED AT CHECK-IN **WITH A CHECK OR MONEY ORDER FOR \$125.00 (NO CASH ACCEPTED)**-- MADE PAYABLE TO THE **NATIONAL PHYSIQUE COMMITTEE.**
- ONLY COMPETITORS WILL BE ALLOWED TO STAND IN THE REGISTRATION/CHECK-IN LINE/ROOM.
- NO WEIGH-IN ON SATURDAY MORNING.
- GOODIE BAGS AND T-SHIRTS WILL BE GIVEN ON A FIRST COME FIRST SERVE BASIS.

VENUE

TUPELO PERFORMING ARTS CENTER, 4125 GOLDEN WAVE DRIVE, TUPELO, MS 38801.

VENUE IS LOCATED ON THE TUPELO HIGH SCHOOL CAMPUS (MAPS WILL BE AVAILABLE AT WEIGH-IN)

ACCOMMODATIONS - HOTEL

BEST WESTERN PLUS TUPELO INN & SUITES, 3158 N. GLOSTER ST., TUPELO, MS 38804 * 662-847-0300

- DEALINE TO RESERVE ROOM DISCOUNT IS **AUGUST 3, 2019.** BE SURE TO MENTION **THE TOTAL BODY CHAMPIONSHIPS** FOR SPECIAL ROOM RATE.

MUSIC/NPC RULES AND REGULATIONS

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED BACKSTAGE/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 THE ONLY MUSIC ON THE CD AND THE 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. FIGURE COMPETITORS BRING SUITS TO WEIGH-IN FOR INSPECTION. NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOOD TASTE".
- AN ATHLETE MAY CROSSOVER IN EVERY DIVISION.
- OPEN DIVISION** - OPEN TO ANY NPC REGISTERED ATHLETE (AN ATHLETE WHO HAS WON THE OVERALL TITLE IN A CONTEST MAY NOT COMPETE IN A LOWER LEVEL CONTEST IN THE SAME AREA OR DISTRICT AS THE CONTEST HE OR SHE WON).
- 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.
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO OCCUPY THE VENUE SEATING! NO EXCEPTIONS!! ****NO DREAM TAN ALLOWED****
- COLLEGIATE ATHLETES MUST HAVE PROOF OF STUDENT ENROLLMENT IN ANY UNIVERSITY, COLLEGE OR JUNIOR COLLEGE.**
- NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTOS OR VIDEO SERVICES IS ALLOWED IN THE AUDITORIUM.**
- 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** FOR GENERAL ADMISSION; *NIGHT SHOW - **\$30.00** FOR GENERAL ADMISSION; AND **\$40.00** FOR VIP RESERVED. TO PURCHASE TICKETS IN ADVANCE OR FOR MORE INFORMATION CALL: **TIMMY & JUDY GAILLARD AT 662-512-6060 OR 662-837-5987.**

ENTRY FEES AND DEADLINES

MONEY ORDER, CHECK, OR CERTIFIED CHECK MADE PAYABLE TO **"TOTAL BODY CHAMPIONSHIPS"** IN THE AMOUNT OF **\$100.00** FOR EACH ATHLETE (MEN AND WOMEN) FOR EACH CLASS ENTERED. THERE IS A **\$50.00** LATE FEE FOR ENTRIES POSTMARKED AFTER **AUGUST 3, 2019.** **ONLY CASH, MONEY ORDER, OR CERTIFIED CHECK** ACCEPTED ON FRIDAY NIGHT ENTRIES.

ENTRY DEADLINE

CHECKLIST: ENTRIES MUST BE POSTMARKED BY SATURDAY **AUGUST 3, 2019** TO AVOID A LATE FEE OF \$50.00. MAIL TO: **TOTAL BODY CHAMPIONSHIPS, 104 WEST COOPER STREET, RIPLEY, MS 38663.**

INCLUDE THE FOLLOWING:

- 2019 ENTRY FORM AND RELEASE - SIGNED AND COMPLETED.
- COPY OF 2019 NPC CARD (CAN BE PURCHASED AT CHECK-IN): CHECK OR MONEY ORDER ONLY MADE PAYABLE TO THE **"NATIONAL PHYSIQUE COMMITTEE."**
- COPY OF YOUR 2019 OFFICIAL HEIGHT CARD (WILL BE GIVEN AT CHECK-IN IF YOU DO NOT HAVE ONE).
- CHECK OR MONEY ORDER FOR THE TOTAL FOR EACH CLASS ENTERED (\$100.00 PER CLASS) MADE PAYABLE TO **"TOTAL BODY CHAMPIONSHIPS".**
- COPY OF DRIVER'S LICENSE IF YOU ARE ENTERING TEENAGE, COLLEGIATE, OR MASTER'S CLASSES.

NPC_MS_2019

2019 NPC TOTAL BODY CHAMPIONSHIPS

Bodybuilding, Figure, Bikini, Physique & Classic Physique

Saturday, August 17, 2019 * Sanction 3092 * National Qualifier

NAME: FIRST _____ LAST _____ DOB _____
 STREET ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 TELEPHONE: _____ EMAIL (PRINT): _____
 AGE: _____ HEIGHT: _____ (CONTEST) WEIGHT: _____

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

WOMEN'S FITNESS

Fitness (One Class)

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.)

