

2019 NPC INDIANA MUSCLE
A National Qualifying Event (NPC Sanction #3073)

DATE: Saturday, May 4, 2019 - **Mandatory Competitors Meeting 8:30am!!** Prejudging: 10:00am (Central time) - Evening Finals: 5:00pm

LOCATION: VICTORY THEATRE, 600 Main St, Evansville, IN 47708

HOST/HOTEL: DoubleTree by Hilton Evansville 601 Walnut St, Evansville, IN 47708; 812.423.5002 or 800.HILTONS. Reservations should be made by April 4, 2019 to ensure discount rate of \$124. Group name: Indiana Muscle. Group code: INM. A CHARGE WILL BE ASSESSED FOR ALL TOWELS RUINED FROM TANNING PRODUCTS. CHARGES FOR RUINED SHEETS WILL BE ASSESSED AS WELL.

MANDATORY COMPETITORS MEETING! 8:30am Saturday, 2019 @ Victory Theatre, 600 Main St, Evansville, IN 47708
CHECK-IN/WEIGH-IN /HEIGHT CHECK: FRIDAY CHECKINS ONLY! May 3, 2019 @ 6pm - 7:30pm at DoubleTree by Hilton
NO CHECK-INS SATURDAY May 4, 2019

ELIGIBILITY: This contest is open to all NPC registered athletes who meet the following requirements:

1. Possess a current 2019 NPC card (unregistered athletes may purchase cards for \$125 cash or check at check-in)
2. Novice contestants for the 2019 Indiana Muscle may have never won an overall in any prior contests.
3. Men's Masters contestants - men who have reached 40 or 50 years of age the day of the show.
4. Women's Masters Figure & Bikini - women who have reached 35 years of age the day of the show (35 or 40 for Bikini).
5. All open classes are NPC national qualifying events for 1st and 2nd place.

All contestants will be presented at the Evening Finals.

DIVISIONS / CLASSES:

- **MENS OPEN BB:** BW - up to 143 1/4, LW - over 143 1/4 to 154 1/4, WW - over 154 1/4 to 165 1/4, MW - over 165 1/4 to 176 1/4, LHW - over 176 1/4 to 198 1/4, HW - over 198 1/4 to 225 1/4, SHW - over 225 1/4
- **MENS NOVICE BB:** LW - up to 165 1/4, MW - over 165 1/4 to 187 1/4, HW - over 187 1/4
- **MENS MASTER'S BB:** 1 class per age group: 40 - 49 yrs old, 50 and older
- **MENS NOVICE CLASSIC PHYSIQUE:** 3 classes ****please see chart for NEW height to weight requirements!**
- **MENS PURE NOVICE CLASSIC PHYSIQUE:** 1 class ****please see chart for NEW height to weight requirements!**
- **MENS OPEN CLASSIC PHYSIQUE:** 3 classes ****please see chart for NEW height to weight requirements!**
- **MENS MASTERS CLASSIC PHYSIQUE:** 1 class: 40 yrs and older ****please see chart for NEW height to weight requirements!**
- **MENS NOVICE PHYSIQUE:** 3 classes
- **MENS PURE NOVICE PHYSIQUE:** 1 class
- **MENS TEEN PHYSIQUE:** 1 class
- **MENS OPEN PHYSIQUE:** 3 classes:
- **MENS MASTER'S PHYSIQUE:** 1 class: 40 yrs and older
- **WOMENS PHYSIQUE:** 2 classes
- **WOMENS NOVICE FIGURE:** 2 classes
- **WOMENS OPEN FIGURE:** 3 classes:
- **WOMENS MASTERS FIGURE:** 1 class: 35 years and older
- **WOMENS NOVICE BIKINI:** 3 classes
- **WOMENS PURE NOVICE BIKINI:** 1 class
- **WOMENS OPEN BIKINI:** 3 classes:
- **WOMENS MASTERS BIKINI:** 2 classes: 35 - 39 yrs old, 40 yrs old and older

AWARDS: Trophies will be presented to athletes 1st through 5th place in each weight group or class. Overall awards will be presented if there is more than one weight or height group within a division.

MUSIC: CD must contain only one track, must be limited to 60 seconds, and must bear the contestant's name. Each athlete is responsible for picking up his/her own music after the evening show.

POSING LIMIT: Bodybuilding, men's classic physique & women's physique competitors evening posing routines are limited to 60 seconds

ENTRY FEE: Make check or money order payable to Eric Schmidt. 4904 Plaza East Blvd, Evansville, IN 47715

ENTRY FEE IS \$125 CROSSOVER FEE for each additional class \$80 each

LATE FEE \$50 (when received after April 20, 2019)

DEADLINE: All entries must be received on or before Wednesday May 1, 2019 @7pm. No entries accepted after this date & time.

TICKETS: VIP (1st 12 rows and balcony) SEATING AVAILABLE - GET YOUR VIP OR GENERAL ADMISSION SEATING EARLY! 2019 Contest possible sell out!

