

National Qualifier

Sanction#3265

2019 NPC CLASH AT THE CAPSTONE

June 29, 2019

Bodybuilding, Bikini, Figure, Fitness, Physique & Classic Physique

Hotel Indigo Tuscaloosa

111 Greensboro Ave.

Tuscaloosa, Alabama 35401

Phone: 205-469-1660

ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT, June 28th BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M.

NPC cards will be sold at check-in but NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY, made payable to the NATIONAL PHYSIQUE COMMITTEE. Cards are also available at any time at www.npcnewsonline.com

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING WEIGH-IN. NO SATURDAY MORNING WEIGH-IN.

COMPETITION BAG & T-SHIRT WILL BE GIVEN TO THE FIRST 75 PRE-ENTERED ATHLETES. SEND YOUR ENTRY IN EARLY!!

Music/NPC Regulations

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.
- ALL BODYBUILDING, WOMEN PHYSIQUE & MEN'S CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC CAN BE NO LONGER THAN 45 SECONDS. FITNESS NO LONGER THAN 2 MINUTES.
- POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT CHECK-IN ON FRIDAY NIGHT.
- COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.
- BODYBUILDING, BIKINI & CLASSIC PHYSIQUE COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL
- NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOOD TASTE"!
- ATHLETES MAY CROSSOVER TO ANY DIVISION.
- NO REFUNDS!
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO SIT IN AUDITORIUM SEATING!! NO EXCEPTIONS
- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.
- NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTO OR VIDEO SERVICES ALLOWED IN THE AUDITORIUM. NO LIVE VIDEO STREAMING WITHOUT SIGNED CONSENT FROM THE NATIONAL PHYSIQUE COMMITTEE HOME OFFICE.

TICKET PRICE

PREJUDGING \$20 OPEN SEATING (children under 12 \$10)
NIGHT SHOW \$30 GENERAL ADMISSION (children under 12 \$10)
\$40 VIP/RESERVED ***No children pricing for VIP section***

ENTRY FEES

Money order or check made payable to "Clash at the Capstone" in the amount of \$100.00 for each athlete (Men and Women) for each class entered, \$50.00 LATE FEE after entry deadline of June 15th. Only cash accepted on Friday night entries.

ENTRY DEADLINE

All entries must be postmarked no later than Saturday, June 15th to avoid a late fee of \$50.00.

Check List:

- Entry form & RELEASE- signed and completed
- Copy of your 2019 NPC card
- Check or money order for \$100.00 payable to "Clash at the Capstone"
- Copy of driver's license if you are entering Teenage, All Masters/Military or service ID for Uniform divisions.

ELIGIBILITY: All competitors must be a current member of the NPC
NPC cards available at Weigh-in for \$125.00. Check or Money Order ONLY

ENTRY FEES: \$100.00 FOR EACH CLASS.
Make checks payable to "Clash at the Capstone"

Entries received after June 15th subject to a \$50.00 late fee.
NO REFUNDS! CASH ONLY FOR FRIDAY NIGHT ENTRIES

MUSIC & POSING: Music must be on CD ONLY, no longer than 45 seconds for Bodybuilding, Women's Physique & Men's Classic Physique and must contain ONLY the music being used for posing. Music will be collected at Friday night check-in. **NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.**

PLEASE BRING BANDS TO PUMP UP!! NO WEIGHTS ARE PROVIDED OR ALLOWED BACKSTAGE!!

SCHEDULE OF EVENTS:

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	5:00-7:00 PM	Weigh	Hotel Indigo

Only Athletes will be permitted in the room during weigh-in.
Competition suits must be worn at weigh-in. All competitors must weigh-in/check-in Friday night.
NO SATURDAY CHECK-INS

Saturday	8:00 AM	Check-in & briefing	Bama Theatre
	9:00 AM	Prejudging begins	Bama Theatre
	5:15 PM	Finals check-in & roll call	Bama Theatre
	6:00 PM	Finals	Bama Theatre

VENUE: **Bama Theatre – 600 Greensboro Ave. Tuscaloosa, AL**

TICKETS: **Prejudging:** Adult \$20 Children 12 & Under \$10
Finals: Adult General/Reserved \$30 / Children 12 & Under \$10 VIP/Reserved \$40
No children pricing for VIP section

HOST HOTEL: Reservations
Hotel Indigo Tuscaloosa Direct: **205-469-1660**
111 Greensboro Ave.
Tuscaloosa, Alabama 35401

Special room rate for the NPC Clash at the Capstone is \$ 139 for reservations made before **June 7, 2019**

Ask for the "NPC Clash at the Capstone" when making reservations. Reservations made after Thursday **June 7th**, are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels.

