

OFFICIAL ENTRY FORM

2010 NABBA•USA Continental

BODYBUILDING AND FIGURE CHAMPIONSHIP

LOCATION: The Norris Cultural Arts Center
1040 Dunham Rd
St. Charles, IL 60174

PLEASE CHECK THE DIVISION YOU INTEND TO COMPETE IN:
All Contestants will perform at Evening Finals. Evening Finals begin at 7:00 pm

DIVISIONS & CLASSES

Teen Men <input type="checkbox"/> (one class)	Bikini Division <input type="checkbox"/> (3 height divisions)	Masters Women <input type="checkbox"/> (one class 40 years and older)	Women's Figure <input type="checkbox"/> (3 height divisions) <input type="checkbox"/> (Woman Master's Figure 1 class 40 and Older)	Women's Bodybuilding <input type="checkbox"/> (Lightweight up to 125) <input type="checkbox"/> (Middleweight 126-140) <input type="checkbox"/> (Heavyweight Over 140)	Masters Men <input type="checkbox"/> (40 - 49 years) <input type="checkbox"/> (50 - 59 years) <input type="checkbox"/> (60 years and older)	Men's Open Bodybuilding <input type="checkbox"/> (Bantamweight up to 143) <input type="checkbox"/> (Lightweight 144-154) <input type="checkbox"/> (Middleweight 155-176) <input type="checkbox"/> (Lt. Heavyweight 177-198) <input type="checkbox"/> (Heavyweight 199-225) <input type="checkbox"/> (Super Heavyweight over 225)
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NAME: _____
 ADDRESS: _____ CITY: _____
 STATE: _____ ZIP CODE: _____
 EMAIL: _____
 PHONE: _____ SIGNATURE: _____

OFFICIAL USE ONLY	
Division _____	Weight _____
Class _____	Number _____

In consideration of accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against Rob & Darlene Mayo, National Amateur Bodybuilders Association U.S.A., Inc. (the NABBA•USA), Dellora A Norris Cultural Arts Center, or the agents, employees, representatives for assigns of any of the foregoing persons or entities for any and all injuries or damages I may incur while travelling to or from or participating in this competition, that I am an amateur, in good standing and am eligible to compete in this competition in the Division(s) in which I have entered. I further agree to abide by all decisions of the NABBA•USA and declare that all information contained herein is to the best of my knowledge, true, accurate, and complete.

2010 NABBA•USA ELIGIBILITY AND OTHER RULES OF COMPETITION

RULES:

Friday Sept. 3, 2010 @ Host Hotel
3pm - 8 pm Mandatory Athlete Check In
****NO CHECK-IN DAY OF SHOW
NO EXCEPTIONS**
 All events are Saturday, September 4, 2010
 9 am Mandatory Athlete Mtg.
 10 am Prejudging
 7 pm FINALS - Evening Show

SCHEDULE OF EVENTS

Light oil permitted. No bottles of tanning lotion are allowed in the building. Please have your tanning preparation done before you arrive. No over the counter tanning products. No Hotstuff. No mentholated products.

Anyone caught with Tanning or mentholated products will be automatically disqualified. No Acceptions.

Any competitor who competes in prejudging must participate in the evening show.

***BODYBUILDERS ONLY:**
Solid color posing suits only. (no T-back or thong suites allowed). No jewelry will be worn (except wedding rings.)

***FIGURE ONLY:**
Figure One Round Two Piece.
Figure competitors may wear jewelry during prejudging

POSING

Evening show 60 seconds of individual posing with music on CD, cued to start.

At check-in, each competitor must provide CD with posing music cued to start at the beginning of the tape.

If CD is broken, not cued, etc., we will automatically install a "house CD".

Any competitors music that contains profanity or vulgarity will be disqualified.

All competitors must be present at the evening show.

All athletes must exhibit good sportsmanship at all times (including award presentation).

No one will be allowed backstage or in the pump-up room except competitors and contest officials.

Current NABBA•USA rules will apply.

ELIGIBILITY

Each competitor must be currently registered with the NABBA•USA (National Amateur Bodybuilders Association) and to meet this requirement, he/she must present his/her current card or receipt, or you may purchase a card at this competition (\$45.00). Each competitor must be an amateur in good standing with the NABBA•USA.

ENTRY FEES

Send \$60.00 check or money order with completed entry form.
 Crossover entry fee is \$30.00 for a total fee of \$90.00 for both classes.
 Entries must be post-marked by August 21, 2010 to avoid a late fee.
 Late entry free is an additional \$40.00.
 Checks should be payable to Rob Mayo.
 Entry fees are non-refundable.

TICKETS

Prejudging (open seating) \$15.00
 Finals - Evening Show \$30.00
 Tickets can be purchased in advance by mailing check or money order to:

ACCOMODATIONS

Hampton Inn & Suites
 Microwave Oven. Refrigerator and Breakfast.
 Call: 630-584-0222
 For special rate mention code: BOD

Rob Mayo
 P.O. Box 178
 Coal City, IL 60416

For info call: 815-342-5477
 or email: rdmayousa@comcast.net

PHOTOGRAPHY

Photoshoots offered for those interested. Official show photographer will be available.

SPRAY TANNING SERVICES	Matthew DeLeon
BY APPT. ONLY	(312) 771-8315

No food or drink in auditorium.

Master and Teenage Must Present Valid ID at check in. All Suits to be Worn at Prejudging

Awards: The top five athletes in each class plus overall masters men, figures, men's and women's winner will be awarded trophies. Men's Open Overall and Figure Overall winners receive a weekend get-away in Vegas plus NABBA USA Medallion.

Music: CD is acceptable. Each CD must contain only one track, must be pre-set, must be limited to 60 seconds and must bear the contestant's name. Each contestant is responsible for picking up their music after the evening show. No profanity or vulgarity will be allowed.

Posing: No free posing during prejudging, 60 second limit to routines at evening show.

Entry Fee: Make check or money order for \$60 payable to Rob Mayo. Crossovers complete a separate entry form for each division and include a \$30 additional entry fee for each division. Send to Rob Mayo, P.O. Box 178, Coal City, IL, 60416.

Deadline: All entries not postmarked by Saturday, August 21, 2010 will have an additional \$40 late charge.

Tickets: Available day of show for prejudging and evening shows. Prejudging admission 10am \$15, evening show 7pm \$30.

Contact: For Entry Forms or questions, call 815-342-5477 or rdmayousa@comcast.net.

Video: Private video taping is allowed.