



BODY BE 1 CLASSIC

BODYBUILDING, PHYSIQUE, FIGURE, WELLNESS, FITNESS, & BIKINI

July 30, 2022

ENTRY FORM

Weigh-In/Check-In: Crunch Fitness, 3850 W. Main St., Dothan, AL 36305

All athletes must check-in and weigh-in on Friday night, July 29, 2022 between the hours of 5:00 p.m. and 7:00 p.m.

NPC 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. Cards are also available at any time at www.npcnewsonline.com

Only athletes will be permitted in the room during weigh-in. **No Saturday morning weigh-in.**

Competition bag & t-shirt will be given to the first 75 pre-entered athletes. Send your entry in early!!

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 & men's classic physique athletes must supply their own music. Music can be no longer than 45 seconds. Fitness no longer than 2 minutes.
- Posing music must be the only music on the CD and will be collected at check-in on Friday night.
- Competitors will not use music at prejudging.
- Bodybuilding, bikini & classic physique competition suits must be worn to weigh-in for approval.
- No "T" or thong suits will be allowed. Emphasis is on "good taste"!
- Athletes may crossover to any division.
- No refunds!
- Due to venue rules, all athletes wearing tanning products must wear long sleeve shirts and long pants to sit in auditorium seating. No exceptions!
- The NPC reserves the right to determine the number of competitors that will pose at night show.
- No detachable lens cameras, no video equipment, no soliciting of photo or video services allowed in the auditorium. No live video streaming without signed consent from the national physique committee home office.

Tickets

Prejudging:	\$25
Finals:	\$40
VIP:	\$55

To order tickets, go to:

www.DothanCivicCenter.org

Entry Fees

\$110 for each class for each athlete (Men and Women). Money order or check made payable to **NPC Body Be 1 Classic**. Only cash accepted on Friday night entries. \$50.00 LATE FEE after entry deadline of July 29, 2022. NO REFUNDS.

Entry Deadline

All entries must be postmarked no later than Saturday, July 2, 2022 to avoid a late fee of \$50.00.

CHECK LIST:

- Entry form & RELEASE – signed and completed
- Copy of your 2022 NPC card
- Check or money order for \$110.00 for each class payable to **NPC Body Be 1 Classic**.
- Copy of driver's license if you are entering Teenage, All Masters/Military or service ID for Uniform divisions.

Eligibility

All competitors must be a current member of the NPC. NPC cards available at Weigh-in for \$135.00. Check or Money Order ONLY.

Music and Posing

Music must be on CD ONLY, no longer than 45 seconds for Bodybuilding, Women's Physique & Men's Classic Physique and must contain ONLY the music being used for posing. Music will be collected at Friday night check-in. NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.

Schedule of Events

Day	Time	Event	Location
Friday	5:00-7:00 p.m.	Weigh-in	Crunch Fitness

Only Athletes will be permitted in the room during weigh-in.

Competition suits must be worn at weigh-in. All competitors must weigh-in/check-in Friday night. NO SATURDAY CHECK-INS

Saturday	8:00 a.m.	Check-in & briefing	Dothan Civic Center
	9:00 a.m.	Prejudging begins	Dothan Civic Center
	5:15 p.m.	Finals check-in	Dothan Civic Center
	6:00 p.m.	Finals	Dothan Civic Center

Host Hotel

Towne Place Suites (Marriott), 201 Retail Dr., Dothan, AL 36303

Reservations: 334.944.6406

Special room rate for the NPC Body Be 1 Classic is \$109 for reservations made before June 24, 2022.

Ask for the "Body Be 1" when making reservations. Reservations made after Friday June 24, 2022 are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis.

It is recommended that all competitors stay at the Towne Place Suites which is the host hotel. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at Towne Place Suites. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels.

Spray Tanning

Becky Rone – Tan2Win

615.418.6364, www.Tan2win.com, atan2win@gmail.com

There are a limited number of spots available so reserve your time in advance.

Photo and DVD Information

Alex Byars

901.258.9109, byarsmsu@yahoo.com

General Information

Roland Huff

706.405.9539, www.BodyBe1.com, hbodybe1@aol.com

THIS FORM MUST BE SIGNED & MAILED IN WITH YOUR ENTRY FORM

In consideration of being allowed to participate in any way in the NPC Body Be 1 Classic ("Event") promoted by Roland Huff ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (please print name)

_____, ("Undersigned"), acknowledge, appreciate and agree that: (a) the risk of contracting communicable diseases and/or illnesses, including, but not limited to, the Coronavirus, exists from my participation in the activities involved in this Event; and (b) 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 COMMUNICABLE DISEASES, ILLNESSES, 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 Towne Place Suites 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. NPC administrative Officers shall also have the right to suspend, for a definite or indefinite period of time or to expel an athlete member when such person by action tends to damage or impair the objectives, programs or ideals of the Corporation.