Spray Tanning: Tan2Win. There are a limited number of spots available so reserve your time in advance and guarantee your discounted price. Contact Becky Roney 615-418-6364 or Curtis Dodson 615-517-4082 email: Atan2win@gmail.com website: www.tan2win.com

Photo and DVD Information: Mark Mason will be returning as the official photographer and videographer. For information contact Mark at Markmason@mindspring.com

INFORMATION: Ron & Michelle Wedgeworth **PHONE NUMBER:** 205-361-7137 or 256-390-1087
Email: clashatthecapstone@hotmail.com
Website: www.npcclashatthecapstone.com **Facebook:** NPC Clash Capstone **Instagram:** npcclashatthecapstone

2019 NPC Clash at the Capstone

NATIONAL QUALIFIER

This form and the waiver MUST be emailed or mailed TO COMPLETE YOUR ENTRY
dashatthecapstone@hotmail.com



OFFICIAL ENTRY FORM

Sanction#3625

NAME: (First) _____ (Last) _____ DOB _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email: (PRINT) _____

Hotel Stay _____ Height _____ Weight _____ Age _____ Shirt Size _____

AMOUNT ENCLOSED (\$100 each class) \$ _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

Men's Open Bodybuilding

- Bantam
- Lightweight
- Welterweight
- Middleweight
- Light-Heavyweight
- Heavyweight
- Super-Heavyweight

Men's Classic Physique (See chart)

- True Novice
- Novice
- Masters 35+
- Open Classic Physique A
- Open Classic Physique B
- Open Classic Physique C
- Mr. Tuscaloosa CP

Women's Bikini

- Teen
- True Novice
- Uniform Bikini
- Ms. Tuscaloosa Bikini
- Collegiate Bikini
- Masters 35+
- Masters 40+
- Masters 50+
- Novice
- Open A Class
- Open B Class
- Open C Class
- Open D Class

Teen Bodybuilding

- Teen

Men's Physique

- Teen
- True Novice
- Novice
- Masters 35+
- Masters 40+
- Masters 50+
- Teen
- Mr. Tuscaloosa Physique

Women's Figure

- Teen
- True Novice
- Uniform Figure
- Ms. Tuscaloosa Figure
- Collegiate Figure
- Masters 35+
- Masters 40+
- Masters 50+
- Novice
- Open A Class
- Open B Class
- Open C Class
- Open D Class

True Novice Bodybuilding

- Lightweight
- Heavyweight

Men's Open Physique

- Open A Class
- Open B Class
- Open C Class

Men's Masters Bodybuilding

- 35+
- 40+ Lightweight
- 40+ Heavyweight
- 50+ Lightweight
- 50+ Heavyweight
- 60+

Men's Novice Bodybuilding

- Lightweight
- Middleweight
- Heavyweight

Uniform - Men's

- Bodybuilding
- Classic Physique
- Men's Physique

Women's Physique

- Teen
- True Novice
- Uniform WP
- Ms. Tuscaloosa WP
- Collegiate WP
- Masters 35+
- Novice
- Open WP

Collegiate

- Bodybuilding
- Classic Physique
- Men's Physique

Mr. Tuscaloosa

- Bodybuilding

Open Women Bodybuilding

- Open

Women's Fitness

- Open

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against **Ron & Michelle Wedgeworth**, **Hotel Indigo, Tuscaloosa** the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this contest. I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **Hotel Indigo, Tuscaloosa** 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 Host 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 Host 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.

