NGA Women’s World Day Bodybuilding Championships

Saturday, March 7th, 2015

**Tier 1,2, and 4 event**

Event Info: see website www.mandmxtreme.net

Location: Chancellor High School

[Address](https://www.google.com/search?espv=2&biw=1339&bih=564&q=james+monroe+high+school+fredericksburg+va+address&stick=H4sIAAAAAAAAAGOovnz8BQMDgw4HnxCnfq6-QbphQVqVlmx2spV-Tn5yYklmfh6cYZWYklKUWlycmyIm61lwWj5y8qt6I2vrzv02DSkATN-5e0kAAAA&sa=X&ei=9FlhVJHbNo7-yQSBroKwDw&ved=0CKEBEOgTMBQ): 630 Harrison Rd, Fredericksburg, VA 22407

Show Times

Pro: 3:30 pm (event will run straight through with an intermission before finals)

Amateur show begins at 5 p.m. with finals to follow after in intermission between pre-judging and finals.

Competitor Meeting at 2:30 p.m. All competitor polygraphs are done day of check-in from 3-9 pm the night before the show. No polygraphs will be administered morning of show. Competitor numbers will be distributed and bio sheets & music collected the day before at check-in as well. The meeting will be brief to run through order of events, posing, and how finals are presented.

Pre-judging Order of Events:

Pro

Pro Bikini Open

Pro Figure Open

Pro Masters Bikini

Pro Masters Figure

Amateur

Bikini Debut

Women’s Debut BB

Women’s Physique Debut

Figure Debut

Bikini Novice

Women’s Physique Novice

Figure Novice

Bikini Open

Women’s BB Open

Women’s Physique Open

Figure Open

Master’s Bikini 40+

Master’s Bikini 45+

Master’s Bikini 50+

Women’s BB Masters 45

Master’s Figure 35+

Master’s Figure 40+

Master’s Figure 50+

Finals

The Finals portion of the event will consist of: Bodybuilding routines & Physique routines only (no more than 60 seconds). Figure & Bikini will not have routines but instead, are given individual presentations prior to the awards. Each class will be introduced to the audience just like they were on stage during pre-judging and the competitors who did not perform a routine will have each bio read respectively while the competitor comes to the center of the stage, performs a couple poses of her choice before filing back to the diagonal. All competitors are recognized from the pre-judging comparisons before top five awards are given. Competitors in the bodybuilding and physique classes are to supply own music for finals. Music must not contain any profanity. All other competitors will be introduced to house music.

Same order as Pre-judging for Finals.

*\*\*Note: Any competitor who has cross-over, will only be introduced in one class only.*

**COMPETITORS MUST BRING OWN MUSIC FOR ROUTINES/STAGE WALKS BY THE TIME OF CHECK-IN. CD ALLOWED TO BRING TO CHECK IN OR EMAIL Song title and artist to** [**maureenpfahler@gmail.com**](mailto:maureenpfahler@gmail.com) **before check-in by 3/6/15.**

Backstage Policy

One assistant max per competitor allowed, assistant **MUST** buy a trainer/assistant ticket, which is good for general admission and back stage access.

Pump-Up Area

Bands and mirrors will be backstage for use in pumping up before going on stage. Competitors are welcome to bring their own equipment and mirrors as well.

Drug Testing Policies and Procedures

NGA member athletes, both amateur and professionals must undergo and pass a polygraph test at each NGA sanctioned contest in which he/she is to participate (unless a drug waiver form is presented). Promoters have the option to conduct a urine test for all NGA amateur sanction shows. Urine testing is mandatory for the top seven placing in the NGA professional division. The NGA shall have strict qualifying standards for testing and retesting procedures regarding drug use for athlete participation based on the following criteria:

Drug-Free Policy

All NGA member athletes must be completely free of the performance-enhancing drugs, as listed below. The length of drug abstinence may be lengthened by the NGA Staff when policies are examined on an annual basis. Any such changes will be announced by the NGA Staff prior to the calendar year when the alteration is to take place. The National Gym Association, Inc. (NGA) bans the following substances and related compounds and their

use constitutes grounds for dismissal from NGA competitions and suspension from membership in the organization.

http://www.nationalgym.com/national-gym-drug-testing.html

Drug Testing

All competitors are required to be polygraph tested prior to competing. Photo identification must be shown prior to polygraph tests. Any competitor not polygraph tested will be subject to disqualification.

MEMBERSHIP

All competitors are required to be current members of NGA to participate in this event. Please be sure to register two weeks before if you plan to receive the card in the mail to bring to registration. Membership forms and online registration options can be purchased online at http://www.nationalgym.com/national-gym-athletes-and-members.html#member

Division Offerings

SEE ENTRY FORM and/or Class Division Form.

\*\*\*\*Who is eligible to enter the following classes?

Debut = This class is for those who are competing for the first time

Novice = This class is only for those who have not placed first in any class besides within any division in the

same category

Master = This class is designated by age and so competitors 35+, 45+, and 55+ may enter as Master.

Open = This class is designated as an open to any competitor hence the name “open”.

See the classes at the bottom of this information form for complete listing for our show! We also included order of events above for the classes to follow the same order in each show.

Classes

When more than one class in a division, classes are formed by dividing competitors evenly by height. (Class breakdowns and the order of events will be supplied to competitors approximately a week before the event).

