2015 MARIA BELLANDO NPC SOUTHERN STATES

BIKINI, FIGURE & FITNESS ENTRY FORM

SANCTION: This competition is sanctioned by the National Physique Committee of the USA Inc. NPC Sanction #12828

ELIGIBILITY: This contest is open to all women in the U.S. Those in the Teenage & Masters Women must provide proof of age at the check in. Contestants must register to join the NPC (2015 fee is $120) and membership application cards will be available at the contest. The contest is a NATIONAL QUALIFIER for all events for this year and 2016.

HOTEL ACCOMODATIONS: The official host hotel is the GALLERY ONE - FT LAUDERDALE DOUBLETREE SUITES HOTEL, 2670 E. Sunrise Blvd., Ft. Lauderdale, FL 33304. The hotel is located near the contest site. Every room is a suite with a kitchen (fridge, microwave), dining area and living room. A special discounted rate has been arranged. For reservations, call toll free 1-954-565-3800 -be sure to mention that you are part of the SOUTHERN STATES CHAMPIONSHIP in order to get the discounted rate. Reservations can also be made by going to www.npcsouthernstates.com and clicking of the "HOST HOTEL" block.

AWARDS

FITNESS OPEN : Two height classes: Short, and Tall - 3 places in each height class plus Overall. The overall winner will receive travel expense reimbursement of $250.00 good toward the airfare for the 2016 NPC Fitness Nationals at the Team Universe in NJ. Routine counts 66 2/3 % of the overall score!!

OPEN FIGURE : Four height Classes: 5 places in each height class plus Overall. The Figure Open overall winner will receive travel expense reimbursement of $250.00 good towards the airfare for the 2015 NPC USA July 24-25 in Las Vegas, NV or the 2015 NPC Nationals Nov. 20-21 in Miami,FL.

NOVICE FIGURE : Two height Classes – 3 places in each plus Overall (open to any female who has not won or placed in a previous figure contest).
TEEN FIGURE WOMEN : One Class - 3 places.
MASTERS WOMEN OVER 60, 50, 40, 30 FIGURE : One Class each age group - 3 places in each.

MASTERS WOMEN OVERALL : The winners of the Over 60, 50, 40, and 30 Figure compete for the Masters Figure Overall.

OPEN BIKINI: Four height classes – 5 places in each height class plus Overall. The Women's Open Bikini overall winner will receive travel expense reimbursement of $250.00 for the 2015 NPC USA July 24-25 in Las Vegas, NV or the 2015 Nationals on Nov. 20-21 in Miami, FL.

BIKINI OVER 30 : Two classes – 3 places in each height class plus Overall
BIKINI OVER 40: One class - 3 places

BIKINI OVER 50: One Class **–** 3 places

NOVICE BIKINI : Three classes – 3 places in each height class plus Overall. Open to any female who has not won or placed in a previous bikini contest.

TEEN BIKINI: One class – 3 places (must be minimum of 16 yrs. of age)

MASTERS WOMEN OVER 50, 40, 30 BIKINI: The winners of the Over 50, 40, and 30 Bikini compete for the Masters Bikini Overall.

REGISTRATION/CHECK IN

MANDATORY CHECK IN: Thursday, July 9, 2015– 5:00 – 9:00pm – GALLERY ONE – FT. LAUDERDALE - DOUBLETREE SUITES HOTEL, 2670 E. Sunrise Blvd., Ft. Lauderdale, FL 33304 . Room to be designated.

In case of emergency or hardship, call the promoter for a check-in on: Friday, July 10 2015 from 8:00am – 8:30am – War Memorial Auditorium (Contest Site).

FRIDAY, JULY 10 -Athlete meeting at 9:30am – PREJUDGING STARTS AT 10:00AM – EVENING SHOW AT 6:00PM.

GENERAL INFORMATION
MUSIC: Music will be used for the Fitness Routine (Round #2). Contestants must provide a CD cued to their exact music - maximum time 2 minutes. No profanity is allowed on the CDs.