Signature: _____

Parent or Guardian (if under 18 years of age)

Return Entry To:

Clash at the Capstone
4777 Cambridge Dr.
Northport, Alabama 35473

Include:

1. Completed/Signed Entry Form & Waiver
2. Entry fee payable to: Clash at the Capstone
3. Copy of Drivers License
4. Copy of 2019 NPC card (if previously purchased)

**NPC cards will be available for purchase at weigh-in (check) or money order made payable to NPC)

****THIS FORM MUST BE SIGNED & MAILED IN WITH YOUR ENTRY FORM****

DO YOU WISH TO RECEIVE EMAILS FROM US? YES OR NO

Enter email below if you wish to receive emails from (NPC Clash at the Capstone, Ron & Michelle Wedgeworth) about events and physique competitions.

Enter Email Address Here: _____

In consideration of being allowed to participate in any way in the **NPC Clash at the Capstone** ("Event") promoted by **Ron & Michelle Wedgeworth** ("Promoter") 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 **Hotel Indigo, Tuscaloosa** ("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 on 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 _____

SIGNATURE

MEN'S DIVISIONS

BODYBUILDING

Teenage: Athlete 16 yrs. or over who has not reached his 20th birthday by June 29th 2019 **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR.** (5 places in each weight class).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Masters 35 & over: Athlete who has reached his 35th birthday by June 29th 2019. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by June 29th 2019. (5 places in each weight class and Overall).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Grand Masters 50 & over: Athlete who has reached his 50th birthday by June 29th 2019. (5 places).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Grand Masters 60 & over: Athlete who has reached his 60th birthday by June 29th 2019. **ONE CLASS** (5 places).

Novice Men: Athlete who has never won their weight/height class. (5 places in each weight class and Overall).

Lightweight Up to & including 165.25

Middleweight Over 165.25 up to & including 187.25

Heavyweight Over 187.25

Open Men: Any Athlete over the age of 16. (5 places in each weight class & Overall).

Bantamweight Up to & including 143.25

Lightweight Over 143.25 up to & including 154.25

Welterweight Over 154.25 up to & including 165.25

Middleweight Over 165.25 up to & including 176.25

Light Heavyweight Over 176.25 up to & including 198.25

Heavyweight Over 198.25 up to & including 225.25

Super Heavyweight Over 225.25

CLASSIC PHYSIQUE

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR** (5 places).

Novice: Athlete who has never won their weight/height class. (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by June 29th 2019. **ONE CLASS** (5 places).

Open Men: Any athlete over the age of 16. (5 places in each height/weight class and overall).

A CLASS Up to & including 5'7"

B CLASS Over 5'7" up to & including 5'10"

C CLASS Over 5'10"

PHYSIQUE

Teenage: Athlete 16 or over who has not reached his 20th birthday by June 29th 2019. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by June 29th 2019. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by June 29th 2019. **ONE CLASS** (5 places).

Masters 50 & over: Athlete who has reached his 50th birthday by June 29th 2019. **ONE CLASS** (5 places).

Novice: Athlete who has never won their weight/height class. **ONE CLASS** (5 places).

Open Men: Any Athlete over the age of 16. (5 places in each height class - overall trophy).

A CLASS Up to & including 5'7"

B CLASS Over 5'7" up to & including 5'10"

C CLASS Over 5'10"

Uniform Division: Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

Mr. Tuscaloosa: Any athlete over 16 who lives in Tuscaloosa County. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

Collegiate: Anyone who is currently enrolled in any College and ages 16-25 (must have student ID) **ONE CLASS** (5 places).

*Bodybuilding, Physique, Classic Physique

*******ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*******

*****Competitors can cross over into any division*****

NPC MEN'S CLASSIC PHYSIQUE – COMPETITION BREAKDOWN FOR THREE CLASSES:

DIVISION "A" (UP TO AND INCLUDING 5' 7")

- 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.

DIVISION "B" (OVER 5' 7" UP TO AND INCLUDING 5' 10")

- 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.

DIVISION "C" (OVER 5' 10" UP TO AND INCLUDING 6' 0")

- Over 5' 10", up to and including 5' 11" Up to and including 206 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.

CROSSOVERS: NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you fit best. Crossovers to bodybuilding will do routine in both divisions.

- The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four 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 45 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)