Enter email below if you want to receive emails from the promoter and/or our trusted partners about events and contest offers on their website.

Yes, I wish to receive emails. Enter email address here: _____

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 AND THE DISCIPLINARY INFORMATION AND 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 _____ Age _____ Date Signed _____
ATHLETE SIGNATURE

X _____
Athlete signature requiring special needs (Please indicate if a service animal is required and type of animal)

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 _____
PARENT/GUARDIAN OF PARTICIPANT SIGNATURE

****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION****

Men's Divisions

BODYBUILDING

Teenage: Athlete 18 yrs. or over who has not reached his 20th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** (5 places in each class and **OVERALL**).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Masters 35 & over: Athlete who has reached his 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 40 & over: Athlete who has reached his 40th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Grand Masters 50 & over: Athlete who has reached his 50th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Grand Masters 60 & over: Athlete who has reached his 60th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Novice Men: Athlete who has never won his weight class. (5 places in each class and **OVERALL**).

Lightweight Up to & including 165.25

Middleweight Over 165.25 up to & including 187.25

Heavyweight Over 187.25

Open Men: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

Bantamweight Up to & including 143.25

Lightweight Over 143.25 up to & including 154.25

Middleweight Over 165.25 up to & including 176.25

Light Heavyweight Over 176.25 up to & including 198.25

Heavyweight Over 198.25 up to & including 225.25

Super Heavyweight Over 225.25

CLASSIC PHYSIQUE

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** **(ONE CLASS, 5 places).**

Novice: Athlete who has never won his height/weight class. (5 places in each class and **OVERALL**).

A Class Up to and including 5'9"

B Class Over 5'9"

Masters 35 & over: Athlete who has reached his 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 40 & over: Athlete who has reached his 40th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Open Men: Any athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to & including 5'7"

B Class Over 5'7" up to & including 5'10"

C Class Over 5'10"

PHYSIQUE

Teenage: Athlete 18 or over who has not reached his 20th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** **(ONE CLASS, 5 places).**

Masters 35 & over: Athlete who has reached his 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 40 & over: Athlete who has reached his 40th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 50 & over: Athlete who has reached his 50th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Novice: Athlete who has never won his height class. (5 places in each class and **OVERALL**).

A Class Up to & including 5'9"

B Class Over 5'9"

Open Men: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to & including 5'6"

B Class Over 5'6" up to & including 5'8"

C Class Over 5'8" up to & including 5'10"

D Class Over 5'10"

Hero Division: All Military including family, Police, Firefighter, Teacher, DoD Civilian or Professional Medical Worker. **(ONE CLASS, 5 places).**

*Bodybuilding, Classic Physique or Physique

Mr. Dothan: Any athlete who lives in Dothan area (30 miles) **(ONE CLASS, 5 places).**

*Bodybuilding, Classic Physique or Physique

*****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*****

WOMEN'S DIVISIONS

FIGURE

Teenage: Athlete 18 yrs. or over who has not reached her 20th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

Masters 35 & over: Athlete who has reached her 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 40 & over: Athlete who has reached her 40th birthday July 30, 2022. **(ONE CLASS, 5 places).**

Masters 50 & over: Athlete who has reached her 50th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Novice: Athlete who has never won her height class. (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

Open: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to & including 5'2"

B Class Over 5'2" up to & including 5'4"

C Class Over 5'4" up to & including 5'6"

D Class Over 5'6"

WELLNESS

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** **(ONE CLASS, 5 places).**

Novice: Athlete who has never won her height class (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

Masters 35 & over: Athlete who has reached her 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Open: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

BIKINI

Teenage: Athlete 18 yrs. or over who has not reached her 20th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

Masters 35 & over: Athlete who has reached her 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Masters 40 & over: Athlete who has reached her 40th birthday July 30, 2022. **(ONE CLASS, 5 places).**

Novice: Athlete who has never won her height class. (5 places in each class and **OVERALL**).

A Class Up to & including 5'4"

B Class Over 5'4"

Open: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to & including 5'2"

B Class Over 5'2" up to & including 5'4"

C Class Over 5'4" up to & including 5'6"

D Class Over 5'6"

PHYSIQUE

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** **(ONE CLASS, 5 places).**

Masters 35 & over: Athlete who has reached her 35th birthday by July 30, 2022. **(ONE CLASS, 5 places).**

Novice: Athlete who has never won her height class **(ONE CLASS, 5 places).**

Open: Any Athlete over the age of 18. (5 places in each class and **OVERALL**).

