



Jim Rockell, Optimum Nutrition & POWERHOUSE GYM present the GNC

Rochester 2014 NPC

60th ANNUAL

BODYBUILDING, FITNESS, FIGURE BIKINI & PHYSIQUE



Championships

National Qualifying Event

SATURDAY

June 7, 2014

REGISTRATION & WEIGH-IN: 9:30 am
PREJUDGING: 11:00 am FINALS: 5:00 pm

ROCHESTER RIVERSIDE CONVENTION CENTER

123 E. Main St., Rochester NY 14604



ENTRY FEE: \$40.00 each class and competition entered - Cashier's Check or Money Order Only. No personal checks. Entry Fees are NOT Refundable.

ENTRY DEADLINE: Postmarked no later than Saturday, May 31, 2014. Late entries are \$80.00 and will be accepted at Saturday's registration and weigh-in.

AWARDS & PLACING: There will be trophies for the top five (5) in each weight or height class. There are also trophies for best poser and most muscular.

ADVANCE TICKET SALES: Advance tickets will be available and can be ordered using the ticket order form. *Tickets are non-refundable.*

ADDITIONAL NOTES: SEE REVERSE SIDE

Host Hotel: Radisson Hotel
120 East Main, Rochester, NY 14604
(585) 546-6400

rate code ROCH. BODYBUILDING



----- DETACH & ENCLOSE WITH YOUR ENTRY FEE -----

JIM ROCKELL, OPTIMUM NUTRITION & POWERHOUSE GYM

present THE GNC 2014 NPC

ROCHESTER BODYBUILDING, FITNESS, FIGURE & BIKINI CHAMPIONSHIPS

OFFICIAL ENTRY FORM

NAME _____ NPC# _____

ADDRESS _____

CITY _____ STATE & ZIP _____

AGE _____ WEIGHT (anticipated) _____

PHONE _____ OCCUPATION _____

CONTEST AWARDS _____

ATHLETE RELEASE

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees waive and release all rights and damages I may have against the National Physique Committee of the U.S.A., Inc., Jim Rockell, The Rockell's Family Fitness Center, Powerhouse Gym, and Rochester Riverside Convention Center, any and all sponsors of the event, their representatives and assignees, for any and all injuries incurred by me in conjunction with the Rochester Bodybuilding Championships, Saturday, June 7, 2014 and in traveling to and from them. And in further consideration of permission being granted to me to participate in these and related events, I hereby grant NPC, and/or any other NPC approved video or entertainment organization and all of their agents, successors, licensees and assignees, 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 or any other medium now known or hereafter devised, including also with respect 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 you, NPC 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 of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I further understand that you, the NPC and/or any other NPC approved video entertainment organization, are video taping 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 you, the NPC and/or any other approved video or entertainment organization hereunder.

Signature _____ Date _____

IF THIS RELEASE IS BEING SIGNED BY A PERSON LESS THAN EIGHTEEN (18) YEARS OF AGE, THE FOLLOWING MUST BE COMPLETED:

The undersigned is / are the parent(s) / legal guardian(s) of the above mentioned minor and is entitled to sole care, custody and control of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consent(s) to execution by the minor of the Release, that the undersigned will not revoke such consent during the minority of the minor, that the undersigned has read the Release and is / are familiar with all the contents thereof, and that the minor shall fully and completely comply with all the terms of the Release.

Signature _____ Date _____
Parent(s) or Legal Guardian(s)

Send Entry Form & Fees (cashiers check or money order) to:
JIM ROCKELL, P.O. BOX 26491, ROCHESTER, NEW YORK 14626
Deadline for entry: May 31, 2014 For more Information: (585) 663-7220; (585) 747-1999

THE COMPETITIONS

Please check the class you are entering. Each Requires a Separate \$40.00 FEE. Late Entry & Day of Show: \$80.00.

MEN'S COMPETITIONS

OPEN BODYBUILDING

- BANTAMWEIGHT: Up to & including 143 1/4 lbs.
- LIGHTWEIGHT:
 - Over 143 1/4 up to & including 154 1/4 lbs.
- WELTERWEIGHT:
 - Over 154 1/4 up to & including 165 1/4 lbs.
- MIDDLEWEIGHT:
 - Over 165 1/4 up to & including 176 1/4 lbs.
- LT. HEAVYWEIGHT:
 - Over 176 1/4 up to & including 198 1/4 lbs.
- HEAVYWEIGHT:
 - Over 198 1/4 lbs. up to & including 225 lbs.
- SUPERHEAVYWEIGHT: Over 225 lbs.

