



2022 NPC TOTAL BODY CHAMPIONSHIPS

Bodybuilding, Figure, Bikini, Physique, Classic Physique, & Wellness

Saturday, August 20, 2022 *Sanction 4284* 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 19, 2022) BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M. AT THE 1005 Landmark Blvd, Tupelo, MS 38804 * (662) 350-6256.
- 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 \$135.00 (NO CASH ACCEPTED) -- MADE PAYABLE TO THE NATIONAL PHYSIQUE COMMITTEE.
- ONLY COMPETITORS WILL BE ALLOWED IN THE REGISTRATION/CHECK-IN 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, 2500 CLIFF GOOKIN BLVD., TUPELO, MS 38804.

ACCOMMODATIONS - HOTELS

HOLIDAY INN EXPRESS & SUITES, 1612 MCCLURE COVE, TUPELO, MS 38804 * 662-620-8184

HOME 2 SUITES BY HILTON TUPELO, 1005 LANDMARK BLVD., TUPELO, MS 38804 * 662-350-6256

TRU BY HILTON TUPELO, 1003 LANDMARK BLVD, TUPELO, MS 38804 * 662-350-6258

- DEADLINE TO RESERVE ROOM DISCOUNT IS AUGUST 6, 2022. MENTION TOTAL BODY CHAMPIONSHIPS FOR SPECIAL RATE AT ALL HOTELS.

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. YOU WILL RECEIVE A LINK TO UPLOAD MUSIC IN YOUR CONFIRMATION EMAIL. MUSIC MUST BE NO LONGER THAN 45 SECONDS.
- POSING MUSIC MUST BE THE ONLY MUSIC ON THE UPLOAD. COMPETITORS WILL NOT USE MUSIC AT PREJUDGING. (NO PROFANITY IN MUSIC). BODYBUILDING, CLASSIC PHYSIQUE, BIKINI, & WELLNESS 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 AND/OR MEDALS.

TICKET PRICES

*PREJUDGING - \$25.00 FOR GENERAL ADMISSION; *NIGHT SHOW - \$35.00 FOR GENERAL ADMISSION; AND \$45.00 FOR VIP FINAL RESERVED. TO PURCHASE TICKETS IN ADVANCE OR FOR MORE INFORMATION CALL: **TIMMY & JUDY GAILLARD AT 662-837-5987.**

ENTRY FEES AND DEADLINES

ENTRY FEES ARE \$110.00 PER ATHLETE, FOR EACH CLASS ENTERED. ALL ENTRY FORMS MUST BE SUBMITTED THROUGH THE SHOW WEBSITE. FEES SHOULD ALSO BE MADE AT TIME OF ENTRY THROUGH THE ONLINE ENTRY LINK ON SHOW WEBSITE. IF PAYMENT IS NOT MADE AT THE TIME OF ENTRY THROUGH MUSCLEWARE, PROMOTER WILL ACCEPT MONEY ORDER, CERTIFIED CHECK, PERSONAL CHECK, CREDIT CARD, CASH APP OR CASH TO "TOTAL BODY CHAMPIONSHIPS" IN THE AMOUNT OF \$110.00 FOR EACH ATHLETE (MEN AND WOMEN) FOR EACH CLASS ENTERED. THERE IS A \$50.00 LATE FEE FOR ENTRIES POSTMARKED AFTER AUGUST 6, 2022. CASH, CREDITCARD, DEBIT, AND MONEY ORDER WILL BE ACCEPTED ON FRIDAY NIGHT.

CHECKLIST: ENTRIES MUST BE SUBMITTED BY SATURDAY AUGUST 6, 2022 TO AVOID A LATE FEE OF \$50.00.

IF NOT PAYING ONLINE, MAIL FEES TO: **TOTAL BODY CHAMPIONSHIPS, 104 WEST COOPER STREET, RIPLEY, MS 38663.**

INCLUDE THE FOLLOWING:

- 2022 ENTRY FORM ONLINE CONFIRMATION
- COPY OF 2022 NPC CARD (CAN BE PURCHASED AT CHECK-IN): CHECK OR MONEY ORDER ONLY MADE PAYABLE TO THE "NATIONAL PHYSIQUE COMMITTEE."
- CHECK OR MONEY ORDER FOR THE TOTAL FOR EACH CLASS ENTERED (\$110.00 PER CLASS) MADE PAYABLE TO "TOTAL BODY CHAMPIONSHIPS"
- COPY OF DRIVER'S LICENSE IF YOU ARE ENTERING COLLEGIATE OR MASTER'S CLASSES

NPC MEN'S CLASSIC PHYSIQUE WEIGHTREQUIREMENTS
(Visit <http://npcnewsonline.com/classic-physique/> for more information)

- 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. |