For classes in Figure or Bikini where there are ten or more entries:

Two classes will divide by height: Class A Short for those up to 5’4” and B class above 5’4”

For classes in Figure or Bikini where there are fiften or more entries:

Three Classes will divide by height: Class A Short up to 5’2” , Class B above 5”2 to 5’6” and Class C above 5’6”

Crossovers

A "crossover" is entering more than one division. For example, someone may enter the Figure Novice division, if eligible, and also elect to crossover into the Figure Open division and compete in it as well. Crossovers between the Figure, Bikini and Women’s Bodybuilding categories are not permitted. Crossovers between Men’s Physique and Bodybuilding are not permitted.

Awards

Trophies and medals awarded for top 5 placements in each class.

What is a Tier 1, Tier 2, and Tier 4 sanctioned event like ours mean?

**TIER 1 - General NGA Contests:**

Novice competitors can not have placed 1st in a novice division or placed in the top 3 in the open division in any organization. If you are ineligible to compete in the novice class, via a placing in another organization, then you must place in the top 3 in the open division in a TIER 1 contest to advance to the State qualifier.

**TIER 2 - State Qualifiers:**

The top 3 placing in the open division will qualify for a TIER 4 or TIER 3 Show. To qualify for TIER 2, the athlete must place in the top 3 in a TIER 1 contest or 1st place in a Novice division in a TIER 1 or 2 contest. TIER 2 may also include other divisions such as Novice, Teens and Masters.

**TIER 4 - Top Level Pro Qualifiers:**

Each class winner in each division will qualify to receive an NGA Pro card. To qualify for TIER 4, the athlete must place in the top 3 in a State or TIER 2 or 3 level contest. TIER 4 may also include other divisions such as Novice, Teens and Masters. However, Pro cards will only be awarded in the Open division.

Eligible to all athletes who have won a placement in an NGA pro qualifier and any natural professional from another organization (proof required). Seven years drug-free required.

**NOTE 1:** Novice, masters and teenagers may compete in any TIER show that has a novice, master or teenage division.

**NOTE 2:** NGA open classes in TIERS 2, 3 and 4 are 7 years drug-free. All other divisions are a minimum of 5 years drug-free. However, an athlete can request to be tested for 7 years.

Fees

Amateur entry fee is $50. Cross-overs allowed for $35 each. No late fees apply unless registration is at check in (3/6/15) or day of the show in which case cost is $75 and cross-overs late for $45.

Submit check written out to Darryl Reynolds and sent to address 12505 Ventura Lane Fredericksburg, Va.22407

If wish to pay online through PayPal, use the email makroberts@comcast.net

If paying online through SQUARE, visit mkt.com/mandmxtreme and select the appropriate entry item(Amateur, Amaeur with cross over, or PRO) into cart to checkout!

Check-In/Polygraph: Polygrapher will be Matt Sheply...see website [www.mandmxtreme.net](http://www.mandmxtreme.net) under NGA Women’s World Day in the show scheudule for online schedule link to Matt Sheply. The direct link is <http://www.scheduly.com/pages/c/businessPage.aspx?sID=10448>.

Professional Services Available for Purchase:

Stage Photography: Matt Sheply

**OCB PRODUCTIONS STAGE PHOTOGRAPHY**

**photos.OCBproductions.com - mshep2013@gmail.com - (301) 569-0222**

Competitors wishing to have photo coverage at this event should complete form on our website at mandmxtreme.net under show schedule

Videography: By Marc Slade

Contact via email at : info@slademediagroup.com

Spray Tanning: Tanning Services at the show will be provided by Franklin Enterprise 1: Bronze Star Tan To Schedule and appointment Contact Paula Franklin at: (410)905-4616 Or Visit her website at :<http://www.stagepresence1.com/default.html>

Make-up: Tanya Wells

Contact her at: makeup@studio10cosmetics.com

Studio10makeup

[www.studio10cosmetics.com](http://www.studio10cosmetics.com/)

Judging

The Judging portion of the event will consist of: Bodybuilding, Figure, Physique and Bikini group comparisons. Please go to the link to read judging criteria for each category. [http://www.nationalgym.com/national-gym-athletes-and-members.html#member](http://www.nationalgym.com/national-gym-athletes-and-members.html)

We also attach the judging criteria guide.

Tickets

Spectator Tickets can be Ordered in advance (information coming soon).

Spectator Pricing:

Adult Ticket:$35

Child Ticket: $15

Trainer Pass:$55

**Charity Fundraiser**

Women’s World Day Bodybuilding Championships will go to benefit the local Hope House as percentage of entry tickets will go as proceeds to this charity and it's cause. All the more reason to attend, tell your

friends, and don't miss out on this opportunity to also help reach out to the community! Help keep hope alive!

The website for this organization and more is below.

<http://www.hopehouseva.org/>

Host Hotel

Hyatt Place Fredericksburg-Mary Washington

**Address:** 1241 Jefferson Davis Hwy, Fredericksburg, VA 22401

For reservations call (540) 654-3333 and mention group code 'G-MMX’ Group name: M and M xtreme/ for nightly rate of $109.

Contact

Contact us for this event at mandmxtreme@gmail.com or 540-656-7644 (text is preferred).