Tickets available beginning January 25, 2019 at Evansville Ford Center Ticket Office or through ticketmaster.com. Ticketmaster fee's apply.:

VIP (good for morning and evening show) \$48; General Admission for Finals \$25

Prejudging \$15

NO EXCHANGES AND NO REFUNDS.

PLEASE NOTE Tickets available day of show are CASH AND CREDIT CARD ONLY!! NO CHECKS

CONTACT: For questions contact Nitro Fitness @ 812.402.9900. For additional contest entry forms visit www.npcindiana.com

2019 INDIANA MUSCLE :: OFFICIAL ENTRY FORM :: A NATIONAL QUALIFYING EVENT :: NPC sanction #3073

Return entry form and fees payable to Eric Schmidt 4904 Plaza East Blvd, Evansville, IN 47715 by April 20, 2019 Entry fee \$125 - **includes stage pics from each class you compete in**. Crossover fee \$80 for each additional class you enter. Late entry fee additional \$50 received after April 20, 2019. (Entry deadline: must be received by May 1, 2019 @ 7pm. **EMAIL WILL BE ONLY METHOD OF ENTRY CONFIRMATION** All fees are non-refundable To ensure your name is listed in our event program your entry must be RECEIVED by April 20, 2019

Name: _____ Phone: _____ Gym/Sponsor: _____

Address: _____ City: _____ State: _____ Zip: _____

Age: _____ Height: _____ Expected Weight: _____

Email: _____ **EMAIL WILL BE ONLY METHOD OF ENTRY CONFIRMATION**

Instagram name: _____

PLEASE CIRCLE T-SHIRT SIZE: S M L XL XXL

IF RECEIVED ON OR BEFORE APRIL 20, 2019: 1 CLASS \$125 2 CLASSES \$205 3 CLASSES \$285 4 CLASSES \$365

IF RECEIVED AFTER APRIL 20, 2019: 1 CLASS \$175 2 CLASSES \$255 3 CLASSES \$335 4 CLASSES \$415

Please check the class or classes within the division you intend to compete in. (Limit is 4 classes/2 divisions)

For clarification please call 812.402.9900.

*****NEW DIVISION! PURE NOVICE - IN THIS DIVISION A COMPETITOR MAY HAVE NEVER COMPETED IN THE NPC BEFORE**

- MENS OPEN BB MENS NOVICE BB MENS MASTERS BB (40-49) MENS MASTERS BB (50+)
- MENS NOVICE CLASSIC PHYSIQUE MENS PURE NOVICE CLASSIC PHYSIQUE MENS OPEN CLASSIC PHYSIQUE
- MENS CLASSIC PHYSIQUE MASTERS (40+)
- MENS NOVICE PHYSIQUE MENS PURE NOVICE PHYSIQUE MENS OPEN PHYSIQUE MENS MASTER PHYSIQUE (40+)
- MENS TEEN PHYSIQUE
- WOMENS PHYSIQUE
- WOMENS NOVICE FIGURE WOMENS OPEN FIGURE WOMENS MASTER FIGURE (35+)
- WOMENS NOVICE BIKINI WOMENS PURE NOVICE BIKINI WOMENS OPEN BIKINI WOMENS MASTER BIKINI (35+)

****Stage Hair and Makeup: Fitness Beauty Pro - mariamakeupboutique@gmail.com - Maria Mechelle - 812.629.6064**

****Competition Spray Tanning available Friday & Saturday: LSR Competition Spray Tanning go www.liquidsunrayz.com for questions or to schedule appointment**

****Contest Photos and Videos done by Unmasking Images www.unmaskingimages.com/npc-events.**

****ENCLOSE CHECK OR MONEY ORDER FOR ENTRY FEE (AND CROSSOVER & LATE FEES IF APPLICABLE) MADE PAYABLE TO ERIC SCHMIDT 4904 PLAZA EAST BLVD, EVANSVILLE, IN 47715**

\$125 entry fee (add \$80 crossover fee per class and/or \$50 late fee if applicable)

In consideration of being allowed to participate in any way in Indiana Muscle ("Event") promoted by Eric Schmidt ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (please print your 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 Name of Hotel _____ ("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'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. 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 (wether 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 limitations, 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 resigned 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 GIVEN 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 Releases 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.

MEN'S CLASSIC PHYSIQUE HEIGHT AND WEIGHT CHART

| | |
|--|-----------------------------|
| • 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 |
| • 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 |
| • Over 5' 10" up to and including 5' 11" | Up to and including 205 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 |

JUDGING CRITERIA

- **Muscularity and Body Conditioning** - Judges will be looking for competitors who display muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist.

The judging is scored 100% and will consist of comparisons of quarter turns and the following five 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 60 seconds

FOR MORE INFO AND POSSIBLE UPDATES/CHANGES PLEASE VISIT www.npcnewsonline.com