

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

NPC Membership: All contestants must be a member of the NPC National Physique Committee. Purchase your NPC card at: 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) A birth certificate
 - b) A voter's registration card
 - c) Military discharge papers
 - d) Naturalization Papers – Form N560
 - e) Consular Service Form FS24 for those born outside of the United States to United States parents
 - f) A valid United States Green Card

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. **ATHLETE MUST COMPETE IN THE WELLNESS DIVISION IN AN NPC SHOW PRIOR TO ENTERING THE 2020 NPC JUNIOR USA.** 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**

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

- **Fitness:** Overall Winner (3 Classes)
- **Figure:** 3 Class Winners (6 Classes)
- **Bikini:** 4 Class Winners (8 Classes)
- **Women's Physique:** Class Winners (2-4 Classes *DEPENDING ON NUMBER OF ENTRIES*)
- **Men's Physique:** 3 Class Winners (6 Classes)
- **Classic Physique:** Top 2 Placings in each class (4 classes)
- **Wellness:** Overall Winner