A Class Up to and including 5'4"

B Class Over 5'4"

BODYBUILDING: Any female over 18. **(ONE CLASS, 5 places).**

Hero Division: All Military including family, Police, Firefighter, Teacher, DoD Civilian or Professional Medical Worker. **(ONE CLASS, 5 places).**

*Bikini, Figure, Physique, Bodybuilding or Wellness

Ms. Dothan: Any athlete who lives in Dothan area (30 miles) **(ONE CLASS, 5 places).**

*Bikini, Figure, Physique, Bodybuilding or Wellness

NPC MEN'S CLASSIC PHYSIQUE – COMPETITION BREAKDOWN FOR THREE CLASSES:

DIVISION "A" (UP TO AND INCLUDING 5'7")

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

DIVISION "B" (OVER 5'7" UP TO AND INCLUDING 5'10")

- Over 5'7", up to and including 5'8" Up to and including 182 lbs.
- Over 5'8", up to and including 5'9" Up to and including 190 lbs.
- Over 5'9", up to and including 5'10" Up to and including 197 lbs.

DIVISION "C" (OVER 5'10" UP TO AND INCLUDING 6'0")

- Over 5'10", up to and including 5'11" Up to and including 206 lbs.
- Over 5'11", up to and including 6'0" Up to and including 212 lbs.
- Over 6'0", up to and including 6'1" Up to and including 220 lbs.
- Over 6'1", up to and including 6'2" Up to and including 230 lbs.
- Over 6'2", up to and including 6'3" Up to and including 237 lbs.
- Over 6'3", up to and including 6'4" Up to and including 245 lbs.
- Over 6'4", up to and including 6'5" Up to and including 252 lbs.
- Over 6'5", up to and including 6'6" Up to and including 260 lbs.
- Over 6'6", up to and including 6'7" Up to and including 267 lbs.
- Over 6'7" Up to and 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 fit best. Crossovers to bodybuilding will do routine in both divisions.

- 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)
- Pose down (overall title only)

*****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*****

2022 NPC Body Be 1 Classic NATIONAL QUALIFIER OFFICIAL ENTRY FORM

NAME: (First) _____ (Last) _____ **DOB:** _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email: (print) _____

Hotel Stay _____ Height _____ Weight _____ Age _____ Shirt Size _____

Amount Enclosed (\$110 each class) \$ _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

Men's Physique

True Novice
 Teen
 Masters 35+
 Master's 40+
 Master's 50+
 Novice A
 Novice B
 Open A
 Open B
 Open C
 Open D

Teen Bodybuilding

Teen

Bodybuilding True-Novice

Lightweight
 Heavyweight

Mr. Dothan

Bodybuilding
 Classic Physique
 Men's Physique

Men's Classic Physique

(see chart)
 True Novice
 Masters 35+
 Master's 40+ (4)
 Novice A
 Novice B
 Open A
 Open B
 Open C

Men's Open Bodybuilding

Bantam
 Lightweight
 Welterweight
 Middle
 Light-heavy
 Heavy
 Super Heavy

Men's Master's Bodybuilding

35+
 40+
 50+
 60+

Hero-Men's

Bodybuilding
 Classic Physique
 Men's Physique

Men's Novice Bodybuilding

Lightweight
 Middleweight
 Heavyweight

Women's Bikini

True Novice
 True Novice A
 True Novice B
 Teen
 Masters 35+
 Master's 40+
 Master's 50+
 Hero
 Novice A
 Novice B
 Open A
 Open B
 Open C
 Open D

Women's Figure

True Novice A
 True Novice B
 Teen
 Masters 35+
 Master's 40+
 Master's 50+
 Hero
 Novice A
 Novice B
 Open A
 Open B
 Open C
 Open D

Women's Wellness

True Novice
 Novice A
 Novice B
 Masters 35+
 Hero
 Open A
 Open B

Women's Physique

True Novice
 Teen
 Masters 35+
 Hero
 Novice
 Open A
 Open B

Open Women's BB

Open
 Hero

Ms. Dothan

Women's
Bodybuilding
 Women's Physique
 Figure
 Bikini
 Wellness

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against Roland Huff, Dothan Civic Center, the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this 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. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the Towne Place Suites 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 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 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.

X _____ X _____

Athlete's Signature

Return Entry To:

Roland Huff

2536 Weems Rd

Columbus, GA 31909

Entry fee payable to **Roland Huff**

Parent or Guardian's Signature (if under 18 years of age)

Include:

1. Completed/Signed Entry form & Waiver
2. Copy of Driver's License
3. Copy of 2022 NPC Card