BODYBUILDING TEENS 16 - 19 years old

- ONE CLASS

BODYBUILDING JUNIORS Up to 20 years old

- ONE CLASS

BODYBUILDING NOVICE

- ONE CLASS

BODYBUILDING MASTERS (OVER 35)

- LIGHTWEIGHT: Up to & including 176 1/2 lbs.
- HEAVYWEIGHT: Over 176 1/2 lbs.

CLOSED ROCHESTER BODYBUILDING*

- ONE CLASS

BODYBUILDING MASTERS

- OVER 40 OVER 50
- OVER 60 OVER 70

MEN'S PHYSIQUE

- ONE CLASS

WOMEN'S COMPETITIONS

WOMEN'S PHYSIQUE

- ONE CLASS

BODYBUILDING

- ONE CLASS

FITNESS

- ONE CLASS

BIKINI

- CLASS A: Up to 5' 6"
- CLASS B: Over 5' 6"
- MASTERS: Over 35

FIGURE

- CLASS A: Up to and including 5' 2"
- CLASS B: Over 5' 2" up to & including 5' 4"
- CLASS C: Over 5' 4" up to & including 5' 6"
- CLASS D: Over 5' 6"
- MASTERS OVER 35

*Must live in the Greater Rochester Area

NO CROSSOVERS PERMITTED IN WOMENS BODYBUILDING, FITNESS, FIGURE, BIKINI & PHYSIQUE

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& Powerhouse Gym present
The GNC
2014 NPC
ROCHESTER
CHAMPIONSHIPS
Bodybuilding, Fitness, Figure
Bikini & Physique**

**ADDITIONAL NOTES FOR
ALL COMPETITIONS.**

MUSIC FOR BODYBUILDING AND

FITNESS ROUTINES: Music must be the only recording on a new blank CD. We reserve the right to reject any CD. Your music cannot contain any obscene or vulgar words. Please review your music for sound clarity and no sudden starts or stops that weren't originally designed. Music is limited in length according to the competition; Bodybuilding - 90 seconds, Fitness - 120 seconds. In the Figure Competition there is no individual routine - no music is required.

SCORING: To determine placing the judges' scoresheets are collected; high and low scores are discarded. The remaining scores are added together. The contestants are placed accordingly.

NPC NATIONAL QUALIFICATION FOR FIGURE & MEN'S OPEN BOBYBUILDING: The top two (2) placed competitors in each division, weight or height class are eligible to compete at the National Level for one (1) year.

NPC NATIONAL QUALIFICATIONS FOR BIKINI, WOMEN'S PHYSIQUE & MEN'S PHYSIQUE: The top three (3) in each division, weight or height will be qualified for USA & Nationals for one (1) year. The top five (5) will be qualified for all other National Contest including; Jr. USA, Jr. Nationals, Team Universe & North American Championships for one (1) year.

FITNESS

Jewelry may be worn **ONLY** in the swimsuit rounds. Thong swimsuits will not be allowed. Because of the danger of slippage on stage, no body oil is allowed. No assistant/trainer will be permitted backstage.

Competitors' scores are based on 33.3% physique and 66.7% routine.

ROUND I - TWO PIECE SWIMSUIT: The contestants will be brought out in lines for the quarter turns. The judges will be assessing the degree of firmness, symmetry, proportion and the overall physical appearance including complexion, poise and presentation. Contestants must wear high heels.

ROUND 2- ATHLETIC ROUTINE: Each athlete will perform a maximum 2 minute routine. Judges will be looking for style, personality, athletic coordination and overall performance. Contestants should give special attention to their apparel as it too will be judged. Routines may include aerobics, dance, gymnastics or other demonstrations of strength and athletic talent, but there are no required movements. Props are allowed but must be approved by the promoter 2 weeks in advance. Contestants must be able to carry their props onto and off the stage. Contestants must wear tennis/athletic shoes.

FIGURE:

Thong swimsuits will not be allowed.

COMPARISON ROUND - TWO PIECE

SWIMSUIT: The contestants will be brought out in lines for the quarter turns. Judges will be assessing the degree of firmness, symmetry, proportion and the overall physical appearance including complexion, poise and overall presentation. Contestants must wear high heels.

BIKINI: All competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste. Competitors must wear high heels. Competitors may wear jewelry.