TEEN BODYBUILDING (MALE 16-19 YEARS OLD)

Teen (One Class)

MEN'S COLLEGIATE BODYBUILDING (AGE 16-25 YEARS OLD)

Collegiate (One Class)

MEN'S UNIFORM BODYBUILDING (MILITARY, POLICE, FIRE)

Uniform (One Class)

MEN'S MASTERS BODYBUILDING

40 and Over Light (Up to & Inc. 176.25 lbs.)
 40 and Over Heavy (Over 176.25 lbs.)
 50 and Over (One Class)
 60 and Over (One Class)

WOMEN'S PHYSIQUE

Masters 35 and Over (One Class)
 Open A (Up to & Inc. 5'4")
 Open B (Over 5'4")

WOMEN'S BODYBUILDING

Masters 35 and Over (One Class)
 Open (One Class)

MEN'S CLASSIC PHYSIQUE

True Novice Classic Physique (One Class) (FIRST TIME COMPETITOR)
 Novice Classic Physique A (Up to & including 5'9")
 Novice Classic Physique B (Over 5'9")
 Collegiate Classic Physique (One Class) (AGE 16 - 25 YEARS OLD)
 Uniform Classic Physique (One Class)
 Masters Classic Physique 35 and Over (One Class)
 Open A (Up to & Inc. 5'7") (SEE CHART ON LAST PAGE FOR WEIGHT)
 Open B (Over 5'7" & Inc. 5'10") (SEE CHART ON LAST PAGE FOR WEIGHT)
 Open C (Over 5'10" & Inc. 6') (SEE CHART ON LAST PAGE FOR WEIGHT)
 Open D (Over 6'0") (SEE CHART ON LAST PAGE FOR WEIGHT)

WOMEN'S FIGURE

True Novice (One Class) (FIRST TIME COMPETITOR)
 Novice (One Class)
 Masters 35 and Over (One Class)
 Open A (Up to & Inc. 5'4")
 Open B (Over 5'4" Up to & Inc. 5'6")
 Open C (Over 5'6")

MEN'S PHYSIQUE

True Novice A (Up to & Inc. 5'8") (FIRST TIME COMPETITOR)
 True Novice B (Over 5'8") (FIRST TIME COMPETITOR)
 Novice A (Up to & Inc. 5'7")
 Novice B (Over 5'7" up to & Inc. 5'10")
 Novice C (Over 5'10")
 Teen (One Class) (16-19 YEARS OLD)
 Collegiate (One Class) (AGE 16 - 25 YEARS OLD)
 Masters 35 and Over A (Up to & Inc. 5'8")
 Masters 35 and Over B (Over 5'8")
 Masters 45 and Over (One Class)
 Open A (Up to & Inc. 5'6")
 Open B (Over 5'6" Up to & Inc. 5'8")
 Open C (Over 5'8" Up to & Inc. 5'10")
 Open D (Over 5'10")

WOMEN'S BIKINI

True Novice (One Class) (FIRST TIME COMPETITOR)
 Novice A (Up to & Inc. 5'4")
 Novice B (Over 5'4")
 Collegiate (One Class) (AGE 16 - 25 YEARS OLD)
 Masters 35 and Over A (Up to & Inc. 5'4")
 Masters 35 and Over B (Over 5'4")
 Masters 40 and Over (One Class)
 Open A (Up to & Inc. 5'2")
 Open B (Over 5'2" Up to & Inc. 5'4")
 Open C (Over 5'4" Up to & Inc. 5'6")
 Open D (Over 5'6" Up to & Inc. 5'8")
 Open E (Over 5'8")

MEN'S OPEN BODYBUILDING

Light (Up to & Inc. 154.25 lbs.)
 Middle (Over 154.25 lbs. & Inc. 176.25 lbs.)
 Light-Heavy (Over 176.25 lbs. & 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, with release extending to the National Physique Committee, the promoters **TIMMY AND JUDY GAILLARD, TUPELO PERFORMING ARTS CENTER**, the sponsors, agents, leaders, and officials of the above described contest. I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. I also understand that this contest may be videotaped for 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 all rules and regulations of the **"BEST WESTERN PLUS TUPELO INN & SUITES AND HOLIDAY INN EXPRESS & 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(s) from and against any damages caused by the undersigned to the Host 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 **"BEST WESTERN PLUS TUPELO INN & SUITES AND HOLIDAY INN EXPRESS & 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) _____

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

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

Enter email address below if you wish to receive emails from <<< Promoter(s) Name>>>, Promoters, about events and physique competitions.

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

(PLEASE PRINT EMAIL ADDRESS)

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

In consideration of being allowed to participate in any way in the **Name of Event "2019 NPC TOTAL BODY CHAMPIONSHIPS"** ("Event") promoted by **Name of Promoter "TIMMY AND JUDY GAILLARD"** ("Promoters") 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 **Name of Hotel BEST WESTERN PLUS TUPELO INN & SUITES AND HOLIDAY INN EXPRESS & 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.

If you are a competitor who has special needs of any kind, it is imperative that you make the Event Promoter aware of your need prior to the event so that they can adequately prepare for you competing at the event.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____
PARTICIPANTS SIGNATURE

AGE: _____ Date Signed: ____/____/____

X _____
ATHLETE SIGNATURE REQUIRING SPECIAL NEEDS

(PLEASE INDICATE IF A SERVICE ANIMAL IS REQUIRED)

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 _____
PARTICIPANTS SIGNATURE

AGE: _____ Date Signed: _____

NPC MEN'S CLASSIC PHYSIQUE

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 6'3" up to & including 6'4" Up to & including	245 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 6'6" up to & including 6'7" Up to & including	267 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. 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)