Jewelry may be worn, Thong swimsuits will not be allowed, and the workable stage area is 45' long by 30' deep. It is a flat floor and there will be no platforms.

TANNING & HAIR/MAKEUP: On-Site/Backstage Tanning & Hair/MakeUp will be provided by Hot Spot of Sarasota. Tanning & Hair/MakeUp will be available to the competitors on Thursday July 9th at the host hotel (Gallery One - Ft. Lauderdale Doubletree Suites Hotel), Friday July 10 and Saturday July 11 (backstage at the War Memorial Auditorium). To make an appointment Call ALISA HOSTETTLER @ 727-

403-5180 or e-mail @ Tan@HotSpotSarasota.com or direct link to scheduling an appointment: www.hotspotsarasota.com/Pages/showappointments.aspx.

CROSSOVERS:New – Competitors will be allowed to enter multiple contests – subject to their being qualified – no limit. Crossover fee: $30.00 per extra event.

AWARDS– All contestants in the Fitness, Figure & Bikini will receive a contest medallion, souvenir program and official contest t-shirt.

WOMEN'S OPEN FITNESS

ROUND 1/TWO PIECE SWIMSUIT: In each height class, the contestants will be brought out as a group first and then individually to do their quarter turns and then compared in a line up in their two piece swimsuits with heels. The judges will be scoring the degree of athleticism by assessing the firmness, symmetry, proportion and overall physical appearance including complexion, skin tone, poise and overall presentation.

ROUND 2/FITNESS ROUTINE: Each contestant will perform a routine to music for no longer than 2 minutes. Routines may include aerobics, dance, gymnastics or other demonstration of athletic ability. Judges will be looking for style, personality, athletic coordination, strength moves, endurance and overall performance. THERE ARE NO REQUIRED MOVEMENTS. Contestants will wear a fitness outfit of their choice along with athletic shoes. Special attention should be given to your fitness outfit since it too will be judged. Due to the danger of slipping, no body oil will be allowed during this round. Props carried on stage by the athlete are approved, subject to promoter

SCORING: FITNESS ROUTINE NOW COUNTS FOR 66 2/3% OF THE SCORING! In the Women's Open Fitness, the winner of the Short Class and Tall Class will be brought back on stage and compared with quarter turns in their two-piece swimsuit and heels for judging of the overall winner.

FIGURE – OPEN, NOVICE, TEEN & MASTERS

ROUND 1/TWO PIECE SWIMSUIT: The contestants, wearing a two piece swimsuit of their choice with high heels, will be brought out individually to do their quarter turns and then compared in a line-up. No thong swimsuits will be permitted. Jewelry may be worn in this round. No oil may be worn. The judges will be scoring the degree of athleticism by assessing the firmness, symmetry, proportion and overall physical appearance including complexion, skin tone, poise, swimsuit and overall presentation.

ROUND 2/FINAL ASSESSMENT: In the Women's Open Figure & Novice Figure, the winners of the height classes will be brought back on stage and compared in their two piece swimsuit and heels for judging of the overall winner in each category. The same criteria for judging applies in this round as in Round 1.

BIKIN - OPEN, NOVICE, TEEN & OVER 50, 40 & 30

ROUND 1/TWO PIECE SWIMSUIT: The contestants, wearing a two piece swimsuit of their choice with high heels, will be brought out in a group of their height class and asked to do their front and rear poses. Then the contestants will perform their individual "ModelWalk" (personal preference) to the center of the stage, stop and do a front stance, do a full turn to do their rear stance, turn to front again, then proceed to the side of the stage. No thong swimsuits will be permitted. Jewelry may be worn in this round. No oil may be worn. The contestants will then present their full front and rear stance with the other contestants in their height class. Judges will score competitors on "Balance and Shape" and overall physical appearance including complexion, skin tone, poise and overall presentation.

ROUND 2/FINALS: In the Women's Open Bikini, Novice & Masters, the winners in the height classes will then be brought back on stage and compared for the awarding of the overall trophy in each category.

DETAILED CONTEST INFORMATION: Contact IFBB Fitness Pro/Contest Promoter Maria Bellando at 305-968-3318 or e-mail: **mbfit1@bellsouth.net** with any questions concerning the contest.