BODYBUILDING

GENERAL ASSESSMENT: All the competitors will be brought out as a group. Quarter turns will be done so the judges are able to see the overall level of competition. Judges will be looking at the competitors' symmetry (the proportion, shape and balance of muscle).

INDIVIDUAL POSING: Athletes will each perform a maximum (90 second) routine. The judges will be assessing the athletes for overall muscular development as well as physique presentation.

COMPULSORY POSING: Both male and female bodybuilding competitors must know how to execute the Compulsory Poses, which are:

- FRONT DOUBLE BICEPS,
- SIDE CHEST POSE (either side),
- BACK DOUBLE BICEPS,
- TRICEPS EXTENSION (either side)
- ABDOMINAL POSE,
- FRONT LAT SPREAD,
- BACK LAT SPREAD,
- MOST MUSCULAR (Men only)

MEN'S PHYSIQUE

Men are required to wear board shorts that are appropriately fitting and not too far down on the hips. Poses are front and back only, and competitors should display lean and not overly bulky muscle.

WOMEN'S PHYSIQUE

Women will present their physiques in 5 poses:

- 1) Open handed leg extended double bicep
- 2) Side chest with arms down & leg extended
- 3) Back double bicep with hands and leg extended
- 4) Side tricep with arms down leg extended
- 5) Abominal thigh with hands behind head with leg extended

Women will be judged on more toned body with emphasis on symmetry and lean muscle conditioning.

FOR FURTHER INFORMATION

**Call: Jim Rockell
(585) 747-1999**

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THE GNC**

**2014 NPC ROCHESTER BODYBUILDING, FITNESS, FIGURE & BIKINI CHAMPIONSHIPS
TICKET ORDER FORM**

Please purchase tickets early to assure availability. Tickets requested to be returned by US Mail must be received by Saturday, May 31, 2014. Tickets requested after May 31, will be held at the door for pick-up.

NAME _____

ADDRESS _____

CITY _____ STATE / ZIP _____

E-MAIL _____ PHONE _____

PREJUDGING at 11:00 am, June 7, 2014

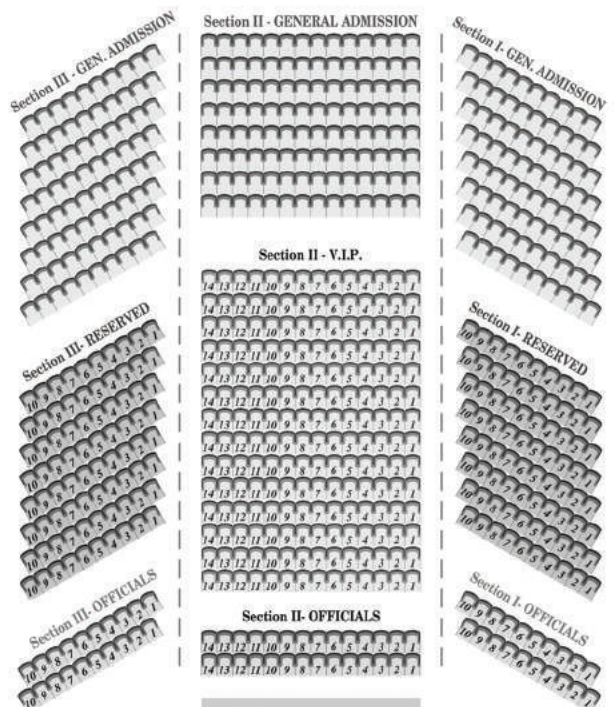
QUANTITY	SEAT	SECTION	TOTAL
	General Seating (all); \$10.00 (\$15.00 at the door)		

FINALS at 5:00 pm, June 7, 2014

QUANTITY	SEAT	SECTION	TOTAL
	VIP-Reserved Center Seating; \$25.00 (\$30.00 at the door)	sec. II only	
	Reserved Side Seating: \$20.00 (\$25.00 at the door)		
	General Seating: \$15.00 (\$20.00 at the door)		

Send Cashiers Checks or Money
Orders only, made payable to:

**JIM ROCKELL, P.O. BOX 26491,
ROCHESTER, NEW YORK 14626**
For More Information: (585) 663-7220; (585) 747-1999



JUDGES

STAGE

**ROCHESTER RIVERSIDE
CONVENTION CENTER
123 E. Main St.,
Rochester, NY 14604**