



THE NABBA USA NATIONAL COMMITTEE PRESENTS THE  
2009 NABBA USA



**AMERICAN BODYBUILDING CHAMPIONSHIPS (The Nationals) and the  
MS. FIGURE<sup>®</sup> AMERICA**

(QUALIFIERS FOR TEAM SELECTION TO THE 2010 NABBA UNIVERSE (ENGLAND), 2010 NABBA WORLD CHAMPIONSHIPS and  
WORLD FITNESS FEDERATION (WFF) INTERNATIONAL COMPETITIONS

and the

**EAST COAST GRAND PRIX (Novice Men)**

Date: Saturday, 7 November 2009  
 Location: WEST YORK AREA MIDDLE SCHOOL, 1700 BANNISTER STREET, YORK, PA  
 Athlete's Registration and Check-in at West York Area Middle School: Saturday, 7 November 2009; 8:30 AM  
 Prejudging: 12:00 PM - Evening Show: 6:00 PM  
 Contest Rules: All NABBA USA rules apply. Only solid color posing attire permitted in the bodybuilding championships.  
 Ms. Figure<sup>®</sup> competitors must wear a bikini (thong or g-string NOT permitted). High heels during quarter-turns and comparative displays. No shoes during routine.  
**Judge's Chairman can eliminate competitors from the evening show who are judged below standard.**  
 Contest Divisions: **See Entry Form Below:**  
 Eligibility: **All competitors must have a current NABBA USA membership card, which will be available at athlete's check-in for \$45.00 payable by cash or money order. Personal check not accepted.**  
**AMERICAN BODYBUILDING CHAMPIONSHIPS:** Contestants must be United States citizens or hold a Green Card. Men, Women and Master's Men must have placed 4th or better in a height/weight class in an **Open**, State, Regional, or National Amateur competition, or have won an overall or their class in a Novice **in any federation** within the past three years. No prior contest qualification required to enter the Athletic, Junior or Grandmaster's Men categories. *Juniors, Master's & Grandmaster's competitors must show proof of age at check-in (birth certificate/ driver's license).* Men's ATHLETIC competitors should have an athletic and trained body without heavy muscular development, must have good muscle separation, low body fat, defined abdominals and nice overall symmetry.  
**MS. FIGURE<sup>®</sup> AMERICA:** Contestants must be United States citizens, of the female gender, age 17 and over, with a shapely and trained body.  
**EAST COAST GRAND PRIX (Novice Men):** Novice contestants shall not have previously won an overall title in any competition, nor their class in any category of competition except the Novice category. Class and overall winners of Teenage competitions are exempt from the above and are eligible to enter the Novice category.  
 Entry Fees: \$50.00 - Payable by money order only. Crossover - \$30.00 additional. Late entry fee - \$20.00 additional.  
 Crossovers: Crossovers permitted **where eligible and qualified.**  
 Crossover **NOT** permitted between the Men's Athletic and Men's Novice or Men's Open bodybuilding categories, or Ms. Physique (women's bodybuilding) and Ms. Figure<sup>®</sup>.  
 Music: Contestant must supply a quality cassette tape, properly cued, of his/her individual posing routine music for a maximum of **60** seconds or CD with track indicated. Music must be free of profanity and non-offensive.  
 Awards: **Each class will have awards for 5 places. Overall in Men's and Master's Nationals, Ms. Figure<sup>®</sup>, and Grand Prix. SWORD awarded to Men's Nationals overall. Don Ross Most Muscular award in Men's Nationals.**  
 Hotel: The Holiday Inn-York-Route 74 & US Route 30; 2000 Loucks Road, York, PA 17408  
 Phone: 877.863.4780. Driving Directions to Hotel: From Route 83 South, take exit 22 to Route 30 West to Route 74, turn right off exit then right at 2<sup>nd</sup> traffic light. From Route 83 North, take exit 21B to Route 30 West to Route 74, turn right off exit, then turn right at 2<sup>nd</sup> traffic light onto Brougher, Holiday Inn is on left.  
 Directions Hotel to School: From Holiday Inn turn Right onto Brougher towards Carlisle Ave.; turn left on Carlisle Ave.; after 3<sup>rd</sup> traffic light, turn right onto Seward Street, Straight to West York Area Middle School.  
 Information: For additional information related to judging criteria or other questions, please contact Scott Politano (phone 516-287-4020), e-mail: ScotQuad@hotmail.com, or the NABBA Office at (phone 718- 882-6413 or e-mail: bob@nabba.com.

**OFFICIAL ENTRY FORM**

**2009 NABBA AMERICAN BODYBUILDING CHAMPIONSHIPS, MS. FIGURE<sup>®</sup> AMERICA, EAST COAST GRAND PRIX**

Name \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_  
 Eligibility obtained (Contest, date, your placement): \_\_\_\_\_

**Please check the Contest, Category, and Class you wish to enter (One Crossover Allowed - Where Permitted – See above)**

**AMERICAN BODYBUILDING CHAMPIONSHIPS (The Nationals):**

**Men**

- Short (under 5'7")
- Medium (5'7 to under 5'10")
- Tall (5'10" and over)

**Women (Ms. Physique)**

- (one class)
- Junior Men (ages 16- 23)**
- (two depending on # of entries)

**Master's Men (ages 40-49)**

- Short (under 5'8")
- Tall (5'8" and over)
- (one class)

**Men's Athletic**

(one class)

**Grandmaster's Men (age 50+)**

(one class)

**MS. FIGURE<sup>®</sup> AMERICA**

- Short (to and including 5'4")
- Tall (above 5'4")

**EAST COAST GRAND PRIX (Novice Men)**

- Short (under 5'8")
- Tall (5'8" and over)

**Classes will depend on the number of entries. Categories and class divisions are subject to change at promoter's or official's discretion. The Judge's Chairman has the right to eliminate competitors from the evening show who are judged below standard.**

WAIVER OF LIABILITY: In consideration of your acceptance of this entry form and fee, I waive and release all rights and claims for damages against SCOTT POLITANO, CATHY FERRARO, NABBA USA, Inc., Ferritano Productions, the West York Area Middle School, the West York Area School District (PA), their sponsors and associated bodies, official agents, employees, or assigns by reason of injury or damage which I may sustain during, while traveling to or from, or while participating in this event. I further agree to abide by all decisions of the NABBA USA Committee, and declare that all information contained herein is, to the best of my knowledge, true, correct, and complete. I agree to hold harmless and release all photo and video rights for magazines, newspapers, television, video distribution, and other media of my participation in this competition.

Athlete's Signature (or Parent/Guardian if under 18) \_\_\_\_\_ Dated \_\_\_\_\_

**TICKETS:** (Sold only at door day of show or at Athletes check-in):

Prejudging: \$10.00 ♦ Evening Finals (Show): \$ 15.00 ♦

**ENTRY FEE:** Competitor \_\_\_\_\_ @ \$50.00 ♦ One Crossover \_\_\_\_\_ @ \$30.00 ♦ Late Fee (Postmarked after 31 October) \_\_\_\_\_ \$20.00 additional

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**

**ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, 31 OCTOBER 2009.**

**SEND COMPLETED SIGNED FORM WITH MONEY ORDER MADE PAYABLE TO: SCOTT POLITANO. (PERSONAL CHECK NOT ACCEPTED)  
MAIL TO: SCOTT POLITANO, 948 HIGH ST, 2nd FLOOR, ALPHA, NJ 08865**