ENTRY FEE: $70.00 (Additional $30.00 for each Crossover). Entry fees are non refundable. Make check or money order payable to: MARIA BELLANDO and send to:

MARIA BELLANDO. PROMOTER
2015 NPC SOUTHERN STATES BIKINI,FIGURE & FITNESS CHAMPIONSHIPS
15880 SW 138 TH PLACE
MIAMI , FL 33177

**Payment may be made using either Mastercard or Visa. Contact Maria at 305-968-3318 for credit card processing

DEADLINE: Late entries accepted up to and on registration/check- in day. In order to have your name listed in the program, entries must be received on or before June 29, 2015. Late fee: $30.00.

PRINT, TEAR OFF & RETURN

Fill in the following: Entry Fee: $70.00 (Additional $30.00 for each Crossover).

WOMEN'S OPEN FIGURE

NOVICE FIGURE

____ CLASS A (to 5’4”) ____ CLASS B (above 5’4”)

TEEN WOMEN FIGURE

___ ONE CLASS

WOMEN’S OPEN FIGURE

___CLASS A (to 5’2”)

___CLASS B (over 5’2” to 5’4”)

___CLASS C (Over 5’4” to 5’6”)

___CLASS D (Over 5’6”)

WOMEN OVER 60 FIGURE

___ONE CLASS

WOMEN OVER 50 FIGURE

____ ONE CLASS

WOMEN OVER 40 FIGURE

____ ONE CLASS

WOMEN OVER 30 FIGURE

____ ONE CLASS

WOMEN’S OPEN BIKINI

____ CLASS A (to 5’2”)

____ CLASS B (over 5’2” to 5’4”)

____ CLASS C (over 5’4” to 5’6”)

____ CLASS D (over 5’6”)

WOMEN'S BIKINI OVER 50

___ ONE CLASS

WOMEN'S BIKINI OVER 40

___ ONE CLASS

WOMEN'S BIKINI OVER 30

___ CLASS A (to 5'4")

___ CLASS B (above 5'4")

WOMEN'S NOVICE BIKINI

___CLASS A (to 5'4")

___CLASS B (Above 5'4" to5'6")

___CLASS C (Above 5'6")

TEEN BIKINI

___ ONE CLASS

WOMEN'S OPEN FITNESS

___ CLASS A (Up to 5'3") - Short

___ CLASS B (Above 5'3") - Tall

NAME: _____ AGE: _____
WEIGHT: _____ HEIGHT:
_____ STREET ADDRESS:
_____APT.#:_____ CITY: _____
STATE:_____ ZIP:_____

TELEPHONE: (_____) _____
NPC CARD#:_____
OCCUPATION:_____
___

TEAM/CLUB/GYM AFFILIATION: _____ HOBBIES: _____

PAST CONTESTS ENTERED & RESULTS: _____ _____ _____

EMAIL:_____ _____

In consideration of your accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the National Physique Committee of the USA, Inc. (NPC), Peter W. Potter, USA Sports Promotions of Florida, Inc., Maria Bellando, War Memorial Auditorium, the sponsors and them or their agents, representatives and assignees for any and all injuries suffered by me at said NPC Southern States Fitness, Figure & Bikini Championships and in travel to and from said contest. I hereby grant the NPC 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, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing.

In consideration of being allowed to participate in any way in the 2015 MARIA BELLANDO NPC SOUTHERN STATES FITNESS, FIGURE & BIKINI CHAMPIONSHIPS promoted by USA Sports Promotions of FL, Inc. and Maria Bellando and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, **Please print 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 Gallery One - Ft. Lauderdale Doubletree 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:_____ PARTICIPANTS SIGNATURE

SEND ALL ENTRIES & FEES TO:

MARIA BELLANDO. PROMOTER
2015 NPC SOUTHERN STATES FITNESS, FIGURE & BIKINI CHAMPIONSHIPS

15880 SW 138 TH PLACE
MIAMI , FL 33177