

# NPC JUNIOR USA CHAMPIONSHIPS CONTEST INFORMATION

**Event Date:** Friday May 15, 2020 and May 16, 2020

**Venue:** North Charleston Performing Arts Center, 5001 Coliseum Drive, North Charleston, SC 29418

**Promoters:** Tres Bennett / Shannon Meteraud

**Contact:** (843)270-4373 / (843)270-4372 **Email:** npcjuniorusa@gmail.com

**Host Hotel:** Embassy Suites, 5055 International Blvd., North Charleston, SC 29418 (843) 747-1882

\*HOST HOTEL AND CHECK INS ARE ALL CONNECTED TO THE VENUE

**Tanning Sponsor:** Liquid Sun Rayz [www.liquidsunrayz.com](http://www.liquidsunrayz.com)

**NPC Membership:** All contestants must be a member of the NPC National Physique Committee. Purchase your NPC card at: [www.npcregistration.com](http://www.npcregistration.com) \* **NPC CARD PURCHASE WILL NOT BE AVAILABLE AT CHECK-INS**

**Division Entry Fee: Mail-in Entry: \$225 Online Entry: \$225 + \$8 processing fee**

**Tickets:** Tickets available through Ticket Master and at North Charleston Performing Arts Box Office. **NO REFUNDS**

**Prejudging: \$40.00 (general admission seating)**

**Finals: \$60-\$75 (all seats reserved)**

## CHECK INS SCHEDULE

### Thursday, May 14, 2020:

**CHECK INS:** North Charleston Convention Center Room (TBA)

Thursday, May 15, 2020, 5pm – 8pm

**\*This session mandatory for all Men's Bodybuilding, Men's Physique and Classic Physique\***

**\*\* All other athletes may check in Thursday or Friday**

### Friday, May 15, 2020:

**CHECK INS:** North Charleston Convention Center Room (TBA)

Friday, May 15, 2020, 8am – 12pm

**\*MANDATORY ATHLETES MEETING "ALL ATHLETES" 1PM\***

**PREJUDGING:** North Charleston Performing Arts

Men's Physique, Classic Physique, Men's Bodybuilding

**Prejudging Starts at 4pm**

- Men's Physique
- Classic Physique
- Men's Bodybuilding

### Saturday, May 18, 2020

**PREJUDGING:** North Charleston Performing Arts

Fitness, Women's Bodybuilding, Women's Physique, Figure, Wellness, Bikini

**Prejudging Starts at 8am**

- Fitness
- Women's Bodybuilding
- Women's Physique
- Figure
- Wellness
- Bikini

**FINALS: ALL DIVISIONS: North Charleston Performing Arts**

3pm: All Athletes Mandatory Meeting in the North Charleston Performing Arts Center

3:30pm: Doors Open to the Public

4pm: Finals begin

# COMPETITION DIVISIONS

## Men's Bodybuilding:

- Bantamweight: Up to 143 ¼ lbs.
- Lightweight: Over 143 ¼ to 154 ¼ lbs.
- Middleweight: Over 154 ¼ to 176 ¼ lbs.
- Light-Heavyweight: Over 176 ¼ to 198 ¼ lbs.
- Heavyweight: Over 198 ¼ to 225 ¼ lbs.
- Super-Heavyweight: Over 225 ¼ lbs.

## Men's Classic Physique:

- Up to and including 5'7"
- Over 5'7" up to and including 5'10"
- Over 5'10" up to including 6'0"
- Over 6'0"

**Must meet weigh requirements set per NPC Rules**

## Men's Physique:

- Up to and including 5'7"
- Over 5'7" up to and including 5'8"
- Over 5'8" up to including 5'9"
- Over 5'9" up to including 5'11"
- Over 5'11" up to including 6'0"
- Over 6'0"

**\*NOTE HEIGHTS SUBJECT TO CHANGE**

## Women's Bodybuilding:

- Lightweight: Up to and including 125 lbs.
- Heavyweight: Over 125 lbs.

## Fitness:

- Up to and including 5'4"
- Over 5'4"

## Women's Physique:

- Up to and including 5'2"
- Over 5'2" up to and including 5'4"
- Over 5'4" up to including 5'6"
- Over 5'6"

**\*NOTE HEIGHTS SUBJECT TO CHANGE**

## Figure:

- Up to and including 5'1"
- Over 5'1" up to and including 5'2 ½"
- Over 5'2 ½" up to including 5'4"
- Over 5'4" up to and including 5'5 ½"
- Over 5'5 ½" up to and including 5'7"
- Over 5'7"

## Bikini:

- Up to and including 5'1"
- Over 5'1" up to and including 5'2"
- Over 5'2" up to including 5'3"
- Over 5'3" up to and including 5'4"
- Over 5'4" up to and including 5'5"
- Over 5'5" up to and including 5'6"
- Over 5'6" up to and including 5'7"
- Over 5'7"

**\*NOTE HEIGHTS SUBJECT TO CHANGE**

## Wellness

- Up to and including 5'4"
- Over 5'4"

**\*NOTE HEIGHTS SUBJECT TO CHANGE**

**Bodybuilding, Women's Physique, and Classic Physique Individual Routines Prejudging: There will be 60 second free pose routines at prejudging.**

**SUBJECT TO CHANGE DEPENDING ON NUMBER OF ATHLETES**

**Finals:** Top 5 Bodybuilding and Physique competitors will perform their routines at the Finals. Please refer to the NPC website for rules regarding national contest qualifications. <http://npcnewsonline.com/rules>

**Music: CD's ONLY** – ALL music for Bodybuilders and Women's Physique will be collected at the Check-in/Weigh-in or Emailed in advance. Contestants must supply their own music – no more than 90 seconds. Posing music **MUST BE THE ONLY** music on the CD. No Vulgar music is permitted. Email Music or Name of Song and Artist to:

DJNelson\_MGMT@yahoo.com.

## ELIGIBILITY REQUIREMENTS

1. An athlete must be a USA citizen to compete in the NPC Junior USA Championships.
2. Proof of citizenship must be one of the following:
  - a. Birth certificate
  - b. A voter's registration card
  - c. Military discharge papers
  - d. Green Card
  - e. Naturalization Papers – Form N560
  - f. Consular Service Form FS24 for those born outside of the United States to US parents

**Proof must be submitted with entry form.**

3. Athletes must place top 2 in an "OPEN" division at a National Qualifier to be qualified for any National show. Also, athletes that placed TOP 5 at the NPC Nationals, USA, Universe or North Americans are also qualified.
  - a. This qualifies the competitor for competition on the national level for a period of one (1) full calendar year after the year that the qualification took place.
4. Each competitor must be a member of the NPC prior to entry deadline.

**FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE, CONTACT:**

**TRES BENNETT**

**843-270-4373**

**[npcjuniorusa@gmail.com](mailto:npcjuniorusa@gmail.com)**

**\*PRO CARDS WILL BE AWARDED TO THE FOLLOWING DIVISIONS:**

- **FITNESS:** OVERALL WINNER
- **WOMEN'S PHYSIQUE:** 2 CLASS WINNERS
- **FIGURE:** 3 CLASS WINNERS
- **BIKINI:** 4 CLASS WINNERS
- **MEN'S PHYSIQUE:** 3 CLASS WINNERS
- **CLASSIC PHYSIQUE:** 4 CLASS WINNERS
- **WELLNESS:** OVERALL WINNER